

Bauer Drive Community Recreation Center

Spring 2020

55+ Active Adult Activities

Active Adult Classes and Programs

Spring Offerings

Bone Builders—Online registration starts: 8:30 am — in process—montgomerycountymd.gov for March classes — Monday/Wednesday: 11:30—12:30 PM; Tuesday/Thursday: 1—2 PM (Wait List at front desk)

- **NEW!** — **Living Well Chronic Pain Workshops**— Thursday, April 16—May 21. Register online: <https://www.holycrosshealth.org/health-and-wellnes/classes-and-support-groups> or at Front Desk.

CURRENTLY ONGOING

- **Mahjong** — Mondays: 12:45pm—2:45pm — (Instructor available twice a month) **New Drop In Sessions:** Wednesdays 1:00pm
- **Micro-flyers** — Wednesdays: 12:30 pm- — 2:30 pm

Paid Exercise Classes

- **Zumba Gold** — Fridays: 1:30 pm — 2:15 pm— (**Paid Class — enrollment required — Spring Classes: Start in April Course# 77091**)

Sports Activities:

- **Pickleball** - Mondays: 12:30 pm—2:30 pm;
Fridays: (Instructional) 10:30 am—12:30 pm
(intermediate/advanced) 12:30—2:30 pm
- **Volleyball**—Mondays & Wednesdays: 10:30 am—12:30 pm
- **Basketball**—Tuesdays & Thursdays: 9 am—12 pm



Active Adult Neighborhood Programs

Monday - Friday

9 AM—2:30PM

55+ Active Adult Program

Coordinator:

Barbara Hulin

Center Director:

Alex Taylor

Address:

14625 Bauer Drive
Rockville, MD

Phone:

240-777-6922

Center Hours:

Monday-Thursday

9 AM– 10 PM

Friday

9 AM-6 PM

Saturday 9 AM-4 PM

Sunday—Closed