

North Potomac Senior Center

13850 Travilah Road • Rockville, MD 20850 • (240) 773 - 4805



OCTOBER 2024 NEWSLETTER

New Winter Date

Winter programs and classes available for viewing in ActiveMontgomery beginning November 1, 2024 at 10am.

NEW DATE: Winter Programs 2024-25 Registration is Wednesday, November 13 at 6:30am for County residents. Senior Program registration (55+) including Bone Builders, Day Trippers, and Senior Outdoor Adventures in Recreation will begin at 9:00am. A confirmation receipt will be sent to you via email once your registration is complete. You will receive notification and be placed on a waitlist if the program or class you selected is full and offers a waitlist.

Non-county residents must pay an additional \$15 per participant, per program or class.

UMSON is Here

Wellness Wednesdays with students from the University of Maryland School of Nursing (UMSON) is at North Potomac Senior Center on Wednesdays during the fall. Students will provide blood pressure screenings along with health and wellness presentations.

Register today!

Active #R07028_102.

Holiday Closures

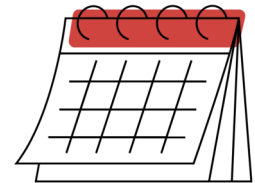
The Senior Center will be closed on the following dates:

VETERANS DAY

Monday, November 11th

THANKSGIVING DAY

Thursday, November 28th



Receive Emergency Alerts!

Stay informed with **Alert Montgomery**, your go-to for timely notifications on program closures within Montgomery County Recreation or emergencies affecting Montgomery County. Receive accurate updates instantly via text, email, or voice message.

To sign up for emergency notifications, visit:

<https://www.montgomerycountymd.gov/OEMHS/AlertMontgomery/index.html>

NEW—Waitlist Automation Feature



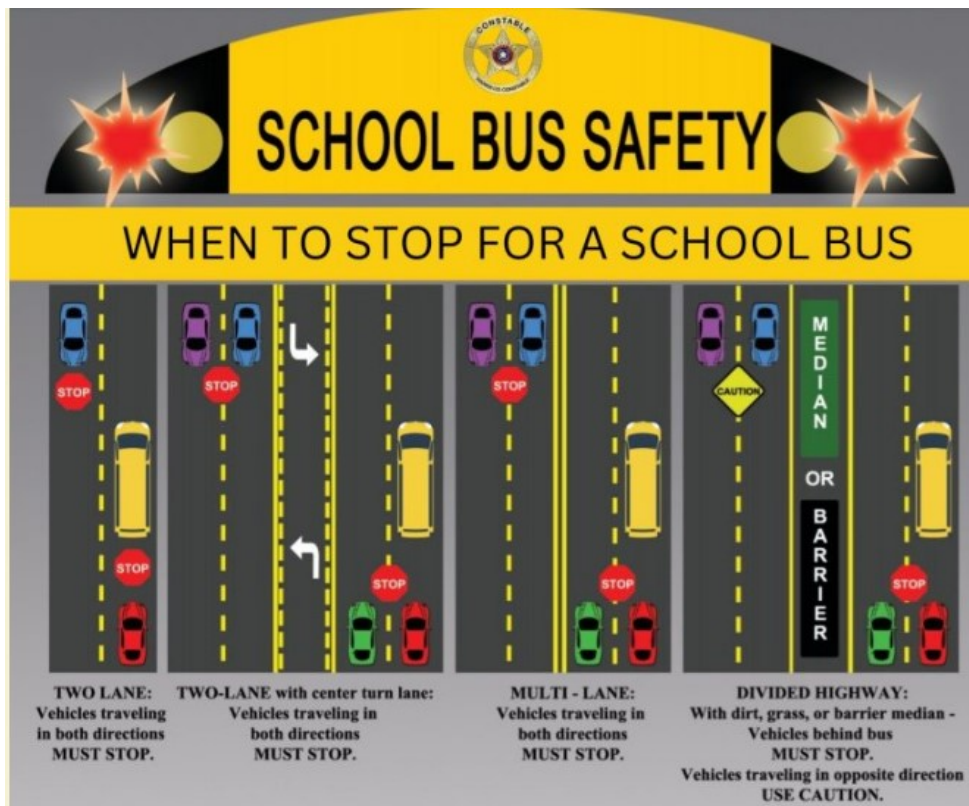
LET'S TALK ABOUT WAITLISTS

There is a new feature, which began with Fall registration to streamline the waitlist process for registrations. When a customer registers for an activity which is full, the customer has the option to be added to the waitlist. The waitlist's new feature, **Waitlist Automation**, will automatically email an enrollment offer to customers who are on an activity waitlist. When a customer withdraws from an activity that has a waitlist, the Waitlist Automation program will select the first person on the waitlist to offer the available space. Once the email is sent to the customer, they will have 48 hours to **accept or reject** the enrollment offer. If the period expires, or they reject the offer, they will be removed from the waitlist. The Waitlist Automation feature uses the email in your Household Account, so make sure the email address in your account is accurate and monitored daily.

School Bus Safety Reminder

Make sure you are stopping for school buses while out on the road. Drivers must stop at least 20 feet from a school bus when the stop arm is extended out and the red lights are flashing.

Do not pass the bus from any direction until the stop signals are off and the bus is moving again. Motorists in Maryland are not required to stop if the road is separated by a physical median, such as dirt, grass or a barrier.



North Potomac

Fall Festival

SATURDAY, OCTOBER 12

11 A.M.-2 P.M.

All Ages
FREE

JOIN US FOR FAMILY FUN AND GAMES!

Activity
R03003-111

NEW DATE - SUNDAY, OCTOBER 13

SAME TIME - 11am to 2pm



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

To register, visit ActiveMontgomery.org
240-777-6840 • Hablamos Español • www.mocorec.com



MONTGOMERY COUNTY
Recreation

Registration, Transportation, & Senior Lunch

HOW DO I REGISTER FOR PROGRAMS?

In order to participate in programs, classes, or use equipment in Montgomery County Recreation facilities, all individuals must fill out an *Active Montgomery Registration Form*. All programs have an assigned activity number (e.g. #R07010_100) and are important to know during the registration process. The registration form is available at the front desk or you may register online at *ActiveMontgomery.org*. After filling out this form, a Recreation Pass Card, or *Rec Pass* will be granted to you by an employee. This Rec Pass allows access to all Montgomery County Community Recreation Centers and Senior Centers by scanning your card's unique barcode at the front desk. If your name does not appear on the attendance sheet of a class you have shown up for, you **MUST** register at the front desk by filling out an Active Montgomery Registration Form, or, if you are certain you have already registered, please ask an employee to print a receipt confirming your registration. Please be kind to your fellow participants, instructors, and staff by adhering to the rules and regulations set by Montgomery County. Thank you.

FREE CURB TO CURB TRANSPORTATION BY JCA

If you reside within five miles of the North Potomac Senior Center, the Jewish Council for the Aging (JCA) provides free, handicap accessible transportation Monday through Friday. Pickup from your home is between 8:00 - 9:00am and the bus leaves the center at approximately 1:45pm to take you home. Please call 240-773-4805 or stop by the North Potomac Senior Center during open hours for an application. Please note that it takes the JCA staff approximately 7 to 10 business days to process applications and to contact all applicants via telephone regarding their application status. There is currently a waitlist for JCA transportation, however please submit your application to get on the waitlist.

SENIOR NUTRITION PROGRAM (SNP) — NEW EMAIL INFORMATION LUNCH BY DUTCH MILL CATERING

If you are age 60+, you can take part in the SNP at North Potomac Senior Center. The suggested donation is \$3.00 per meal to support the funding of the program. The cost of the meal for individuals sixty and under is \$7.99 per meal. If interested, come to the center between 9:00am and 1:00pm to complete an SNP application and for SNP staff to assist and answer any questions. If you have completed an application and would like to place an order, call 240-773-4805 before 10:00am *at least* four business days ahead of time. **If you are going to arrive after 11:45am for your meal or need to cancel your reservation, contact Andy or Jean at 240-773-4805 or email NPSC@montgomerycountymd.gov with your cancellation information.**

New & Upcoming 55+ Programs

Day/Time	Program	Registration Number
Tuesdays and Wednesdays Current to Nov. 20 9:15 to 10:00am	AM Chair Aerobics with Fereshteh	R07066_103
Thursdays Current to Nov. 28 9:30 to 10:15am	Zumba Video	R07070_112
Mondays Current to Nov. 25 12:30 to 1:30pm	Virtual Reality Session with Meta Quest 3 Technology	R07313_101
Saturdays Current to Nov. 30 9:30 to 11:00am	Martial Arts Health Dance with Josephine	R07012_142
Tuesday October 24 9:45am to 1:30pm	**NEW** JCA Bus Outing to Montgomery County Recycle Center	R07101_137
Fridays Current to Nov. 29 2:30 to 3:30pm	**NEW** Tai Chi with Shifu Larry	R07027_102
Friday September 13 10:00am to 1:00pm	**NEW** Retirement Seminar with Chris Farmer	R07105_134
Thursdays Current to Nov. 21 12:30 to 2:00 pm	**NEW** Let's Gather to Craft and Chat	R07113_104

Baked with Love Scrabble

Use the clues to find words that are associated with baking. For each answer, cross off the lettered tiles that you use. All the letters should be crossed off when the puzzle is complete.

Y	F	N	U
E	T	L	M
O	E	G	M
A	U	R	E
S	T	L	S
W	T	U	G
H	I	S	A
E	O	K	R
G	T	V	E
G	I	C	N
M	O	O	C
U	E	K	I
P	S	R	E
C	I	A	S
K	F	T	B
U	E	T	N
Z	T	G	U
E	E	L	T
R	S	S	A
Z	E	T	B
R	E	A	D

1. Baking staple _____
2. Rising agent _____
3. Pumpkin pie spice _____
4. Turn to liquid _____
5. Sweet ingredient _____
6. Egg-beating tool _____
7. Quiche ingredient _____
8. Baking appliance _____
9. Ticking gadget _____
10. Oatmeal and gingersnaps _____
11. Half of a pint _____
12. Use a sieve _____
13. Birthday party dessert _____
14. Yellow stick on the table _____
15. Pecans and almonds _____
16. Grated peel _____
17. Sugary coating _____
18. Dinner basketful _____



UMSON Wellness Wednesdays

WELLNESS WEDNESDAYS with



University of Maryland School of Nursing (UMSON) Student Interns

Join University of Maryland nursing student interns along with their instructor, Joelle Takougang, MSN, RN for Wellness Wednesdays from 9:30am to 2:00pm this fall. Wellness Wednesdays include blood pressure screenings, exercise, and various presentations.

- ◆ October 2—Transition from Summer to Fall Season
- ◆ October 9—Flu and RSV Complications
- ◆ October 16—Breast Cancer Awareness
- ◆ October 23—MPOX Outbreak and What it Means for the Elderly
- ◆ October 30—Finances and Budgeting
- ◆ November 6—Arthritis and the Elderly

Did You Know?

The Game Room with table tennis and billiards has available equipment to borrow at the front desk. Leave your RecPass with front desk staff to borrow equipment.

Outdoor Pickleball is available on first come basis. You can borrow a portable Pickleball net, paddle, and balls from the front desk. Leave your Driver's License with the front desk staff to borrow equipment.

Fitness Center equipment is available on first come basis. There is a time limit of 20 minutes on equipment when others are waiting to use the equipment.

Active Aging Event at NPSC



All smiles at Registration Check-In



Rock Wall Climbing



Bubble wrap tree painting



Rock Wall Climbing



Card Making



Senior Nutrition Lunch with friends



Tai Chi demo with Shifu Larry

Caught on Camera at NPSC



International Folk Dance. Music from around the world!



Soccer anyone?



Proper technique is key to success.



Soccer...Anyone 55+ can register to play.



Learning how to use fitness equipment.



Who knew exercise could be this much fun!
