

Asterisk * Next to time indicates Waitlist for that program.

MAY 2024-North Potomac Senior Center 55+ Programs

REGISTRATION REQUIRED.
 Programs subject to change without notice.
 Call 240-773-4805 to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Due to Early Elections in May some classes have been changed or cancelled. Call 240-773-4805 to confirm.</p> <p>North Potomac Senior Center monthly calendar and newsletter is available online. North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</p> <p>Summer Registration Opens Monday, May 13th at 6:30am online and regular business hours at recreation centers.</p>		<p>1</p> <p>9:30 Stretching Exercises to Music with Linda 11:00-Noon Blood Pressure Screening with UMD Nursing Students 10:00 Drop-In Soccer 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing</p>	<p>2</p> <p>9:30 Intro to Qigong-NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting</p>	<p>3</p> <p>9:30 Stretching Exercises to Music with Linda *9:30 JCA Outing to Brookside Gardens 10:00 Drop-In Soccer 10:00 Tai Chi CMC 37 Yang Style 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo</p>	<p>4</p> <p>9am to 1pm TechConnect with Puja (walk-ins accepted, appointment not needed) 9:15-10:45 Martial Arts Health Dance with Josephine</p>
<p>6</p> <p>9:15 Zumba with Carol 9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives *10:00 Beginners American Mahjong Lessons with Nancy 10:00-12:00 Amer. Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Virtual Reality w/Ed-NEW *2:30 Yoga with Susan</p>	<p>7</p> <p>9:30 Zumba Video 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p>8</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 5:30 Evening Crafters 6:00 Virtual Reality with Tim-NEW</p>	<p>9</p> <p>9:30 Intro to Qigong-NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:30 Paint and Socialize 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 2:00 Virtual Reality w/Ed-NEW 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting (Registration/scan required)</p>	<p>10</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:00 Tai Chi CMC 37 Yang Style *10:30 Easy Abstract Art 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo</p>	<p>11</p> <p>9am to 1pm TechConnect with Puja (walk-ins accepted, appointment not needed) 9:15-10:45 Martial Arts Health Dance with Josephine</p>
<p>13</p> <p>9:15 Zumba with Carol 9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Virtual Reality w/Ed-NEW *2:30 Yoga with Susan</p>	<p>14</p> <p>9:30 Zumba Video 9:30 Paint and Socialize 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Essential Oils-Brain Support 12:30 Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p>15</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 6:00 Virtual Reality with Tim-NEW</p>	<p>16</p> <p>9:30 Intro to Qigong-NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 2:00 Virtual Reality w/Ed-NEW 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting</p>	<p>ASIAN AMERICAN PACIFIC ISLANDERS MARTIAL ARTS EXHIBITION 17</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:00 Martial Arts Exhibition *10:30 Simple Cooking-American 11:30 SNP Lunch Program 12:30 International Folk Dance 1:00-3:00 Asian Mahjong 2:00 Essential Oils-Pain and Inflammation 2:15 Tai Chi with Master Guo</p>	<p>18</p> <p>9am to 1pm TechConnect with Puja (walk-ins accepted, appointment not needed) 9:15-10:45 Martial Arts Health Dance with Josephine <i>(Last Class for Spring Session)</i></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25
9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Virtual Reality w/Ed- NEW *2:30 Yoga with Susan	9:30 Zumba Video 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Essential Oils-Skincare 12:30 Afternoon Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth 6:30 Scale Modeling Group	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 6:00 Virtual Reality with Tim- NEW	9:30 Intro to Qigong- NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 12:30 Afternoon Paint and Socialize 1:00-4:00 American Mahjong 2:00 Virtual Reality w/Ed- NEW 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting (Registration and scan at front desk required)	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:00 Tai Chi CMC 37 Yang Style 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:00 Essential Oils-Emotions 2:15 Tai Chi with Master Guo	
27	28	29	30	31	
CENTER CLOSED FOR HOLIDAY 	9:30 Zumba Video 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 6:00 Virtual Reality with Tim- NEW	9:30 Intro to Qigong- NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 2:00 Virtual Reality w/Ed- NEW 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting (Registration and scan at front desk required)	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:00 Tai Chi CMC 37 Yang Style 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo	<p style="text-align: center;"><u>Summer Registration</u></p> <p>Viewing of programs/classes begins May 3rd at 10:00am online.</p> <p>Registration of programs/classes begins Monday, May 13th at 6:30am online and in person at recreation centers during regular open hours.</p>

BONE BUILDERS CLASSES at NPSC

Mondays & Wednesdays—10:45 to 11:45am
 Tuesdays & Thursdays—10:45 to 11:45am & 11:55am to 12:55pm
 Email Ann Marie at AnnMarie.Heiser@montgomerycountymd.gov

SENIOR FIT CLASSES at NPSC

Mondays & Wednesdays—1 to 1:45pm
 Call Holy Cross Health at 301-754-8800 for registration information during open registration.
 Email seniorfit@holycrosshealth.org for info only

YOGA FOR VITALITY (Fee) at NPSC

Tuesdays—9:30 to 10:30am
 Contact Customer Service at 240-777-6840 or
 Recreation.customerservice@montgomerycountymd.gov