



March 2020

Volume 5, Issue 3



Germantown Community Recreation Center

55+ Active Adult Programs

The Germantown 55+ Club is two-day program that offers an opportunity for health, friendship, education, and exercise for the body, mind, and soul. We offer many learning experiences and fun activities such as luncheons, Mah Jong, arts and crafts, brain yoga, concert, health and wellness classes, and seminars. New faces are always welcome; come join us!

Holy Cross Health: Road To Health— Preventing Type 2 Diabetes

March 2 & 9 11:30am to 2pm

March 2020 Program Highlights

Thome Kensington Club (Registration through JCA)

More info Contact Karen Miller 202-735-3464

Mondays and Thursdays: 10 am to 2 pm

Pickleball

Sundays: 11 noon to 2:00 pm

Senior Sneaker

Join the gym for \$50 a year

Evergreen Seniors:

Tuesdays and Wednesdays 10 am to 2 pm

The Arc of Montgomery County presents:

Laughter Fitness - Monday's 1 pm - 1:45pm

March 2, 9, 16, 23, & 30

Game Room Hours: Open During Center Hours

Fitness Classes

Bone Builders: Mondays and Thursday: 1-2pm

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 Fit:

Tuesdays: 1:45-2:30 pm, Thursdays: 11:30 am-12:15 pm

Registration is required through Holy Cross Health (Free)

Senior Ball Room Dancing:

Mondays: 1:30—3:00 pm (Free)

Enjoy your Holidays!



Senior Program

Coordinator:

Julie Dorr

Julie.dorr@montgomerycountymd.gov

240-777-8098/8095

Meal Program Manager:

Erika Moran

Senior Program Hours:

Mondays & Thursdays

10:00 AM — 2:00 PM

Center Director:

Doug Simpson, Recreation Specialist

Assistant Director:

Esmeralda Rivera
Recreation Coordinator

Address:

18905 Kingsview Dr
Germantown, MD

Phone: 240-777-6389

Hablamos Español

Center Hours:

Monday-Thursday

9 AM– 9 PM

Friday

1 PM – 5 PM

Saturday

9 AM-3 PM

Sunday

12:00 PM – 5:00 PM

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)

Julie's Corner

Welcome back to the 55 Plus Club from Holiday break.
 Happy New Year! I hope you all had a great Holiday!
 Stay warm through this winter time months. Cold weather is back so please dress warmly and call the Weather Hotline for more details on center closures!
 Make sure you contact Erika for information on the meal program to our center. Laughter Fitness is here again !!!!
 Chair Daning is here with Simin!!. We have Art Therapy this month as well!
 If you have new ideas for activities, please let me know.
Aquamarine is the Birth Stone for March!

Inclement Weather Policy:

During inclement weather, please listen to your local TV or radio for possible school closings.
 Weather Line: 240-777-6889



IF SCHOOLS ARE CLOSED
 OR
 DELAYED, WE WILL NOT MEET.
 ALL classes,
 programs, & meetings are
 CANCELLED!

"Life Is What You Take From Experiences"

Monday 2nd

10- 11:00 am Coffee/Tea Social
 11:00-12:00 **Chair Dancing with Simin**
 12: 00 - 1pm LUNCH
 1 - 2pm **Laughter Fitness**

Thursday 5th

10-10:45 am Coffee/Tea Social
 11:00-12:00 **Drawing**
 11:30-12:30 Senior Fit
 12:30-1 pm LUNCH
 1-2 pm **Fire Safety**

Monday 9th

10-11:00 am Coffee/Tea Social
 11:00- 12:00 **Chair Dancing with Simin**
 12:15-1pm Lunch
 1:00-2pm **Laughter Fitness**

Thursday 12th

10-11:00 am Coffee/Tea Social
 11:30 - 12:30 Senior Fit
 12:15-1pm LUNCH
 1:00-2pm **POKINO**

Monday 16th

10-11:00 am Coffee/Tea Social
 11:00 -12:00 **Chair Dancing with Simin**
 12-1 pm LUNCH
 1-2 pm **Laughter Fitness/ Art with Annie**

Thursday 19^h

10- 11:00 am Coffee/Tea Social
 11:30- 12:30 Senior Fit
 12:15 -1:00 LUNCH
 1-2pm **Yahtzee Game!**

Monday 23rd

10-11:00 am Coffee/ Tea Social
 11:00- 12:00 **Chair Dancing with Simin**
 12:15- 1:00 LUNCH
 1- 2 pm **Laughter Fitness**

Thursday 26th

10-11:00 am Coffee/Tea Social
 11:00-12:00 LUNCH
 11:30-12:15 Senior Fit

Monday 30th

10-11:00 am Coffee/Tea Social
 11-12 **Chair Dancing with Simin**
 12:00-1pm LUNCH
 1-2 pm **Laughter Fitness**

*** Activities are subjective to change if necessary ***