



The Montgomery County

Navigator

Vital Living After 50



A RESOURCE GUIDE FOR

TRANSITIONS

FITNESS

EMPLOYMENT

VOLUNTEERING

LEARNING

RECREATION

Produced by the Montgomery County Vital Living Network

Navigator

Vital Living Committee



The Montgomery County Navigator Vital Living After 50

Vital Living Network
Montgomery County, Maryland
240-777-1350
www.montgomerycountymd.gov/senior



Published 2012

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Layout/Design: David Jeo, Montgomery County Public Information

Printing provided by Family & Nursing Care.

Disclaimer: The resources listed in this guide, compiled by volunteers for the good of the community, are for information only. This is not a complete list of resources nor does reference to any commercial product, process, or service constitute or imply its endorsement or recommendation by the Vital Living Network or its members. The Network, the individual volunteers, and Montgomery County assume no legal liability for the information.

Navigator

Vital Living After 50



Life after 50 presents new opportunities and challenges as we adjust to changing work schedules, households, and personal needs. Every person's situation is unique. The Vital Living Committee offers the information in the Navigator to help negotiate these transitions in the best way possible. The Navigator describes how to find:

- support during transitions
- resources for keeping as fit as possible
- ways to explore new interests, meet people, and share talents
- organizations that can help with employment and/or volunteer goals

Some of the programs and services listed are free. Others involve fees of varying amounts. Please don't assume participating will be financially out of reach--call the organizations listed to discuss costs. Faith-based organizations generally offer their services to all.

The Navigator's focus is on vital living. To find resources relating to life's basics (housing, transportation, safety, financial & legal assistance, and health care), please refer to the Appendix.

Vital Living Committee volunteers compiled this Navigator because we believe that helping our peers find resources for vital aging supports our shared goals. We hope you are surprised and pleased to discover the range of options available in Montgomery County. Exploring them is fun. Please share this information with your friends – and enjoy!

You can view the Navigator online and find links to relevant websites: www.montgomerycountymd.gov/Senior (Click on "Publications.")

Navigator

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Navigator *Transitions*



Planning to Make the Most of the Years After 50

Mindful preparation can help you focus on things that matter to you. In Montgomery County, workshops, classes, and groups can support your planning while life coaches can guide you on your journey. The national websites and books cited below can also provide useful information for making choices about your future.

Montgomery County Libraries

240-777-0001; www.montgomerycountymd.gov/library (Click "Seniors" in the left-hand column.)

- General information to guide the planning process
- Reference librarians to focus research
- Books and other websites on life planning

The Transition Network (TTN), Capital Area Chapter

dc@thetransitionnetwork.org; www.thetransitionnetwork.org

- Connections for 50+ women navigating work and life transitions
- Monthly programs and small groups on topics such as transition planning

Montgomery College Lifelong Learning Institute

240-567-1828; www.montgomerycollege.edu/wdce/ce/lifelonglearning

- Periodic courses on life transitions

Navigator *Transitions*



Related Websites and Books (some available in Montgomery County Libraries)

Websites

www.aarp.org/personal-growth/transitions

www.encore.org

- Networks for “work that matters in the second half of life”
- Next Chapter programs to help individuals 50+ get involved in significant service work (no MD or DC Chapters)

www.lifeplanningnetwork.org

- Conceptual discussion of life planning
- Exceptionally useful resource list
- Referrals for local life planning coaches available for paid consultations

Books

- *Don't Retire, Rewire!: 5 Steps To Fulfilling Work That Fuels Your Passion, Suits Your Personality, Or Fills Your Pocket* by Jeri Sedlar and Rick Miners (2003)
- *Looking Forward: An Optimist's Guide to Retirement* by Ellen Freudenheim (2004)
- *Managing Transition: Making the Most of Change* by William Bridges (2009, 3rd edition)
- *Now What? 90 Days to a New Life Direction* by Laura Berman Fortgang (2004)
- *Repacking Your Bags: Lighten Your Load for the Rest of Your Life* by Richard Leider and David Shapiro (2002)
- *Retire Smart, Retire Happy: Finding Your True Path in Life* by Nancy K. Schlossberg (2004)

Navigator *Fitness*



Staying As Fit As Possible

Most experts agree that staying physically active is the key to successful aging. Physical activity helps people maintain heart health and cognitive function, prevent falls, and improve mood, among many other benefits.

Even as bodies and abilities change, there are plenty of ways to get and keep moving in Montgomery County. This section highlights programs that have fitness as their primary goal. Boosting physical fitness is an attractive side effect of many other activities, most of which are mentioned in the LEARNING and RECREATION sections.

Montgomery County Recreation Department

240-777-6840; www.montgomerycountymd.gov (Click on “Departments” and then “Recreation.”)

- Wide variety of fitness facilities and activities for people of all ages
- Programs for adults 55+ related to health promotion, fitness and fun in many County locations
- Indoor walking at community centers (free)
- See also the RECREATION section.

Senior Sneakers

240-777-4922

- Weight and exercise rooms in Montgomery County Community Recreation Centers available to adults 55+ at low cost

Active Adults 55+ Fitness Clinics

240-777-4922

- Clinics teach beginners how to utilize weight and exercise rooms in local community recreation centers.

Aquatic Centers

Recreational swim and fitness classes such as water aerobics, adult swim lessons, deep water walking and water exercise for arthritis (The list below includes those run by municipalities as well as the County.) Ask about discount pricing for people 55+.

- Fairland Aquatic Center, 301-362-6060
- City of Gaithersburg Aquatic Center, 301-258-6345
- Germantown Indoor Swim Center, 240-777-6830

Navigator *Fitness*



- Martin Luther King Swim Center (Silver Spring), 240-777-8060
- Montgomery Aquatic Center (North Bethesda), 240-777-8070
- Olney Swim Center, 240-777-4995
- Piney Branch Pool (Takoma Park), 301-891-8017
- Rockville Municipal Swim Center, 240-314-8750

Senior Centers

- Wide range of fitness classes; some free/drop-in, others require fee/advance registration
- See the "RECREATION" section for listings.

Bone Builders

Partnership program with RSVP and the Department of Health and Human Services
240-777-1350

- Volunteer-led exercise classes designed to improve bone density
- Classes include balance exercises and weight training
- Offered in sites around the County

Montgomery County Parks

301-495-2595; www.montgomerycountyparks.org

- Click on "Trails" and "Heart Smart Trails"
- Also, www.MontgomeryTrails.org

Health and Fitness Programs Sponsored by Hospitals

Health promotion programs, screenings and exercise classes; usually offered in community locations including shopping malls, community and senior centers

- Adventist Healthcare, 1-800-542-5096
Shady Grove Hospital; www.adventisthealthcare.com/SGAH
Washington Adventist; www.Adventisthealthcare.com/WAH
- Holy Cross Hospital Senior Source (Silver Spring)
301-754-8510; www.holycrosshealth.org
- Holy Cross Hospital Community Health
301-754-8800; www.holycrosshealth.org
- MedStar Montgomery Medical Center (Olney)
301-774-8881; www.montgomerygeneral.com
- Suburban Hospital (Bethesda)
301-896-3939, www.suburbanhospital.org

Navigator *Fitness*



Health and Fitness Programs Sponsored by Other Non-Profit and Government Organizations

Jewish Community Center, Rockville

301-881-0100; www.jccgw.org (Click on "Health and Fitness.")

- Fitness facilities and classes open to the general public

Washington Metropolitan OASIS (Office located in Macy's)

301-469-6800, press 1, then ext. 211; www.oasisnet.org/washington

- Range of health and fitness topics addressed in periodic classes

Gaithersburg Senior Center

- Wide range of fitness classes; most require advance registration
- See also the LEARNING section for more details.

Rockville Senior Center

- Wide range of fitness classes; most require advance registration
- See the LEARNING section for more details.

Related Websites and Books (some available in Montgomery County libraries)

Websites

<http://nihseniorhealth.gov>

- Easy-to-use website featuring basic health and wellness information for older adults from the National Institutes of Health

www.nia.nih.gov/Go4Life

- Exercise and physical activity campaign designed to help older adults fit exercise and physical activity into their daily lives

www.mayayoga.org Mid-Atlantic Yoga Association (MAYA)

- Searchable directory for classes and teachers close to home that offer adults exercise, breathing and meditation

www.americantaichi.net

- Supreme Chi (funded by National Library of Medicine)
- Provides tai chi and qigong class locator

Books

- *Exercise and Physical Activity: Your Everyday Guide* from the National Institute on Aging (2009)
Request print copy from 1-800-222-2225, or download from www.nia.nih.gov/HealthInformation/Publications

Navigator *Employment*



Using Your Skills and Serving Your Community

Are you currently job hunting and looking for leads? Are you employed but eager to expand your skills and your networks? Do you need advice about how to hone your resume, interview effectively, or fit into an increasingly digital work environment? There are many resources in the County and online, open to all, which can help you navigate these challenges.

Montgomery Works

Locations in Wheaton (301-946-1806) and Germantown (240-777-2050)

www.montgomeryworks.org

- A wide variety of job search tools including workshops on resumes and applying for Federal jobs, and connections to businesses seeking employees

Jewish Council for the Aging (JCA) Worker Training Programs

301-255-4200; www.accessjca.org

Senior Community Service Program (SCSEP) is a national program, managed locally by JCA.

- On-the-job training for low-income County residents age 55+
- Participants paid minimum wage while training
- Skill building and resume preparation

50+ Employment Expo

- Recruiters for local employers
- Informational seminars
- Using the Internet as a tool for finding jobs
- Resume review

The Career Gateway

- Intensive job search
- One-on-one mentorship support

Jewish Social Service Agency Employment and Career Services

301-610-8380; www.JSSA.org

- Career guidance and assistance for adults who are unemployed and/or underemployed

Navigator *Employment*



Montgomery College Workforce Development and Continuing Education

240-567-5188; www.montgomerycollege.edu/wdce

- Courses in business, community education, English language skills, technical education, health sciences, green energy and sustainability management, information technology, art and design

Casa de Maryland, Inc.

301-431-4185; www.casademaryland.org

- Three workers' centers where specialists register and screen workers (mostly Spanish speaking), place them in jobs, and conduct follow-up

Catholic Charities/Catholic Charities Spanish Catholic Center

301-434-6453; www.catholiccharitiesdc.org

- Employers are matched with those seeking employment.

Related Websites and Books (many available in Montgomery County libraries)

Websites

www.aarp.org/work

- Information about job opportunities, resumes, flexible work arrangements, areas of job growth, self-employment; quarterly on-line webinars

www.Encore.org

- Expert advice on how to "combine purpose, passion and a paycheck in the second half of life"

Joe.Heiney-Gonzalez@montgomerycountymd.gov

- Send an e-mail to the above address to enroll in the Montgomery County Office of Human Resources Job Club and receive weekly postings of available jobs and employment events.

www.usajobs.com

- All federal jobs must be listed here.

www.jobs4point0.com

- A job bank catering to job seekers 40+

www.governmentssupportjobs.com

- Contractors who work with federal agencies

Books

- *Encore: Finding Work That Matters in the Second Half of Life* by Marc Freedman (2007)
- *The Boomers' Guide to Good Work: An Introduction to Jobs That Make a Difference* by Ellen Freudenheim (2005)
- *The Second Chance Revolution: Becoming Your Own Boss After 50* by Edward G. Rogoff (2009)

Navigator Volunteering



Using Your Skills and Serving Your Community

Get up! Get out! Get involved! One of the best ways to increase your vitality is to volunteer. Research shows that people over age 60 are more likely to maintain their intellectual abilities and avoid depression when they feel they are having an impact on someone else's life. Research also suggests that seniors who remain engaged by volunteering retain better physical health. An active schedule and frequent interaction with others actually increase longevity.

Opportunities for civic engagement and service to the community abound in Montgomery County. Volunteering is not just about stuffing envelopes. And it's not even about doing something every single week. You can choose an area of interest, geographic location, and schedule that works for you.

Montgomery County Volunteer Center

240-777-2600; www.montgomerycountymd.gov/volunteer

- "Great first step for the big picture on volunteering in Montgomery County"
- Easy-to-use online database of local volunteer opportunities at over 800 area nonprofits
- Volunteer advisors offer assistance by phone for those without computer access.
- *Montgomery Volunteer* is a free e-newsletter sent monthly to more than 5,000 subscribers. It includes timely information about one-time volunteering opportunities and spotlights area nonprofit organizations.

RSVP (Retired & Senior Volunteer Program) of Montgomery County

240-777-2612; www.montgomerycountymd.gov/volunteer

- Seniors are helped to find interesting and rewarding opportunities based on their skills, interests, life experience, geographic preference, and time availability.
- Free to join; members get free supplemental liability insurance while volunteering.
- RSVP Signature Programs include:
 - **RSVP/AARP Tax Aide Program** trains over 100 senior volunteers to prepare free income tax returns for low- and moderate-income citizens, especially seniors.
 - **Pro Bono Consultant Program** matches skilled professionals with local nonprofit organizations for short-term projects that deliver tangible outcomes.
 - **Bone Builders** trains volunteers to lead free exercise programs to improve strength and balance for people with osteoporosis.

Montgomery County Boards, Committees and Commissions

240-777-2528 (County Executives Office); www.montgomerycountymd.gov (Click "Volunteer.")

The County Executive and Council encourage people who live or work in Montgomery County to become involved in matters affecting our quality of life. Public participation contributes to the work of

Navigator Volunteering



County government and provides an important service to the community when a variety of concerns and viewpoints are presented.

- Appointments to Boards, Committees and Commissions (BCCs) are made by the County Executive and confirmed by the Council.
- Applicants of diverse backgrounds, professions, gender, geography, disability and ethnicity are encouraged to apply.
- BCCs usually meet monthly, have three year terms, and are advisory in nature.

Montgomery County Government Departments and Agencies

Check “Government Offices-County” in the White Pages for phone numbers or go to www.montgomerycountymd.gov.

Many County departments and agencies such as police, fire and rescue, corrections, schools, parks, and libraries welcome volunteer assistance. The Volunteer Center (see above) can help you, or they may be contacted directly.

Nonprofit Organizations Specifically Seeking Seniors as Volunteers

Senior volunteers are welcomed at most area nonprofits. Here are two intergenerational programs for volunteers over 50:

JCA Heyman Interages Center

301-949-3551; <http://interagesmd.org>

Washington Metropolitan OASIS

301-469-6800, press 1, then ext. 211; www.oasisnet.org/washington

Related Websites and Books (many available in Montgomery County Libraries)

Websites

www.civicventures.org

- Forty national public service organizations seeking senior volunteers

www.createthegood.org

- AARP is calling on its members to volunteer in their neighborhoods. Be a force for good whether you have 5 minutes, 5 hours, or 5 days.

www.volunteermatch.com

- Nationwide database of volunteer opportunities for all ages.

Books

- *Fifty Plus: Give Meaning and Purpose to the Best Time of Your Life* by Bill Novelli (2006)
- *Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America* by Marc Freedman (1999)

Navigator *Learning*



Enriching Your Life

A healthy mind/body/spirit connection is critical to getting the most out of life, and as people age this link is even more important. Lifelong learning can help strengthen that connection! Making lifelong learning a part of your later years fosters a sense of personal empowerment and increased self-esteem. It ensures continued growth and intellectual stimulation, leading to a more fulfilling, enjoyable and enriched life. In this section, you will find a wide range of lifelong learning opportunities in Montgomery County. Take advantage of them and enjoy!

BlackRock Center for the Arts

240-912-1053; www.blackrockcenter.org

- “Finding your own unique voice while exploring the creative process within a community of peers”
- Classes in visual arts, dance, music, and theater

Friendship Heights Village Center

301-656-2797; www.friendshipheightsmd.gov

- A variety of classes, clubs, trips and concerts

Gaithersburg Upcounty Senior Center

301-258-6380; srcenter@gaithersburgmd.gov

- Classes, trips, special events and activities
- Membership required and open to all

Gilchrist Center for Cultural Diversity

240-777-4940; www.montgomerycountymd.gov/rec/gccd

- Activities and services for the County's diverse community
- Classes in business, civics and culture, English as a Second Language

Jewish Community Center

301-881-0100; www.jccgw.org

- Active retirees study, travel, play, and share experiences through a variety of “Lifelong Learning” classes, programs, and social groups.
- The Adult Center for Education (ACE) offers high-level courses in current events, arts & culture, computer skills and more.
- Coming of Age in Maryland is a free membership organization offering activities, excursions, and special events for seniors.

Navigator *Learning*



Jewish Council for the Aging SeniorTech Computer Training

240-395-0916; www.accessjca.org

- Computer basics, word processing, e-mail, graphics and more
- SeniorTech Computer Training Centers located around the County
- Catalogs announce upcoming classes. Call to request a printed copy.

Levine School of Music

301-897-5100; www.levineschool.org

- Located at Strathmore, classes and courses for students of all ages and levels of ability
- Free annual "Musicalitea" with light fare and performances by faculty and students (reservations required.)

Literacy Council of Montgomery County

301-610-0030; www.literacycouncilmcmd.org

- Referral to classes that teach basic reading and writing and English as a second language

Montgomery College

Locations in Rockville, Takoma Park and Germantown

240-567-5000; www.montgomerycollege.edu

- **Lifelong Learning Institute**
240-567-1828; www.montgomerycollege.edu/lifelonglearning
A variety of intellectually stimulating opportunities for Montgomery County residents 50+
- **Workforce Development & Continuing Education**
240-567-5188; www.montgomerycollege.edu/wdce
Classes in business, language skills, technical education, health sciences, art and design
- **Ed2Go**
240-567-6938; www.ed2go.montgomerycollege.edu
On-line, non-credit courses; most cost \$99
- **For-Credit Class Senior Tuition Waiver**
240-567-5000; www.montgomerycollege.edu

Maryland residents 60+ qualify for tuition waiver on a space-available basis. Check online for the date tuition waiver registrations are being accepted. Seniors are still responsible for payment of required fees.

Navigator *Learning*



Montgomery County Public Libraries

240-777-0001 or see the White Pages for nearest location; www.montgomerycountymd.gov/library

- Recorded academic lectures by The Teaching Company, Modern Scholars, and other lifelong learning companies
- Book discussion groups at some branches
- Large print and audio books
- English conversation clubs at some branches
- Computer classes

Montgomery County Department of Recreation

240-777-6840; www.montgomerycountymd.gov/rec

- Classes in arts, crafts, dance, music and exciting extras offered through the seasonal *Guide to Recreation and Park Programs*
- See the RECREATION section for listings.

Senior Centers

- Five multi-service Senior Centers throughout the County offer a variety of programs and other activities. See the RECREATION section.
- Wide range of classes, including computer classes
- Some classes free/drop-in, others require fee/advance registration
- See the RECREATION section for listings.

Montgomery Parks

301-650-4373; www.HistoryInTheParks.org

- Historic and archaeological sites to explore
- Ongoing and special events

Washington Metropolitan OASIS (Office located in Macy's)

301-469-6800, press 1, then ext. 211; www.oasisnet.org/washington

- A national educational organization for adults 50+ offering challenging programs and opportunities for personal growth and service to the community
- Computer classes

Osher Lifelong Learning Institute at Johns Hopkins University

301-294-7058; www.osher.jhu.edu

- A membership community offering a vibrant social and educational environment for mature adults
- Non-credit courses offered at the Shady Grove campus on Tuesdays, Wednesdays, and Thursdays.

Navigator *Learning*



Rockville Senior Center

240-314-8800; www.rockvillemd.gov/seniorcenter

- The central location for programs/services in Rockville for adults 60+
- Membership required and open to all

Round House Theatre

240-644-1100 (Box Office, Bethesda), 301-585-1225 (Education Center, Silver Spring,);

www.roundhousetheatre.org

- Extensive education program at the center in Silver Spring
- The Hey Day Players, an adult troupe, offers Master Acting Classes in various theatre arts and presentations of short staged readings of plays at venues such as senior centers.
- Seniors interested in acting and/or learning about theatre should contact the Education Center

Senior Leadership Montgomery

301-881-3333; www.leadershipmontgomerymd.org

- A dynamic learning experience for adults 55+ highlighting issues and needs of the Montgomery County community

Strathmore

301-581-5144; www.strathmore.org

- Multi-disciplinary arts center in North Bethesda offering a variety of educational opportunities for adults including lectures, art workshops, and music classes

The Writer's Center

301-654-8664; www.writer.org

- Literary events and workshops for writers at all levels from beginners to advanced and master class

Universities at Shady Grove

301-738-6000; www.shadygrove.umd.edu

- More than 60 undergraduate and graduate degree programs from nine institutions within the University of Maryland offered at a central location in Montgomery County

University of Maryland Golden Card

301-314-8385; www.testudo.umd.edu/soc/goldenid.html

- Maryland residents 60+ not gainfully employed for more than 20 hours per week can take advantage of the wide variety of course offerings at College Park, tuition waived.
- Golden ID students register on a space available basis for a maximum of three courses during the first week of classes.

Navigator Recreation



Enriching Your Life

Whether you are a beginner or an accomplished amateur, Montgomery provides opportunities to enjoy developing, practicing, and using skills in your area(s) of interest. Activities and classes are available to people of all ages and levels of ability. You will be practicing and developing your skills in a welcoming, supportive and safe environment, with those at a similar level of ability. It is also a wonderful opportunity to make new friends and acquaintances who have like-minded interests.

Both Montgomery County Parks and the Department of Recreation offer hundreds of activities. Whether it's painting, swimming, dancing, golf or day trips, you can find them here. The activities are available at facilities throughout Montgomery County, such as community centers, senior centers, golf courses, and aquatic centers. Facility contact information is listed in *Guide: Recreation and Park Programs*.

Note that program descriptions of the Montgomery County Recreation Department and Montgomery County Parks are published in the same guide in separate sections. The same information is available on-line and in pdf format. Caution!! Guides are over 160 pages so you may wish to print only those pages of interest to you. Printed Guides are available at libraries, community centers, and senior centers. Call ahead as the facility may not presently have a Guide in stock.

Enjoy any of the many activities in which tens of thousands of your fellow County residents participate! So put on your sneakers, swimsuit, dancing shoes, or painter's smock, and join in the fun!

Montgomery County Recreation Department

240-777-6870; www.montgomerycountymd.gov/rec (Click on "Information" near the top of the screen.)

- Activities listed by categories, (Click on "Classes and Information.")
- For information about individual community recreation centers, senior centers, and aquatic centers, click on "Locations" near the top of the screen
- For details about Active Adult programs at community centers, call 240-777-4980
- "Individuals with disabilities are encouraged to register for programs. Please request auxiliary aids and services at least 2 weeks prior to the start of the program. Call 240-777-6870, TTY 240-777-6974, or email: rec.mainstream@montgomerycountymd.gov"

Senior Centers

Each senior center publishes a calendar of monthly activities which is available at the Center.

Damascus Senior Center.....	240-777-6995
Holiday Park Senior Center (Wheaton).....	240-777-4999
Long Branch Senior Center (Silver Spring).....	240-777-6975
Margaret Schweinhaut Senior Center (Silver Spring).....	240-777-8085

Navigator Recreation



Senior Outdoor Adventures in Recreation (SOAR)

240-777-4926

- Daytrips;
- May require walking or physical exertion

Montgomery County Parks

301-495-2595; www.montgomeryparks.org

- Parks and recreation, golf, ice skating, and other sports facilities

City of Gaithersburg

301-258-6350; www.gaithersburgmd.gov/poi (In the bar on the left side of the screen under the heading "Government"; click on "Parks, Recreation, and Culture.")

- Variety of recreational facilities and program offerings (Printed guides are available.)
- Multiservice senior center: See LEARNING

City of Rockville

240-314-8620; www.rockvillemd.gov/recreation/guide

- Variety of recreational facilities and program offerings (Printed guides are available.)
- Multiservice senior center: See LEARNING
- Additional activities for individuals 50+ available at facilities in the King Farm, Lincoln Park, and Twinbrook areas.

City of Takoma Park

301-891-7290; www.tprecreation.org

- Variety of program offerings (Printed guides are available.)

Chinese American Senior Services, Inc. (CASSA)

301-881-8228

- Social, physical, and wellness services for seniors. Programs include leisure travel, chorus, dancing, ping pong, arts and crafts, and nutritional meals.
- CASSA has eleven locations in the County and welcomes all seniors.

Navigator Recreation



Audubon Naturalist Society (Chevy Chase)

301-652-9188; <http://www.audubonnaturalist.org> (Click on "Nature Activities" and "Naturalist News" at the bottom of the screen.)

- Bird watching, field trips, "Nature Escapes" (travel), and other related activities

Jewish Community Center (Rockville)

301-881-0100; www.jccgw.org (Click on the following items on the left side of the screen: "Adults," "Health and Fitness," and "Arts and Culture.")

- Large number of sports, fitness, and other programs for adults, open to the general public

Montgomery County Public Libraries

240-777-0001; www.montgomerycountymd.gov/libraries

- Online access to audio books, music and videos
- Wide range of activities, including community celebrations, music, and more
- See the bi-monthly publication Check Us Out for details about events and programs. (Available online and in the libraries)

Washington Post

The Friday Weekend section of the Washington Post contains information for the coming week about hiking, biking, running, walking, bird watching and other recreational activities. Contact information is provided. Many of these events are in Montgomery County and are conducted by clubs that usually accept non-members free or for a nominal fee. The Weekend section also has voluminous listings of museums, current shows, musical events, art shows and other weekly activities.

Related Websites (many available in Montgomery County libraries)

Websites

www.DoAndGo.org

- Service of the Arts and Humanities Council of Montgomery County
- Online calendar for cultural events in Montgomery County
- Festivals, classes, museums, historical sites and performances

Navigator Appendix



Montgomery County Aging & Disability Services

240-777-3000

- Telephone information and assistance provided by staff of the Department of Health and Human Services, Aging and Disability Services (... a Maryland Access Point)
- Information about and assistance with applying for public programs
- Referrals to community organizations

Montgomery County Senior Site

www.montgomerycountymd.gov/senior

- Important information on : Consumer issues, Employment and Volunteering, Health, Recreation and Libraries, Safety, Senior Housing, Social Supports, Tax and Finance, Transportation and Publications including *Living & Thriving in Montgomery County: A Guide for Residents 60 and Over* and *Montgomery County Navigator: Vital Living After 50*.

The Beacon Newspaper

www.thebeaconnewspapers.com

- Monthly newspaper includes news articles and features related to health, travel, finances, legal and general interest; distributed to CVS stores, community centers and libraries.
- Website with adjustable font size

Senior Resource Guide

www.thebeaconnewspapers.com (Click on "Resource Guide.")

- Hard copies of the Senior Resource Guide are distributed to CVS stores, community centers and libraries.
- Free copies available by calling the Senior Resource Line, 240-777-3000

JCA Connect-A-Ride Transportation Resource Center

301-738-3252

- Free information about transportation options
- Public, private and volunteer transportation services are matched with the needs of individual callers, whenever possible

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Appendix



Montgomery County Public Libraries' Senior Site

www.montgomerycountymd.gov/libraries (Click on "Seniors" on the left-hand column.)

- Links to websites for seniors including Encyclopedia of Aging
- Wide range of topics including finances, retirement and health
- SmartTrip cards and discount fare cards

JCA Senior Helpline

301-255-4200; www.AccessJCA.org

- Options and ideas to help seniors age well and wisely
- Database of 4000 providers in the Metro DC area

Guide to Retirement Living SourceBook

1-800-394-9990 to request a copy; www.retirement-living.com

- Housing options including independent living, continuing care retirement communities, assisted living, and skilled care
- Aging in place, moving and downsizing
- Financial and legal resources
- Help for families and caregivers

SHIP (Senior Health Insurance Counseling Program)

301-590-2819; www.medicarehelp.org

- Medicare information of all kinds
- Long term care information
- Programs for people with low incomes
- Prescription drug assistance programs

Long-Term Care Ombudsman Program

240-777-3369

- Program of Montgomery County Department of Health and Human Services, Aging and Disability Services
- Volunteers are assigned to nursing homes and assisted living facilities to resolve problems



Montgomery County Government
www.montgomerycountymd.gov/senior