

MONTGOMERY COUNTY RECREATION

55 & Better

ACTIVITIES FOR SENIORS



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INDOOR CLASSES AVAILABLE



Some activities will take place inside.

VIRTUAL CLASSES AVAILABLE



Staying home? Virtual classes are available. A link to the virtual platform will be provided after registration.

OUTDOOR CLASSES AVAILABLE



Some activities will take place outdoors.

Check activity location details in ActiveMontgomery. Face masks are required for all in-person activities.



Partnership Programs are run in collaboration with nonprofits and organizations serving Montgomery County. These programs may have registration requirements different from Montgomery County Recreation.



Registration for Summer 2021 begins on

May 10, 2021

MONTGOMERY COUNTY RECREATION



REC ROOM

A VIRTUAL RECREATION EXPERIENCE

FREE RESOURCES AVAILABLE ONLINE AT
WWW.MOCOREC.COM/RECROOM

You've got the whole world in your hands.
Discover new places and explore new spaces with the click of a mouse.

Stay Fit. Stay Healthy. Stay Creative. Stay Home.





Arts & Crafts

Hobbies



Knit and Crochet Virtual Group

Ages 55 & Up 12 Sessions FREE
 118995 Virtual Class 6/1 Tu 10-11:30 a.m.



Photo Club

Ages 55 & Up 3 Sessions FREE
 118936 Virtual Class 6/2 W 10 a.m.-Noon



Woodcarving Virtual Group

Ages 55 & Up 12 Sessions FREE
 118942 Virtual Class 6/4 F 1-3 p.m.



Dance



Hula Intermediate Choreography

Ages 55 & Up

9 Sessions

FREE

118890 Virtual Class

6/14 M

1-1:45 p.m.

The Sound and Movement of Creativity

Ages 55 & Up

1 Session

FREE

118391 Virtual Class

4/23 Th

1:30-2:30 p.m.



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Educational Community Programs

Opera/Co-Operation

Ages 55 & Up 1 Session FREE
118395 Virtual Class 7/21 W 2-3 p.m.

Periodical Cicadas in 2021

Ages 55 & Up 1 Session FREE
120468 Virtual Class 5/18 Tu 10-11 a.m.

Sugarloaf: History of a Singular Mountain

Ages 55 & Up 1 Session FREE
120255 Virtual Class 7/12 M 2-3 p.m.



What In The World! Virtual Discussion Group

Ages 55 & Up 12 Sessions FREE
118940 Virtual Class 6/4 F 3-4 p.m.



Subscribe

to our newsletter

THE WEEKLY RUNDOWN

Every Monday, The Weekly Rundown brings Montgomery County Recreation news to you.

Sign up at www.mocorec.com/weeklyrundown



Virtual Classes

Now Available

Prefer to stay home?

Register for a virtual class.

Instructions and links will be provided after registration.

Educational

Discussions

Active Living: Chinese

Ages 55 & Up

118949 Virtual Class

11 Sessions

6/11 F

FREE

11-11:55 a.m.

Active Living: Hindi

Ages 55 & Up

118934 Virtual Class

10 Sessions

6/16 W

FREE

3:30-4:25 p.m.

Active Living: Spanish

Ages 55 & Up

118938 Virtual Class

9 Sessions

6/14 M

FREE

9:30-10:25 a.m.

Cabin John: Legends and Life of an Uncommon Place

Ages 55 & Up

120256 Virtual Class

1 Session

6/7 M

FREE

10-11 a.m.



Healthy Hobbies Discussion Group

Ages 55 & Up

118913 Virtual Class

10 Sessions

6/7 M

FREE

2-3 p.m.

Myths & Facts: Nutrition as We Age

Ages 55 & Up

120472 Virtual Class

1 Session

5/26 W

FREE

1-2 p.m.

Rock Talk for Beginners

Ages 55 & Up

120253 Virtual Class

2 Sessions

8/11 W

FREE

4-4:45 p.m.



Educational

Language



French Conversation

Ages 55 & Up 9 Sessions FREE
118897 Virtual Class 6/14 M 11 a.m.- Noon



French Intermediate

Ages 55 & Up 10 Sessions FREE
118937 Virtual Class 6/16 W 11 a.m.-Noon

Special Programs

Poetry and Discovery

Ages 55 & Up 1 Session FREE
118394 Virtual Class 7/7 W 1:30-2:30 p.m.



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Fitness

Low Impact Exercise

Chair Dancing

Ages 55 & Up
118939 Virtual Class

10 Sessions
6/17 Th

FREE
1-1:45 p.m.

Tai Chi

Tai Chi

Ages 55 & Up
122193 Virtual Class

20 Sessions
5/12 W,F

FREE
10-11 a.m.

Outdoor Tai Chi

Ages 55 & Up
120245 Potomac CRC

16 Sessions
5/12 W,F

FREE
10-11 a.m.

Tai Chi Sword

Ages 55 & Up
118896 Virtual Class

9 Sessions
6/14 M

FREE
2:30-3:25 p.m.

Aerobic Dance

55+ Bone Builders

Ages 55 & Up
122192 Virtual Class

18 Sessions
6/22 Tu,Th

FREE
1:30-2:30 p.m.



Fitness

Total Body Conditioning

Kelley's 50+ Complete Workout

Ages 50 & Up	4 Sessions		\$30
Instructor: Pamela Kelley			
116292 Virtual Class	6/24	Th	9:15-10:15 a.m.

Yoga

Hatha Yoga

Ages 55 & Up	10 Sessions		FREE
118935 Virtual Class	6/15	Tu	9-9:55 a.m.

Outdoor Yoga for Vitality ☀️

Ages 45 & Up	4 Sessions		\$48
Instructor: Natasha Romano			
120246 N. Potomac CRC	6/1	Tu	10-11 a.m.
120247 N. Potomac CRC	6/29	Tu	10-11 a.m.

Yoga for Senior Athletes

Ages 50 & Up	7 Sessions		\$80
Instructor: Recreation Staff			
119014 Virtual Class	6/10	Th	7-8 p.m.

Fitness

Walking

Walkers in Motion Challenge

Ages 55 & Up 4 Sessions FREE
120254 Virtual Class 5/10 M/W 9a.m.-4:30p.m.

Explore Montgomery County Walking Trails

Ages 55 & Up 13 Sessions FREE
120250 Potomac CRC 5/20 Th 10-11 a.m.

Waggin' Tails Virtual Walk

Ages 55 & Up 2 Sessions FREE
120249 Virtual Class 5/24 M 11-11:45a.m.

Walk in the Park

Ages 55 & Up 7 Sessions FREE
119052 Various Locations 7/1 Th 9-10 a.m.



Please Remember Your Mask

Due to COVID-19 restrictions, all in-person classes require a face mask to participate.



Health/ Wellness

Support Groups

Max You Virtual Group

Ages 55 & Up

119946 Virtual Class

14 Sessions

6/1

Tu

FREE

10:30-11:25 a.m.

Music

Celebrations

Music Through the Ages

Ages 55 & Up

120251 Virtual Class

120252 Virtual Class

4 Sessions

6/3

Th

7/8

Th

FREE

3-4 p.m.

3-4 p.m.

Senorita Sunshine Independence Day

Ages 55 & Up

118277 Virtual Class

1 Session

7/1

Th

FREE

3-4:30 p.m.

Music Performance and Concert

Drums Shake Rattle and Roll

Ages 55 & Up

118389 Virtual Class

1 Session

6/9

W

FREE

1:30-2:30 p.m.

Sports

Outdoor Evening Table Tennis

Ages 55 & Up

120248 N. Potomac CRC

8 Sessions

6/1 Tu

FREE

4-5:45 p.m.



SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for
inclement weather information.

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Events start in August and will run through the fall. Visit www.mdseniorolympics.org, email info@mdseniorolympics.org or call **240-777-4930** for 2021 event details and registration information.





Trips and Tours

Day Trips

Meet Up Hike - Black Hill Regional Park

Ages 18 & Up 1 Session FREE
115487 Black Hill RP 6/24 Th 9:30-11:30 a.m.

Meet Up Hike - Towpath C&O Canal, Rileys Lock

Ages 18 & Up 1 Session FREE
115488 Rileys Lock 7/15 Th 9:30-11:30 a.m.

Meet Up Hike - Woodlawn Manor Park - Underground Railroad Trail

Ages 18 & Up 1 Session FREE
115489 Woodlawn Manor CP 7/29 Th 9:30-11:30 a.m.



IMPORTANT CLOSURE NOTICE

Classes will not meet on
the following dates:

July 3

July 4

July 5



Rec YOUR WAY



A new, personalized experience to share with your friends and family.
Create a custom class designed just for you. It's Rec, Your Way.
For more information visit www.mocorec.com/yourway
or call 240-777-4926.

Hablamos Español

