

Montgomery County Recreation Senior Nutrition Program

Montgomery County Recreation's Senior Centers keep our participants healthy and connected through our on-site Senior Nutrition Program. We build environments which improve outcomes for residents 55 and over and help our community to thrive.

We know how important our services are to our participants. Our department is built on a strong foundation of community outreach and steeped in a long tradition of helping residents overcome some of life's toughest challenges. We are here to support our participants during COVID-19. We will be continuing meal services and making well-being calls to our participants.

The department along with its partners is making weekly frozen meals packs (seven meals) available to seniors who receive meals through our department's Senior Centers and 55+ Active Adult program locations. If you are a participant who regularly participates in the nutrition program at one of our facilities and needs to make meal reservations, please contact one of our Senior Center directors listed below.

If you have not participated with us before, we will gladly take your registration information and submit your request, however, due to an increase in demand, we cannot guarantee service will be extended to you at this time. Once we have your registration information, we will reach out to you immediately should meals become available.

To help our participants stay connected, we will be distributing copies of the Senior Beacon along with information on how to register for the Maryland Senior Call Check Program for those 65 or older. For more information on this program and to register, call 1-866-50-CHECK (1-866-502-4325) or visit aging.maryland.gov. Please help spread the word to seniors living alone.

Montgomery County Recreation is here to keep you healthy and connected from a safe social distance.

Montgomery County Recreation Senior Center and Senior Program Contact Information

Damascus Senior Center	Tony Edghill	240-535-0732	Anthony.edghill@montgomerycountymd.gov
Holiday Park Senior Center	Dolors Ustrell-Roig	240-460-2236	Dolors.Ustrell@montgomerycountymd.gov
Long Branch Senior Center	Mary Pelz	301-332-4451	Mary.Pelz@montgomerycountymd.gov
Schweinhaut Senior Center	Karen Maxin	240-805-3712	Karen.maxin@montgomerycountymd.gov
N. Potomac Senior Center	Sheila Hall	202-450-8057	Sheila.hall@montgomerycountymd.gov
Wheaton Senior Center	Alex Alcon	202-760-1003	Alejandro.alcon@montgomerycountymd.gov
White Oak Senior Center	TeAnna Abraham	240-678-5696	TeAnna.Abraham@montgomerycountymd.gov
55+ Senior Programs	Cathy Richards	240-753-9280	Cathleen.Richards@montgomerycountymd.gov

Spanish: Para asistencia en Español, por favor llame a Dolors Ustrell-Roig al 240-460-2236

Chinese: 如需中文帮助, 请致电 Qi (Adele) Hu 240-994-9097

Thank you to our partners: Health & Human Services, Meals on Wheels, Jewish Council for the Aging, Senior Beacon, Department of Environmental Protection