Active Aging Week is Oct 3-9

Residents 50+ will be invited to safely attend the FREE Virtual and in-person program and activities that help you Go, Grow, & Get Active. A list of calendar of events occurring in the county will come out soon. Some programs require advanced registration.

Signature Event:
Brookside Gardens
Oct. 3, 2-5 p.m.

Participate in activities that will boost your physical and mental wellness through creative expression, exercise, and socialization.

FREE—Advanced registration is required:
www.eventbrite.com/e/go-grow-and-get-active-tickets-397200666887
ZUMBA FITNESS VIDEO
#R07070-104
Monday through Friday at 10:15 a.m.
Join others to get fit to Zumba via video. This is a casual class and a great way to get to meet others in the community.

BASIC JAPANESE
ACTIVE #R07021-102
Tuesdays at 10:30 a.m.
Interested in learning a foreign language? Try Japanese...you might like it! This class is a great fit for beginners or for those who already know a foreign language! Class is taught by Prof. Oh Em.

CERAMIC PAINTING WITH ANN
R07098-102
Friday, Oct. 7, Nov. 4, and Dec. 2
1 to 2:30 p.m.
Select a small ceramic piece at the beginning of class to paint as you wish. When you are finished painting, instructor Ann Deml will fire your piece ceramic piece the kiln for you to pick up at a later date. Ceramic painting is a great way to spend an afternoon and no prior experience is needed.

SIMPLE HEALTHY COOKING WITH RHONDA
NOW MEETING ON FRIDAYS, FEE $3.00
10:30 to 11:30 a.m.
Oct. 14: ACTIVE #R07049-101
Nov. 18: ACTIVE #R07049-102
Learn a few easy, healthy and delicious recipes to make, sample and share with family and friends. Class taught by Rhonda Brandes, RD, LDN.
Student nurses from University of Maryland School of Nursing will be providing blood pressure screenings starting Sept 21. As part of their program they will announce dates for health presentations and exercise classes.

Enjoy a fun time at Butlers Orchard where you can pick apples and enjoy buying the variety of fresh fruit and vegetables. Wear comfortable shoes and prepare to load bus at 9:15 a.m.

Would you like to be enlightened and entertained? Register to join this discussion group. Do you have suggestions for topics? Bring your suggestions with you to Current Events.

No experience required! Everyone can participate! When you dance your body and brain can get exercise at the same time. Perfect for beginners. Bring water to class to stay hydrated.
BASIC ENGLISH
FOR MANDARIN SPEAKERS

For Ages 55+
Mondays at 10 a.m. | Sept. 19 - Nov. 28

Activity R07061-104
Basic vocabulary and conversational English
to help foundational skills for Mandarin speakers.

Nancy H. Dacek North Potomac Senior Center
13850 Travilah Rd, Rockville

For more information, contact Sheila Hall at 240-773-4805

To register, visit ActiveMontgomery.org
240-777-6840 • Hablamos Español • www.mocorec.com

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).
Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.
讲普通话人的基础英语

55岁以上
星期一早上十点 | 九月十九号至十一月二十八号

课程代码 R07061-104
教讲普通话的人基础的英语词汇和对话技巧

Nancy H. Dacek North Potomac Senior Center
13850 Travilah Rd, Rockville

For more information, contact Sheila Hall at 240-773-4805

To register, visit ActiveMontgomery.org
240-777-6840 • Hablamos Español • www.mocorec.com

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Seated Aerobics

Tuesdays
9:30 a.m.

Chair-based exercise to develop cardio fitness, muscular strength, and flexibility.

North Potomac Senior Center

REGISTRATION IS OPEN!
ACTIVE MONTGOMERY #R07012-109

FREE 55+ Adult Program
Creative Coloring

Wednesdays
9:30 a.m.

Unlock your inner artist

North Potomac Senior Center

REGISTRATION IS OPEN!
ACTIVE MONTGOMERY #R07095-110

FREE 55+ ADULT PROGRAM
Table Games

Wednesdays

10 a.m. – 12 p.m.

American Mahjong

# R07047-103

Gin Rummy

# R07112-101

North Potomac Senior Center

FREE 55+ Adult Program
SAVE THE DATE

Diwali Celebration
Oct. 12
2:30 - 4:30 p.m.

North Potomac Senior Center will be celebrating Diwali, *The Festival of Lights*, and anyone age 55+ is welcome to attend!

Additional information will be available in September, so be sure to check your email for more information. If you would like to be added to the North Potomac Senior Center Contact List to receive newsletters, calendars and other information on programs and classes, call the Senior Center at 240-773-4805.
### IMPORTANT INFORMATION—PLEASE READ

#### RecPass Info

Do you need a RecAccess Pass (Free) or Senior Sneakers Pass (Fee)? Seniors Sneaker Pass is $55 per year for County residents ages 55 or over. The staff at the front desk will be glad to assist you.

Did you know that scanning your RecAccess card at the front desk is NOT the same as registering for a 55+ class or program? ALL participants are required to be registered for the programs and classes they attend. Most programs and classes are offered in quarterly or monthly sessions, so you would register for each new session. The Fall session is currently underway, so be sure to register for classes and programs even if you attended in the same program previously.

Need a refresher or tutorial on *How to Register for Programs and Classes*? Let us know and we will arrange for a Fall class if you were unable to attend the summer sessions.

#### Make Friends, Socialize, and Enjoy a Healthy Meal

**Sign-up for the Senior Nutrition Program**

For people aged sixty and over, or a spouse of any age can take part in the Senior Nutrition Program at North Potomac Senior Center. The suggested contribution is $2.00 per meal. The cost of the meal for those under age 60 is $5.93 per meal.

To complete a SNP application, contact the Nutrition Site Manager, Hsiying Jean Wang at hsiying.wang@montgomerycountymd.gov or call 240-773-4805. To make or cancel a meal reservation call front desk at 240-773-4805 two days before your reservation.

#### Free Curb to Curb Transportation

If you live within five miles of North Potomac Senior Center, there is Free JCA handicapped accessible transportation available to you Monday through Friday. Pickup time from your home is between 8 and 9 a.m. and bus leaves North Potomac Senior Center at 2 p.m. for your ride home. Call 240-773-4805 for an application. It takes approximately seven to ten business days for JCA to process an application.
September Trivia

How many of the questions can you answer correctly? Good Luck!

1. Which popular sports channel debuts on cable took place on Sept. 7, 1979?
   A. MASN
   B. ESPN
   C. HBO

2. Which former President gave a pardon to former President Richard M. Nixon after Watergate in September?
   A. Gerald Ford
   B. Jimmy Carter
   C. George Bush

3. Which US city was chosen to be the capital of the federal government on Sept. 13, 1788?
   A. Los Angeles
   B. New York City
   C. Richmond

4. On Sept. 1, 1752, The Liberty Bell arrives in which city?
   A. Harrisburg
   B. Philadelphia
   C. Boston

5. Serena Williams was born in September. Which sport is she known for?
   A. Ice Skating
   B. Skiing
   C. Tennis

6. What is celebrated on the first Monday in September in the USA?
   A. Labor Day
   B. Grandparents Day
   C. Patriots Day

7. Which US President declared V-J Day (Victory over Japan Day) on Sept. 2, 1945?
   A. Franklin D. Roosevelt
   B. Harry Truman
   C. Dwight D. Eisenhower
TUNA CASSEROLE

INGREDIENTS
- 3 cups egg noodles
- 1 tablespoon butter
- 1 small onion diced
- 2 stalks celery diced
- 2/3 cup frozen peas defrosted
- 1 can 6 oz. tuna, drained
- 10 1/2 ounce can condensed mushroom soup
- 1/3 cup milk
- 1 cup cheddar cheese
- 1 tablespoon parsley

Crumb Topping
- 1/2 cup panko bread crumbs
- 1 tablespoon butter melted
- 1/2 cup cheddar
- 1 tablespoon parsley

INSTRUCTIONS
1. Preheat oven to 425°F.
2. Combine topping ingredients and set aside.
3. Boil noodles al dente according to package directions then drain and rinse under cold water.
4. Cook onion and celery in butter until tender, about 5-6 minutes.
5. In a large bowl combine noodles, onion mixture, peas, soup, milk, cheese, tuna and parsley then mix well.
6. Spread mixture into a casserole dish and top with crumb topping.
7. Bake 18-20 minutes.
8. Serve, eat and enjoy this classic recipe.
Table Tennis Tournament

North Potomac
Aug. 5, 2022
Montgomery County Agricultural Fair

Aug. 16, 2022
## North Potomac Senior Center
### SEPTEMBER 2022 - 55+ PROGRAMS

*Programs Subject to Change Without Notice. Call Center to confirm.*

<table>
<thead>
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<td><strong>REGISTRATION REQUIRED FOR ALL 55+ PROGRAMS AND CLASSES</strong>&lt;br&gt; All classes and programs can be subject to change. Please call the Center at 240-773-4805 to confirm the status of a program or class.&lt;br&gt;&lt;br&gt;If you live within five miles of North Potomac Senior Center, call 240-773-4805 for information on the FREE JCA bus transportation to/from the Senior Center.&lt;br&gt;&lt;br&gt;To join the Senior Nutrition Lunch Program (SNP) at North Potomac Senior Center, call Hsiying Jean Wang, Nutrition Site Manager at 240-773-4805 or email her at <a href="mailto:hsiying.wang@montgomerycountymd.gov">hsiying.wang@montgomerycountymd.gov</a> for information, an application, and current menu.</td>
<td>9:45 Healthy Fitness Video&lt;br&gt;10:15 Zumba Video&lt;br&gt;10:30 Coffee and Discussion with Lyle&lt;br&gt;11:30 SNP Lunch Program&lt;br&gt;12:15 Paint and Sip&lt;br&gt;1:00 Dance for Posture (Mandarin)</td>
<td>9:30 Lobby Games&lt;br&gt;9:45 Healthy Fitness Video&lt;br&gt;10:15 Zumba Video&lt;br&gt;11:30 SNP Lunch Program&lt;br&gt;12:30 International Folk Dance Instruction&lt;br&gt;2:00 Karaoke</td>
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<tr>
<td><strong>Center Closed Labor Day Holiday</strong></td>
<td>9:30 Yoga for Vitality (Fee)&lt;br&gt;9:30 Seated Aerobics&lt;br&gt;9:45 Healthy Fitness Video&lt;br&gt;10:00 Wellness Plus Program&lt;br&gt;10:15 Zumba Video&lt;br&gt;10:30 Basic Japanese with Prof. Em. Oh&lt;br&gt;10:45 Bone Builders Class&lt;br&gt;11:30 SNP Lunch Program&lt;br&gt;12:30 Exercises for the Mind&lt;br&gt;1:00 Knit &amp; Crochet Group&lt;br&gt;1:30 Latin Dance Workout&lt;br&gt;2:00 Linying’s Classical Chinese Folk Dance</td>
<td>9:30 Creative Coloring&lt;br&gt;9:45 Healthy Fitness Video&lt;br&gt;10:00 Gin Rummy&lt;br&gt;10:00 American Mahjong&lt;br&gt;10:15 Zumba Video&lt;br&gt;10:30 Ming Chinese Folk Dance&lt;br&gt;10:45 Bone Builders Class&lt;br&gt;11:00 Meditation and Mindfulness&lt;br&gt;11:30 SNP Lunch Program&lt;br&gt;1:00 Senior Fit&lt;br&gt;1:00 Intl Ballroom Dance&lt;br&gt;1:30 Persian Dance Workout</td>
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<td>9:30 Lobby Games&lt;br&gt;9:45 Healthy Fitness Video&lt;br&gt;10:15 Zumba Video&lt;br&gt;10:30 Simple Healthy Cooking with Rhonda, RD (Fee)&lt;br&gt;11:30 SNP Lunch Program&lt;br&gt;12:30 International Folk Dance Instruction&lt;br&gt;2:00 Karaoke</td>
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All participants must register for programs and classes on ActiveMontgomery.
# North Potomac Senior Center

**SEPTEMBER 2022 - 55+ PROGRAMS**

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<td>9:30 Lobby Games</td>
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<td>9:45 Healthy Fitness Video</td>
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<td>10:45 Bone Builders Class</td>
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<td>10:00 Gin Rummy</td>
<td>10:15 Zumba Video</td>
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<tr>
<td>11:30 Bring Your Lunch</td>
<td>10:15 Zumba Video</td>
<td>10:00 American Mahjong</td>
<td>10:30 Coffee and Discussion with Lyle</td>
<td>10:45 Dance for Joy</td>
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<tr>
<td>Social with Jai Ho Group</td>
<td>10:30 Basic Japanese with Prof. Em. Oh</td>
<td>10:15 Zumba Video</td>
<td>10:45 Bone Builders Class</td>
<td>11:30 SNP Lunch Program</td>
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<tr>
<td>11:30 SNP Lunch Program (community lounge)</td>
<td>10:45 Bone Builders Class</td>
<td>10:30 Ming Chinese Folk Dance</td>
<td>11:30 SNP Lunch Program</td>
<td>12:30 International Folk Dance Instruction</td>
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<td>1:00 Senior Fit</td>
<td>11:55 Bone Builders Class</td>
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<td>1:00 Dance for Posture (Mandarin)</td>
<td>2:00 Karaoke</td>
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<td>1:30 Karaoke</td>
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<td>2:00 Linying's Classical Chinese Folk Dance</td>
<td>1:00 Intl Ballroom Dance</td>
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<td>1:30 Persian Dance Workout</td>
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<td>9:45 Healthy Fitness Video</td>
<td>9:30 Yoga for Vitality (Fee)</td>
<td>9:15 JCA Bus Outing: Apple Picking</td>
<td>First Day of Autumn</td>
<td>9:30 Lobby Games</td>
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<td>10:00 Basic English for Mandarin Speakers</td>
<td>9:30 Seated Aerobics</td>
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<td>10:00 Gin Rummy</td>
<td>10:15 Zumba Video</td>
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<td>11:30 Bring Your Lunch Social with Jai Ho Group</td>
<td>10:15 Zumba Video</td>
<td>10:00 American Mahjong</td>
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<td>10:45 Dance for Joy</td>
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<td>11:30 SNP Lunch Program</td>
<td>10:30 Basic Japanese with Prof. Em. Oh</td>
<td>10:00 Wellness Wed with UMD Nursing Students</td>
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<td>6:30 Scale Modeling Class</td>
<td>1:00 Intl Ballroom Dance</td>
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## North Potomac Senior Center
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<td>10:00 Wellness Wed with UMD Nursing Students</td>
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<td>10:45 Dance for Joy</td>
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<td>10:00 Memory Screening W/ Sherrell and Nadia</td>
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### OPEN GYM SCHEDULE

**Paid Membership Required**

Monday 9am to Noon—Pickleball (Main)
Tuesday 9am to Noon—Volleyball (Main)
Wednesday 9am to Noon—Basketball (Main)
Wednesday 9:30am to Noon—Table Tennis (Aux)
Thursday 9am to Noon—Badminton (Main)

Call Recreation Center at 240-773-4800 to confirm schedule. Need a membership? See front desk staff for Free or Paid member application.