



Clara Barton Neighborhood Recreation Center

55+ Active Adult Programs

The Clara Barton **Senior Sensations** 55+ Active Adult program meets on Mondays and Wednesdays from 10:00 am—2:00 pm for **sensational activities** — special events, luncheons, movies, programs, speakers, entertainment and trips. Visitors are **very** welcome; **come join us!**

New - Walk inside Clara Barton and **stay warm.**

Mon + Wed 10-10:45a & Tues + Thurs/Fri 10-11a.

Beginners Bridge - Tues: 12:15 – 1:30pm – Come join the **FUN**

March 7, Ca\$ino Royale is **back** by popular demand. Sign up to attend.

Happy Birthday to? March 9.

You Are What You Eat, March 11. Speaker with make & share tasty, snacks.

Wear the Green – March 16.

Movie: Bombshell: Hedy Lamarr Story, March 18.

April 2020,

Happy Birthday to? April 6

Tentative **MGM fun trip** – April 8

Downton Abbey Movie – April 13

LightUp Display by Montgomery County EPA—April 29

Blood Pressure Screening

The **third Wednesday** of every month from 10:30—11:30 am

Upcoming dates: March 19,

Recreational Sports - Just show up, join in and have fun.

Ping Pong: Mon: 3:30-4:30 pm, Tues/Thurs: 2:30-4:00 pm

Pickleball: Mon: 12:00 noon—1:30 pm + Fri: 11 – 12:45pm

Fitness Classes

Bone Builders

Mon/Wed: 2-3 pm

Offered in sessions by Montgomery County Recreation, the class is free but class size is limited. Visit ActiveMONTGOMERY.org to register or call **240-777-4925**.

Senior Shape

Mon/Wed: 11: – 11:45am, Tues/Thurs: 11:30 – 12:15pm, Fri: 1 - 1:45pm

For information, registration & costs, contact Suburban Hospital at 301/896-3939 or events.suburbanhospital.org. There is a fee for this class.

Senior Yoga

Wed.: 12:15-1:15 pm

For information, registration & costs, contact Suburban Hospital at 301/896-3939 or events.suburbanhospital.org. There is a fee for this class.



MONTGOMERY COUNTY
Recreation



Clara Barton Center **YOUR**



Senior Program Coordinator:

Phyllis Himelfarb

Senior Program Hours:

Mondays & Wednesdays
10:00 am — 3 pm

Center Director:

Barry Jones

Assistant Director:

Danny Plummer

Address:

7425 MacArthur Blvd.
Cabin John, MD 20818

Phone:

240-777-4910

Center Hours:

Monday + Wednesday
9 AM – 9 PM





Tuesday + Thursday
9 AM– 8 PM

Friday — 9 AM-3 PM
Sat-Sun – Closed



Montgomery County, Maryland is committed to complying with Americans with Disability Act, (AADA). If you need auxiliary aids or services in order to participate (such as mainstream, companion, large print, ASL or cued speech interpreter, please call 240-777-6960 at least two weeks prior to participation. (TTY 240-777-6974).

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
 What Does YOUR name Mean? 12n		 What is YOUR favorite Hitchcock Movie 12n	Sign Up for Ca\$ino Royale	Ca\$ino Royale Tomorrow
 12n		You are what you eat! Gwen shows us how to cook & eat. Snacks Served. 12n		Join Senior
 Wear the GREEN		 Hedy Lamarr 12n		Activities Everyday
Breakfast 10am 		 Spring Bird Quiz		Monday, 3/30 12n 

April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
 April Showers		1 Take Phyllis to 	2	3 Clara Barton
 12n		<u>Tentative Trip Planned</u>  Shopping Lunch Fun Sign-Up Times- 10a-3pm	9	10 has activities
 13 Movie 12n	14	 Don't \$pend YOUR Refund in One Place	16	17 for Seniors
Breakfast 10am 	21	 50 th Anniversary	23	24 Everyday
 12n	28	 All Day I Light UP display Montgomery CountyEPA	30	May Flowers 