

NORTH POTOMAC SENIOR CENTER

13850 Travilah Road • Rockville MD 20850 • 240-773-4805



MARCH 2023 NEWSLETTER

Wellness Wednesdays are BACK!

Wellness Wednesdays have returned beginning March 1st! Join the University of Maryland nursing students along with their instructor, Joelle Takougang, MSN, RN for Wellness Wednesdays from 9:30 am to 1:30 pm. Programs include blood pressure screenings, exercise programs, and presentations on various topics such as Heart Awareness (March 1), Sleeping Disorders in the Elderly (March 8), and Colorectal Cancer, Gallbladder Cancer and Kidney Disease (March 15).

In partnership with the University of Maryland School of Nursing (UMSON)

If you have a suggestion for a future topic, let me know. For additional information, contact Sheila at 240-773-4806 or email at Sheila.hall@montgomerycountymd.gov.

Register for Wellness Wednesdays today!

Active #R07028_317



Fitness Passes are FREE in 2023!

Bring your photo ID to any Recreation Center to register and receive your FREE pass!



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 contribution is \$2.00 per meal. The cost of the meal for those under age 60 is \$7.05 per meal. To complete a SNP application, come to North Potomac Senior Center between the hours of 9am and 1pm weekdays and the Nutrition Site manager, Jean Wang can assist you and answer any questions. To cancel a lunch reservation, call 240-773-4805 at least two days before your reservation. Thank you.

FREE CURB TO CURB TRANSPORTATION

If you live within five miles of North Potomac Senior Center, there is Free JCA handicapped accessible transportation available Monday through Friday. Pickup time from your home is between 8am and 9am and bus leaves North Potomac Senior Center approximately 2pm for your ride home. Call 240-773-4805 for an application or stop by North Potomac Senior Center during open hours. It takes approximately 7 to 10 business days for JCA to process an application and get in touch with the applicant.

MONTGOMERY COUNTY RECREATION

CARDBOARD BOAT REGATTA

March 8
11 a.m.

FOR ALL AGES

Come watch our local Montgomery County Senior Centers compete with boats made of cardboard boxes, duct tape and garbage bags!

ACTIVITY R07107-314

Martin Luther King, Jr. Swim Center
1201 Jackson Rd, Silver Spring



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

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



MONTGOMERY COUNTY
Recreation

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.

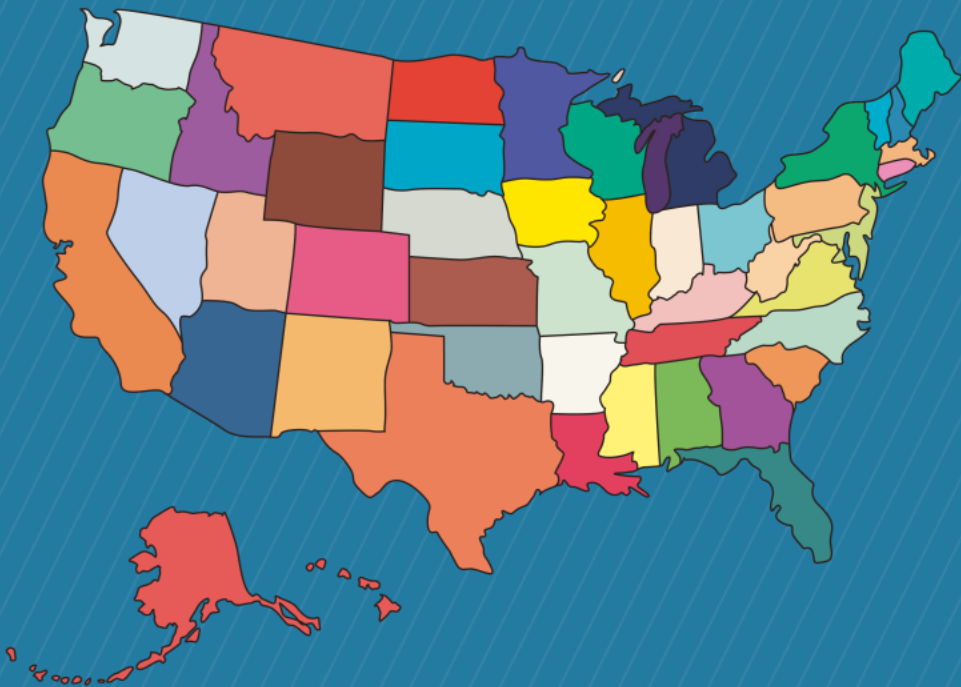
STEPPING THROUGH THE STATES

REGISTER AT THE FRONT DESK

R07036-305

Record your daily mileage/steps to
help your center travel the map

Earn prizes for reaching milestones!



3/6- 5/12

WEEKDAYS

The Things We Do With Color

On Exhibit:
Feb. 26-March 24

Glenview Mansion Art Gallery
AT ROCKVILLE CIVIC CENTER PARK

WASHINGTON WATER
COLOR ASSOCIATION
**THE
THINGS
WE DO
WITH
WATER**



From top to bottom
and left to right:
Caladium
by David Daniels;
Raindrops and Roses
by Anne Albright;
Low Country
by Tara Hamilton;
No Water Here
by Alexandra
Treadaway-Hoare



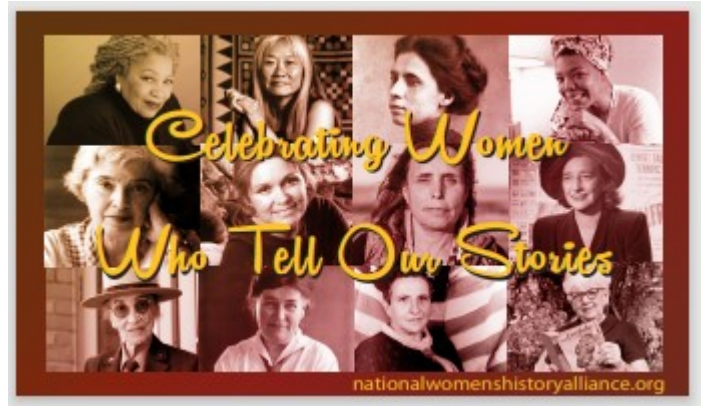
JCA Bus Outing to Glenview Mansion Art Gallery

We are off to Rockville to see the Washington Water Color Association exhibit, *The Things We Do With Color*, which includes artwork by Cristina Crosetto, a NPSC participant. What a great way to celebrate Women's History Month!

Active #R07101_320

Register soon. Bus seats are limited!

March is Women's History Month



For Women's History Month we are displaying photos and stories of the women of North Potomac Senior Center. If you have something interesting to share about your workplace, education, or anything else, please share! You can leave your story along with a copy of a photo at the front desk, email to Sheila.hall@montgomerycountymd.gov by March 10th or attend one of the scheduled NPSC Participants Interview sessions (see 55+ NPSC calendar for dates and times). Stories and photos will be on display in March. We are proud of the women at NPSC and want to share their stories for Women's History Month. Thank you.

Women's History Month is celebrated annually in March to celebrate women, past and present. There is also International Women's Day on March 8.

How did Women's History Month begin?

Women's History Month began from International Women's Day, first celebrated on March 8, 1911. Decades later, in 1978, the local school district in Sonoma, CA celebrated Women's History Week. The next year several organizations celebrated and advocated for Women's History Week.

In 1980, President Jimmy Carter declared the week of March 8, 1980, as Women's History Week by presidential proclamation. In the years to follow, Congress passed joint resolutions proclaiming Women's History Week. In 1987, Congress passed Pub L 100-9, which designated March 1987 as the first Women's History Month. Since 1988, Presidents have all made an annual proclamation of Women's History Month.

2023 Women's History Month theme:

Celebrating Women Who Tell Our Stories

North Potomac Senior Center Volunteers

If you are a volunteer for North Potomac Senior Center we need an updated Volunteer Application form. See Sheila or Ed by March 14th to complete a form. Thank you.

Volunteer Appreciation Week

April 16 to 22, 2023

And we are going to celebrate!

Be on the lookout for your invite the week of March 20th.

SCAM Skit for WEAAD Contest

Have you ever wanted to perform? Now is your chance to star in a skit about scams that target seniors (such as the Grandparent Scam, the Investment Scam or the Email Scam) that occur to older individuals for World Elder Abuse Awareness Day (WEAAD). Submit the video of your skit for the contest. The winning skit will be professionally filmed in April/May and shown during WEAAD week in June.



Active #R07056_301

Check 55+ March calendar for dates and times

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

MARCH TRIVIA

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

1. March is National Women's History Month in the United States. In what year was this first celebrated?
 - A. 1967
 - B. 1978
 - C. 1989
 - D. 1995
2. What year were the American Girl Scouts founded on March 12th?
 - A. 1912
 - B. 1921
 - C. 1935
 - D. 1932
3. What's the name of the first US National Park that opened on 1st March 1872?
 - A. Yellowstone National Park
 - B. Yosemite National Park
 - C. Zion National Park
 - D. Grand Canyon National Park
4. What US president declared March as Irish-American Heritage Month in 1991?
 - A. Jimmy Carter
 - B. Ronald Reagan
 - C. Richard Nixon
 - D. George H.W. Bush
5. Independence Movement Day is a holiday celebrated in South Korea on March 1 every year. What year did this holiday first take place?
 - A. 1929
 - B. 1919
 - C. 1935
 - D. 1916
6. Sally Ride is most famous for being the first woman to do what?
 - A. Race in NASCAR
 - B. Win 5 gold medals
 - C. Enter Space
 - D. CEO of a Fortune 500 Company

EASY RECIPES FOR MARCH FUN!

IRISH SODA BREAD

(Makes one loaf)

Ingredients

3 1/4 cups flour
3/4 cup plus 1 Tbsp sugar, divided
1 tsp baking powder
1 tsp baking soda
1 tsp salt
3/4 cup cold butter
1 1/3 cups milk
1/2 cup raisins

Directions

1. Preheat oven to 350°F.
2. Mix flour, 1/3 cup of the sugar, baking powder, baking soda, and salt in large bowl.
3. Cut the butter into small cubes and add to your flour mixture.
4. Add milk and raisins; mix just until moistened.
5. Place dough on a floured surface; knead 10 times.
6. Shape into a round loaf, about 2-3 inches thick.
7. Place on a greased baking sheet.
8. Cut a deep 1/2 inch "X" into the top of the dough.
9. Sprinkle with remaining 1 Tablespoon sugar.
10. Bake 1 hour or until golden brown.
11. Cool completely on wire rack.
12. Cut into serving pieces and enjoy!

Did You Know?

People eat Irish Soda Bread for St. Patrick's Day meals. Irish Soda Bread is a symbol of celebration. Soda bread began as an affordable necessity and was the solution to several food problems in Ireland. While soda bread is most famously attributed to Ireland, it was actually first created by Native Americans. Native Americans were the first to document using pearl ash, a natural form of soda formed from the ashes of wood, to leaven bread without yeast. Irish Soda Bread was created in the late 1830s, when baking soda or bicarbonate soda was introduced.

EASY RECIPES FOR MARCH FUN!

SPANISH SPAGHETTI WITH OLIVES

(Serves 4)

Ingredients

- 1 pound thin spaghetti
- 1 bunch fresh basil
- 2 cloves garlic
- 2 tablespoons olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 cup grated Parmesan cheese
- 1 1/2 pints cherry tomatoes, each cut in half
- 1 tablespoon red wine vinegar
- 1/4 teaspoon ground black pepper
- 2 ounces pimiento-stuffed olives, sliced (about 1/2 cup)



Directions

1. Heat large saucepan of salted water to boiling over high heat.
2. Add spaghetti and cook as label directs.
3. Set aside 12 leaves of basil for garnish.
4. Separate basil leaves from stems to create 2 firmly packed cups.
5. Using a food processor or blender, mince together basil, garlic, 1 tablespoon oil, and 1/4 teaspoon salt. Mix in Parmesan. Blend until spreadable consistency is reached.
6. In a separate bowl, mix tomatoes, vinegar, and pepper with remaining 1 tablespoon oil and 1/4 teaspoon salt. Gently stir in olives.
7. Remove spaghetti from heat and drain, leaving a small portion of water (about a half cup) in the saucepan.
8. Add blended basil sauce and return pasta to pan. Mix thoroughly.
9. Serve pasta topped with tomato-olive mixture

MARCH HIGHLIGHTS

Try a new program or two and invite a friend to join you! For the most up-to-date listing of programs go to Mocorec.com.

**** NEW **** Chair Aerobics **** NEW ****

Tuesdays at 9:30am
Active #R07066-304

Morning Zumba with Carol

Mondays at 9:30am
Active #R07070_310

**** NEW **** Monday Movie **** NEW ****

Mondays—March 20 and March 27 at 10am
Active #R07088_304

**** NEW DAY **** Mindfulness and Meditation with Fereshteh **** NEW DAY ****

Tuesdays at 10:30am
Active #R07077_306

**** NEW **** Puzzles and Tea with Fereshteh **** NEW ****

Thursdays at 9:30 am
Active #R07090_301

International Folk Dance

Fridays at 12:30pm
Active #R07009_305

**** NEW **** Easy Yoga with Vicki **** NEW ****

Mondays at 2:15pm
Active #R07029_308

**** NEW **** North Potomac Walkers **** NEW ****

Wednesdays at 10:30am
Active #R07035_313

Coffee and Discussion with Lyle Ryter

Thursdays at 10:30am
R07023_305