



# Age-Friendly Montgomery

**"I'm inviting you to enjoy our County's resources and programs."**

**County Executive Ike Leggett**

## There Are Many Ways to Stay Active in Montgomery County This Spring

**Sports Activities and Exercise Options:** If you'd like to learn about sports activities, walking groups, dance classes, exercise classes and other options that match your interests, call the Montgomery County Department of Recreation at [240-777-4925](tel:240-777-4925). And, if you're specifically interested in sports leagues, call [240-777-6870](tel:240-777-6870) to learn more.

**Maryland Senior Olympics:** If you enjoy the thrill of friendly competition, consider getting involved with Maryland Senior Olympics. Your options include basketball, track and field, golf, volleyball, bicycling, swimming, pickleball and much more. Most competitions are held in Montgomery County. You can learn about Maryland Senior Olympics and register online at [mdseniorolympics.org](http://mdseniorolympics.org). Or, you may prefer to call [240-777-4925](tel:240-777-4925) to learn more information. Registration and competitions for the various sports begin in April and continue through early fall.

**Indoor and Outdoor Pools** are located around the County. Outdoor pools are open from Memorial Day weekend until Labor Day and indoor pools are open year-round. To learn the location of a swimming pool in your part of the County, call "311" or visit [montgomerycountymd.gov/senior/recreation.html](http://montgomerycountymd.gov/senior/recreation.html).

**County Recreation Centers and Senior Centers** offer a wide variety of activities. Find a Center near you by calling "311" or visiting [montgomerycountymd.gov/senior/recreation.html](http://montgomerycountymd.gov/senior/recreation.html). You might visit a nearby Center to learn about open gym and sports activities there. Or, you might consider all the available activities in the County by reading the "55+ Active Adult Programs" section of the Montgomery County Recreation Guide at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec).

**Park Trails:** There are dozens of Montgomery County parks to visit. To find one near you, visit Montgomery Parks online at [montgomeryparks.org/activities/park-trails/](http://montgomeryparks.org/activities/park-trails/). Alternatively, you might stop by one of the National Parks in Montgomery County, such as Chesapeake & Ohio Canal Park or Glen Echo Park. Information about both is available at: [montgomerycountymd.gov/senior/recreation.html](http://montgomerycountymd.gov/senior/recreation.html)

**Day Trips:** You can find day trips to museums, Civil War battlefields, rafting, etc. in the Recreation Guide which is posted at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec). Sign up early, as trips tend to fill quickly.

**For more information** about these and other options, visit [montgomerycountymd.gov/senior/recreation.html](http://montgomerycountymd.gov/senior/recreation.html).

## Contact Us Today

- **Aging & Disability Resource Line** [240-777-3000](tel:240-777-3000)
- **3-1-1 or 240-777-0311** for County programs and services; **9-1-1** for emergency
- [www.montgomerycountymd.gov/senior](http://www.montgomerycountymd.gov/senior)
- **"Seniors Today"** airs on Sundays, Tuesdays and Thursdays at 6:00 p.m. on Comcast/RCN 6, Verizon 30