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Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, Maryland 20902
240-777-4924

Find us at:
www.montgomerycountymd.gov/rec

LEARN DETAILS ABOUT THESE TRANSPORTATION RESOURCES ON PAGE 22!

Connect-A-Ride: free information
and referral about transportation options

Ride On and Metro Bus: learn about
free and discounted rides



Call-n-Ride: discounted taxi rides for eligible County residents

Metro Access: paratransit provided by WMATA

Free Transportation to Senior Centers:
for residents living in defined service areas

Get Out & Stay Active

Living and Thriving in Montgomery County



LEARN ABOUT

55+ Active Adult Programs

Senior Centers

Fitness and Sports

Travel, Trips, and Tours

Volunteering

Transportation Options



Published in partnership with the
Department of Health and Human Services,
Aging and Disability Services
240-777-3000, ads@montgomerycountymd.gov

Dear Residents,

There is something for everyone in Montgomery County. More than ever, our community can boast having thousands of leisure options available to residents throughout their lifetimes. *Get Out & Stay Active* highlights many of the opportunities offered by Montgomery County Recreation—and several other County departments. This guide features wellness resources and ideas to help you continue learning, meet new people, and put your talents to use. You may be surprised to discover the range of options available to you in Montgomery County.

Share this information with your friends – and enjoy! I look forward to seeing many of you out and about in the County.

Sincerely,



Isiah Leggett
County Executive



Alternative formats
of this document are
available upon request.

Individuals with disabilities are encouraged to register for County programs. Facilities are ADA Compliant. To facilitate inclusion, residents can request interpreters, large print and auxiliary aids. Early notification allows us time to arrange accommodations. Contact a Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov.

HABLAMOS ESPAÑOL

Si le interesa obtener información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene ideas o sugerencias de algún otro tipo de programas, por favor llámenos al 240-777-6839.

GETTING AROUND THE COUNTY IS EASIER THAN EVER

Montgomery County boasts many transportation resources.

Connect-A-Ride

Connect-A-Ride is a free program that helps all adults 50+ and adults with disabilities find transportation. Trained staff provide details about public and private transportation options. Call Monday-Friday between 9:00 a.m. and 5:00 p.m., 301-738-3252 or e-mail

ConnectARide@accessJCA.org.

Because specialists often speak at length with callers, they may not be able to answer your call right away. Please leave a message and they will call you back.

Ride On and Metro Bus

Residents over age 65 and people with disabilities can ride free in Montgomery County between 9:30 a.m.-3:00 p.m., Monday-Friday. During peak hours, they pay half the regular fare. For details, call 311.

Call-n-Ride

Discounted taxi trips are available to income-eligible residents over age 67 and adults with disabilities. For details, call 301-948-5409.

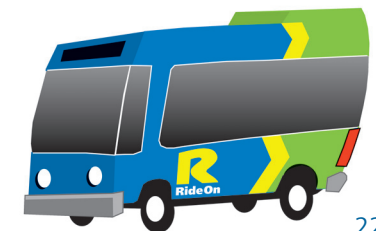
Metro Access

Shared-ride, door-to-door transportation is available seven days a week for people who cannot use public transportation due to a disability. For details about eligibility and service, call 301-562-5360 or go to www.wmata.com/accessiblity/metroaccess_service.

Free Transportation to Senior Centers

Curb-to-curb transportation is available to the five Montgomery County Recreation senior centers for seniors of any income level. Riders must live within a defined service area of a senior center. For details, call 240-777-4924.

For extensive information on transportation for older adults and people with disabilities, go to www.montgomerycountymd.gov/senior/transportation.



PART-TIME EMPLOYMENT



Montgomery County Recreation is always looking to employ energetic, talented people. Part-time staff teach classes; serve as officials for sports events; work in camps and community centers; and assist with nutrition sites.



To find and learn about employment opportunities, call the center that you are interested in working with directly. To apply for employment, please visit www.montgomerycountymd.gov/ohr.

"I had a full professional, career however, working part-time at the Margaret Schweinhaut Senior Center is the most rewarding work that I have ever done,"

— Kay Dennison



CHECK OUT OUR SENIOR CENTERS*

What are you likely to find at today's senior centers? Centers have fitness rooms, art studios, health and wellness programs, friendly staff, and exercise and dance classes. You may also see pottery studios, community gardens, computer labs and lunch cafés. All senior centers offer nutritious lunches every day for a voluntary donation for adults 60 and over.

Whether looking for calm, creative opportunities such as drawing and painting, or an energetic workout, you can find what you want at one of the County's senior centers. Many people enroll in scheduled programs, while others prefer drop-in activities such as card games, weight room workouts,

or billiards. Of course, you can choose to take advantage of all the activities, services and events! A monthly newsletter, available in hard copy or on-line, highlights each center's services and programs.



Montgomery County Provides FREE TRANSPORTATION to Its Senior Centers

Curb-to-curb transportation is available to transport County residents, ages 55 and over, to and from its five senior centers. This free service offers comfortable seating Monday through Friday to those living within defined service areas. For more information, or to sign up, call 240-777-4924.

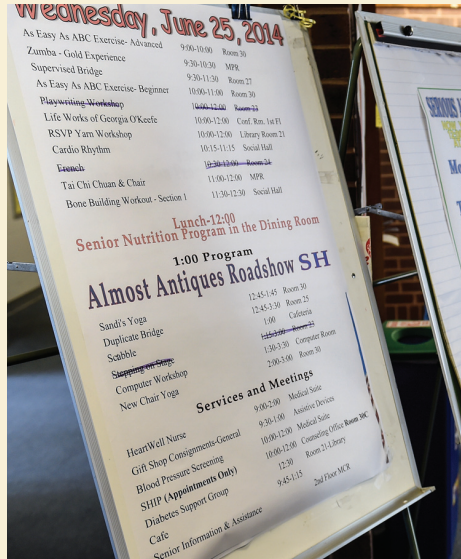
*Senior Centers are also located within the cities of Gaithersburg and Rockville. Call 311 for details.

DAMASCUS

9701 Main Street, Damascus, 20874
240-777-6995

Monday - Friday, 9:00 a.m. to 4:00 p.m.

While away from the bustle of the more populous areas in Montgomery County, Damascus Senior Center is full of positive energy and activity. Inspirational speakers, dances, fitness classes, and dazzling entertainment make the center a delightful place to spend time. The center shares a building with the Damascus Public Library.



VOLUNTEERING

Two priorities—good health and living a meaningful life—often go hand in hand. Research suggests that adults who volunteer maintain better emotional, cognitive, and physical health. In fact, in a survey of older adults, 90 percent reported that they suffered fewer colds and stomach aches when they volunteered at least once a week.

For more than 50 years, creative and talented volunteers have contributed to **Montgomery County Recreation** programs. Many of our volunteers develop quality recreation activities and programs or assist participants in a variety of other ways. Find a place for yourself and serve others while being fulfilled yourself.

Montgomery Parks welcomes the time and talents of thousands of volunteers each year. Their website allows you to explore volunteer opportunities, create and manage your own volunteer record, and apply for volunteer

jobs. Their site also serves as a portal to a variety of resources for volunteers (and the staff who love them!) You can access these services through the website (www.montgomeryparks.org/team/getting_started.shtm) or call the Volunteer Services Office at 301-495-2504.

Volunteers support local organizations as tutors, special event planners, grant writers, gardeners, hospital caregivers... the possibilities are endless! Volunteers can make long-term or one-time commitments.

The Montgomery County Volunteer Center helps residents learn about local volunteer opportunities, either online or in person. To access an extensive database by area of interest or by zip code, go to www.montgomeryserves.org or call 240-777-2600.

OUTDOOR RECREATION

HOLIDAY PARK

3950 Ferrara Drive, Wheaton, 20906
240-777-4999

Monday - Friday, 9:00 a.m. to 4:00 p.m.
Wednesday, 9:00 a.m. to 9:00 p.m.



Montgomery County's largest senior center serves more than 600 people daily. The center boasts a lunch café, gift shop and outside group garden. Activities include health and wellness programs, classes, travelogues, financial management counseling, musical performances and special events. Holiday Park is known for hosting ethnic, wellness, support and special interest groups.

Whether you are into hiking, canoeing or zip lining, you'll find it all--and more--in Montgomery Parks. The Montgomery Parks system includes more than 400 parks on over 35,000 acres of parkland. Park facilities and amenities include lakes, ponds, and streams, as well as tennis courts, athletic fields, basketball

courts, paved and natural surface trails, picnic areas, historic structures, and campsites. There are also park activity buildings, nature centers, indoor tennis facilities, boat rental facilities, indoor ice rinks, public gardens, and more! For information, call 301-495-2595 or visit the website at www.montgomeryparks.org.



LONG BRANCH

8700 Piney Branch Road, Silver Spring, 20901
240-777-6975
Monday - Friday, 9:30 a.m. to 2:30 p.m.

The Long Branch Senior Center, located within the Long Branch Community Recreation Center, is a welcoming place to make friends and enjoy health and wellness programs and lifelong learning. Exercise programs, language classes, and general interest programs and classes satisfy a wide range of interests.

Many activities are offered in Spanish and/or with an interpreter.



LIVE LIFE TO THE FULLEST...SOAR INTO LIFE!

▲ Mini Trips

Montgomery County Recreation sponsors mini-trips four times per year, from each of its five senior centers and Active Adult Program sites. These trips utilize small buses (maximum of 20 passengers) to travel to nearby destinations (museums, historic sites, restaurants, etc.), and are limited to six hours at most. The trips are planned and advertised at each individual senior program location to accommodate the needs and interests of each program, and leave from, and return to, that particular program site.

Montgomery County Recreation pays a portion of the transportation component of the trip. All other costs (admissions, meals, tours, etc.), are paid individually by each trip participant at the site(s) being visited, unless prior arrangements have been made. Call the individual program location nearest you for details about upcoming trips.

▲ FEET

For those looking for opportunities to travel with younger family members, the Family Entertainment & Exciting Trips (FEET) are a great option. The FEET Program invites residents of all ages to participate in daytrips to popular destinations including theaters, festivals, and family-friendly sites throughout the Mid-Atlantic region.

SOAR, Mini-Trips and FEET trips are scheduled seasonally. New destinations are always being added. For information, call 240-777-6870 or go to www.montgomerycountymd.gov/rec.



TRAVEL/TRIPS/TOURS:

▲ SOAR

The Senior Outdoor Adventures in Recreation (SOAR) program is designed for people age 55+ who are looking for hassle-free day trip options. SOAR removes the need to worry about ticket purchases, admission lines, driving and parking, so you can focus on enjoying your destination.

Whitewater rafting, walking tours of historic areas, and sailing on the Chesapeake Bay are just a few of the popular SOAR program destinations. Day trips provide opportunities to relish the outdoors, learn about our history, and enjoy the many special places our area has to offer.



MARGARET SCHWEINHAUT

1000 Forest Glen Road, Silver Spring, 20901

Phone: 240-777-8085

Monday - Friday, 9:00 a.m. to 4:00 p.m.

Saturday 10:00 a.m to 3:00 p.m.

The wooded streets surrounding Margaret Schweinhaut Senior Center located in Forest Glen create a natural, peaceful setting. The brightly colored walls make it nearly impossible to keep from smiling and joining in one of the center's stimulating programs.

The center strives to be a warm and joyful place to socialize, exercise, learn and enjoy. Partnerships with Holy Cross and Suburban hospitals, along with many local non-profits and



businesses, allow the center to offer a broad assortment of programs and services. Activities include entertainment, movies and travelogues, informational speakers, dances, and theme events. Come to Margaret Schweinhaut Senior Center at Forest Glen to improve overall physical and mental health!

WHITE OAK

1700 April Lane, Silver Spring, 20904
 240-777-6944
 Monday - Friday, 9:00 a.m. to 3:00 p.m.

Located on a quiet ten-acre lot near U.S. 29, this environmentally-friendly center offers a wide range of choices and amenities to ensure a positive

welcoming experience. Facilities include a full-size gymnasium, weight room, and drop-in game room — complete with air hockey, ping pong, and pool tables. For the art lover, the center also has a spacious pottery studio with kilns and dry racks. Engaging programs include art, fitness, entertainment, special events and many other activities.



 Nutrition Site  Limited Transportation Available

Clara Barton Community Center
 7425 MacArthur Boulevard, Cabin John, 20818 301-229-0010

Bauer Drive Community Center
 14625 Bauer Drive, Rockville, 20853 240-777-6922

 **Ross Boddy Community Center***
 18529 Brooke Road, Sandy Spring, 20860 240-777-8050
 *Temporality closed for renovation

Gwendolyn Coffield Community Center
 2450 Lyttonsville Road, Silver Spring, 20910 240-777-4900

 **East County Community Center**
 3310 Gateshead Manor Way, Silver Spring, 20904 ... 240-777-8090

 **Germantown Community Center**
 18905 Kingsview Road, Germantown, 20874 240-777-8095

Jane E Lawton Community Center
 4301 Willow Lane, Chevy Chase, 20815 240-777-6855

Longwood Community Center
 19300 Georgia Avenue, Brookeville, 20833 240-777-6920

 **Mid-County Community Center**
 2004 Queensguard Road, Silver Spring, 20906 240-777-6820

Plum Gar Community Recreation Center
 19561 Scenery Drive, Germantown, 20874 240-777-4919

Potomac Community Center
 11315 Falls Road, Potomac, 20854 240-777-6960

 **Marilyn J. Praisner Community Recreation Center**
 14906 Old Columbia Pike, Burtonsville, 20866 240-777-4970

For more information, please call 240-777-4924 or go to www.montgomerycountymd.gov/rec.

55+ ACTIVE ADULT PROGRAMS

Formerly known as the Neighborhood Senior Programs, the 55+ Active Adult Programs provide socialization, entertainment, information and fun in community recreation centers. Fitness, games, lectures, parties, entertainment, sports, and many other programs and classes are available at most locations.

Montgomery College Lifelong Learning classes are offered at some locations along with classes by many of our community partners. Four of the sites serve

lunch for a voluntary donation. Please look for the fork/knife symbol next to participating centers.

Limited transportation is available to those living within some service areas. Please look for the bus symbol next to participating centers. Call the centers directly for details.



EAT WELL WITH FRIENDS



Plenty of evidence points to the role of proper nutrition in helping people live longer and stay fit mentally and physically. If you are unsure which foods are best for your particular situation—or have questions about food and nutrition—you can call the **Senior Nutrition Hotline** at 240-777-1100 on Wednesday mornings from 9:00 to 11:00 a.m.

Join other County residents at any of 30+ locations where adults 60 and over enjoy lunches for a voluntary donation. Individuals 55 to 60 can also receive a meal by paying the full cost of the lunch, currently \$5.49. The

County's **Senior Nutrition Program** offers traditional American fare as well as Kosher, Korean, Vietnamese, and Chinese meals. Call 240-777-3810 to find the group lunch site nearest to you.

The County's African American Health Program runs free **Healthy Living Dining Clubs** once per month. To register, call 240-773-0387.

MONTGOMERY COUNTY OFFERS



A wide range of exercise and wellness programs are available through Montgomery County Recreation's county-wide programs and at each individual senior center. For details about the many offerings, go to www.montgomerycountymd.gov/rec or pick up a *Montgomery*

County Guide to Recreation and Parks Programs at a community recreation center or local library near you.

Some of the exercise and wellness programs available in community centers and senior centers are a result of partnerships with local hospitals. Montgomery County Recreation



MARYLAND SENIOR OLYMPICS



The Maryland Senior Olympics (MSO) is a non-profit organization for proactive residents 50 and above. Since 1980, the Maryland games have provided great competition and camaraderie. Many athletes have advanced to the National Senior Games and returned as U.S. champions.

Each year, MSO offers around 100 events through two dozen sports in age groups of 50-54, 55-59, 60-64 and so forth. The top three finishers in each event win medals; every odd year is a

qualifying year for the National Senior Games. The top four in each state-level event qualify for nationals.

You don't have to be a world-class athlete to compete in the Maryland Senior Olympics. Their motto is "To Participate Is To Win!" Some of our athletes compete because they seek fellowship and friendships. Many compete because of the personal challenge.

For more information go to: www.mdseniorolympics.org.

Explore Bethesda and Silver Spring for FREE

Bethesda Circulator provides free and convenient transportation. There is even a stop in the Bethesda Metro station. Hours of operation are Monday through Thursday 7:00 am – 12 midnight; Friday: 7:00 am – 2:00 am; and Saturday: 10:00 am – 2:00 am. All buses are fully accessible. Look for the bright red bus.

Silver Spring's VanGo, is a free shuttle service in downtown Silver Spring that runs Monday through Friday, 7:00 a.m. to 7:00 p.m. There are more than twenty stops, one of which is the Metro station. All buses are fully accessible. Look for the distinctive purple bus with a painting of Van Gogh on the back.

SENIOR SPORTS LEAGUES

For many athletes, determination to play hard and be part of a team never diminishes. Competing with athletes close to one's own age is one way to level the playing field. Montgomery County Recreation and the

Montgomery County Senior Sports Association offer softball, basketball and volleyball for adults ages 50 and older. For more information, call Jim Ganz at 301-236-9130 or e-mail: jimganz@verizon.net.



OPPORTUNITIES TO STAY FIT



works closely with Adventist, Holy Cross, MedStar Montgomery, and Suburban hospitals. They offer the latest information on medical concerns of seniors, and free or low-cost classes ranging from aerobics to Zumba.

"Senior Sneaker" Pass offers adults 55+ discounted membership to any Community Recreation Center exercise/weight room and open gym. Passes are accepted from each center's opening until 3:00 p.m., Monday through Friday.

The Senior Sneaker membership is perfect for those wanting flexibility to access cardio and fitness machines to achieve

fitness goals. Each center offers varied amenities which may include full circuit weight machines, treadmills, incumbent and recumbent exercise bikes, elliptical trainers, and free weights. Call your local center for more information on what is available at that facility.

Open gyms are available for sports such as badminton, volleyball and basketball. Pass holders can participate in the sports offered on designated days. Participants with a passion for a particular sport can go to open gym sessions at multiple community recreation centers throughout the week.

AQUATICS



INDOOR POOLS

Germantown Swim Center
18000 Central Park Circle
Boyd's
240-777-6830

Kennedy Shriver Aquatic Center
5900 Executive Boulevard
N. Bethesda
240-777-8070

Martin L. King, Jr. Swim Center
1201 Jackson Road
Silver Spring
240-777-8060

Olney Swim Center
16005 Georgia Avenue
Olney
240-777-4995



OUTDOOR POOLS

Open Memorial Day through Labor Day

Bethesda Pool (BOP)
Little Falls Parkway and Hillandale Road
Bethesda
301-652-1598

Germantown Pool
18905 Kingsview Drive
Germantown
240-777-8067

Long Branch Pool
8700 Piney Branch Road
Silver Spring
301-431-5700

Martin Luther King, Jr. Pool
1201 Jackson Road
Silver Spring
240-777-8066

Upper County Pool
8211 Emory Grove Road
Gaithersburg
301-840-2446

Western County Pool
20151 Fisher Avenue
Poolesville
301-349-2217

Wheaton/Glenmont Pool
12621 Dalewood Drive
Wheaton
301-929-5460

Swimming pools offer great fitness activities that minimize impact to bones, joints and muscles. Benefits include cardiovascular fitness and relaxation, not to mention pleasure! Whether you enjoy lap swimming and aqua walking, or water slides, tumble buckets and splash zones with your grandchildren, Montgomery County Recreation Aquatics facilities offer fitness that's fun.*

For your convenience, pools

offer a variety of payment options such as daily admissions, punch passes, and season passes.

"All Pool" Pass

Gain access to four indoor pools all year long, and seven great outdoor pools during the summer. Take advantage of special discount pricing available for passes for families, for two people, and for residents 55+ as well as special "Summer Swim" passes.

* Pools are also available in Gaithersburg, Rockville and Takoma Park. Call 311 for details