




# North Potomac Senior Center 55+ Programs-September 2023

Programs Subject to Change Without Notice.  
Call 240-773-4805 to confirm.

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|---|--|--|--|---|--|
| <b>COMING OCTOBER 2—8</b><br>  |  | <b>COMING OCTOBER 21 FALL FESTIVAL 11am to 2pm</b><br>  |  | <b>1</b><br>9:30 Zumba Video<br>9:30 Stretching Exercises to Taiwan Music w/Linda<br>11:30 SNP Lunch Program<br>12:30 International Folk Dance with Instruction<br>2:15 Tai Chi with Master Guo   | <b>2</b><br><b>CLOSED</b><br>Labor Day Weekend (September 2, 3, and 4) |
| <b>4</b><br><b>CLOSED</b><br>  | <b>5</b><br>9:30 Zumba Video<br>10:30 Japanese Language and Culture<br>10:00 DASH Plus<br>10:30 Coffee & Conversation with Staff<br>11:00 Asian Mahjong<br>11:30 SNP Lunch Program<br>1:00 Mind Exercises<br>1:00 Knit & Crochet Group<br>2:00 Liuying's Classical Chinese Folk Dance  | <b>6</b><br>9:30 YouTube Walking with Alison<br>9:30 Stretching Exercises to Taiwan Music w/Linda<br>10:00 American Mahjong<br>10:30 Chinese Folk Dance with Ming<br>11:00 Asian Mahjong<br>11:30 SNP Lunch Program<br>1:00 Int'l Ballroom Dancing<br>2:15 Money Matters by Senior Planet  | <b>7</b><br>9:30 Zumba Video<br>10:00-4:00 American Mahjong<br>10:30 Current Events Discussion Group with Lyle<br>11:30 SNP Lunch Program<br>1:00 Dance for Posture (Mandarin)<br>4:00-6:30 Outdoor Pickleball (Must be registered prior to entering courts) Weather Permitting  | <b>8</b><br>9:30 YouTube Walking with Alison<br>9:30 Stretching Exercises to Taiwan Music w/Linda<br>10:30 Simple Healthy Cooking (Fee)<br>11:30 SNP Lunch Program<br>12:30 International Folk Dance with Instruction<br>2:15 Tai Chi with Master Guo | <b>9</b>   |
| <b>11</b><br>9:30 Zumba with Carol<br>9:30 Stretching Exercises to Taiwan Music w/Linda<br>10:30 Easy Dance Fitness<br>11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho<br>11:30 SNP Lunch Program<br>2:00 Healthy Body, Peaceful Mind with Tammy<br>2:15 Easy Yoga<br>2:15 Money Matters by Senior Planet | <b>12</b><br>9:30 Zumba Video<br>9:30 Chair Aerobics<br>10:00-4:00 American Mahjong<br>10:30 Japanese Language and Culture<br>10:00 Intergenerational Art with Kamel<br>10:30 Meditate w/Fereshteh<br>11:00 Asian Mahjong<br>11:30 SNP Lunch Program<br>1:00 Mind Exercises<br>1:00 Knit & Crochet Group<br>2:00 Liuying's Classical Chinese Folk Dance<br>2:30 Cardio Dance Workout | <b>13</b><br>9:30 YouTube Walking with Alison<br>9:30 Chair Aerobics<br>9:30 Stretching Exercises to Taiwan Music w/Linda<br>9:30 Chair Aerobics<br>9:30-1:30 UMD Wellness Wednesday Nursing Students<br>10:00 American Mahjong<br>10:30 Chinese Folk Dance<br>10:30 Meditation<br>11:00 Asian Mahjong<br>11:30 SNP Lunch Program<br>1:00 Int'l Ballroom Dancing<br>2:15 Money Matters by Senior Planet<br>6:00 Evening Crafters | <b>14</b><br>9:30 Zumba Video<br>9:30 Chair Aerobics<br>10:00-4:00 American Mahjong<br>10:30 Current Events Discussion Group with Lyle<br>11:30 SNP Lunch Program<br>12:30 Paint and Socialize<br>1:00 Dance for Posture (Mandarin)<br>4:00-6:30 Outdoor Pickleball (Must be registered prior to entering courts) Weather Permitting | <b>15</b><br>9:30 YouTube Walking with Alison<br>9:30 Stretching Exercises to Taiwan Music w/Linda<br>10:00 Tai Chi CMC 37 Yang Style<br>11:30 SNP Lunch Program<br>12:30 International Folk Dance with Instruction<br>2:15 Tai Chi with Master Guo   | <b>16</b><br>11:00 Gentle Stretching and Yogic Breathing Techniques    |

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|---|--|--|--|--|--|
| <p><b>18</b></p> <p>9:30 Zumba with Carol<br/>9:30 Stretching Exercises to Taiwan Music w/Linda<br/>10:30 Easy Dance Fitness<br/>11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho<br/>11:30 SNP Lunch Program<br/>2:00 Healthy Body, Peaceful Mind with Tammy<br/>2:15 Easy Yoga<br/>2:15 Money Matters by Senior Planet</p> | <p><b>19</b></p> <p>9:30 Zumba Video<br/>9:30 Chair Aerobics<br/>10:00-4:00 Amer. Mahjong<br/>10:30 Japanese Language and Culture<br/>10:00 DASH Plus<br/>10:30 Meditate w/Fereshteh<br/>10:30-12:30 Asian Mahjong<br/>11:30 SNP Lunch Program<br/>12:30 Travel Video with Sue<br/>1:00 Mind Exercises<br/>1:00 Knit &amp; Crochet Group<br/>2:00 Liuying's Classical Chinese Folk Dance<br/>2:30 Cardio Dance Workout<br/>7:00-8:30 Latin Dance Party<br/>6:30 Scale Modeling Group<br/>7:00 Latin Dance Social</p> | <p><b>20</b></p> <p>9:30 YouTube Walking with Alison<br/>9:30-1:30 UMD Wellness Wednesday Nursing Students<br/>9:30 Chair Aerobics<br/>9:30 Stretching Exercises to Taiwan Music w/Linda<br/>9:30 Chair Aerobics<br/>10:00 American Mahjong<br/>10:30 Chinese Folk Dance<br/>10:30 Spanish-It's So Easy<br/>10:30 Meditation<br/>10:30-12:30 Asian Mahjong<br/>11:30 SNP Lunch Program<br/>1:00 Int'l Ballroom Dancing<br/>2:15 Money Matters by Senior Planet</p>           | <p><b>21</b></p> <p>9:30 Zumba Video<br/>9:30 Chair Aerobics<br/>10:00-4:00 American Mahjong<br/>10:30 Current Events Discussion Group with Lyle<br/>11:30 SNP Lunch Program<br/>12:30 Paint and Socialize<br/>1:00 Dance for Posture (Mandarin)<br/>4:00-6:30 Outdoor Pickleball (Must be registered prior to entering courts) Weather Permitting</p> | <p><b>22</b></p> <p>9:30 YouTube Walking with Alison<br/>9:30 Stretching Exercises to Taiwan Music w/Linda<br/>10:00 Tai Chi CMC 37 Yang Style<br/>10:30-12:30 Asian Mahjong<br/>11:30 SNP Lunch Program<br/>12:30 International Folk Dance with Instruction<br/>2:15 Tai Chi with Master Guo</p>  | <p><b>23</b></p> <p>9:15-10:45 Martial Arts Health Dance with Josephine<br/>11:00-12:00 Gentle Stretching and Yogic Breathing Techniques</p> |
| <p><b>25</b></p> <p>9:30 Zumba with Carol<br/>9:30 Stretching Exercises to Taiwan Music w/Linda<br/>10:30 Easy Dance Fitness<br/>11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho<br/>11:30 SNP Lunch Program<br/>12:30 Book Club with Anna<br/>2:00 Healthy Body, Peaceful Mind with Tammy<br/>2:15 Easy Yoga</p>           | <p><b>26</b></p> <p>9:30 Zumba Video<br/>9:30 Chair Aerobics<br/>10:00-4:00 American Mahjong<br/>10:30 Japanese Language and Culture<br/>10:00 DASH Plus<br/>10:30 Meditate w/Fereshteh<br/>10:30-12:30 Asian Mahjong<br/>11:30 SNP Lunch Program<br/>1:00 Mind Exercises<br/>1:00 Knit &amp; Crochet Group<br/>2:00 Liuying's Classical Chinese Folk Dance<br/>2:30 Cardio Dance Workout</p>  | <p><b>27</b></p> <p>9:30 YouTube Walking with Alison<br/>9:30-1:30 UMD Wellness Wednesday Nursing Students<br/>9:30 Chair Aerobics<br/>9:30 Stretching Exercises to Taiwan Music w/Linda<br/>9:30 Chair Aerobics<br/>10:00 American Mahjong<br/>10:00 JCA Outing to Brookeville Beer Farm \$5<br/>10:30 Chinese Folk Dance<br/>10:30 Spanish-It's So Easy<br/>10:30 Meditation<br/>10:30-12:30 Asian Mahjong<br/>11:30 SNP Lunch Program<br/>1:00 Int'l Ballroom Dancing</p> | <p><b>28</b></p> <p>9:30 Zumba Video<br/>9:30 Chair Aerobics<br/>10:00-4:00 American Mahjong<br/>10:30 Current Events Discussion Group with Lyle<br/>11:30 SNP Lunch Program<br/>12:30 Paint and Socialize<br/>1:00 Dance for Posture (Mandarin)<br/>4:00-6:30 Outdoor Pickleball (Must be registered prior to entering courts) Weather Permitting</p> | <p><b>29</b></p> <p>9:30 YouTube Walking with Alison<br/>9:30 Stretching Exercises to Taiwan Music w/Linda<br/>10:00 Tai Chi CMC 37 Yang Style<br/>10:30-12:30 Asian Mahjong<br/><b>11am-1pm Nat'l Preparedness Month and Adult Protective Services Info.</b><br/>11:30 SNP Lunch Program<br/>12:30 International Folk Dance with Instruction<br/>2:15 Tai Chi with Master Guo</p> | <p><b>30</b></p> <p>9:15-10:45 Martial Arts Health Dance with Josephine<br/>11:00-12:00 Gentle Stretching and Yogic Breathing Techniques</p> |

## BONE BUILDERS CLASSES at NPSC

Mondays & Wednesdays—10:45 to 11:45am  
Tuesdays & Thursdays—10:45 to 11:45am & 11:55am to 12:55pm  
Email Ann Marie at AnnMarie.Heiser@montgomerycountymd.gov

## SENIOR FIT CLASSES at NPSC

Mondays & Wednesdays—1 to 1:45 pm  
Call Holy Cross Health at 301-754-8800 for registration information during open registration.

## YOGA FOR VITALITY (Fee) at NPSC

Tuesdays—9:30 to 10:30 am  
Contact Customer Service at 240-777-6840 or  
Recreation.customerservice@montgomerycountymd.gov

# NORTH POTOMAC SENIOR CENTER

13850 Travilah Road • Rockville MD 20850 • 240-773-4805



## SEPTEMBER 2023 NEWSLETTER

### REC PASS VS. ACTIVE MONTGOMERY PROGRAM REGISTRATION FORM

Do you know there is a difference between an “ACTIVE REGISTRATION FORM” And a “REC PASS?”

A sample of the Active Registration form, showing fields for personal information, program details, and a signature line.

An Active Registration form is completed by a customer to receive a REC PASS. With a REC PASS you will have access to the Game Room, the Fitness Center, and some Gym programs. To access the Game Room, Fitness Center, and some Gym programs you only need to “SCAN” your REC PASS at the front desk.

However, for all 55+ programs a customer is required to complete an Active Registration form for EACH session of a program. The Active Registration Form MUST be completed, signed, and dated PRIOR to attending any program. Active Registrations for 55+ programs can be done online at [mocreccom.com](http://mocreccom.com) or in person at the Senior Center.

Taking attendance at 55+ programs is required by Montgomery County. If a customer's name is not on the attendance sheet prior to the start of a program, they MUST register at the front desk and bring their receipt for confirmation to enter the program. No Exceptions. Please be kind to your fellow customers, instructors and staff by adhering to the rules and regulations set by the County. Thank you.



## SEPTEMBER HIGHLIGHTS

Try a new program or two and invite a friend to join you! For the most up-to-date listing of programs go to [Mocorec.com](http://Mocorec.com). Participation in all programs/classes require registration. Thank you.

**\*\* NEW \*\*** American Mahjong **\*\* NEW \*\***

Tuesdays and Thursdays

10am to 4pm

R07047\_108

Asian Mahjong

Tuesdays, Wednesdays, and Fridays

September 5 to November 17

10:30 am to 12:30 pm

R07047\_107

**\*\*NEW TIME\*\*** Thursday Outdoor Pickleball (Weather Permitting) **\*\*NEW TIME\*\***

Thursdays from 4 to 6:30pm

September 7 to October 12, 2023

Active #R07091\_104

Tai Chi Exercise with Master Guo

Fridays at 2:15pm

September 1 to November 17, 2023

Active #R07025\_102

**\*\* NEW \*\*** Wellness Wednesdays with UMD Nursing Students **\*\* NEW \*\***

Begins Wednesday, September 13

at 10:30am Active #R07028\_102

**\*\* NEW \*\*** Book Club with Anna **\*\* NEW \*\***

Monday, September 25 at 12:30pm to pick a book

Active #R07065\_104

**\*\* NEW \*\*** Candle Making and Medicare with Chris **\*\* NEW \*\***

September 26 at 12:30pm

Active #R07095\_121

# Japanese Language and Culture

Learn Japanese culture, learn phrases for everyday situations and travel, and have fun learning with a native speaker.

Tuesdays, September 5 to November 28

10:30 to 11:30am

Active # R07021\_105



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## Intergenerational Art Fun with Kamel

Tuesdays—September 12, October 10, and November 7

10 to 11:30am

Active #R07095\_122

90 minutes of fun to share with a child.

This program is for the young and young-at-heart!



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## International Folk Dance Instruction

Fridays, September 1 to November 17

12:30 to 2pm

Active #R07009\_113

Learn various folk dances, many which are in a circle.

No partner required!





# Senior Shape

## Aerobics, Strength and Stretch

Thursdays, October 5 - December 21  
5 p.m. - 5:45 p.m.

North Potomac Community  
Recreation Center  
13850 Travilah Road, Rockville,  
MD 20850

An exercise class that includes low impact aerobic exercises to improve your flexibility, joint stability, balance, muscular strength and cardiovascular endurance. Mat, band and/or light weights are required.

**\$40 for the 3-month session**

Registration Required at

[www.events.suburbanhospital.org](http://www.events.suburbanhospital.org)

Please contact [mcanaval@jhmi.edu](mailto:mcanaval@jhmi.edu) with  
any questions.



**SUBURBAN HOSPITAL**  
JOHNS HOPKINS MEDICINE

## **FREE CURB TO CURB TRANSPORTATION**

If you live within five miles of North Potomac Senior Center, there is Free JCA handicapped accessible transportation available Monday through Friday. Pickup from your home is between 8am and 9am and bus leaves approximately 1:45pm for your ride home. Call 240-773-4805 for an application or stop by North Potomac Senior Center during open hours. It takes approximately 7 to 10 business days for JCA to process an application and get in touch with the applicant.

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## **Senior Nutrition Lunch Program (SNP) Montgomery County, Maryland Dept. of Health and Human Services Welcomes DUTCH MILL CATERING**

Dutch Meal Catering began serving the seniors of the Senior Nutrition Lunch Program on July 1, 2023 and the comments have been very positive. The recommended donation is \$3 per meal, but every little bit helps. If you are under 60 years old, you must pay the full cost of the meal (unless you have a participating spouse over age 60). The full cost of the meal for those under 60 is \$7.99 per meal. If you would like to sign-up for the SNP program, stop by to see Jean Wang, Monday through Friday from 9am to 1pm.



**Enjoy your new catering company. Bon Appetit!**

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## **SENIOR NUTRITION PROGRAM (SNP) AT NORTH POTOMAC**

For people aged sixty and over, or a spouse of any age can take part in the SNP at North Potomac Senior Center. The suggested donation is \$3.00 per meal. The cost of the meal for those under age 60 is \$7.99 per meal. To complete SNP application, come to North Potomac Senior Center between the hours of 9am and 1pm weekdays for SNP staff to assist you and answer any questions. To cancel a lunch reservation, call 240-773-4805 at least 72 hours before your reservation..

# MONTGOMERY COUNTY RECREATION



**FREE**

# SENIOR ADVENTURES

## 1<sup>st</sup> DAY CAMP

Senior Adventures is a day camp for Seniors 55+ to make connections with fun activities while also exploring enjoyable places in the community.

## JOIN THE FUN!

### Nature's Solace:

Join us for a day of games, laughter and a tour of the natural habitats within the Woodend Nature Sanctuary located in Chevy Chase. Transportation and lunch included.



Activity:

**R07104-403**

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**NORTH POTOMAC  
SENIOR CENTER**

13850 TRAVILAH ROAD, ROCKVILLE

**Monday, Oct. 9 • 9 a.m. - 2 p.m.**

For more information, contact James Berardi at 240-777-4925 or [James.Berardi@montgomerycountymd.gov](mailto:James.Berardi@montgomerycountymd.gov)



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

To register, visit [ActiveMontgomery.org](https://www.ActiveMontgomery.org)

240-777-6840 • Hablamos Español • [www.mcorec.com](https://www.mcorec.com)



MONTGOMERY COUNTY  
**Recreation**

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).  
Please contact 240-777-6840 or [rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov) to request accommodations.



# Famous Hispanic Americans

Match the clues to the famous Hispanic American.

- |   |                       |
|---|-----------------------|
| 1. Singer/actress/mother of twins _____   | A. Nancy Lopez        |
| 2. Woodstock singer and activist _____  | B. Sonia Sotomayor    |
| 3. American labor leader _____  | C. Rita Moreno        |
| 4. Baseball Hall of Fame great _____  | D. Jennifer Lopez     |
| 5. Award-winning boxer _____  | E. Cesar Chavez       |
| 6. <i>West Side Story</i> Oscar winner _____                                    | F. Ellen Ochoa        |
| 7. "La Bamba" singer _____  | G. Ritchie Valens     |
| 8. Florida senator _____  | H. Joan Baez          |
| 9. American journalist and talk show host _____                                 | I. Desi Arnaz         |
| 10. Quarterback and Raiders coach _____   | J. Martin Sheen       |
| 11. Supreme Court justice _____   | K. Dolores Huerta     |
| 12. <i>Apocalypse Now</i> actor _____   | L. Roberto Clemente   |
| 13. Astronaut _____   | M. Lin-Manuel Miranda |
| 14. Professional golfer _____   | N. Geraldo Rivera     |
| 15. Miami Sound Machine singer _____  | O. Oscar De La Hoya   |
| 16. <i>Hamilton</i> creator _____   | P. Gloria Estefan     |
| 17. Cofounder, with Cesar Chavez, of the National Farmworkers Association _____ | Q. Marco Rubio        |
| 18. Known for playing Ricky Ricardo in <i>I Love Lucy</i> _____                 | R. Tom Flores         |



## EASY RECIPES FOR SEPTEMBER FUN!

### Creamy Chicken Apple Salad (Makes 8 servings)

#### Ingredients:

2 cups chopped cooked chicken breast  
2 stalks celery, diced  
2 green onions, chopped  
1/2 tablespoon finely chopped or powdered dill  
1 medium apple, finely diced  
3 tablespoons chopped walnuts  
1/4 cup light mayo  
1/4 cup plain, fat-free yogurt  
1/2 lemon, juiced  
Salt and pepper to taste  
Makes 8 serving



#### Directions

1. In a medium bowl, combine the chicken, celery, green onions, dill, apple, and walnuts.
2. In a small bowl, whisk together the mayonnaise, yogurt, lemon juice, and salt and pepper.
3. Add chicken mixture and mix well.
4. Serve salad over your choice of lettuce leaves, bread, or crackers.

### Oh, Honey! (Makes 2 dozen cookies)

#### Ingredients:

1 cup white sugar  
1 cup shortening  
1 cup honey  
2 eggs  
1 teaspoon vanilla extract  
1 teaspoon baking soda  
4 cups all-purpose flour  
1 teaspoon ground ginger



#### Directions

1. Melt together sugar, shortening, and honey in a saucepan over low heat. Let cool.
2. Mix eggs, vanilla, baking soda, and ginger together. Add gradually to cooled honey mixture.
3. Slowly add 4 cups of flour to mixture. Stir until blended well.
4. Drop by teaspoonful onto cookie sheets about 2 inches apart.
5. Bake at 350°F until golden (12–15 minutes).
6. Remove from oven, and enjoy cookies when cool.



# Montgomery County Fair FUN



Fun at Senior Day  
2023 Montgomery  
County Fair





# Montgomery County Fair FUN



Goodbye for 2023.  
We will be return in 2024 for  
more Senior Day Fun at the  
Montgomery County Fair!





# Caught on Camera

