

MONTGOMERY COUNTY RECREATION

55

& Better

ACTIVITIES FOR SENIORS



FALL 2020



MONTGOMERY COUNTY
Recreation

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**VIRTUAL
CLASSES
AVAILABLE**

Staying home?
Virtual classes
are now available.
Register today.



**OUTDOOR
CLASSES
AVAILABLE**

All in-person activities will
take place outdoors.
Access to buildings will
not be permitted.
Face masks are required.



Partnership Programs are run in collaboration with non-profits and organization serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.



**Registration for
Fall Session II is now
UNDERWAY**



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

Coffee or Tea: Sip-n-Paint

1 Session

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
97643	Praisner CRC	10/9	Friday	9-10:30 a.m.	\$30	Outdoors

Feeling Crafty: Bead It Kits

4 Sessions

97518	Virtual Class	10/1	Thursdays	10-11 a.m.	\$25	Virtual
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Feeling Crafty: Celebrating the Colors of Fall Kits

4 Sessions

97522	Virtual Class	10/29	Thursdays	10-11 a.m.	\$25	Virtual
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Feeling Crafty: Hooray for the Holidays Kits

3 Sessions

97524	Virtual Class	12/3	Thursdays	10-11 a.m.	\$25	Virtual
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Knit & Crochet Group

9 Sessions

97620	Praisner CRC	11/3	Tuesdays	10-11 a.m.	FREE	Virtual
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Photo Club

2 Sessions

97612	Virtual Class	11/11	Wednesdays	10am-Noon	FREE	Virtual
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Knit, Crochet & Fabric Too

11 Sessions

100939	Virtual Class	10/2	Fridays	1-2pm.	FREE	Virtual
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Dance



Hula Dance

5 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
94602	Holiday Park SC	10/2	Friday	10-10:45a.m.	FREE	Outdoors



NIA Dance Fitness

5 Sessions

94601	Holiday Park SC	10/1	Thursdays	9-9:45 a.m.	FREE	Virtual
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International Folk Dance

5 Sessions

97375	Holiday Park SC	10/1	Thursdays	10-10:45 am.	FREE	Virtual
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Chair Dancing

7 Sessions

97630	Virtual Class	10/29	Thursdays	1-1:45p.m.	FREE	Virtual
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Garba Dance

8 Sessions

97618	Virtual Class	10/22	Thursdays	2-2:55p.m.	FREE	Virtual
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OUTDOOR CLASSES

All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.



Educational



French Intermediate

8 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
97632	Virtual Class	10/14	Wednesdays	11:30am-12:30pm.	FREE	Outdoors

Elementary Spanish for Beginners

11 Sessions

101079	Virtual Class	10/20	Tuesdays	10:30 a.m.-Noon	FREE	Virtual
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Type II Diabetes Presentation

1 Session

101115	Virtual Class	10/13	Tuesdays	10-11:30 a.m.	FREE	Virtual
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How Social Media Effects Your Vote

3 Sessions

97523	Virtual Class	10/8	Thursdays	12:30-1:30 p.m.	FREE	Virtual
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Introduction to Hindi

8 Sessions

97770	Virtual Class	10/2	Monday	11-11:55 a.m.	FREE	Virtual
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Brain Fitness

1 Session

101115	Virtual Class	11/19	Thursdays	12-12:30 p.m.	FREE	Virtual
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Fitness

Bang Fitness

3 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
97613	Virtual Class	10/8	Thursday	11 a.m.-Noon	FREE	Virtual

7 Sessions

97614	Virtual Class	10/29	Thursday	11 a.m.-Noon	FREE	Virtual
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Exercising at Home, Staying Motivated

5 Sessions

98575	Virtual Class	10/12	Mondays	1:30-2:30 p.m.	FREE	Virtual
98576	Virtual Class	11/30	Mondays	1:30-2:30 p.m.	FREE	Virtual

Furry Friends Virtual 5K

1 Session

97600	Virtual Class	11/5	Thursdays	Noon-12:30 p.m.	FREE	Virtual
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Exercise At Home Tips for Seniors

5 Sessions

97628	SchweinhautSC	11/10	Tuesdays	10-11 a.m.	FREE	Virtual
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Leg Strength

1 Session

96810	Virtual Class	10/8	Thursdays	Noon-12:30 p.m.	FREE	Virtual
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Seated Stretch & Tone

4 Sessions

93614	Virtual Class	10/27	Tuesdays	10-10:30 a.m.	FREE	Virtual
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Please Remember Your Mask

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

Chair Yoga

3 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
97607	Virtual Class	10/6	Tuesdays	11 a.m.-Noon	FREE	Virtual

10 Sessions

97608	Virtual Class	10/27	Tuesdays	11 a.m.-Noon	FREE	Virtual
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Yoga for Vitality

4 Sessions

97636	N. Potomac CRC	10/1	Thursdays	11 a.m.-Noon	\$48	Outdoors
97209	N. Potomac CRC	10/29	Thursdays	11 a.m.-Noon	\$48	Outdoors
97211	Virtual Class	12/1	Tuesdays	9:30-10:30 a.m.	\$48	Virtual

Zumba Gold

4 Sessions

97609	Virtual Class	9/30	Wednesdays	11 a.m.-Noon	FREE	Virtual
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9 Sessions

97610	Virtual Class	10/28	Wednesdays	11 a.m.-Noon	FREE	Virtual
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21-Day Turkey Trot Challenge

4 Sessions

97640	Virtual Class	11/2	Monday	3-3:30 p.m.	FREE	Virtual
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Nature Walk

7 Sessions

100940	N. Potomac CRC	10/7	Wednesdays	1:30-2:45 p.m.	FREE	Outdoor
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Health/Wellness

Tips for Preventing Falls

1 Session

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
93615	Virtual Class	10/29	Thursday	Noon-12:30p.m.	FREE	Virtual



Book Talk

2 Sessions

97617	Virtual Class	11/11	Wednesdays	1-1:55 p.m.	FREE	Virtual
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Evening Book Club

3 Sessions

94001	Virtual Class	10/21	Wednesdays	4-4:45 p.m.	FREE	Virtual
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Pet Social Hour

3 Sessions

97466	Virtual Class	11/3	Tuesdays	11 a.m.-Noon	FREE	Virtual
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Music

Musical Musings

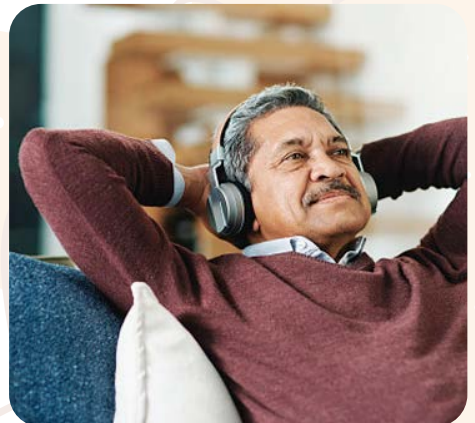
4 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
97520	Virtual Class	10/8	Thursdays	2-3 p.m.	FREE	Virtual



VIRTUAL CLASSES

All virtual classes and activities will take place on a virtual platform. A link to join the virtual activity will be provided upon registration in ActiveMontgomery to your preferred email address.





Social



Coffee with a Cop

1 Session

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
101095	Virtual Class	10/13	Tuesday	9:30-10:30 a.m.	FREE	Virtual



Woodcarving

11 Sessions

101130	Virtual Class	10/2	Fridays	1-3 p.m.	FREE	Virtual
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Wake Up Call

9 Sessions

98704	Virtual Class	11/2	Mondays	8-9 a.m.	FREE	Virtual
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REC ALERT

SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for inclement weather information.

Special Events



Howl O Ween Pet Photo Contest

Activity 97603

Friday, October 30, 2020

9 a.m.-Noon



Highlights of Silver Spring *with Walt Gottlieb*

Activity 97212

Thursday, November 11, 2020

3-3:45 p.m.



55 & Better | Activities for Seniors
2425 Reedie Drive
Wheaton, MD 20902

