



Ike Leggett  
County Executive

Seniors, Families & Friends...

# Vital Living Network's Guide to Lifelong Learning Opportunities In Montgomery County for Older Adults

- 1. City of Gaithersburg Upcounty Senior Center** - serves individuals 55+ who are residents of Gaithersburg and the surrounding area, 80A Bureau Dr. Gaithersburg, call 301-258-6380, or visit [www.gaithersburgmd.gov/services/senior-services](http://www.gaithersburgmd.gov/services/senior-services)
- 2. City of Rockville Senior Center** - serves Rockville residents 60+ with a variety of exercise, computer, recreational and educational programs. Programs and services are available in English, Spanish and Chinese. 1150 Carnation Drive, Rockville, call 240-314-8800, or visit [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)
- 3. City of Takoma Park Senior Programs** for persons 55+, 7500 Maple Avenue, call 301-891-7100, or visit <http://takomaparkmd.gov/recreation/seniors>
- 4. Golden ID Program, University of Maryland, College Park.** For older adults 60+ who are retired or work 20 hours a week or less and not seeking a degree. Contact 301-314-8219 or visit <http://www.umuc.edu/students/support/advreg/registration/golden.cfm>
- 5. Holy Cross Hospital Senior Source** - Designed for active adults age 55 +, 8580 Second Avenue, Silver Spring, call 301-754-8510, or visit [www.holycrosshealth.org/senior-source-wellness-center](http://www.holycrosshealth.org/senior-source-wellness-center)
- 6. JCC – Jewish Community Center of Greater Washington** offers a variety of programs for the 55+ community (visit <http://www.jccgw.org/adults/lifelong-learning>) which include:
  - The Weinberg Health & Fitness Center** JCC of Greater Washington, 6125 Montrose Road, Rockville, contact Debbie Sokobin at [dsokobin@jccgw.org](mailto:dsokobin@jccgw.org) or 301-348-3760
  - Adult Center for Education (ACE) Seminars** at the JCCGW and Leisure World, contact Melanie Greenfield at [mgreenfield@jccgw.org](mailto:mgreenfield@jccgw.org) or 301-348-3807
  - JCC Coming of Age in Maryland** offers activities, excursions and special events for individuals 60+, contact [fepoch@jccgw.org](mailto:fepoch@jccgw.org) or call 301-348-3832
- 7. Jewish Council on Aging (JCA) University** - Skilled instructors help seniors, family caregivers, and aging services professionals, call 301-255-4200 or 703-425-0999, <http://www.accessjca.org/article/220/programs/learn-and-grow>
- 8. Legacy Leadership Institute on Public Policy**, sponsored by University of Maryland, connects Maryland residents 50+ who are interested in seeking new careers or have an interest in learning about Maryland legislative operations. For more information and to obtain a registration form visit [www.sph.umd.edu/hisa/legacy\\_app.cfm](http://www.sph.umd.edu/hisa/legacy_app.cfm)
- 9. Live & Learn Bethesda (LLB)** – a non-profit organization to enrich the Bethesda-Chevy Chase community through interesting, informative and stimulating classes for people of all ages, call 301-740-6150, or visit <http://liveandlearnbethesda.org>, 4805 Edgemoor Lane, Bethesda.



10. **Montgomery College - Lifelong Learning Institute** offers a variety of intellectually stimulating classes for Montgomery County residents age 50+; contact Natasha Sacks 240-567-1828, [Natasha.Sacks@montgomerycollege.edu](mailto:Natasha.Sacks@montgomerycollege.edu) or visit <http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html>
11. **Montgomery County Recreation** - 5 Senior Centers and 13 55+ Active Adult program sites <http://www.montgomerycountymd.gov/rec/thingstodo/senior/index.html>
  - a. Damascus Senior Center 240-777-8095
  - b. Holiday Park Senior Center, Wheaton 240-777-4999
  - c. Long Branch Senior Center, Silver Spring 240-777-6975
  - d. Margaret Schweinhaut Senior Center, Silver Spring 240-777-8085
  - e. White Oak Senior Center, Silver Spring 240-777-6944
12. **Osher Lifelong Learning Institute at Johns Hopkins University** – for information about classes in Montgomery County contact Susan Howard 301-294-7058 or [susanh@jhu.edu](mailto:susanh@jhu.edu) or Susie Robinson 301-294-7048 or [srobin52@jhu.edu](mailto:srobin52@jhu.edu) or visit <http://advanced.jhu.edu/academics/non-credit-programs/osher-lifelong-learning-institute/>
13. **Other Program Offerings**
  - Chinese American Senior Services Association 301-530-4880
  - Chinese Culture and Community Service Center; 240-631-1200
  - Korean American Senior Citizen Association - 301-438-7304
  - Muslim Community Center Seniors – 301-384-3454 or visit <http://mccmd.org/mccseniors>
  - Vietnamese Senior Association of Maryland 301-384-4249
14. **Senior Leadership Montgomery**, a program of Leadership Montgomery, for newly retired adults or those considering retirement. Contact Kati Gimes, 301-881-3333, [kati.gimes@leadermont.org](mailto:kati.gimes@leadermont.org) or visit <http://www.leadershipmontgomerymd.org/programs/senior-program>
15. **Sibley Senior Association** – Wellness program for adults 50+ offered by Sibley Memorial Hospital, call 202-364-7602 or [SibleySenior@jhmi.edu](mailto:SibleySenior@jhmi.edu).
16. **Transition Network- Washington DC – Capital Area Chapter** provides a unique array of events and activities tailored to meet the needs and interest of women 50+. Visit: [www.thetransitionnetwork.org](http://www.thetransitionnetwork.org), or contact [DCChapter@thetransitionnetwork.org](mailto:DCChapter@thetransitionnetwork.org)
17. **The Gathering Place Senior Activity Center** –19520 Darnestown Road, Beallsville, contact [info@retreatcenter.com](mailto:info@retreatcenter.com) or call 301-349-2799
18. **Washington Adventist University's School of Graduate and Professional Studies** offers free or discounted tuition for older adults 60+ call 301-891-4092 or visit [www.wau.edu](http://www.wau.edu)
19. **Washington Metropolitan OASIS** sponsored by Macy Foundation and Suburban Hospital for adults age 50 + visit <http://www.oasisnet.org/Cities/East/WashingtonDCarea.aspx> or call 301-469-6800 x 211

*The Montgomery County Vital Living Network advocates for programs and opportunities that enhance and empower the County's 50+ population. For more information about programs and resources for older adults in Montgomery County, see the Vital Living Network's Navigator, available at County libraries and at [www.montgomerycountymd.gov/content/HHS-Program/Resources/Files/A%26D%/20Docs/vital\\_living\\_50.pdf](http://www.montgomerycountymd.gov/content/HHS-Program/Resources/Files/A%26D%/20Docs/vital_living_50.pdf)*