

**Montgomery County Recreation
RecCalendar
February 2017**

February 1: Soul Line Dancing

Bauer Drive Community Recreation Center
14625 Bauer Drive, Rockville, MD 20853
240-777-6893

11:45 a.m. - 12:45 p.m. Every Wednesday until March 29. Back to the days of American Bandstand! Join in this fun, lively, rhythmic dance session that teaches the Active 55+ community all the latest and old school dances.

February 1: Brain Exercise Month

Long Branch Senior Center
8700 Piney Branch Road, Silver Spring, MD 20912
240-777-6975

Give your brain a good workout every day in February. Mondays will be puzzle contest days in English and Spanish with prizes for the top 3 finishers in each category. Tuesdays will be "new game day" where we will teach you a board or card game. Guest speakers and other brain challenges will fill out the rest of every week. Free/Gratis

February 2: Maximizing You!

Margaret Schweinhaut Senior Center
1000 Forest Glen Road, Silver Spring, MD 20901
240-777-8085

11 a.m. - 12 p.m. Do something for yourself. Join this enlightening discussion group on aging issues. Learn to live better, be nicer to yourself, and take care of yourself. Discussion is facilitated by Edie Mahlmann, LCSW. Free/Gratis

February 2 and 6: Black History Month Movie and Discussion

Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
240-777-4999

1 p.m. - 2 p.m. In observance of Black History month we will have a discussion on history and culture. We will also watch the award-winning movie "The Help" on Thursday, February 2 and meet again on Monday, February 6 to discuss it.

February 2: Keeping a Healthy Heart

White Oak Senior Center
1700 April Lane, Silver Spring, MD 20904
240-777-6944

1 p.m. - 2 p.m. Presentation by Washington Adventist Hospital. Free/Gratis

February 3: Tai Chi

Long Branch Senior Center
8700 Piney Branch Road, Silver Spring, MD 20912
240-777-6975

10 a.m. - 11 a.m. Peter Mosher and Dr. Hame Watt lead Friday's 10 a.m. class with breathing exercises and slow and gentle movements that improve balance and concentration. All levels of skill and mobility are welcome. Free/Gratis

February 3: AARP Free Tax-Aid Assistance

White Oak Senior Center
1700 April Lane, Silver Spring, MD 20904
240-777-6944

10 a.m. - 4 p.m. Receive free income tax assistance every Friday until April 15. Spaces fill quickly. Appointment required. Call 240-777-2577. Free/Gratis

February 4: Tai Chi Integral

White Oak Senior Center
1700 April Lane, Silver Spring, MD 20904
240-777-6944

10 a.m. - 12 p.m. Every Saturday Integral Tai Chi (also called CK10) is a series of 10 forms of exercises combining Yoga, Tai Chi, Qi Gong and Meditation. Bring a mat, hand towel and water. Free/Gratis

February 4 and 5: Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC) CLOSED

5900 Executive Boulevard N. Bethesda, MD 20852
240-777-8070

February 6: Widowed Persons Support Group

Margaret Schweinhaut Senior Center
1000 Forest Glen Road, Silver Spring, MD 20901
240-777-8085

1 p.m. - 2:30 p.m. This group provides support and understanding for people who have lost a spouse during the last two years. Co-sponsored by the AARP Widowed Persons. Free/Gratis

February 7: Musical Entertainment

White Oak Senior Center
1700 April Lane, Silver Spring, MD 20904
240-777-6944

1 p.m. - 2 p.m. It is time to let nostalgia set in as you listen to classic soul music performed by Clarence Smith. Swing and sway and enjoy your day. Free/Gratis

February 8: Mini Trip to Toby's Dinner Theater to see "Show Boat"

White Oak Senior Center
1700 April Lane, Silver Spring, MD 20904
240-777-6944

10 a.m. - 4 p.m. An American classic! "Show Boat" follows life aboard the Cotton Blossom, a Mississippi River show boat. This timeless musical spans generations, telling a powerful story of hope, freedom and love while celebrating the music of vaudeville, jazz and gospel with some of the most beautiful songs ever written, including "Ol' Man River, "Can't Help Lovin' Dat Man" and "Make Believe." Cost is \$63.45 for buffet, show and transportation.

February 9: Zumba Gold

Nancy H. Dacek – North Potomac Community Recreation Center
13850 Travilah Road, Rockville, MD 20850
240-773-4800

12 p.m. - 1 p.m. For ages 35 and up. A modified Zumba class that recreates the original moves you love at a lower intensity. The class focuses on balance, range of motion, muscle conditioning and coordination. Bring a water bottle. [Register](#) online at ActiveMontgomery.org under activity #32106.

February 10 and 11: Germantown Indoor Swim Center (GISC) CLOSED

1800 Central Park Circle, Boyds, MD 20841
240-777-6830

February 10: Valentine's Party with Mike Surratt

Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
240-777-4999

1 p.m. - 3 p.m. Cost is \$6 at the door; \$4 with HPSI card. Mike Surratt performs.

February 12: Women's 18+ Drop-In Basketball

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

10 a.m. - 12 p.m. Drop-in every Sunday, ages 18 and up. A non-competitive, drop-in basketball program, just for women. A great way to meet new people and have fun. All skill levels encouraged. [Register](#) online at ActiveMONTGOMERY.org under activity #27903. Cost is \$35.

February 12: Empty Bowls Supper

Ross Boddy Neighborhood Recreation Center
18529 Brooke Road, Sandy Spring, MD 20860
240-777-8050

4 p.m. - 7 p.m. Enjoy soups, breads and desserts. Take home a handcrafted bowl. Musical entertainment provided by Sherwood High School Jazz Ensemble. Tickets \$20 for adults and \$10 for children.

February 13: Aromatherapy Workshop

White Oak Senior Center
1700 April Lane, Silver Spring, MD 20904
240-777-6944

10 a.m. - 11:30 a.m. Be introduced to basic oils and what they do. Learn the best way to give yourself a hand massage. Free/Gratis

February 14: Chef Sue's Valentine's Day Luncheon

Damascus Senior Center
9701 Main Street, Damascus, MD 20872

240-777-6995

12 p.m. - 2 p.m. Enjoy Valentine's Day with your favorite person. Contact the center for reservations. Cost of the meal age 55 to 59 is \$7. For 60 and older donations accepted.

February 14: SOAR Spring Registration Begins

8:30 a.m. - 2 p.m. Senior Outdoor Adventures in Recreation (SOAR) offers day trips designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified. If you have any questions about the registration process, please call 240-777-6840. If you have questions or require more information on a specific trip, please call the SOAR coordinator at 240-777-4926.

February 14: Music with Mike Surratt

Damascus Senior Center
9701 Main Street, Damascus, MD 20872
240-777-6995

1 p.m. - 2 p.m. Mike Surratt returns to the Damascus Senior Center, after a few years, to sing love songs for Valentine's Day. Free/Gratis

February 15: Valentine's Special

Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
240-777-4999

1 p.m. - 2 p.m. Steffi Phelan will lead this Valentine's special that will get us all feeling good and happy. Free/Gratis

February 16 to February 19: Germantown Indoor Swim Center (GISC) CLOSED

1800 Central Park Circle, Boyds, MD 20841
240-777-6830

February 22: Alzheimer's Association Memory Café

North Potomac Senior Center
13850 Travilah Road, Rockville, MD 20850
240-773-4805

6:30 p.m. - 8 p.m. Every fourth Wednesday of each month. Alzheimer's Association Memory Cafés offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Pre-registration is required. For more information, contact Lindsey Vajpeyi at 240.428.1342 or lvajpeyi@alz.org
This fantastic new facility is now open, providing a wide array of classes, programs, services and special events. Stop by the center for a tour and to see exciting new things that are starting to happen. Please visit our website or call 240-773-4805 for more information. Free/Gratis

February 22: Mini Trip to National Museum of African American History and Culture

White Oak Senior Center
1700 April Lane, Silver Spring, MD 20904
240-777-6944

10 a.m. - 3 p.m. Join us as we take a trip to the newest museum in Washington D.C. It will be a place where everyone can explore the story of America through the lens of the African-American experience. No refunds on trip payments. Cost \$10 for transportation.

February 23: Kinderstunde

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

5 p.m. - 5:45 p.m. Spaß + Spiel + Basterei, Lieder + Tänze: Wer ist mit dabei? Ein neues Programm für Eltern mit Kindern (12 Monate & up), um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen & zu stärken. Lernt andere deutschsprachige Freunde kennen. This course is based on learning German through a variety of games, stories and much more. Different themes will be implemented on a weekly basis. Meet German speaking friends through this class. For children at all levels from beginners to native speakers. A \$5 materials fee is due to the instructor at the first class. Cost for four sessions is \$75. [Register](#) online at ActiveMONTGOMERY.org under activity #21541.

February 23: Chinese New Year with Splendid Rockville Dancers

Margaret Schweinhaut Senior Center
1000 Forest Glen Road, Silver Spring, MD 20901
240-777-8085
12 p.m. - 2 p.m. We accept donations for lunch.

February 24: Music Appreciation - Spotlight on Nat King Cole

North Potomac Senior Center
13850 Travilah Road, Rockville, MD 20850
240-773-4805
1:30 p.m. - 2:30 p.m. Enjoy the music of Nat King Cole while we discover some little known facts about the man with the "Golden Voice." We will explore his life and music from his humble beginning in Mobile, Alabama until his early death at 45. His legacy helped weave the fabric of African American culture through song and activism. Free/Gratis

February 24: Mardi Gras Dance Party with the Colliders

Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
240-777-4999
1 p.m. - 3 p.m. You can attend wearing a costume, or with bead necklaces and enjoy the company of others. Free/Gratis

February 24 to 26: Martin Luther King, Jr Swim Center (MLK) CLOSED

1201 Jackson Road, Silver Spring, MD 20904
240-777-8060

February 27: Balance in Motion

Mid County Community Recreation Center
2004 Queensguard Road, Silver Spring, MD 20906
240-777-6820
1:15 p.m. - 2 p.m. This class is designed to help those concerned about keeping their balance in all situations. A unique blend of exercises and stretches are used to help improve and regain motor skills needed to improve stability. If you're concerned about falling, want to improve sports performance, or just want to feel in control of your surroundings with regards to balance, this is the class for you. For more information, contact Victoria Giorgi at 301-556-6902, or at fitgirlg@yahoo.com [Register](#) online at ActiveMontgomery.org under activity #22767. Cost is \$55 for 4 sessions. Class is coed for 18 years old and up.

February 28: The Life of Rosa Parks

Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
240-777-4999
1 p.m. - 2 p.m. While we celebrate Black History Month and as we get ready to observe Women's History Month, come to this presentation on an iconic figure that changed the history for generations to come. Presented by Professor A. Smith, Montgomery College.

*Look What is Coming in February 2017...
a sampling of Holiday Park 1:00 pm Programs*

- Feb. 1 Bingo—\$1 for 2 cards
Feb. 2 DVD Movie: “The Help”
Feb. 3 Dance Club Friday: Stan Hamrick Duo
\$6 at the door or \$4 with HPSI card
- Feb. 6 Movie Discussion on “The Help”
Feb. 7 Art appreciation lecture with Joan Hart
Feb. 8 Live Music with the Plumer Family
\$2 or FREE with HPSI card
- Feb. 9 Music appreciation with Irv Chamberlain —Black History
Feb. 10 Valentine’s Day Dance with Mike Surratt
\$6 at the door or \$4 with HPSI card
- Feb. 13 Foot Health with Dr. Nagorski
Feb. 14 Live Music with Dale Jarrett
\$2 or FREE with HPSI card
- Feb. 15 Exploring Laughter: a Valentine’s Special with Steffi Phelan
Feb. 16 Tech Thursday: Get the most out of Google
Feb. 17 Dance Club Friday: Night and Day Band
\$6 at the door or \$4 with HPSI card
- Feb. 20 Center Closed
Feb. 21 Keeping your eyes healthy with Suburban Hospital
Feb. 22 Live Music with Dixieland Express
\$2 or FREE with HPSI card
- Feb. 23 Real Stories of Success: my own journey and failures
Feb. 24 Mardi Gras Party with The Colliders
\$6 at the door or \$4 with HPSI card
- Feb. 27 Music appreciation with Irv Chamberlain —Love Songs
Feb. 28 The life of Rosa Parks with Prof. A. Smith

**NOTE: Please be advised that programs are subject to change.
Check the daily schedule near the front door for the most current information.*

montgomerycountymd.gov/rec
En Español 240-777-6839



Montgomery County Recreation is hiring swim instructors and lifeguards

Think it's not for you? Think again.



Aquatics is looking for individuals of all ages, backgrounds and experiences.
Work schedules are flexible and offered at four locations throughout Montgomery County.

This is the perfect opportunity for:

- Stay-at-home parents whose children are in school during the day.
- Retired individuals looking for something fun to do.
- Anyone looking to get back into the workforce.

We provide all the necessary training and certifications. All you need is the desire to have fun!

Contact Carrie Headen for more information at carrie.headen@montgomerycountymd.gov

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov to request accommodations.

February: Club Adventure

4-6pm for students K-5 grade. Participants do homework time, play sports, games, do arts and crafts, and have computer access, special events and after-school fun. Call program site for more information. East County, Long Branch and Mid County do not have computer access. Program is co-ed. [Register](#) online at ActiveMONTGOMERY.org under the course # below:

Damascus	21909	240-777-6930
East County	21912	240-777-8090
Coffield	21906	240-777-4900
Long Branch	21915	240-777-6965
Mid County	21921	240-777-6820
Praisner	21918	240-777-4970
Plum Gar	21924	240-777-4919
Upper County	21927	240-777-8077
White Oak	21929	240-777-6940

Club Friday and Friday Hype: Friday night fun and adventure featuring games, music, food, theme nights, crafts, movies, DJ's dancers, prizes, snack bar, raffles. [Register](#) online at ActiveMONTGOMERY.org

Praisner	February 3	#25488 – Hype	240-777-4970	\$6 per child each night	grades K-5	6:30-8:30pm
Germantown	February 13 February 17	#26967	240-777-8095	\$52 membership	grades 3-6	7-9pm
Potomac	February 3 February 10 February 17 February 24	#26968	240-777-6960	\$88 membership	grades 3-6	7-9pm Doors open at 6:30pm for early parent check-in
Clara Barton	February 17	#26607	240-777-4910	\$52 membership	grades 3-6	7-9pm
Lawton	February 13 February 17	#26969	240-777-6855	\$52 membership	grades 3-6	7-9pm
Longwood	February 10 February 24	#26965	240-777-6920	\$52 membership	grades 3-5	7-9pm
Upper County	February 3 February 17 February 24	#26964	240-777-8077	\$52 membership	grades K-5	6:30-8:30pm

SUMMER CAMP
SIGN UP

Starting January 17 you can register for Summer Camps [here](#).



You can download the Summer Camp Guide 2017 [here](#).
You can see the RecCalendar for January 2017 [here](#).

SILVER SPRING
URBAN DISTRICT
ADVISORY COMMITTEE

Regular Meeting
Thursday, January 19, 2016, 3:30pm

Silver Spring Fire Station
Urban District Operations
3rd Floor Conference Room

On the Agenda: Review letter of advice letter to the County Executive in preparation for the FY18 Operating Budget Forum (to be held in Silver Spring Wednesday, January 25th); dialogue with **Susan Hoffmann**, producer of marquee downtown events (Parade and Jazz Festival); and, presentation regarding the White Oaks development.

North Potomac Times
Published January 2017
The North Potomac citizens Association
Community Updates

Page 3

The new North Potomac Recreation Center is getting lots of attention these days, with many local residents of all ages using its facilities. If you haven't stopped by, please do and give Rob Hanlen, the Center Director, a warm welcome. Talk to him or any of the center's staff to find out what programs will be coming to the center starting in January. Located on Travilah Road near Big Pines Park, the 33,000-square-foot community center includes a gymnasium, exercise room, social hall, kitchen, lounge, conference room, game room, and arts room. The center is a resource for all ages, and the rental space will be helpful for groups that host their own events. Outside, the center has an athletic field made of artificial turf, two multi-purpose courts, a children's playground, and plenty of parking space.

Out & About Covering Community Stories...

The North Potomac Community Recreation Center Is Now Open for Business!



This is the atrium/foyer of the new Center as it appeared last summer when the *North Potomac Times* got its sneak preview of the facility before the grand opening... with construction materials stored in the entranceway at that time. Open now for a couple of months, the Center has a busy schedule of community meetings and recreation activities. The Center offers a variety of recreation activities, some of which are focused specifically on seniors. You can find more information on that topic in the special "Age 55+ Health/Wellness/Recreation" section of this month's paper on page 17. Last month's *North Potomac Times* reported on a community meeting held there to discuss the housing development coming to the Hanson family's 170-acre Prospect Farm in North Potomac. And on December 13 a community meeting sponsored by the North Potomac Citizens Association, to inform area residents about the cell towers planned for our area, took place at the Center. You can read more about that meeting in the North Potomac Citizens Association "Community Updates" column on page 3 of this issue of the *North Potomac Times*. For more on the issue of cell towers, see the Federal Communications Commission note at the bottom of this column.



View of one of the empty meeting rooms in the Recreation Center as it appeared last summer during the *North Potomac Times*'s sneak preview tour. The various rooms in the center are now busy with exercise and fitness classes as well as various community meetings. The homes visible through the window are part of the Potomac Oaks neighborhood on the opposite side of Travilah Road from the Recreation Center.

Activities for Adults 55 and Over

NORTH POTOMAC SENIOR CENTER
13850 TRAVILAH ROAD, ROCKVILLE, 20850
PHONE: 240.773.4805
MONDAY-FRIDAY, 9A.M.-3P.M.



Montgomery County's newest senior center opened in November and is located within the Nancy H. Dacek North Potomac Community Recreation Center. This large center will offer a wide variety of exercise, health, sports, educational, wellness, and social activities on a daily basis for adults aged fifty-five and over. A list of some of the classes and programs beginning in January are listed below along with their registration information. There are also regularly-scheduled drop-in sports programs that include: basketball (Wednesdays: 9 a.m. to noon), pickleball (Mondays: 9 a.m. to noon), volleyball (Tuesdays: 9 a.m. to noon), table tennis (Tuesdays: 9 a.m. to noon), and badminton (Thursdays 9 a.m. to noon). A \$30-per-year Gym Pass is required to participate in these programs and can be obtained at the front desk. Information on all of the classes listed below (plus a number of drop-in classes that don't require pre-registration) may be obtained in the center's monthly newsletter, available in the main lobby.

The following classes require advanced registration. The information may be found online at: ActiveMontgomery.org. You must establish an account before you can register.

✓ Mah Jongg Instruction (Activity #29394)

Thursdays, 10 a.m. to 12 p.m. for six sessions, beginning January 5. Fee: \$30. This mentally-stimulating game is good for your brain and fun to play.

✓ Zumba Gold (Activity #31595)

Thursdays, 12 to 1 p.m. for six sessions, beginning January 5. Fee: \$30 for all six sessions, or \$7 per session, drop-in. This is a modified Zumba class that recreates the original moves you enjoy at a lower intensity. The class focuses on balance, range of motion, muscle conditioning, and coordination. Bring a water bottle.

✓ Beginner's Gentle Yoga (Activity #31594)

Fridays, 10:30 to 11:30 a.m. for six sessions, beginning January 6. Fee: \$30. Build strength and flexibility. In a beginner's Vinyasa Yoga class, expect gentle movement, utilizing props available on site. Please bring a mat.

✓ Tai Chi (Activity #31596)

Fridays, 11:30 a.m. to 12:30 p.m., beginning January 6. Fee: \$30. T'ai Chi is a wonderful, relaxed workout. You will learn the Yang Style Chung Man Cheng 37 form in this semester. T'ai Chi is best thought of as a moving form of yoga and meditation.

The following classes are offered through our community partners. Please follow the registration instructions for each class.

✓ Senior Fit (offered through Holy Cross Health)

Mondays and Wednesdays, from 1 to 1:45 p.m., beginning January 4. This free 45-minute class helps participants improve strength, endurance, and flexibility. Participants must have a doctor's approval to participate. Call 301.754.8800 for additional information or to register.

✓ Senior Shape (offered through Suburban Hospital)

Fridays, 9:30 to 10:15 a.m., beginning January 13. Fee: \$40 for three months. This fun 45-minute class, taught by a certified instructor, will include an aerobic warmup, resistance training, core work, and flexibility. All participants should bring a set of light hand-weights, a band, and a mat. It is designed for all fitness levels. Participants that cannot get on the floor can do core work from a chair. Register: online at events.suburbanhospital.org, or call 301.896.3939.

✓ A Matter of Balance—Managing Concerns about Falls (offered through Holy Cross Health)

Wednesdays, 1 to 3 p.m. for eight sessions, beginning January 18. This award-winning program is designed to help seniors manage falls and increase activity levels. This free program emphasizes practical strategies to managing falls. Call 301.754.8800 for additional information or to register. ♦

January 2017

17

Hoops Anyone?

From North Potomac Times reader, Bruce D.

If you're fifty-five or older, time to lace up those old basketball shoes, hop over to the new North Potomac Recreation Center, and meet up with other seniors who want to pass you the ball. It's all happening at the Nancy H. Dacek North Potomac Community Recreation Center, 13850 Travilah Road on Wednesdays, 9:30 a.m. until noon.



Photo credit: Taylor Thomas

You'll meet up with all sizes, various levels of skill and experience, but teams are balanced. You will fit in. It's competitive, it's fun, and it's very social. This is pickup basketball, not a league; come as often as you like.

Even if you haven't played in years, the rust will fall off, and you may even hit a few baskets.

Basketball players of Montgomery County, come out; you have nothing to lose but a few pounds.

Individuals 55 and over can purchase a Gym Pass at the front desk for \$30 per year. This membership allows individuals 55 and over to participate in any adult or 55+ drop-in program held in the gyms. This includes activities like basketball, pickleball, volleyball, badminton, and table tennis. An open gym schedule is available at the front desk. This Gym Pass is good at all Montgomery County Recreation Department Community Centers, so if you received one at another center, it's good here.

Alternatively, individuals 55 and over can purchase a Senior Sneaker card at the front desk for \$50 per year. This membership offers the same benefits as the Gym Pass and also allows the use of any Recreation Department's weight/exercise room during the center's normal operating hours. ♦

Honoring 2016 Team USA Olympians

<https://youtu.be/9Gjr4bFiGHs>



County Event to Honor 2016 Team USA Olympians December 19, 2016

youtu.be

County Executive Ike Leggett honored Montgomery County's 2016 Team USA Olympians at the Silver Spring Civic Building located at One Veterans Place. The event...

YOUR UPCOUNTY TODAY NEWSLETTER

Upcounty Regional Services Center
Published January 20

100-Mile Challenge - Kick-Off TOMORROW

On Saturday, January 21, 2-4 pm, Montgomery County Recreation will kick off the **100-Mile Challenge** at Holiday Park Senior Center (3950 Ferrara Drive, Wheaton). The event will feature speakers discussing their adventures climbing Mt. Everest, a healthy tasting reception, fitness activities, Zumba dance group activity and body fat analysis. Prizes will be awarded through the 100 days; grand prizes will be awarded on May 6. The goal of the program, which is self-reporting, is to complete 100 miles (or more) in 100 days. Residents are encouraged to participate individually, as a group with family, friends or co-workers and even to bring their dogs. Twenty minutes of continuous physical activity counts as one mile. Tracking logs will be sent to everyone who registers at ActiveMONTGOMERY.org using activity number 26595. For more information, call 240-777-6840, or go [online](#).

Published January 17

UCAB Quality of Life Committee Meeting Monday, January 23 7:00pm Kramer Upcounty Regional Services Center 12900 Middlebrook Road, Germantown Topic: Update on Recreation Opportunities Guest: Elizabeth Ortega-Lohmeyer, Department of Recreation All board and their committee meetings are open to the public.

You can still register! The 100 Mile Challenge! • The challenge starts on Thursday, January 26, 2017 and runs for 100 days, concluding on May 5, 2017, culminating in a Wellness and Fitness Festival on May 6, 2017. • Register online at ActiveMONTGOMERY.org, activity no. 26595. • Challenge Information Flyer | Challenge Brochure | Dog Tracking Log | Participant Tracking Log • For more information, visit Recreation website.

"Que Pasa"

Montgomery Municipal Cable, Channel 16

Guest Elizabeth Ortega-Lohmeyer will speak about "Recreation Summer Camps"

WASHINGTON POST

MONTGOMERY COUNTY COMMUNITY CALENDAR

Compiled by **Lisa M. Bolton**

THURSDAY, JAN. 26

Widowed Persons support group For anyone who has lost a spouse in the past two years. A meeting of the Widowed Persons Service. Thursdays from 2-3:30 p.m., Holiday Park Multiservice Senior Center, 3950 Ferrara Dr., Wheaton. 301-949-7398. Free; registration required.

FRIDAY, JAN. 22

Chinese New Year celebration A performance by the "Lion Dance Group," music, art, exercise and food samples while they last. 4:30-7:30 p.m. Potomac Community Center, 11315 Falls Rd., Potomac. 240-777-6960. Free.

Paperless Airplane Newsletter

Published January 15

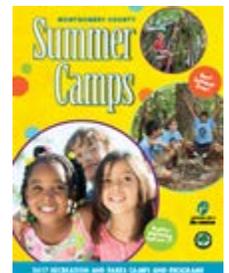


Montgomery County Recreation Starts the New Year with the 100 Mile Fitness Challenge

100 Mile Fitness Challenge returns to Montgomery County for the second year to promote getting active while having fun.

Registration to Open for Summer Camps and Programs on January 17

Registration for summer camps and programs will open on January 17 with hundreds of affordably priced offerings.



MONTGOMERY COMMUNITY MEDIA

JANUARY 19, 2017 | BY SONYA BURKE
FIVE THINGS TO KNOW IN MONTGOMERY COUNTY

A few more things:

- Check out [plyoga at the Potomac Community Center](#) at 6:30 p.m.

January 18, 2017 | By [Staff Writer](#)

[RECREATION DEPARTMENT LAUNCHES 100 MILE CHALLENGE \(VIDEO\)](#)

GET READY TO WALK OFF ALL THOSE EXTRA CALORIES YOU MAY HAVE CONSUMED OVER THE HOLIDAYS. MONTGOMERY COUNTY RECREATION WILL KICK OFF THE ONE HUNDRED MILE CHALLENGE ON JANUARY 26TH.

Register online at activemontgomery.org, activity #26595.



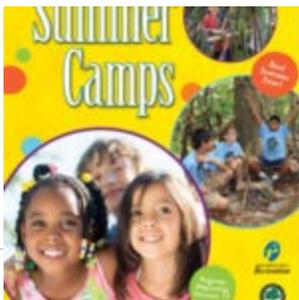
Are you ready to get up and move? Montgomery County is touting the [100 mile challenge](#), which begins on Jan. 26.

The goal is to participate in 20 minutes of continuous physical activity. The program is self reporting, which means you are accountable for tracking your own miles. The goal is to complete 100 miles, or more, in 100 days.

All registered participants receive a t-shirt, water bottle and swag bag. In addition, registered participants are automatically eligible to win weekly prizes and they are entered into the Grand Prize drawing.

The event culminates at a Move More Montgomery Festival on May 6, from noon – 4 p.m., at the Bauer Drive Recreation Center.

JANUARY 18



Summer Camp Registration Underway in Montgomery County (VIDEO)

It's time to register your kids for summer camp in Montgomery County. Registration officially opened on Jan. 17. You can find out more, [here](#). Registration is OPEN for our summer camps. Sports, arts, aquatics, STEM, Summer Fun Centers and more! Details: <https://t.co/ulbB8vF7tN> #MoCo pic.twitter.com/u4xd0mQO5C — Montgomery Rec (@MoCoRec) January 17, 2017.

You can see the video [here](#).

JANUARY 17

FIVE THINGS TO KNOW TODAY IN MONTGOMERY COUNTY

2. [Registration opens](#) for Montgomery County's summer camps today.

JANUARY 4, 2017 | BY MICHELLE QUEEN

FIVE THINGS TO KNOW TODAY IN MONTGOMERY COUNTY

2. The Ross Boddy Community Center in Sandy Spring remains closed today due to problems with the heating system.

JANUARY 3, 2017 | By Elizabeth Ortega-Lohmeyer

January Recreation Happenings

Read the blog [here](#).

Montgomery County Recreation Programs will be delayed on Saturday, January 14

For Immediate Release: Friday, January 13, 2017

Due to the potential of emergency weather conditions, Montgomery County Recreation will delay all programs, classes and activities until noon on Saturday, January 14.

This includes, but is not limited to, basketball, swim lessons, therapeutic recreation and senior activities. A decision on operations at County recreation, aquatic and senior centers, as well as programming that begins after 12 p.m. will be made by 7 a.m. on Saturday. Please follow the Recreation Department's twitter feed at <https://twitter.com/MoCoRec> or the

County twitter feed and Facebook page at <https://twitter.com/MontgomeryCoMD> and <https://www.facebook.com/montgomerycountyinfo> for updates.

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Montgomery County Recreation to Kick Off 100 Mile Challenge

For Immediate Release: Thursday, January 5, 2017

Montgomery County Recreation will kick off the 100 Mile Challenge at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. The event is scheduled for Saturday, January 21 from 2 to 4 p.m. Featured speakers will include Nicky and Bob Lowry who will discuss their adventures climbing Mt. Everest this past spring.

The event will include a healthy tasting reception, fitness activities, a Zumba dance group activity and body fat analysis. All participants will receive a T-shirt, water bottle and swag bag at the event.

Montgomery County Recreation is committed to healthy living through healthy eating and physical activity. The department formed the Wellness Fitness and Performance Institute to provide a framework for all of its health, wellness, fitness, and performance initiatives. The wellness mission is to increase the physical activity and healthy eating practices of residents.

Residents are encouraged to participate individually; as a group with family, friends or coworkers; and even to bring the dog. The goal of the program, which is self-reporting, is to complete 100 miles (or more) in 100 days. Twenty minutes of continuous physical activity also counts as one mile. Tracking logs will be sent to everyone who registers at ActiveMONTGOMERY.org using activity number 26595.

Prizes will be awarded weekly throughout the 100 days, culminating in a Move More Montgomery Festival with grand prizes on May 6 from noon to 4 p.m. at the Bauer Drive Community Recreation Center, 14625 Bauer Drive, Rockville.

For information, call 240-777-6840, or go online to <http://www.montgomerycountymd.gov/rec/100.html>.

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