



Longwood Community Recreation Center



March 2020 Newsletter 55+ Active Adult Programs



The Longwood Community Recreation Center Active Adult 55+ program meets on Mondays and Wednesdays from 10 am—2 pm and offers an opportunity to enjoy exercise classes, entertainment and guest speakers. Bring a lunch and spend the day or drop in for something of interest. There is always room for new friends!

March 2020 Program Highlights

- **Travelogue with Sue Guy “The Galapagos Islands”** ... An archipelago of volcanic islands that straddle the equator and lie about 600 miles west of continental Ecuador. The islands are known for their large number of species that exist nowhere else in the world. Charles Darwin’s studies of these animals led to his theory of evolution. Sue Guy, a retired system engineer and avid amateur photographer, will present her photographs and impressions from the region... **Please Sign Up... 3/2 at 12:30pm**

- **Movie Showing...** To know what Movie is showing ask Front Desk... Movie is subject to change at any time... Please Sign Up... **3/9 at 12:30pm**

- **Brooke Grove Seminar: Winning Life’s Toughest Battles...** Presented by Peak Performance Coach Bill Neely, ordained minister and chaplain, Brooke Grove Retirement Village Explore the distinguishing characteristics of those who survive traumatizing situations and focus on ways in which to shape or reshape suffering in order to flourish... **3/17 at 12:30pm**

- **Movie Showing...** To know what Movie is showing ask Front Desk... Movie is subject to change at any time... Please Sign Up ... **3/23 at 12:30 pm**

- **Mini Trip to National Museum of African American History and Culture...** The National Museum of African American History and Culture is a Smithsonian Institution museum located on the National Mall in Washington, D.C., in the United States. It was established in December 2003 and opened in September 2016 in a ceremony led by President Barack Obama. **Limited Amount of Space... Please Sign Up... Bus Fee of \$10.00... 3/30 at 10:00am**

Senior Program Coordinator:

Grace Won

Senior Program Hours:

Monday and
Wednesdays

10:00 AM —2 PM

Center Director:

Katie Dowdy

Assistant Director:

Kamal Mayers

Address:

19300 Georgia Ave
Brookeville, MD

Phone:

240-777-6920
Hablamos Español

Center Hours:

Monday-Thursday
10 AM– 9 PM

Saturday
10 AM – 5 PM

Friday and Sunday
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)

Monday, March 2:

9:00 am Zumba Gold (Social Hall)
10:00 am Tai Chi (Social Hall)
10:00 am Coffee Club (Art Room)
11:00 am Bone Builders (Social Hall)
12:30 pm Travelogue with Sue Guy “The Galapagos Islands” (Conference Room)
2:00 pm Bone Builders (Social Hall)

Tuesday, March 3:

9:00 am Senior Strength and Balance (Social Hall)
10:00 am Pickleball (Gym)
10:00 am Bridge (Art Room)
10:00 am Yoga (Social Hall)
11:00 am Rummikub (Lounge)

Wednesday, March 4:

9:00 am Zumba Gold (Social Hall)
10:00 am Senior Strength and Balance (Social Hall)
10:00 am “Just My Two Cents!” Discussion Group (Art Room)
11:00 am Bone Builders (Social Hall)
2:00 pm Bone Builders (Social Hall)

Thursday, March 5:

12:30 pm Pickle Ball (Gym)

Monday, March 9:

9:00 am Zumba Gold (Social Hall)
10:00 am Tai Chi (Social Hall)
10:00 am Coffee Club (Art Room)
11:00 am Bone Builders (Social Hall)
12:30 pm Movie Showing (Art Room)
2:00 pm Bone Builders (Social Hall)

Tuesday, March 10:

9:00 am Senior Strength and Balance (Social Hall)
10:00 am Pickleball (Gym)
10:00 am Bridge (Art Room)
10:00 am Yoga (Social Hall)
11:00 am Rummikub (Lounge)

Wednesday, March 11:

9:00 am Zumba Gold (Social Hall)
10:00 am Senior Strength and Balance (Social Hall)
10:00 am “Just My Two Cents!” Discussion Group (Art Room)
11:00 am Bone Builders (Gym)
2:00 pm Bone Builders (Gym)

Thursday, March 12:

12:30 pm Pickle Ball

Monday, March 16:

9:00 am Zumba Gold (Social Hall)

10:00 am Tai Chi (Social Hall)

10:00 am Coffee Club (Art Room)

11:00 am Bone Builders (Social Hall)

2:00 pm Bone Builders (Social Hall)

Tuesday, March 17:

9:00 am Senior Strength and Balance (Social Hall)

10:00 am Pickleball (Gym)

10:00 am Bridge (Art Room)

10:00 am Yoga (Social Hall)

11:00 am Rummikub (Lounge)

12:30 pm Brooke Grove Seminar: Winning Life's Toughest Battles (Social Hall)

Wednesday, March 18:

9:00 am Zumba Gold (Social Hall)

10:00 am Senior Strength and Balance (Social Hall)

10:00 am "Just My Two Cents!" Discussion Group (Art Room)

11:00 am Bone Builders (Social Hall)

2:00 pm Bone Builders (Social Hall)

Thursday, March 19:

12:30 pm Pickle Ball (Gym)

Monday, March 23:

9:00 am Zumba Gold (Social Hall)

10:00 am Tai Chi (Social Hall)

10:00 am Coffee Club (Art Room)

11:00 am Bone Builders (Social Hall)

12:30 pm Movie Showing (Art Room)

2:00 pm Bone Builders (Social Hall)

Tuesday, March 24:

9:00 am Senior Strength and Balance (Social Hall)

10:00 am Pickleball (Gym)

10:00 am Bridge (Art Room)

10:00 am Yoga (Social Hall)

11:00 am Rummikub (Lounge)

Wednesday, March 25:

9:00 am Zumba Gold (Social Hall)

10:00 am Senior Exercise (Social Hall)

10:00 am "Just My Two Cents!" Discussion Group (Art Room)

11:00 am Bone Builders (Social Hall)
2:00 pm Bone Builders (Social Hall)

Thursday, March 26:

12:30 pm Pickle Ball (Gym)

Monday, March 30:

9:00 am Zumba Gold (Social Hall)

10:00 am Mini Trip to National Museum of African American History and Culture

10:00 am Tai Chi (Social Hall)

10:00 am Coffee Club (Art Room)

11:00 am Bone Builders (Social Hall)

2:00 pm Bone Builders (Social Hall)

Tuesday, March 31:

9:00 am Senior Strength and Balance (Social Hall)

10:00 am Pickleball (Gym)

10:00 am Bridge (Art Room)

10:00 am Yoga (Social Hall)

11:00 am Rummikub (Lounge)

Tai Chi (Medstar Program): A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Please Register at **MedStarMontgomery.org/classes** or Call (301)774-8881. (**Instructor Lead Susan Poh**)

Senior Strength and Balance (Medstar Program): Focuses on increasing flexibility, balance, coordination, and cardiovascular endurance. Space is Limited. Please Register at **MedStarMongomery.org/classes** or Call (301)774-8881(**Instructor Lead Mary Jo Cosgrove**)

Yoga (Medstar Program): A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. Please Register at **MedStarMontgomery.org/classes** or Call (301)774-8881. (**Instructor Lead Mary Jo Cosgrove**)

Zumba Gold (Recreation Program): Designed to encourage cardio activity and exercise with Latin and International music and dance. Please Register at **ActiveMontgomery.com** (**Instructor Lead Amy Cohen**)

Bone Builders (Recreation Program): Relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. 2 days per week commitment mandatory. All participants must Register at **ActiveMontgomery.com** (**Volunteer Trainers Lead the exercise program**)

Discussion Group: "Just My Two Cents!" This time is designated for active adults age 55+ to come together and spark conversations on events, people, places, and things. Your opinion is important and will be heard. (**Volunteer Led David Wayne Rowland**)

Senior Sneaker Exercise Program Montgomery County Recreation's popular Senior Sneakers Program helps adults age 55 and older to have access to quality Weight and Exercise Room and Open Gym across the County at a very affordable \$50 annual fee. For this low fee, members can use Weight and Exercise Room and Open Gym Monday through Thursday: 10:00am to 9:00pm Saturday: 10:00am to 5:00pm Friday and Sunday the center is closed. **Call (240)777-4980 for more details.**

Seniors with Disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need Auxiliary Aids or services in order to participate, **Call (240)777-6920 or TTY (240)777-6974**, at least 2 weeks prior to the start of the activity.

Transportation If you are interested in finding out more about curb-to-curb transportation to Longwood Community Recreation Center please **call 240-777-4924**.

Olney Home for Life (OHFL) is an all-volunteer, no-fee organization designed to assist senior residents In Olney, Brookeville, Ashton, and Sandy Spring are age in their homes. OHFL provides seniors with Transportation for medical visits, shopping, and social events, as well as Friendly Call and Friendly Visit services. We enable a community where neighbors help neighbors. **For more information on OHFL and the services we offer go to www.olneyhomeforlife.org or contact (301)466-2512.**

Inclement Weather Policy When Montgomery County Public Schools are "Closed" due to inclement weather, all Senior classes and programs are "Cancelled". If Montgomery County Public Schools have a "Delayed Opening", all classes or events that begin before 10:00 am will be cancelled. The center will open to the public when the parking lots and sidewalks have been cleared. Please sign up for Alert Montgomery @ www.alert.montgomerycountymd.gov or tune in to **WTOP 103.5 FM** if in doubt **call (240)777-6944** for further information. Please keep in mind that staff members may not get to the facility due to unsafe road conditions.

SOAR Discover New and Exciting Destinations! Day Trippers on the Move Make Every day Unforgettable! Whatever Age We have a Trip for you! Get ready to explore some of the most exciting destinations in the Mid-Atlantic! New York, Philadelphia, Ocean City, Maryland, and Virginia her we come! Take in museums, theaters festivals, special events, and amusement parks. Whether it's a day at the beach or a Kennedy Center show, you will want to register early as seats go fast. Go by yourself, with friends or take the whole family- or even your special grandchild. One-Day excursions with Day Trippers are a fun way to stay active, make new acquaintances, and delight in new discoveries just a day trip away from home. Perfect for solo travelers, couples, and friends alike, on a Day Tripper excursion you'll travel in safety and comfort, enjoy fulling experiences that are both entertaining as well as educational. Some of our trips involve a good deal of walking or physical activity; on others just sit back and enjoy the ride. Choices are up to you! To see what trips is available, check in the **Seasonal Guide online or Call Trips and Tours (240)777-4933**

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED	2 9:00 am Zumba Gold 10:00 am Tai Chi 10:00 am Coffee Club 11:00 am Bone Builders 12:30 pm Travelogue with Sue Guy "The Galapagos Islands" 2:00 pm Bone Builders	3 9:00 am Senior Strength & Balance 10:00 am Pickleball 10:00 am Bridge 10:00 am Yoga 11:00 am Rummikub	4 9:00 am Zumba Gold 10:00 am Senior Strength & Balance 10:00 am "Just My Two Cents!" Discussion Group 11:00 am Bone Builders 2:00 pm Bone Builders	5 12:30 pm Pickle Ball	6 CLOSED	7
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