

MONTGOMERY COUNTY RECREATION



SPRING 2026



MONTGOMERY COUNTY
Recreation



55+ PROGRAMS

All 55+ programs are free unless noted otherwise.

ARTS AND CRAFTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
3	Card Making	R07095-322	Schweinhaut	3/14	Sa	9:30 a.m.-2:30 p.m.
26	Ceramic Class	R07098-306	Schweinhaut	3/3	Tu,Th	9:30 a.m.-1 p.m.
8	Ceramics (Painting)*	R07098-302	Silver Spring	3/4	W	Noon-3:30 p.m.
2	Crafty Companions	R07095-354	N. Potomac	3/23	M	4-5:15 p.m.
13	Drawing Club	R07052-311	Damascus	3/4	W	2-3 p.m.
3	Evening Crafters	R07095-336	N. Potomac	3/11	W	4-5:30 p.m.
13	Fun with Art	R07052-306	Schweinhaut	3/4	W	10 a.m.-Noon
13	Intro to Drawing	R07095-302	Wheaton	3/5	Th	11 a.m.-Noon
3	Origami Class	R07096-305	Schweinhaut	3/2	M	1-3 p.m.
6	Kwandi Quilts	R03061-301	Coffield	3/5	Th	11 a.m.-Noon
10	Painting with Acrylics	R07095-301	Wheaton	3/6	F	11 a.m.-1:30 p.m.
6	Quilt Portraits: My Life Matters	R03061-300	Lawton	3/3	Tu	1-2:30 p.m.
13	Watercolor Painting	R07052-308	Long Branch	3/3	Tu	1:30-2:30 p.m.
8	Watercolor Painting*	R07095-312	Silver Spring	3/9	M	Noon-2 p.m.

*This activity has a fee.



QUESTIONS?
CONTACT
CUSTOMER SERVICE

Call customer service
or send an email.

240-777-6840



RECREATION.CUSTOMERSERVICE
@MONTGOMERYCOUNTYMD.GOV



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE



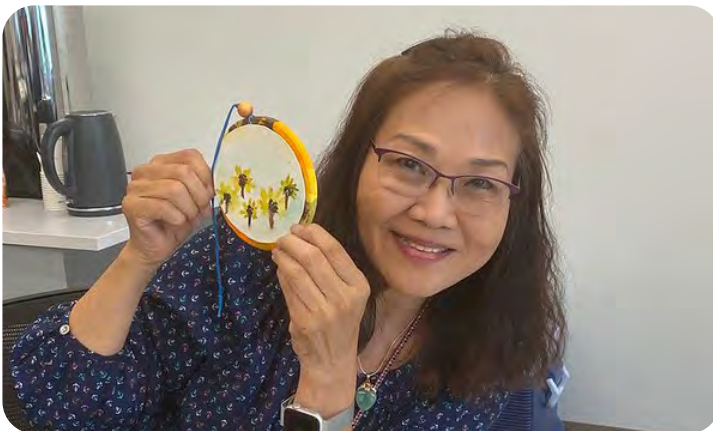


ARTS AND CRAFTS

KNIT, CROCHET AND MORE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Beginning Knitting	R07003-307	Long Branch	3/4	W	1-2 p.m.
13	Knit and Crochet Group	R07003-308	N. Potomac	3/3	Tu	1-3 p.m.
13	Knit and Crochet Group	R07003-310	N. Potomac	3/6	F	12:30-2 p.m.
13	Knit and Crochet Workshop	R07003-301	Holiday Park	3/4	W	10-11:30 a.m.
13	Needlecraft Club	R07053-320	Damascus	3/5	Th	10:30 a.m.-12:30 p.m.
11	Needlecraft, Crochet and Sewing Club	R07053-302	Silver Spring	3/6	F	2-4 p.m.
24	Needles and Yarn	R07003-304	Wheaton	3/2	M,Tu	1-3 p.m.
6	Photography Club	R07001-301	Holiday Park	3/4	W	10 a.m.-Noon
12	Quilting Club	R07053-321	Damascus	3/2	M	2-3:45 p.m.
12	Reader's Theater	R07056-304	Damascus	3/2	M	2:30-3:30 p.m.
6	Seasoned Players	R07056-302	Schweinhaut	3/4	W	1:30-3:30 p.m.
12	Sewing-Level 2*	R07095-313	Silver Spring	3/10	Tu	10:30 a.m.-12:30 p.m.
13	Stitchers' Corner	R07003-305	Schweinhaut	3/4	W	1-3 p.m.

*This activity has a fee.


[LOCATION KEY](#)
[TABLE OF CONTENTS](#)
[REGISTER HERE](#)



DANCE



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Ballet	R07012-307	Wheaton	3/3	Tu	1:30-2:30 p.m.
13	Ballet	R07012-306	Wheaton	3/4	W	2:15-3:15 p.m.
12	Beginner Ballet	R07012-333	Silver Spring	3/4	W	10-11 a.m.
13	Ballroom Dance	R07050-301	Schweinhaut	3/4	W	Noon-1:30 p.m.
13	Ballroom Dance (non-instructional)	R07129-311	Damascus	3/5	Th	1-2:30 p.m.
13	Ballroom/Line Dance	R07011-303	Wheaton	3/4	W	1-2 p.m.
13	Ballroom/Line Dance	R07011-305	Wheaton	3/5	Th	1-2 p.m.
9	Cardio Dance Fitness	R07012-301	Wheaton	4/1	W	9:05-9:55 a.m.
13	Chinese Classical Folk Dance	R07009-333	N. Potomac	3/3	Tu	2-3:30 p.m.
13	Chinese Dance and Fitness	R07012-311	Wheaton	3/4	W	9-10:45 a.m.
11	Chinese Folk Dance	R07012-308	Wheaton	3/2	M	1-2 p.m.
12	Chinese Folk Dance	R07009-316	Long Branch	3/2	M	10:30 a.m.-Noon
13	Chinese Folk Dance	R07009-325	White Oak	3/3	Tu	10:30 a.m.-Noon
13	Chinese Folk Dance	R07009-331	N. Potomac	3/4	W	2-3 p.m.
13	Chinese Folk Dance	R07009-302	Holiday Park	3/6	F	1-2 p.m.
12	Dance Fitness	R07012-322	Schweinhaut	3/2	M	9:30-10:30 a.m.
13	Dance for Posture and Elegance (Mandarin)	R07009-334	N. Potomac	3/5	Th	1-3 p.m.
13	Dance Fusion and Chair Fit	R07066-318	Damascus	3/4	W	2:30-3:30 p.m.
11	Dance with Me!	R07011-318	Wheaton	3/2	M	9:05-9:55 a.m.
8	Grooves and Moves Dance Fitness	R07012-339	Silver Spring	3/5	Th	2-3 p.m.
13	International Folk Dance	R07009-332	N. Potomac	3/6	F	12:15-1:15 p.m.
7	Jazz Dance	R07012-304	Silver Spring	4/17	F	2-3 p.m.



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE





DANCE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	LaBlast	R03052-305	Longwood	4/2	Th	10-11 a.m.
11	Line Dance	R07011-308	Schweinhaut	3/7	Sa	10:30 a.m.-Noon
11	Line Dance	R03048-301	Potomac	4/7	Tu	10:15-11:15 a.m.
11	Line Dance	R03048-303	Potomac	4/8	W	10:30-11:30 a.m.
11	Line Dance	R03048-304	Potomac	4/9	Th	10:30-11:30 a.m.
10	Line Dance	R03048-302	Potomac	4/10	F	10:15-11:15 a.m.
13	Martial Arts Health Dance	R07010-312	N. Potomac	3/7	Sa	9:30-11 a.m.
12	Martial Arts Health Dance and Fan	R03052-304	Potomac	4/4	Sa	2-4 p.m.
11	Martial Arts Health Dance and Fan	R03052-303	Potomac	4/6	M	10:30-11:30 a.m.
11	Move and Groove Dance Fitness	R03052-306	East County	4/7	Tu	11 a.m.-Noon
12	Sacred Circle Dance	R07012-303	Wheaton	3/4	W	3:05-4:35 p.m.
8	Salsa Dance	R07012-305	Silver Spring	3/5	Th	10-11 a.m.
7	Salsa Dance	R03052-301	Mid-County	4/7	Tu	10:30-11:30 a.m.
13	Soul Line Dance Class	R07005-300	White Oak	3/5	Th	10:15-11:15 a.m.
2	Soul Line Dance Party	R07005-325	White Oak	3/13	F	6-9 p.m.
13	Superpower Dance Circle	R07012-334	Long Branch	3/3	Tu	10-11 a.m.
13	Superpower Dance Circle	R07012-337	Wheaton	3/4	W	11-11:50 a.m.
13	Superpower Dance Circle	R07012-325	White Oak	3/5	Th	12:45-1:45 p.m.
10	Superpower Dance Circle	R07012-338	Silver Spring	3/7	Sa	11 a.m.-Noon
12	Superpower Dance Circle	R07012-342	Schweinhaut	3/11	W	9-10 a.m.
8	Superpower Dance Circle	R03052-300	Mid-County	3/16	M	1-2 p.m.
12	Tap Dance*	R07007-323	Damascus	3/2	M	11 a.m.-12:30 p.m.
10	Trail Line Dance	R07011-319	N. Potomac	3/13	F	1:30-2:30 p.m.
5	Urban Line Dance	R03048-300	Mid-County	4/23	Th	1-2 p.m.
11	Yuan Chi Dance	R07012-318	Wheaton	3/2	M	2:30-4 p.m.

*This activity has a fee.



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE



EDUCATIONAL COMPUTER

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Using Google Workspace Tools	R07084-300	Holiday Park	4/7	Tu,Th	10-11:15 a.m.
13	Virtual Reality Class	R07094-312	N. Potomac	3/5	Th	12:30-1:30 p.m.

DISCUSSIONS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
26	Active Golden Meet and Greet	R07092-301	Holiday Park	3/3	Tu,F	9-10 a.m.
12	Active Living in Spanish - Cafecito y Amistad	R07087-301	Holiday Park	3/2	M	10-11 a.m.
3	Book Club	R07065-301	Holiday Park	3/18	W	3-4 p.m.
3	Book Discussion	R07065-305	Virtual Class	3/10	Tu	1-2:30 p.m.
3	Chat with the Director	R07314-312	N. Potomac	3/5	Th	11-11:45 a.m.
3	Chat with the Director	R07314-301	Wheaton	3/31	Tu	1-2 p.m.
3	Coffee and Conversation with Staff	R07092-310	Schweinhaut	3/19	Th	9:30-10:15 a.m.
13	Coffee House Social	R03058-300	Lawton	3/5	Th	9:30 a.m.-12:30 p.m.
65	Coffee Social	R07092-318	Damascus	3/2	M-F	9-11 a.m.
64	Coffee Social	R07092-319	Long Branch	3/2	M-F	9-10:30 a.m.
10	Community Roundtable	R03058-301	Mid-County	3/3	Tu	11:45 a.m.-12:15 p.m.
13	Coping with Change	R07076-301	Holiday Park	3/5	Th	10:30-11:30 a.m.
13	Coping with Change	R07076-379	Damascus	3/5	Th	11 a.m.-Noon
13	Coping with Change	R07076-315	N. Potomac	3/6	F	10-11 a.m.
13	Current Events Discussion	R07063-323	N. Potomac	3/5	Th	10-11:30 a.m.
13	Ethiopian Coffee and Chat "Brewing Healthy Relationships"	R07111-303	Schweinhaut	3/6	F	10:30 a.m.-Noon



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE





EDUCATIONAL

DISCUSSIONS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Grupo de Apoyo Emocional (Spanish Language Program)	R07076-302	Holiday Park	3/3	Tu	11 a.m.-Noon
7	Health and Wellness Presentations	R07028-352	N. Potomac	3/4	W	12:15-1 p.m.
12	Jai Ho Discussion and Social Group	R07312-314	N. Potomac	3/2	M	11:30 a.m.-1 p.m.
13	Morning Chat and Chew	R07063-325	White Oak	3/4	W	9:30-10:30 a.m.
3	Reader's Delight Book Club	R07078-300	White Oak	3/10	Tu	10:30-11:30 a.m.
8	Real-Talk Circle	R07028-325	Silver Spring	3/4	W	10-11:30 a.m.
12	Senior Circle (Formerly Coping with Change)	R07076-300	White Oak	3/2	M	10:30-11:30 a.m.
13	Share and Care	R07043-301	Holiday Park	3/3	Tu	10:30-11:30 a.m.
10	Social Club	R03056-301	Mid-County	3/5	Th	12:15-1 p.m.
13	Spiritual Support	R07111-325	White Oak	3/3	Tu	10 a.m.-Noon
3	Veterans Discussion Group	R07312-301	Schweinhaut	3/11	W	1-2 p.m.
12	Views on the News	R07063-301	Holiday Park	3/2	M	10-11:25 a.m.
8	Wellness Matters	R07028-311	Silver Spring	3/10	Tu	9-10:30 a.m.


[LOCATION KEY](#)
[TABLE OF CONTENTS](#)
[REGISTER HERE](#)



EDUCATIONAL

LANGUAGE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Conversational English	R07061-303	Holiday Park	3/4	W	11-11:50 a.m.
26	Cultural and Positive English Classes	R07061-305	Holiday Park	3/3	Tu,Th	10 a.m.-Noon
25	English Conversation Group	R07021-304	Schweinhaut	3/2	M,Th	1-2:30 p.m.
26	Everyday English	R07061-301	Holiday Park	3/3	Tu,Th	9:50-10:40 a.m.
12	Basic French Conversation and Culture	R07019-302	N. Potomac	3/2	M	12:15-1:15 p.m.
6	French Conversation	R07019-300	Schweinhaut	3/14	Sa	10:30 a.m.-Noon
13	Beginner Italian Class	R07021-311	Schweinhaut	3/4	W	1-2 p.m.
13	Intermediate Italian Class	R07021-312	Schweinhaut	3/4	W	2-3 p.m.
13	Japanese, Intermediate and Up	R07021-313	N. Potomac	3/3	Tu	10:30 a.m.-Noon
13	Beginner Spanish Conversation Group	R07015-325	White Oak	3/4	W	9:45-10:45 a.m.
12	Conversational Spanish	R07061-302	Wheaton	3/6	F	10-11 a.m.
13	Spanish Class Level I	R07015-305	Schweinhaut	3/5	Th	9:30-10:30 a.m.
13	Spanish Class Level II	R07015-306	Schweinhaut	3/5	Th	10:30-11:30 a.m.
12	Spanish Class Level III	R07015-307	Schweinhaut	3/2	M	11 a.m.-Noon
13	Spanish Class Level IV	R07015-308	Schweinhaut	3/5	Th	10:30-11:30 a.m.
6	Spanish Conversation for Beginners	R07016-301	N. Potomac	3/18	W	4-5:30 p.m.



View flyers and register for activities



Stay up-to-date with Rec



Access online 24/7

Visit mocrecreation.com/bulletin

LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE





EDUCATIONAL

WORKSHOP OR SPEAKER SERIES

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Brain Support with Essential Oils	R07028-341	Silver Spring	4/7	Tu	12:30-1:30 p.m.
1	Essential Oils (Specialty Workshop)	R07028-354	Schweinhaut	3/24	Tu	10-11 a.m.
3	Fire Safety, One Cup Coffee (or Hot Cocoa) at a Time	R07092-306	Holiday Park	3/18	W	9:30-11 a.m.
1	History Alive Presents: Rosalie Calvert's War of 1812- The Star-Spangled Banner	R07105-357	Damascus	5/19	Tu	1-2 p.m.
9	Lunch and Learn	R07028-305	Long Branch	3/4	W	Noon-12:30 p.m.
1	Montgomery History Presents: The History of Sugarloaf Mountain	R07105-367	Damascus	5/6	W	1-2 p.m.
1	Montgomery History Presents: The War of 1812	R07105-356	Damascus	4/14	Tu	1-2 p.m.
25	Nutrition 101	R07024-308	Schweinhaut	3/3	Tu,Th	1-2 p.m.
1	Senior Nutrition Program Update	R07028-306	Virtual Class	4/13	M	1-2 p.m.
1	Skin Care Using Essential Oils	R07028-342	Silver Spring	5/26	Tu	12:30-1:30 p.m.
1	Spring Detox with Essential Oils	R07028-340	Silver Spring	3/10	Tu	12:30-1:30 p.m.

WRITING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Memoir Writing	R07058-303	Silver Spring	3/5	Th	1-2:30 p.m.
13	Memoir Writing for Beginners	R07058-307	Wheaton	3/4	W	10-11:30 a.m.
6	Writers Group	R07058-312	Virtual Class	3/3	Tu	10 a.m.-Noon
13	Writing Group	R07058-301	Holiday Park	3/6	F	10-11:30 a.m.


[LOCATION KEY](#)
[TABLE OF CONTENTS](#)
[REGISTER HERE](#)



FITNESS

LOW IMPACT



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Balance and Mobility	R07039-312	Silver Spring	3/3	Tu	3-4 p.m.
10	Balance Boom	R07039-325	Silver Spring	3/2	M	10:15-11:15 a.m.
6	Basic Functional Balance Exercise	R07030-300	Schweinhaut	3/6	F	9:30-10:30 a.m.
13	Cardio Fit	R07012-343	N. Potomac	3/4	W	9:15-10:15 a.m.
13	Chairobics	R07066-313	Damascus	3/3	Tu	10-10:45 a.m.
13	Chairobics	R07066-314	Damascus	3/4	W	10-10:45 a.m.
13	Chairobics	R07066-315	Damascus	3/5	Th	10-10:45 a.m.
13	Chairobics	R07066-317	Damascus	3/5	Th	11-11:45 a.m.
13	Chairobics	R07066-316	Damascus	3/6	F	10-10:45 a.m.
10	Fitness Boot Camp	R07039-319	Silver Spring	3/7	Sa	9:30-10:30 a.m.
13	Full Body Workout	R07041-303	Wheaton	3/3	Tu	9:05-9:55 a.m.
13	Gentle Exercise	R07039-330	Holiday Park	3/6	F	10:30-11:20 a.m.
12	Gentle Spin	R07039-350	White Oak	3/2	M	10-11 a.m.
12	Gentle Spin	R07039-351	White Oak	3/2	M	11:15 a.m.-12:15 p.m.
13	Heart Plus Exercise	R07041-304	N. Potomac	3/3	Tu	3:30-4:30 p.m.
13	Heart Plus Exercise	R07041-305	N. Potomac	3/5	Th	3:30-4:30 p.m.
3	Low Impact Exercise	R07060-310	Schweinhaut	3/13	F	9:30-10:30 a.m.
26	Low Impact Exercise Video	R07060-330	White Oak	3/5	Th,F	10:30 a.m.-Noon
11	Muscle Up!	R07039-306	Silver Spring	3/1	Su	1-2 p.m.
12	Muscle Up!	R07030-301	Wheaton	3/6	F	1:30-2:30 p.m.
13	Music and Fun Exercise Active Golden	R07039-310	Holiday Park	3/3	Tu	10:30-11:15 a.m.
11	Sit and Be Fit	R07039-326	Silver Spring	3/6	F	1-2 p.m.
12	Sit and Stretch	R07066-308	N. Potomac	3/4	W	10:45-11:30 a.m.
12	Stretch to Music Exercises	R07040-311	N. Potomac	3/2	M	9:30-10:15 a.m.
13	Stretch to Music Exercises	R07040-313	N. Potomac	3/4	W	9:30-10:15 a.m.
13	Stretch to Music Exercises	R07040-315	N. Potomac	3/6	F	9:30-10:15 a.m.
12	Stretch to Music - Seated Exercises	R07040-312	N. Potomac	3/2	M	10:30-11 a.m.
13	Stretch to Music - Seated Exercises	R07040-314	N. Potomac	3/4	W	10:30-11 a.m.
13	Stretch to Music - Seated Exercises	R07040-316	N. Potomac	3/6	F	10:30-11 a.m.



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE

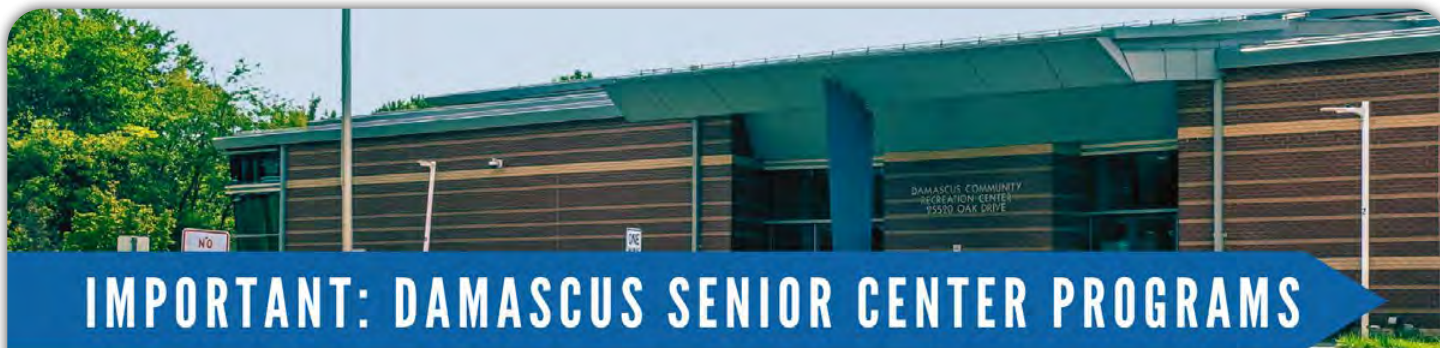




FITNESS

STRENGTH TRAINING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Balance Boom	R07060-300	White Oak	3/4	W	11 a.m.-Noon
13	Fall Prevention and Balance Exercise	R07060-316	Long Branch	3/4	W	11 a.m.-Noon
1	Fitness Room Orientation	R07060-331	Damascus	3/9	M	11 a.m.-Noon
1	Fitness Room Orientation	R07060-332	Damascus	4/13	M	11 a.m.-Noon
1	Fitness Room Orientation	R07060-333	Damascus	5/11	M	11 a.m.-Noon
3	Kickboxing	R07060-308	Schweinhaut	3/20	F	9:30-10:30 a.m.
4	Strength and Balance Class	R07060-390	N. Potomac	3/3	Tu	6-7 p.m.
4	Strength and Balance Class	R07060-391	N. Potomac	3/31	Tu	6-7 p.m.
4	Strength and Balance Class	R07060-389	N. Potomac	4/28	Tu	6-7 p.m.
12	Strength with Resistance Bands	R07060-392	Damascus	3/2	M	11-11:45 a.m.



IMPORTANT: DAMASCUS SENIOR CENTER PROGRAMS

DAMASCUS SENIOR CENTER PROGRAMMING IS AVAILABLE AT THE DAMASCUS COMMUNITY RECREATION CENTER

Damascus Senior Center is closed for renovations.

.....

**Damascus Senior Center programs and activities will be held at
Damascus Community Recreation Center
25520 Oak Drive, Damascus**



FITNESS



WALKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Indoor/Outdoor Walking Club	R07035-325	White Oak	3/4	W	1:15-1:45 p.m.
1	Sligo Creek Fun Walk	R07035-303	White Oak	3/20	F	10 a.m.-12:30 p.m.
13	Trail Walking Club	R07035-322	Damascus	3/4	W	9:15-10:15 a.m.
8	Walking Club	R07035-305	Long Branch	4/7	Tu	10-11 a.m.
13	Wheaton Walks	R07035-301	Wheaton	3/4	W	9:30-10:30 a.m.



SENIOR OPEN GYM

Open gym activities are available for individuals 55 and up.



[VIEW OPEN GYM SCHEDULE](#)



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE





FITNESS

ZUMBA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Zumba	R07070-325	N. Potomac	3/2	M	9:15-10:15 a.m.
13	Zumba	R07070-326	Long Branch	3/3	Tu	2-3 p.m.
13	Zumba	R07070-301	Wheaton	3/3	Tu	11-11:50 a.m.
12	Zumba	R07070-313	Silver Spring	3/5	Th	6:30-7:30 p.m.
13	Zumba	R07070-302	Wheaton	3/5	Th	11-11:50 a.m.
13	Zumba	R07070-324	Damascus	3/6	F	12:15-1:15 p.m.
12	Zumba	R07070-306	Wheaton	3/6	F	9:45-10:45 a.m.
9	Zumba	R03050-301	Clara Barton	3/11	W	3-4 p.m.
11	Zumba	R03050-304	Longwood	3/25	W	12:30-1:30 p.m.
11	Zumba Gold	R07070-309	Wheaton	3/2	M	1:30-2:30 p.m.
26	Zumba Gold	R07070-310	White Oak	3/3	Tu,Th	9-10 a.m.
13	Zumba Gold	R07070-375	Damascus	3/5	Th	5-6 p.m.
11	Zumba Gold	R07071-304	Silver Spring	3/6	F	10-11 a.m.
8	Zumba Gold	R03050-300	Mid-County	3/12	Th	11:15 a.m.-12:15 p.m.
10	Zumba Gold	R03050-302	Longwood	3/31	Tu	11:15 a.m.-12:15 p.m.
13	Zumba Video	R07070-320	N. Potomac	3/3	Tu	9:30-10:15 a.m.
13	Zumba Video	R07070-321	N. Potomac	3/5	Th	9:30-10:15 a.m.

55+ PROGRAMS

SOAR AND DAYTRIPPERS

[VIEW SOAR AND DAYTRIPPER INFORMATION](#)

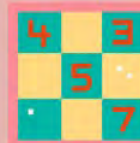
[LOCATION KEY](#)

[TABLE OF CONTENTS](#)

[REGISTER HERE](#)



GAMES



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
26	Active Golden Bingo	R07085-301	Holiday Park	3/3	Tu,F	1-2:30 p.m.
12	American Mah Jongg	R07047-320	N. Potomac	3/2	M	10 a.m.-Noon
24	American Mah Jongg	R07047-306	Wheaton	3/2	M,W	1-4 p.m.
13	American Mah Jongg	R07047-303	N. Potomac	3/4	W	10 a.m.-Noon
13	American Mah Jongg	R07047-322	N. Potomac	3/5	Th	1-4 p.m.
13	American Mah Jongg	R07047-350	White Oak	3/6	F	12:30-3:30 p.m.
12	American Mah Jongg	R03054-301	Potomac	3/29	Su	Noon-2 p.m.
12	American Mah Jongg	R03054-302	Potomac	3/31	Tu	6:30-8:30 p.m.
12	American Mah Jongg Club	R07047-301	Holiday Park	3/2	M	1-4 p.m.
13	American Mah Jongg Club	R07047-362	Damascus	3/3	Tu	11:30 a.m.-3 p.m.
6	Beginner American Mah Jongg	R07047-325	White Oak	4/9	Th	10:15-11:30 a.m.
12	Beginners Bridge	R07074-306	Silver Spring	3/4	W	12:30-2:30 p.m.
13	Beginners Bridge Play	R07074-363	N. Potomac	3/3	Tu	1-3 p.m.
13	Beginners Bridge Play	R07074-364	N. Potomac	3/5	Th	1-3 p.m.
13	Bid Whist	R07112-325	White Oak	3/5	Th	Noon-4 p.m.
25	Bingo	R07085-302	Schweinhaut	3/2	M,Th	10:30-11:30 a.m.
13	Bingo	R07085-306	Long Branch	3/3	Tu	11 a.m.-Noon
12	Bingo	R07085-307	Silver Spring	3/5	Th	12:30-1:30 p.m.
13	Bingo Blast	R07085-300	White Oak	3/3	Tu	1-1:45 p.m.
6	Bingo: Participant's Choice	R07085-325	White Oak	3/11	W	1-1:45 p.m.
10	Board Games	R07112-307	Silver Spring	3/2	M	1-3 p.m.
10	Brain Games	R07090-304	Silver Spring	3/2	M	9:30-10:30 a.m.
12	Brain Games	R07090-309	White Oak	3/2	M	10-11 a.m.
13	Brainworks	R07023-308	Long Branch	3/4	W	10:30-11:30 a.m.
13	Bridge Club	R07074-373	Damascus	3/3	Tu	11:30 a.m.-3 p.m.
13	Canasta Club	R07112-364	Damascus	3/5	Th	12:30-3:30 p.m.
13	Cards and Board Games	R03056-300	Lawton	3/5	Th	1-3:30 p.m.
12	Chess Club	R07110-303	Schweinhaut	3/2	M	10:30 a.m.-1 p.m.
12	Chinese Mahjong	R07047-326	Long Branch	3/2	M	9:30 a.m.-Noon
13	Chinese Mahjong	R07047-307	N. Potomac	3/3	Tu	10 a.m.-Noon
13	Chinese Mahjong	R07047-304	Wheaton	3/4	W	1-3 p.m.



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE





GAMES

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Duplicate Bridge	R07074-303	Holiday Park	3/4	W	12:30-3:45 p.m.
12	Game Day Play	R07086-304	Schweinhaut	3/2	M	12:30-2 p.m.
13	Open Party Bridge	R07075-301	Holiday Park	3/6	F	12:30-3:30 p.m.
13	Pinochle Card Game	R07099-310	White Oak	3/3	Tu	11:30 a.m.-1:30 p.m.
13	Pinochle Card Game	R07099-305	Schweinhaut	3/4	W	1-3 p.m.
12	Rummikub	R07086-310	N. Potomac	3/2	M	1-3 p.m.
12	Rummikub	R07086-303	Silver Spring	3/5	Th	9:30-11 a.m.
13	Rummikub	R07086-300	White Oak	3/6	F	9:30-11:30 a.m.
64	Rummikub Club	R07086-352	Damascus	3/2	M-F	9 a.m.-Noon
13	Rummikub Club	R07086-302	Holiday Park	3/3	Tu	11 a.m.-2 p.m.
13	Scrabble	R07073-301	Holiday Park	3/4	W	1-4 p.m.
12	Social Bridge	R07074-300	White Oak	3/2	M	1-3:30 p.m.
65	Table Games and Creative Coloring	R07112-302	Long Branch	3/2	M-F	9-10:30 a.m.

55+ PROGRAMS

BONE BUILDERS

VIEW BONE BUILDERS CLASSES


[LOCATION KEY](#)
[TABLE OF CONTENTS](#)
[REGISTER HERE](#)



HEALTH AND WELLNESS

HEALTH SCREENINGS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Blood Pressure Screening	R07108-313	Long Branch	3/4	W	9:30-11:30 a.m.
7	Blood Pressure Screening	R07108-320	N. Potomac	3/4	W	9:30 a.m.-2:30 p.m.
13	Blood Pressure Screening	R07108-319	Schweinhaut	3/6	F	1-2 p.m.
3	Blood Pressure Screening	R07108-335	Damascus	3/11	W	10:30-11:30 a.m.

MEDITATION

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Healthy Body, Peaceful Mind	R07077-323	N. Potomac	3/2	M	2-3:30 p.m.
13	Mindfulness Coloring	R07077-302	N. Potomac	3/6	F	12:45-1:45 p.m.
9	Mindfulness Fitness	R07077-344	N. Potomac	3/4	W	1-1:45 p.m.
13	Mindfulness Meditation	R07077-301	Holiday Park	3/6	F	11-11:50 a.m.
10	Seated Meditation and Movement	R07077-303	Long Branch	3/4	W	10-10:45 a.m.

YOGA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Yin Yoga	R07032-307	Schweinhaut	3/7	Sa	9:15-10:15 a.m.
11	Yoga	R07032-304	Wheaton	3/2	M	10-11 a.m.
13	Yoga	R07029-317	Damascus	3/4	W	11 a.m.-Noon
13	Yoga	R07029-318	Damascus	3/6	F	11 a.m.-Noon
11	Yoga	R07032-317	Long Branch	3/9	M	1-2 p.m.
13	Yoga for All	R07029-300	White Oak	3/6	F	9-10 a.m.
12	Yogalates	R07032-315	Silver Spring	3/3	Tu	6:30-7:30 p.m.
13	Yogalates	R07032-303	Wheaton	3/4	W	10-10:50 a.m.
10	Yogalates	R07032-316	Long Branch	3/20	F	1-2 p.m.
12	Yoga - Slow Flow	R07032-318	Long Branch	3/5	Th	1-2 p.m.
13	Yoga - Slow Flow	R07029-316	N. Potomac	3/5	Th	2-3 p.m.



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE





MARTIAL ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Self-Defense Tae Kwon Do	R07026-301	Holiday Park	3/6	F	2-3 p.m.
13	Beginners Tai Chi	R07025-315	Holiday Park	3/4	W	9:30-10:20 a.m.
13	Integral Tai Chi	R07025-333	White Oak	3/6	F	1-2 p.m.
12	Qigong	R07059-303	Wheaton	3/6	F	1-2 p.m.
12	Qigong	R07059-305	Schweinhaut	3/7	Sa	Noon-1 p.m.
13	Qigong Flow-Beginners Practice	R07059-313	N. Potomac	3/5	Th	9:30-10:15 a.m.
22	Seniors Tai Chi	R03046-302	Potomac	4/7	Tu,Th	10:30-11:45 a.m.
27	Tai Chi	R07025-309	White Oak	3/1	Tu,Th	2-3 p.m.
38	Tai Chi	R07025-331	White Oak	3/2	M,W,F	9-10 a.m.
12	Tai Chi	R07025-321	Long Branch	3/2	M	10-11 a.m.
13	Tai Chi	R07025-330	Damascus	3/3	Tu	11-11:45 a.m.
26	Tai Chi	R07025-332	White Oak	3/3	Tu,Th	2-3 p.m.
13	Tai Chi	R07025-329	Long Branch	3/4	W	2-3 p.m.
13	Tai Chi	R07025-302	Wheaton	3/4	W	2-3 p.m.
12	Tai Chi	R07025-322	Wheaton	3/6	F	10:45-11:45 a.m.
3	Tai Chi	R07025-308	White Oak	3/7	M,W,F	9-10 a.m.
13	Tai Chi Chen 18	R07027-322	N. Potomac	3/6	F	2:30-3:30 p.m.
13	Tai Chi Chuan	R07025-316	Schweinhaut	3/3	Tu	2-3 p.m.
11	Tai Chi CMC 37 Yang Style and Chi Gong Exercises	R07025-320	N. Potomac	4/15	W	9:30-10:45 a.m.
13	Tai Chi Exercises	R07025-310	Holiday Park	3/3	Tu	9:30-10:20 a.m.
13	Tai Chi for Beginners	R07025-327	N. Potomac	3/3	Tu	9:30-11 a.m.
12	Tai Chi for Beginners	R07025-311	Silver Spring	3/4	W	12:30-1:30 p.m.
13	Tai Chi - Intermediate	R07025-317	Silver Spring	3/6	F	9-10 a.m.
12	Tai Chi Practice for Beginners	R07025-334	N. Potomac	3/2	M	9:15-10 a.m.
13	Tai Chi Practice for Beginners	R07025-336	N. Potomac	3/4	W	9:15-10 a.m.
13	Tai Chi Practice for Beginners	R07025-335	N. Potomac	3/6	F	9:15-10 a.m.
11	Tai Chi Review	R03046-301	Clara Barton	3/2	M	9:30-10:30 a.m.
12	Tai Chi Sword	R07027-301	Holiday Park	3/2	M	2:30-3:30 p.m.
13	Tai Chi Sword Practice for Beginners	R07025-337	N. Potomac	3/3	Tu	9:15-10 a.m.



**All centers
closed on
Sunday, April 5**

BONEBUILDERS

Spring 2026

MARCH 16-MAY 28

Location	Activity	Start Date	Day(s)	Time
Bauer Drive 1	R03010-302	3/16	M,W	11:30 a.m.-12:30 p.m.
Bauer Drive 2	R03010-303	3/17	Tu,Th	1:30-2:30 p.m.
Clara Barton	R03010-304	3/16	M,W	1:30-2:30 p.m.
Coffield 1	R03010-324	3/16	M,W	9:15-10:15 a.m.
Coffield 2	R03010-305	3/17	Tu,Th	9:15-10:15 a.m.
Damascus	R03010-322	3/17	Tu,Th	2:30-3:30 p.m.
Germantown 1	R03010-306	3/16	M,Th	1-2 p.m.
Germantown 2	R03010-325	3/16	M,Th	2:15-3:15 p.m.
Lawton	R03010-307	3/17	Tu,Th	9:30-10:30 a.m.
Long Branch	R03010-323	3/16	M,W	9:45-10:45 a.m.
Longwood 1	R03010-308	3/16	M,W	11:15 a.m.-12:15 p.m.
Longwood 2	R03010-309	3/16	M,W	2-3 p.m.
Mid-County	R03010-310	3/17	Tu,Th	1-2 p.m.
N. Potomac 1	R03010-311	3/16	M,W	10:45-11:45 a.m.
N. Potomac 2	R03010-312	3/17	Tu,Th	10:40-11:40 a.m.
N. Potomac 3	R03010-313	3/17	Tu,Th	11:50 a.m.-12:50 p.m.
Potomac 1	R03010-314	3/16	M,W	9-10 a.m.
Potomac 2	R03010-317	3/16	M,W	Noon-1 p.m.
Praisner	R03010-315	3/16	M,W	11 a.m.-Noon
Praisner	R03010-327	3/16	M,W	1-2 p.m.
Ross Boddy	R03010-328	3/17	Tu,Th	Noon-1 p.m.
Schweinhaut	R03010-319	3/17	Tu,Th	10:30-11:30 a.m.
Silver Spring 1	R03010-326	3/16	M,W	1-2 p.m.
Silver Spring 2	R03010-321	3/17	Tu,Th	10-11 a.m.
Wheaton 1	R03010-320	3/16	M,W	11 a.m.-Noon
Wheaton 2	R03010-316	3/17	Tu,Th	9:15-10:15 a.m.
Wisconsin Place	R03010-318	3/17	Tu,Th	1-2 p.m.

FREE
AGES 55+

CLASSES ARE
DESIGNED TO INCREASE
BONE DENSITY.

LEARN
MORE

Senior Neighborhood Programs

Multiple locations throughout the County

[Click here to view programs.](#)



Fitness and Wellness



Sports and Games



Connect with Friends



MONTGOMERY COUNTY
Recreation
WWW.MOCOREC.COM



The Fun Starts Here.



[View flyers and register for activities](#)



[Stay up-to-date with Rec](#)



[Access online 24/7](#)



View from your desktop, laptop and mobile device.



VISIT WWW.MOCOREC.COM/BULLETIN



MUSIC



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Active Golden Karaoke	R07080-301	Holiday Park	3/3	Tu	11:20 a.m.-12:10 p.m.
13	Active Golden Karaoke	R07080-302	Holiday Park	3/6	F	11 a.m.-Noon
12	Angklung Music Lessons	R07109-304	Schweinhaut	3/7	Sa	Noon-2 p.m.
13	Chinese Karaoke	R07080-360	N. Potomac	3/3	Tu	2-3:30 p.m.
12	Karaoke	R07080-361	Long Branch	3/2	M	11 a.m.-Noon
13	Let's Practice Ukulele! Club	R07115-302	Wheaton	3/5	Th	1-2 p.m.
10	Piano	R07115-310	Silver Spring	3/3	Tu	1:30-2:30 p.m.
3	Piano Club	R07115-307	Holiday Park	3/2	M	2-3:45 p.m.
12	Sing Along	R07080-312	Long Branch	3/2	M	11 a.m.-Noon
3	Song Circle	R07080-307	Schweinhaut	3/13	F	1:30-3:30 p.m.



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE





SPECIAL EVENTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
64	1:00 Program	R07107-372	Damascus	3/2	M-F	1-2 p.m.
1	250th Happy Birthday America Tea	R07089-301	Wheaton	3/14	Sa	1-3 p.m.
1	Arabian Night	R07107-319	Holiday Park	5/14	Th	1-3 p.m.
1	Asian American Pacific Islander Heritage Celebration	R07107-316	Holiday Park	5/15	F	1-3 p.m.
1	Blue Day Party	R07107-304	Holiday Park	3/6	F	1-3 p.m.
1	Cinco de Mayo	R07107-307	Holiday Park	5/5	Tu	1-3 p.m.
1	Cinco de Mayo Paint and Socialize	R07095-331	N. Potomac	5/5	Tu	10:30 a.m.-Noon
8	Dance Club Friday	R07081-304	Holiday Park	3/13	F	1-3 p.m.
1	Dance Party	R07106-326	Schweinhaut	4/17	F	12:30-2 p.m.
28	Entertainment Series/1 P.M. Show	R07106-302	Holiday Park	3/2	M-F	1-2 p.m.
1	Holi Celebration of Colors	R07107-342	N. Potomac	3/6	F	10-11:30 a.m.
1	"La Esmeralda" (Hunchback of Notre Dame) with Ballet Theater of Maryland	R07107-302	Holiday Park	4/9	Tu	1-2:30 p.m.
1	Line Dance Party	R07107-303	Holiday Park	4/17	F	1-3 p.m.
1	Mother's Day Brunch	R07107-359	N. Potomac	5/7	Th	10:45 a.m.-Noon
1	Mother's Day Brunch	R07089-306	Wheaton	5/8	F	11:45 a.m.-1 p.m.
1	Mother's Day Piano	R07107-366	Damascus	5/13	W	1-2 p.m.
12	New Movie Monday	R07088-310	White Oak	3/2	M	12:45-2:45 p.m.
1	St. Patrick's Day Party	R07107-324	Holiday Park	3/12	Th	1-3 p.m.
1	Strawberry Festival	R07107-315	Holiday Park	5/20	W	1-2 p.m.

2026 CARDBOARD BOAT REGATTA

AGES 55+

March 11
10:15 - 11:30 a.m.

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

Scan the QR to sign up with your local senior center.



SPORTS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Advanced Beginners Pickleball	R07091-312	Schweinhaut	3/5	Th	2-3 p.m.
11	Beginner Pickleball	R03065-300	East County	4/6	M	12:30-2:30 p.m.
39	Billiards Club	R07103-313	Damascus	3/3	Tu-Th	10:30 a.m.-12:30 p.m.
11	Intermediate Pickleball	R03065-301	East County	4/8	W	12:30-2:30 p.m.
13	Intermediate Pickleball	R07091-313	Schweinhaut	3/5	Th	3-4 p.m.
13	Newbies and Beginners Pickleball	R07091-310	Schweinhaut	3/5	Th	1-2 p.m.
7	Pickleball Outdoors	R07091-314	N. Potomac	4/16	Th	3:30-5:30 p.m.
1	Pickleball Demo	R07091-316	Silver Spring	3/12	Th	12:30-2 p.m.
13	Soccer	R07128-301	N. Potomac	3/4	W	9:45 a.m.-Noon
13	Soccer	R07128-302	N. Potomac	3/6	F	9:45 a.m.-Noon
6	Soccer	R07128-305	N. Potomac	4/22	Th	5:45-7:45 p.m.
12	Table Tennis	R07097-308	Schweinhaut	3/2	M	Noon-2 p.m.
13	Table Tennis	R07097-309	Schweinhaut	3/6	F	10:30 a.m.-Noon
12	Walking Soccer	R07128-304	N. Potomac	3/2	M	9:45 a.m.-Noon



2026 | INFORMATION & REGISTRATION GUIDE



Maryland Senior Olympics



WELCOME TO THE 2026 SEASON!

"TO PARTICIPATE IS TO WIN!"



LOCATION KEY

TABLE OF CONTENTS

REGISTER HERE



MINI TRIPS

Trip	Activity	Location	Start Date	Day(s)	Time
Germantown Library Trip	R07101-349	Damascus	3/6	F	9:30-11:30 a.m.
Harwood House Trip	R07101-350	Damascus	3/20	F	9:30-11:30 a.m.
India Bazaar Trip	R07101-377	Damascus	3/13	F	9:30-11:45 a.m.
India Bazaar Trip	R07101-378	Damascus	4/10	F	9:30-11:45 a.m.
India Bazaar Trip	R07101-379	Damascus	5/8	F	9:30-11:45 a.m.
Josiah Henson Museum and Park	R07101-334	N. Potomac	4/17	F	9:45 a.m.-Noon
Milestone Trip	R07101-373	Damascus	3/16	M	9:30-11:30 a.m.
Montgomery Mall Mini Trip	R07101-304	Wheaton	5/21	Th	9:30 a.m.-12:30 p.m.
Mount Airy Walmart Trip	R07101-366	Damascus	4/6	M	9:30-11:45 a.m.
Sugarloaf Mountain Trip	R07101-345	Damascus	5/20	W	9:30-11:30 a.m.

SENIORS ON STRIKE BOWLING TRIP

MONDAY, APRIL 20 | 10:30 A.M. - 12:30 P.M. | \$5 FEE

Registration must be completed in person with your local senior center.

AGES:
55+



Participating Senior Centers*:

- Damascus SC
- Holiday Park SC
- Long Branch SC
- North Potomac SC
- Margaret Schweinhaut SC
- Silver Spring SC
- Wheaton SC
- White Oak SC

* Transportation is available through each center.

LUCKY STRIKE GAITHERSBURG | 1101 CLOPPER ROAD, GAITHERSBURG, MD 20878



[LOCATION KEY](#)

[TABLE OF CONTENTS](#)

[REGISTER HERE](#)

Senior Center Locations

Several
Locations
for Adults
55 and up

Damascus Senior Center is closed for renovations.

Senior Center programming is available at the
Damascus Community Recreation Center
25520 Oak Drive, Damascus • 240-777-6930

Holiday Park Senior Center

3950 Ferrara Drive, Silver Spring • 240-777-4999

Long Branch Senior Center

8700 Piney Branch Road, Silver Spring • 240-777-6975

Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring • 240-777-8085

North Potomac Senior Center

13850 Travilah Road, Rockville • 240-773-4805

Silver Spring Senior Center

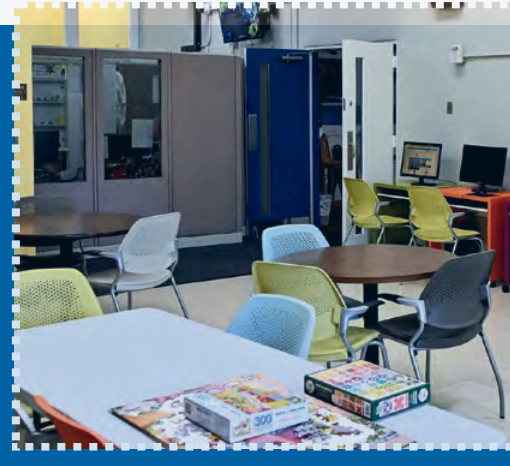
1319 Apple Ave., Silver Spring • 240-777-6900

White Oak Senior Center

1700 April Lane, Silver Spring • 240-777-6944

Wheaton Senior Center

11701 Georgia Ave., Wheaton • 240-773-4830



Visit mcorec.com/seniors
for more information



DISCOVERY AWAITS

SENIOR ADVENTURES

SUMMER 2026

REGISTRATION BEGINS TUESDAY, MAY 12

3-DAY CAMPS • MULTIPLE LOCATIONS • 9 A.M. - 2 P.M.

\$25
PER PERSON

June 2-4 • White Oak SC

July 14-16 • Ross Boddy CRC

July 28-30 • Margaret Schweinhaut SC

Aug. 18-20 • North Potomac SC

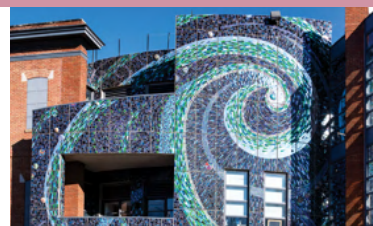


MONTGOMERY COUNTY
Recreation

For more information about our Senior Adventures Camp, email rec.seniors@montgomerycountymd.gov

REGISTRATION BEGINS WEDNESDAY, FEB. 18 AT 9 A.M.

FOR MORE INFORMATION, VISIT MOCOREC.COM/TRIPSTOURS or call 240-777-4933.



MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active adults 55 and older. Travel by motorcoach for trips unless otherwise specified. All trips depart and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

R07082-301 Cherry Blossom Cruise and Lunch, Washington, D.C. Th, April 2 • Leave 9 a.m., Return 4 p.m. • Fee: \$142

We will cruise along the Potomac River and enjoy a plated lunch aboard the Odyssey cruise ship, taking in the sights. The Captain will narrate about historic sites and music will be provided for dancing. Fee includes transportation, cruise and lunch. Trip will be held as scheduled, rain or shine, regardless of the bloom status of the cherry blossoms.

R07082-302 Guided Tour of York, PA Th, April 16 • Leave 7:15 a.m., Return 6:15 p.m. • Fee: \$89

We will tour many sites, including the newly opened York County History Center Museum, a 15,000-square-foot state-of-the-art experience for 21st-century museumgoers, the Colonial Complex and the Creation Station at the Sunrise Soap Company. We will have lunch on our own at Central Market York nearby. Fee includes transportation, museum tours and Sunrise Soap Company's Creation Station. Trip will be held, rain or shine.

R07082-303 Ladew Topiary Gardens and Manor House, Monkton, MD F, April 24 • Leave 9:15 a.m., Return 4:15 p.m. • Fee: \$82

Enjoy the Manor House at your own pace on "Come Inside" Open House Day, with docents stationed inside for an interactive experience. You will also get to experience the incredible topiary garden. Enjoy lunch on your own at the Ladew Cafe. Fee includes transportation and admission. Trip will be held, weather permitting.

R07082-304 Hillwood Estate, Museum and Gardens, Washington, D.C. W, May 20 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$76

Experience a self-guided tour at your leisure. Allow time to view special exhibitions, tour the greenhouse and find collections-related gifts in the museum shop. Purchase lunch on your own from the Merriweather Café To-Go takeout window and enjoy your meal at the tent tables. Fee includes transportation and admission. Trip will be held, weather permitting.

R07082-305 Lake Tobias Wildlife Park, Halifax, PA Th, June 4 • Leave 7 a.m., Return 5 p.m. • Fee: \$82

Experience exotic encounters, wildlife that you can touch and adventure you can feel at Lake Tobias Wildlife Park. Lunch is on your own at the park's food stands. Fee includes transportation, admission and safari ride. Trip will be held, weather permitting.

R07082-306 American Visionary Art Museum and Baltimore Inner Harbor, Baltimore, MD Th, June 11 • Leave: 8:45 a.m., Return 3:45 p.m. • Fee: \$82

Experience a guided tour of the American Visionary Art Museum and enjoy unexpected, unusual and fascinating art by bold, innovative and inspirational artists who use ordinary media to express their intensely personal ideas about life. Enjoy lunch on your own at the Inner Harbor nearby. Fee includes transportation, admission and guided tour. Trip will be held, rain or shine.

R07082-307 Blue Angels Air Show and Cruise, Baltimore, MD F, June 26 • Leave 11 a.m., Return 6 p.m. • Fee: \$165

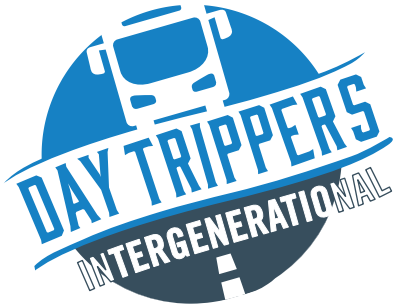
Celebrate the nation's 250th anniversary with an air show in Baltimore. The Blue Angels will be the star of the show, and the best viewing location will be on the water aboard a Watermark cruise. Passengers on board will be able to view a variety of visiting ships docked within the Inner Harbor while enjoying the professionalism, excellence and teamwork of the Navy's precision flight demonstration. A full bar is available on board, with packaged snacks and popcorn available for purchase. You may also bring a bagged lunch to eat. Fee includes transportation and cruise. The cruise will take place, rain or shine, and will not be canceled if the Blue Angels are unable to fly due to weather or mechanical conditions during this practice day.

Ladew Topiary Gardens and Manor House, Monkton, MD
Activity **R07082-303**, Friday, April 24





*Flower Mart at Washington National Cathedral, Washington, D.C.
Activity R07083-303, Friday, May 1*



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip is planned with your interests in mind.

Join us for exciting trips and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

- R07083-301 Riverdance at American Music Theatre, Lancaster, PA Su, March 22 • Leave 9 a.m., Return 6 p.m. • Fee: \$169**
This show's Grammy Award-winning music, combined with the infectious energy of its mesmerizing choreography and breathtaking performances, has left many audiences in awe, establishing Riverdance as a global cultural sensation. Audiences will enjoy a unique and memorable performance which blends the traditional and the contemporary, showcasing the skills and passion of the world-class dancers, musicians and singers. We will enjoy lunch at Miller's Smorgasbord before the show. Fee includes transportation, lunch and show. Trip will be held, rain or shine.
- R07083-302 Glenn Miller Orchestra at Weinberg Center for the Arts, Frederick, MD Su, April 19 • Leave: 11:30 a.m., Return 5:30 p.m. • Fee: \$89**
The world-famous Glenn Miller Orchestra brings timeless classics like "In the Mood," "Moonlight Serenade," "Chattanooga Choo Choo," "Pennsylvania 6-5000," "String of Pearls" and "Tuxedo Junction" back to the stage. More than 18 musicians and singers will bring the unforgettable Glenn Miller sound to the stage. This is a show not to miss for jazz and swing fans alike. Enjoy time on your own and grab a quick bite to eat or shop in Downtown Frederick before the show. Fee includes transportation and show. Trip will be held, rain or shine.
- R07083-303 Flower Mart at Washington National Cathedral, Washington, D.C. F, May 1 • Leave 9 a.m., Return 3 p.m. • Fee: \$56**
There is something for everyone at Flower Mart. Purchase spring plants for your garden, find treasures and shop from a wide array of merchandise at more than 65 boutique booths. Flower Mart is the perfect place to find gifts for Mother's Day, graduation or something special just for you! Great food and music as well. Explore the international floral displays in the great hall of the cathedral. Meals are on your own. Fee includes transportation. Trip will be held, weather permitting.
- R07083-304 The Kitchen Shoppe, Carlisle, PA Th, May 7 • Leave 9 a.m., Return 5 p.m. • Fee: \$102**
We will enjoy a full gourmet lunch demonstration served to us from all courses, along with shopping at the 20,000-item retail store. Fee includes transportation, full demo and lunch service. Trip will be held, rain or shine.
- R07083-305 Mother's Day Event at the Carroll County Farmers Market, Westminster, MD Sa, May 9 • Leave 9 a.m., Return 3 p.m. • Fee: \$54**
The Carroll County Farmers Market will be holding its annual Mother's Day Show. A free giveaway of a flowering plant will be given to the first 500 moms to arrive. The indoor market features more than 60 vendors. There will be a variety of beautiful hanging baskets, potted plants, spring garden plants, herbs and flowering plants available to purchase for Mother's Day gifts. You will also be able to check out crafts, arts, baked goods, gourmet food items, wine and cheese. Fee includes transportation. Trip will be held, weather permitting.
- R07083-306 The Kate Pearl Tea Room at Gypsy's, Westminster, MD Th, May 14 • Leave 9:30 a.m., Return 4:30 p.m. • Fee: \$102**
Join us as we will enjoy a full Royal Tea service. The tearoom is a place to unwind, slow down, celebrate, connect and be pampered. We like to think of it as a spa for the soul. Fee includes transportation and tea service. Trip will be held, rain or shine.
- R07083-307 Summer Concert Series at Baker Park Bandshell, Frederick, MD Su, June 7 • Leave 5 p.m., Return 10 p.m. • Fee: \$54**
Enjoy an evening of high-quality entertainment from a wide range of musical backgrounds at this outdoor venue with seating. You will have time to enjoy the food trucks before the show. The headlining group will be announced in March when schedule is finalized. Fee includes transportation. Trip will be held, weather permitting.



PAYMENT AND REFUND INFORMATION

WAYS TO REGISTER

ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

BY MAIL

Check or money order payment only.

Fill out and sign the registration form and mail it to:

ActiveMONTGOMERY

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at:

Montgomery County Recreation

Administrative Office

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

Monday - Friday

9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- Do not submit registrations and/or payments to Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant.

CHECKS and MONEY ORDERS

- Make checks and money orders payable to ActiveMONTGOMERY.
- Checks and money orders must include name, address, and telephone number.
- If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
- Please allow two weeks to receive a refund by check.

CREDIT CARDS

- Visa, MasterCard, American Express and Discover are accepted.
- Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery County Recreation reserves the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charge incurred due to unsubstantiated credit card disputes, or any outstanding debt.

WITHDRAWALS AND REFUNDS

Service Type	Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount
Camps, Classes, Leagues, and Trips & Tours	At least 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On activity start date or later; After league schedule is posted	N/A	No refund will be issued
Rentals	At least 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On rental date	N/A	No refund will be issued
For classes/sessions/games missed by participant		No refund will be issued	For more information visit www.mocorec.com
When make up sessions are offered			
Memberships			

Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov

In Person with signature:

Recreation Administrative Office

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

Refund Methods:

Refunds will be issued in the same form as payment rendered, except cash. Credit card payments are returned to the original credit card used for payment. Credit card refunds that cannot be returned to the original credit card used for payment will be returned by check. All other forms of payment are returned by check.

Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov



CONTACT CUSTOMER SERVICE

Customer Service Available

8:30 a.m.-4:30 p.m.

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

2425 Reddie Drive, 10th Floor, Wheaton, MD 20902



Facility Addresses

Registration begins Wednesday, Feb. 18 for spring programs.



Looking for Senior Centers?

Click here to view senior center locations.



Looking for pool locations?

Click here to view aquatic facilities.

ELEMENTARY SCHOOLS

Bethesda ES..... 7600 Arlington Road, Bethesda 20814
Forest Knolls ES..... 10830 Eastwood Ave., Silver Spring, 20901
Oakland Terrace ES..... 2720 Payers Mill Road, Silver Spring 20902
Rock View ES..... 3901 Denfeld Ave., Kensington, 20895

MIDDLE SCHOOLS

Cabin John MS..... 10701 Gainsborough Road, Potomac 20854
Tilden MS..... 6300 Tilden Lane, Rockville, 20852

HIGH SCHOOLS

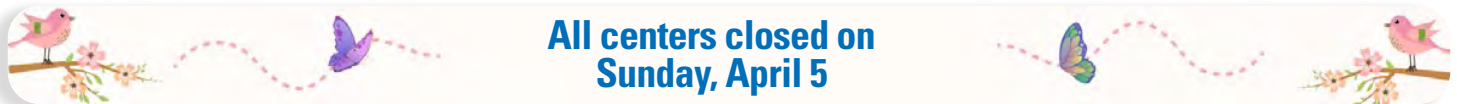
Kennedy HS..... 1901 Randolph Road, Wheaton 20902
Wootton HS..... 2100 Wootton Pkwy, Rockville, 20850
Wheaton HS..... 12401 Dalewood Drive, Silver Spring, 20906

PARKS

Bauer Drive LP..... 14625 Bauer Drive, Rockville, 20853
Cabin John RP..... 7400 Tuckerman Lane, Bethesda, 20817
Calverton-Galway LP..... 3039 Fairland Road, Silver Spring, 20904
Layhill Village LP..... 1920 Queensguard Road, Wheaton, 20906
Laytonia RP..... 7300 Airpark Road, Gaithersburg, 20879
Olney Manor RP..... 16601 Georgia Ave., Olney 20832
Ridge Road RP..... 21155 Frederick Road, Germantown, 20876
Veirs Mill LP..... 4425 Garrett Park Road, Silver Spring, 20906
Wheaton RP..... 2000 Shorefield Road, Silver Spring, 20902

OTHER FACILITIES

Life Rescue Training..... 12105 Nebel St., Rockville, 20852
School of Music..... 1331 Rockville Pike, Ste. Q, Rockville, 20852



All centers closed on
Sunday, April 5

RECREATION FACILITIES

Recreation Administrative Office..... 2425 Reedie Drive, 10th Floor, Wheaton, 20902
Bauer Drive CRC..... 14625 Bauer Drive, Rockville, 20853
Clara Barton NRC..... 7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC..... 25520 Oak Drive, Damascus, 20872
East County CRC..... 3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC..... 18905 Kingsview Drive, Germantown, 20874
Good Hope NRC..... 14715 Good Hope Road, Silver Spring, 20905
Gwendolyn E. Coffield CRC..... 2450 Lyttonsville Road, Silver Spring, 20910
Lawton CRC..... 4301 Willow Lane, Chevy Chase, 20815
Long Branch CRC..... 8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC..... 19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC..... 14906 Old Columbia Pike, Burtonsville, 20866
Mid-County CRC..... 2004 Queensguard Road, Silver Spring, 20906
Nancy H. Dacek North Potomac CRC..... 13850 Travilah Road, Rockville, 20850
Plum Gar CRC..... 19561 Scenery Drive, Germantown, 20874
Potomac CRC..... 11315 Falls Road, Potomac, 20854
Ross Boddy NRC..... 18529 Brooke Road, Sandy Spring, 20860
Scotland NRC..... 7000 Scotland Drive, Potomac, 20854
Silver Spring RAC..... 1319 Apple Ave., Silver Spring, 20910
Upper County CRC..... 8201 Emory Grove Road, Gaithersburg, 20877
Wheaton CRC..... 11701 Georgia Ave., Wheaton, 20902
White Oak CRC..... 1700 April Lane, Silver Spring, 20904
Wisconsin Place CRC..... 5311 Friendship Blvd., Chevy Chase, 20815

Abbreviation Key

Indoor Pools

GISC - Germantown Indoor Swim Center
MLKSC - Martin Luther King Jr. Swim Center
OSC - Olney Swim Center
SSRAC - Silver Spring Recreation and Aquatic Center

Centers

CRC - Community Recreation Center
SC - Senior Center
RAC - Recreation and Aquatic Center

Parks

LP - Local Park
NP - Neighborhood Park
RP - Regional Park/Recreational Park

Schools

ES - Elementary School
MS - Middle School
HS - High School





Montgomery County Board of Elections

ELECTION WORKERS NEEDED!

**2026 PRIMARY
EARLY VOTING
JUNE 11-18**

**2026 PRIMARY
ELECTION
JUNE 23**

Earn Up To

\$250

**OR Up To
25 SSL Hours
per day of
service!**

Individuals who served in the **2024** elections will receive a \$100 bonus per full day served (\$50 for half-day shifts).

HELP MONTGOMERY COUNTY VOTE!

REQUIREMENTS

Volunteers must be U.S. citizens, registered to vote in Maryland and at least 16 years old.

TO APPLY!

Email: election.judge@montgomerycountymd.gov

Call: 240-777-8533 Visit: www.777vote.org

WHERE THE FUN BEGINS

Have questions?

The customer service and outreach teams
are here to help!



HOURS OF OPERATION

Monday - Friday

8:30 a.m.-4:30 p.m.



CALL US

Customer Service Available

8:30 a.m.-4:30 p.m.

240-777-6840



VISIT US

8:30 a.m.-4:30 p.m.

Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

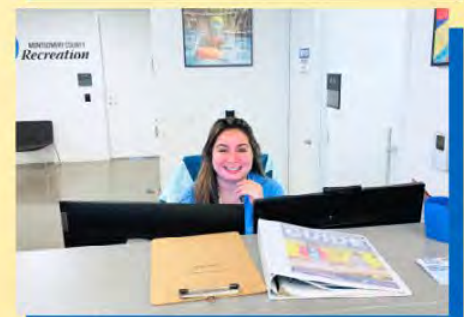
SPRING 2026

Registration begins
Wednesday, Feb. 18

Public Outreach Team



Customer Service Team



www.mocorec.com



[240-777-6840](tel:240-777-6840)



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation