

# North Potomac Senior Center

13850 Travilah Road • Rockville, MD 20850 • (240) 773 - 4805



## Registration Time

Montgomery County Recreation Summer Program Registration Begins Monday, May 13. While online registration is encouraged on May 13 at 6:30 a.m. there will be in-person registration available at 6:30 a.m. at the County's aquatic centers and at the administrative offices in Wheaton. Registration will also be available, in-person, at all other Recreation facilities during regular business hours.

A new refund policy will take effect with summer program registration May 13. Refund requests for classes, camps, leagues, trips and tours must be submitted 14 days prior to the start of an activity to receive a full refund. Refund requests submitted after the start of an activity or posted league schedule will not be issued a refund. View the full refund policy online at [Mocorec.com](http://Mocorec.com). For more information about registration, visit the website or call the customer service team at 240-777-6840.

## Tech Support

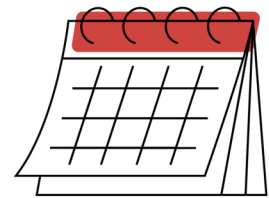
Free, one-on-one Tech Support is available on **Saturdays from 9:30 a.m. to 12:30 p.m. until mid-May.**

Whether you are looking to solve a basic problem, require step-by-step guidance in learning how to use your phone or computer, or need guidance to learn how to register for Recreation programs we are here to help! No appointment necessary!

## Holidays

**The center will be closed on the following dates:**

- ◆ MEMORIAL DAY  
Monday, May 27, 2024
- ◆ JUNETEENTH  
Wednesday, June 19, 2024



## Receive Emergency Alerts!

Stay informed with **Alert Montgomery**, your go-to for timely notifications on program closures within Montgomery County Recreation or emergencies affecting Montgomery County. Receive accurate updates instantly via text, email, or voice message.

**To sign up for emergency notifications, visit:**

<https://www.montgomerycountymd.gov/OEMHS/AlertMontgomery/index.html>

# Virtual Reality Classes are at NPSC in May

Virtual Reality better known as VR is at North Potomac Senior Center during the month of May. VR involves experiencing computer-generated environments that feel real by immersing you in a believable, interactive 3D world where you can explore and interact mentally and physically.

How Does VR Work? Participants will wear a VR headset which replaces your sensory input with a virtual environment. The headsets use sensors (like magnetometers, gyroscopes, and accelerometers) to track your movements and the environment you will see with the headset is generated by software. Imagine wearing a VR headset and being able to walk on the Moon, swim in deep underwater, or visit a faraway place.

Each VR class is limited to four participants at a time using the VR headsets. Additional time can be added to class time is needed based on number of participants.

Virtual Reality Class with Ed  
Mondays and Thursdays from 2 to 3pm  
Active # R07107\_347

Evening Virtual Reality Class with Tim  
Wednesdays from 6 to 8pm  
Active # R07107\_348

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## 55+ Drop-in Soccer at North Potomac

55+ Soccer is growing in the community. North Potomac Senior Center currently offers the following 55+ Soccer programs:

- Wednesday mornings from 10am to Noon — Active # R07128\_301 (Current to June 12, 2024)
- Thursday evenings from 5:15 to 7:30 pm — Active #R07128\_303 (May 9 to June 27, 2024)
- Friday mornings from 10am to Noon — Active #R07128\_302 (Current to June 14, 2024)

You must register prior to participating in any of the 55+ soccer programs listed above. Register online at [Mocorec.com](https://www.mocorec.com) or in person at any Montgomery County Recreation Center during regular business hours.





**Free** Asian American  
and Pacific Islanders

**Friday, May 17**  
10 a.m. - Noon

# MARTIAL ARTS

Exhibition

**55+**

**SEVERAL SPACES  
STILL REMAIN.  
REGISTER TODAY.**



ACTIVITY  
**R07107-341**

**SEVERAL SPACES STILL  
REMAIN.  
REGISTER TODAY.**

Hard and soft styles of Kung Fu will be demonstrated.  
Various arts include Bagua Zhang, Tai Chi Chuan, Xing-I Chuan,  
Swordplay and other styles.

**North Potomac Senior Center**  
13850 Travilah Road, Rockville



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

To register, visit [ActiveMontgomery.org](http://ActiveMontgomery.org)  
240-777-6840 • *Hablamos Español* • [www.mocorec.com](http://www.mocorec.com)



# New & Upcoming 55+ Programs

Day/Time	Program	Registration Number
Mondays & Thursdays May 6 - May 30 2:00 to 3:00pm	Virtual Reality Classes with Ed	#R07107_347
Wednesdays May 8 - May 29 6:00 to 8:00pm	Evening Virtual Reality Classes with Tim	#R07107_348
Wednesdays May 8 5:30 to 7:00pm	Evening Crafters	#R07095_336
Thursdays, May 9 - June 27 5:15 to 7:30pm	Thursday Evening 55+ Drop-in Soccer	#R07128_303
Tuesdays and Fridays May 14 & May 21 12:30—1:30pm and May 17 & May 24 2:00 to 3:00pm	<b>**SPECIAL EVENT**</b> Essential Oils Workshop for Women <i>Presenter will have different essential oils focus each class, so be sure to attend all four classes.</i>	#R07028_344
Wednesdays Ongoing 1:00pm - 3:00pm	International Ballroom Dancing	#R07057_302
Friday, May 17 10:00am—12:00pm	<b>**SPECIAL EVENT**</b> AAPI Martial Arts Exhibition <i>Registration ends May 10 or earlier if spaces are filled.</i>	#R07107_341
Tuesdays July 2—July 23 10:00am	Watercolors with Gillian <i>Registration for this class opens online May 13 at 6:30am. Space is limited.</i>	<b>SUMMER SESSION</b> <b>REGISTRATION OPENS MAY 13 AT 6:30AM</b> #R07095_524





## Famous May Birthdays

The following people were born in May. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. James **BROWN**
- B. Tina **FEY**
- C. Albert **FINNEY**
- D. Audrey **HEPBURN**
- E. John F. **KENNEDY**
- F. Wladziu **LIBERACE**
- G. Joe **LOUIS**
- H. George **LUCAS**
- I. Tim **MCGRAW**
- J. Florence **NIGHTINGALE**
- K. Artie **SHAW**
- L. Toni **TENNILLE**

E	I	L	B	X	M	D	S	D	B	L	G
Z	L	B	U	C	H	O	I	U	R	I	M
M	Z	L	G	C	F	X	U	K	O	B	Y
C	W	R	I	E	A	N	O	N	W	E	L
F	A	D	Y	N	Y	S	L	S	N	R	K
W	A	J	N	Y	N	D	M	Y	T	A	A
R	C	F	K	Y	Q	E	E	E	Z	C	B
N	R	U	B	P	E	H	T	N	B	E	R
M	S	B	W	A	H	S	D	N	N	A	U
I	K	F	A	U	X	K	I	I	U	E	B
J	D	W	J	J	O	H	W	F	P	S	K
N	I	G	H	T	I	N	G	A	L	E	N

**Bonus:** Match the person to the correct clue.

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1. Country western singer ____  | 7. Filmmaker ____                  |
| 2. Nursing pioneer ____         | 8. Pianist ____                    |
| 3. Comedian/actress/writer ____ | 9. 35th U.S. president ____        |
| 4. Boxing champion ____         | 10. Bandleader/musician ____       |
| 5. "Godfather of Soul" ____     | 11. Captain's singing partner ____ |
| 6. Actress/fashion icon ____    | 12. Actor ____                     |

# Registration, Transportation, & Senior Lunch

## ***HOW DO I REGISTER FOR PROGRAMS?***

In order to participate in programs, classes, or use equipment in Montgomery County Recreation facilities, all individuals must fill out an *Active Montgomery Registration Form*. All programs have an assigned activity number (e.g. #R07010\_100) and are important to know during the registration process. The registration form is available at the front desk or you may register online at *ActiveMontgomery.org*. After filling out this form, a Recreation Pass Card, or *Rec Pass* will be granted to you by an employee. This Rec Pass allows access to all Montgomery County Community Recreation Centers and Senior Centers by scanning your card's unique barcode at the front desk. If your name does not appear on the attendance sheet of a class you have shown up for, you **MUST** register at the front desk by filling out an Active Montgomery Registration Form, or, if you are certain you have already registered, please ask an employee to print a receipt confirming your registration. Please be kind to your fellow participants, instructors, and staff by adhering to the rules and regulations set by Montgomery County. Thank you.

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## ***FREE CURB TO CURB TRANSPORTATION BY JCA***

If you reside within five miles of the North Potomac Senior Center, the Jewish Council for the Aging (JCA) provides free, handicap accessible transportation Monday through Friday. Pickup from your home is between 8:00 - 9:00am and the bus leaves the center at approximately 1:45pm to take you home. Please call 240-773-4805 or stop by the North Potomac Senior Center during open hours for an application. Please note that it takes the JCA staff approximately 7 to 10 business days to process applications and to contact all applicants via telephone regarding their application status. There is currently a waitlist for JCA transportation, however please submit your application to get on the waitlist.

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## ***SENIOR NUTRITION PROGRAM (SNP)*** ***LUNCH BY DUTCH MILL CATERING***

If you are age 60+, you can take part in the SNP at North Potomac Senior Center. The suggested donation is \$3.00 per meal to support the funding of the program. The cost of the meal for individuals sixty and under is \$7.99 per meal. If interested, come to the center between 9:00am and 1:00pm to complete an SNP application and for SNP staff to assist and answer any questions. If you have completed an application and would like to place an order, call 240-773-4805 before 10:00am *at least* four business days ahead of time. If you are going to arrive after 11:45am for your meal or need to cancel your reservation, contact Andy or Jean at 240-773-4805 or email Jean at email [Hsiying.Wang@montgomerycountymd.gov](mailto:Hsiying.Wang@montgomerycountymd.gov).

# Easy Recipes for May Fun!

## *Berry Brownie Torte*

### Ingredients:

- Cooking spray
- 1 (12.35-ounce) package sugar-free chocolate fudge brownie mix
- 3 tablespoons vegetable oil
- 1/2 cup sugar-free seedless blackberry jam, plus 2 tablespoons for garnish
- 1 egg
- 3/4 cup sugar-free whipped topping, thawed
- 2 tablespoons sugar-free hot fudge topping, for garnish



### Directions:

1. Preheat oven to 350F. Spray a 9" springform pan with cooking spray.
2. In a large bowl, combine brownie mix, oil, 1/2 cup jam, and egg. Pour into prepared pan.
3. Bake 40 minutes or until a toothpick comes out clean when inserted. Allow to cool and remove the rim of the pan.
4. Top brownie with whipped topping, spreading evenly.
5. Place 2 tablespoons jam and hot fudge topping in two separate, small plastic zipper bags. Seal tightly and remove the air. Knead with your hands until warm and smooth.
6. Cut one tip off the corner of each bag. Drizzle each over whipped topping.
7. Cut and serve.

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## *Backyard Avocado Bites*



### Ingredients:

- 1/4 cup bread crumbs
- 1 garlic clove, minced
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon chopped basil
- 1 tablespoon lemon juice
- Dash of salt and pepper
- 1 ripe avocado
- 1/4 cup chunky salsa

### Directions:

1. Preheat oven to 450F.
2. In a small bowl, mix bread crumbs, garlic, Parmesan, basil, lemon juice, salt, and pepper.
3. Cut avocado in half and remove the pit. Scoop equal portions of salsa into each avocado half and place on a baking sheet. Top avocados with bread crumb mixture.
4. Bake for 5–7 minutes. Serve immediately.
5. Makes 2 servings.



# Caught on Camera at NPSC



**Watercolor Instruction Class with Gillian**



**Basic English Conversation Class for Chinese Natives**



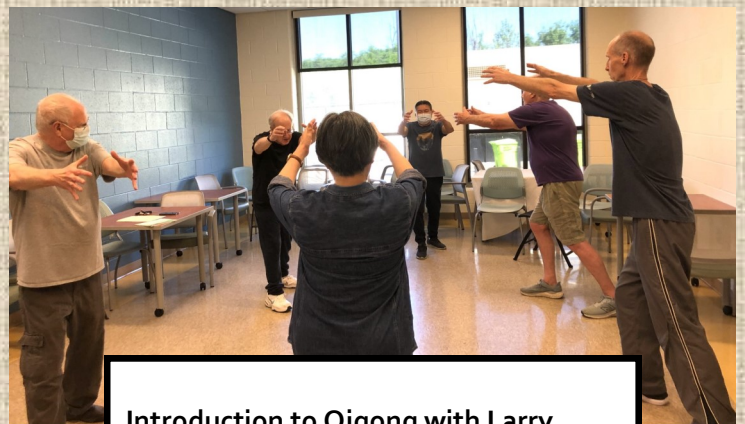
**55+ Drop-in Soccer at North Potomac Senior Center**



**Landscape Painting using Watercolors**



**Three NPSC Table Tennis Tournament Winners**



**Introduction to Qigong with Larry**





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## STRATEGIES FOR SUCCESSFUL AGING

### VIRTUAL PROGRAMS

As we age, we encounter new changes and challenges. During this 3-part series, our expert panelists will review popular areas of challenging change, and provide their guidance and tools. Please note you can attend one or all of the sessions.

**THURSDAY, MARCH 14**  
**2:30-3:45 P.M.**

#### DRIVING

Our expert panelists will review how we should approach driving, aging and safety. They will also share tips and resources for driver safety.

Speakers:

- ◇ Amalie Ward, MDRS, OT/L Certified Driver Rehabilitation Spec. and Occupational Therapist
- ◇ Amy Stoughton, Montgomery County Police: Crisis Intervention Team, Autism, IDD, Alzheimer's and Dementia Unit
- ◇ Laurie Reyes, Montgomery County Police: Crisis Intervention Team, Autism, IDD, Alzheimer's and Dementia Unit
- ◇ Michael Smith, MSW Community Educator and VA Support Group Facilitator, Alzheimer's Association

[REGISTER HERE FOR LOGIN INSTRUCTIONS](#)

**THURSDAY, APRIL 18**  
**NOON-1:15 P.M.**

#### COSTS OF AGING

Our expert panelists will discuss financial practical's, set realistic expectations for the costs of aging, and share tips and tools to protect against and prevent fraud and scam.

Speakers:

- ◇ Teresa Boring, LICSW-C, UCSW, C-ASWCM Director of Care Management, Aging Well Eldercare
- ◇ Karen Fagan, MPH Health Systems Director, Alzheimer's Association
- ◇ Michael Brick Community Educator, Alzheimer's Association

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Please call 800.272.3900 if you are unable to connect on the registration link.

**THURSDAY, MAY 16**  
**NOON-1:15 P.M.**

#### SOCIAL ISOLATION AND LONELINESS

Experts in the field will review the impact of social isolation and loneliness in older adults well-being. Efforts in the community and by community members to combat social isolation and loneliness, will also be shared.

Speakers:

- ◇ Pazit Aviv, MSW, Village Coordinator, Aging and Disability Services for Montgomery County
- ◇ Jennifer Fitzpatrick, LCSW, CSP, Jenerations Health Education
- ◇ Laura Byer, MBA, MS OD Program Manager, Alzheimer's Association
- ◇ Carole Ashendorf, MSW, Support Group and Memory Care facilitator Alzheimer's Association

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