

55+ Active Adult Programs

News & Information

- Meets Tuesdays and Fridays from 10:00 AM—2:00 PM
- Free Blood Pressure Screening every 2nd Tuesday of the month, **12:30 PM-1:00 PM**—provided by Suburban Hospital

Upcoming Special Events!

April Mini Trip

We are planning a trip to National Harbor on April 14. Information to come! Let's have some fun!

May Spring Fling

Entertainment, special food, and fun! Date to be determined.

Farewell to Gloria

We are losing a wonderful and very special co-worker. We wish her all the best in the next chapter of her life!

**WE WELCOME DIVERSE POINTS OF VIEW AND THOSE WITH
DIFFERENT LIFE EXPERIENCES**

OUR DIFFERENCES ENRICH US ALL



Senior Program

Coordinator:

Vacant

Center Director:

Pete Selikowitz

Center Asst. Director:

Daniel Plummer

11315 Falls Road
Potomac, MD 20854
240-777-6960
Hablamos Español

Center Hours:

Monday-Thursday

9 AM-9 PM

Friday

9 AM-5 PM



“Life is great when you participate!”

Ongoing 55+ Open Gym Programs

Open Gym Pass: Required for all drop-in activities at PCC. These include Line Dance, Tai Chi, Pickleball, Badminton, Volleyball and Open Gym Basketball. **COST: \$30 per year**

Sunday	Volleyball	9:30 AM-11:30 AM
Monday	Tai Chi	9 AM-11 AM
	Pickleball	6 PM-7:50 PM
Tuesday	Pickleball*	11 AM-2 PM
	Line Dance	11:30 AM-12:30 PM
	Open Gym Basketball	8 PM-8:50 PM
Wednesday	Tai Chi	9 AM-11 AM
Thursday	Open Gym Basketball	8 PM-8:50 PM
Friday	Tai Chi	9 AM-11 AM
	Line Dance	11:15 AM-12:30 PM
	Pickleball	11:30 AM-2 PM
Saturday	Badminton	2 PM-4:45 PM

Senior Shape: Mondays @ 11 AM, Tuesdays & Fridays @ 10 AM, Wednesdays @ 9 AM

Low impact fitness class offered by Suburban Hospital. [Contact 301-896-3939 to register.](tel:301-896-3939)

Senior Sneaker Pass: For Ages 55 and up, enjoy Line Dance, Tai Chi, Pickleball, Badminton, Volleyball, and Open Gym Basketball **plus** access to our fitness center. The fitness center has treadmills, ellipticals, specialty machines, and free weights. **COST: \$50 per year**

SHARE WITH US

Let us know what 55+ Active Adult activities and programs you want to see at PCC. We are always looking for new things that we can bring to you and your peers. Speak with Daniel or Pete with your ideas.

