



55+ Senior Programs



Art

ART INSTRUCTION

Candle Making and Medicare Info with Chris

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07095-121	N. Potomac CRC	9/26	Tu	12:30-2:30 p.m.	FREE

Cardmaking with Cindy Boccucci

3 Sessions	R07095-118	Schweinhaut SC	9/9	Sa	11:30 a.m.-2:30 p.m.	FREE
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Ceramic Class

25 Sessions	R07098-104	Schweinhaut SC	9/5	Tu,Th	9:30 a.m.-1 p.m.	FREE
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Evening Crafters

3 Sessions	R07095-120	N. Potomac CRC	9/13	W	6-7:30 p.m.	FREE
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Fun with Art

13 Sessions	R07052-102	Schweinhaut SC	9/6	W	10 a.m.-Noon	FREE
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Intergenerational Easy Art with Kamel

3 Sessions	R07095-122	N. Potomac CRC	9/12	Tue	9:45-11 a.m.	FREE
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Origami Class

2 Sessions	R07096-102	Schweinhaut SC	10/2	M	1-3 p.m.	FREE
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Paint and Socialize

10 Sessions	R07095-119	N. Potomac CRC	9/14	Th	12:30-2:30 p.m.	FREE
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Watercolors

10 Sessions	R07095-112	Damascus SC	10/23	M	10 a.m.-Noon	FREE
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KNITTING AND CROCHET


[Click to view and register.](#)

Anne's Knitting Corner

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07003-104	Schweinhaut SC	9/6	W	1-3 p.m.	FREE

Knit and Crochet Group

12 Sessions	R07003-106	N. Potomac CRC	9/5	Tu	1-3 p.m.	FREE
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Knit and Crochet Workshop

13 Sessions	R07003-103	Holiday Park SC	9/20	W	10-11:30 a.m.	FREE
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Needlecraft

13 Sessions	R07053-102	Damascus SC	9/7	Th	9 a.m.-2 p.m.	FREE
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Needles & Yarn

25 Sessions	R07003-102	Wheaton CRC	9/4	M,Tu	1-3 p.m.	FREE
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PERFORMING ARTS

Seasoned Players

Sessions	Activity	Location	Start Date	Day	Time	Fee
6 Sessions	R07056-101	Schweinhaut SC	9/6	W	1:30-3:30 p.m.	FREE

PHOTOGRAPHY

Photography Club

Sessions	Activity	Location	Start Date	Day	Time	Fee
7 Sessions	R07001-101	Holiday Park SC	9/20	W	10 a.m.-Noon	FREE

WOOD CARVING-WOODWORKING

Woodcarving

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07002-101	Holiday Park SC	9/22	F	1-3 p.m.	FREE



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Cooking

ADULT COOKING

Simple Cooking with Rhonda



Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07049-103	N. Potomac CRC	10/13	F	10:30-11:30 a.m.	\$3
	R07049-104	N. Potomac CRC	9/8	F	10:30-11:30 a.m.	\$3
	R07049-105	N. Potomac CRC	11/3	F	10:30-11:30 a.m.	\$3

Dance

BALLROOM

International Ballroom Dancing with Ed and Helen

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07057-102	N. Potomac CRC	9/6	W	1-3 p.m.	FREE

FOLK DANCING

Chinese Folk Dance with Ming

13 Sessions	R07009-110	N. Potomac CRC	9/6	W	10:30-11:30 a.m.	FREE
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Dance for Posture and Elegance (Mandarin)

13 Sessions	R07009-111	N. Potomac CRC	9/7	Th	1-3 p.m.	FREE
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International Folk Dance Instruction Class

12 Sessions	R07009-113	N. Potomac CRC	9/1	F	12:30-2 p.m.	FREE
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Liuying's Classical Chinese Folk Dance

13 Sessions	R07009-112	N. Potomac CRC	9/5	Tu	2-3:30 p.m.	FREE
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Stretching Exercises to Music of Taiwan with Linda

37 Sessions	R07009-109	N. Potomac CRC	9/6	M,W,F	9:30-10:45 a.m.	FREE
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LINE DANCING

Soul Line Dance with Peytrienne



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R03009-104	Praisner CRC	9/13	Tu, F	11:30 a.m.-12:30 p.m.	FREE

SPECIALTY PROGRAM

Tea Dancing

13 Sessions	R07129-101	Damascus SC	9/7	Th	1-2:30 p.m.	FREE
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TAP DANCING

Tap Dance

12 Sessions	R07007-103	Damascus SC	9/11	M	11 a.m.-12:30 p.m.	\$50
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CLASSES

AQUATICS

THE REC INSIDER



SIGN UP

FOR OUR
NEWSLETTER TODAY!




Educational DISCUSSIONS



Active Living in Spanish- Cafecito y Amistad

Sessions	Activity	Location	Start Date	Day	Time	Fee
14 Sessions	R07087-101	Holiday Park SC	9/18	M	10-10:50 a.m.	FREE

Book Club with Anna

2 Sessions	R07065-104	N. Potomac CRC	9/25	M	12:30-1:30 p.m.	FREE
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Bring Your Lunch Discussion Group with Jai Ho

12 Sessions	R07078-101	N. Potomac CRC	9/11	M	11:30 a.m.-1 p.m.	FREE
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Coffee & Conversation with Staff

1 Session	R07092-106	N. Potomac CRC	9/5	Tu	10:30-11:30 a.m.	FREE
3 Sessions	R07092-105	Schweinhaut SC	9/21	Th	9-9:45 a.m.	FREE

Coffee Social

63 Sessions	R07092-103	Damascus SC	9/5	M-F	9-11 a.m.	FREE
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Coffee with a Cop

3 Sessions	R07092-102	Holiday Park SC	10/4	W	9:30-11 a.m.	FREE
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Coping with Change

13 Sessions	R07076-104	Damascus SC	9/7	Th	11 a.m.-Noon	FREE
	R07076-102	Holiday Park SC	9/21	Th	10:30-11:30 a.m.	FREE

Coping with Change in Spanish

14 Sessions	R07076-103	Holiday Park SC	9/19	Tu	11 a.m.-Noon	FREE
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Fire Safety, One Cup Coffee or Chocolate at a time

3 Sessions	R07092-104	Holiday Park SC	9/21	Th	9:30-11 a.m.	FREE
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Max You

14 Sessions	R07043-101	Holiday Park SC	9/19	Tu	10:30-11:30 a.m.	FREE
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Scale Modeling Group

3 Sessions	R07023-102	N. Potomac CRC	9/19	Tu	6:30-8:30 p.m.	FREE
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Schweinhaut Book Club

3 Sessions	R07065-103	Schweinhaut SC	9/12	Tu	1-2:30 p.m.	FREE
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LANGUAGE

Everyday English (Basic)



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
25 Sessions	R07061-103	Holiday Park SC	9/19	Tu,Th	10-10:55 a.m.	FREE

Italian Class

13 Sessions	R07021-104	Schweinhaut SC	9/6	W	1-2:30 p.m.	FREE
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Japanese Language and Culture

13 Sessions	R07021-105	N. Potomac CRC	9/5	Tu	10:30-11:30 a.m.	FREE
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Spanish Class

12 Sessions	R07015-106	Schweinhaut SC	9/7	Th	10-11 a.m.	FREE
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WORKSHOP OR SPEAKERS SERIES

Nutrition 101

13 Sessions	R07024-104	Schweinhaut SC	9/5	Tu	1:30-2:30 p.m.	FREE
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12 Sessions	R07024-105	Schweinhaut SC	9/7	Th	1:00-2:00 p.m.	FREE
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Wellness Wednesdays with UMD Nursing Students

8 Sessions	R07028-102	N. Potomac CRC	9/20	W	9:30 a.m.-2 p.m.	FREE
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QUESTIONS?
CONTACT CUSTOMER SERVICE

Call customer service or send an email.

240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV



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CLASSES

AQUATICS



WRITING

Writer's Group



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
3 Sessions	R07058-106	Schweinhaut SC	9/5	Tu	10 a.m.-Noon	FREE

Writing Group

12 Sessions	R07058-102	Holiday Park SC	9/22	F	10-11:30 a.m.	FREE
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Maryland Senior Olympics



“TO PARTICIPATE IS TO WIN!”

Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Events are taking place now through mid-October. Visit **www.mdseniorolympics.org**, email **info@mdseniorolympics.org** or call **240-777-4930** for 2023 event details and registration information.



Fitness

AEROBIC DANCE

Ballet

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-103	Wheaton CRC	9/5	Tu	1:30-2:30 p.m.	FREE
	R07012-102	Wheaton CRC	9/6	W	2:15-3:15 p.m.	FREE

Easy Dance Fitness

11 Sessions	R07012-121	N. Potomac CRC	9/11	M	10:30-11:30 a.m.	FREE
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Superpower Dance Circle

12 Sessions	R07012-105	Wheaton CRC	9/1	F	1:30-2:30 p.m.	FREE
	R07012-104	Wheaton CRC	9/4	M	11:05-11:55 a.m.	FREE
13 Sessions	R07012-122	Wheaton CRC	9/6	W	11:05-11:55 a.m.	FREE

Superpower Dance with Jane

13 Sessions	R07012-123	White Oak CRC	9/7	Th	12:45-1:45 p.m.	FREE
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LOW IMPACT

Ballet Basics

13 Sessions	R07055-110	White Oak CRC	9/5	Tu	10:30-11:30 a.m.	FREE
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Chair Aerobics

34 Sessions	R07066-103	N. Potomac CRC	9/12	Tu-Th	9:30-10:15 a.m.	FREE
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YouTube Walking with Alison

24 Sessions	R07035-106	N. Potomac CRC	9/8	F	9:30-10:15 a.m.	FREE
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SPORTS

CLASSES

AQUATICS



STRENGTH TRAINING

Basic Functional Balance Exercise

[Click to view and register.](#)

Sessions	Activity	Location	Start Date	Day	Time	Fee
6 Sessions	R07030-102	Schweinhaut SC	9/18	M	8:30-9:30 a.m.	FREE

Fitness Center Awareness with Julien

13 Sessions	R07060-109	White Oak CRC	9/5	Tu	10:30-11:30 a.m.	FREE
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Kickboxing with Julien

3 Sessions	R07060-108	Schweinhaut SC	9/18	M	8:30-9:30 a.m.	FREE
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Low Impact Exercise with Julien

2 Sessions	R07060-107	Schweinhaut SC	9/11	M	8:30-9:30 a.m.	FREE
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ZUMBA

Chair Zumba

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-119	Schweinhaut SC	9/6	W	9:30-10:30 a.m.	FREE

Morning Zumba with Carol

12 Sessions	R07070-111	N. Potomac CRC	9/11	M	9:30-10:30 a.m.	FREE
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Zumba

13 Sessions	R07070-102	Wheaton CRC	9/5	Tu	11 a.m.-Noon	FREE
	R07070-106	Damascus SC	9/6	W	11 a.m.-Noon	FREE
12 Sessions	R07070-103	Wheaton CRC	9/7	Th	2-3 p.m.	FREE

Zumba for Active Aging Week

1 Session	R07070-107	Damascus SC	10/4	W	11 a.m.-Noon	FREE
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Zumba Gold

24 Sessions	R07012-118	Schweinhaut SC	9/1	M,F	9:30-10:30 a.m.	FREE
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Zumba Gold with Amy

26 Sessions	R07071-105	White Oak CRC	9/5	Tu,Th	9-10 a.m.	FREE
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Zumba Video at North Potomac

26 Sessions	R07070-112	N. Potomac CRC	9/5	Tu,Th	9:30-10:30 a.m.	FREE
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BONE BUILDERS

Fall 2023

R03010-103

Bauer Drive CRC	9/5	Tu,Th	1:30-2:30 p.m.
	9/6	M,W	11:30 a.m.-12:30 p.m.

R03010-105

Coffield CRC	9/5	Tu,Th	9:15-10:15 a.m.
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R03010-107

Lawton CRC	9/5	Tu,Th	9:15-10:15 a.m.
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R03010-108

Longwood CRC	9/6	M,W	11:15 a.m.-12:15 p.m.
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R03010-104

Clara Barton NRC	9/6	M,W	1:30-2:30 p.m.
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R03010-106

Germantown CRC	9/7	M,Th	1-2 p.m.
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R03010-101

Virtual Class	9/11	M,W	11 a.m.-Noon
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AGES 55+

FREE

ONE HOUR CLASSES HELD TWICE PER WEEK ARE DESIGNED TO INCREASE BONE DENSITY.



Games



Canasta

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07112-103	Damascus SC	9/7	Th	1-3 p.m.	FREE

BINGO

Bingo

13 Sessions	R07085-107	White Oak CRC	9/5	Tu	1-2 p.m.	FREE
	R07085-108	White Oak CRC	9/6	W	1-2 p.m.	FREE
24 Sessions	R07085-104	Schweinhaut SC	9/7	M,Th	10:30-11:30 a.m.	FREE

BOARD GAMES

Rummikub Club

67 Sessions	R07086-101	Holiday Park SC	9/18	M-F	1-4 p.m.	FREE
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Rummikub Club with Evelyn

13 Sessions	R07086-102	Holiday Park SC	9/19	Tu	11 a.m.-2 p.m.	FREE
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Scrabble

14 Sessions	R07073-104	Holiday Park SC	9/20	W	1-4 p.m.	FREE
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Scrabble Tips & Tricks

11 Sessions	R07073-106	Schweinhaut SC	9/4	M	11 a.m.-Noon	FREE
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CARD GAMES

American Mahjong


[Click to view and register.](#)

Sessions	Activity	Location	Start Date	Day	Time	Fee
24 Sessions	R07047-108	N. Potomac CRC	9/7	M,Th	10 a.m.-4 p.m.	FREE

Asian Mahjong

33 Sessions	R07047-107	N. Potomac CRC	9/5	Tu,W,F	10:30 a.m.-12:30 p.m.	FREE
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Beginners American Mahjong Lessons and Practice Skills with Nancy

7 Sessions	R07047-106	N. Potomac CRC	10/2	M	10-11 a.m.	FREE
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Bridge

13 Sessions	R07074-105	Damascus SC	9/5	Tu	11 a.m.-3 p.m.	FREE
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Drop-In Bridge

14 Sessions	R07075-102	Holiday Park SC	9/12	Tu	10 a.m.-Noon	FREE
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Duplicate Bridge

13 Sessions	R07074-102	Holiday Park SC	9/20	W	12:45-4 p.m.	FREE
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Mahjong

13 Sessions	R07047-104	Damascus SC	9/6	W	12:30-3 p.m.	FREE
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Mahjong Club

13 Sessions	R07047-501	Holiday Park SC	6/19	M	1-4 p.m.	FREE
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Open Party Bridge

11 Sessions	R07075-101	Holiday Park SC	9/22	F	12:45-3:30 p.m.	FREE
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Pinochle Card Game

13 Sessions	R07099-103	Schweinhaut SC	9/6	W	1-3 p.m.	FREE
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Wheaton Mahjong

25 Sessions	R07047-101	Wheaton CRC	9/4	M,W	1-4 p.m.	FREE
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MULTI-SPORTS

Wii Bowling

12 Sessions	R07130-101	Schweinhaut SC	9/6	W	9-10:30 a.m.	FREE
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CLASSES

AQUATICS



Health and Wellness



HEALTH SCREENINGS

Blood Pressure Screening

13 Sessions	R07108-110	Schweinhaut SC	9/1	F	1-2 p.m.	FREE
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Vaccine Clinic by Giant Food Pharmacy

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07108-107	Schweinhaut SC	9/19	Tu	10 a.m.-2 p.m.	FREE
	R07108-108	Schweinhaut SC	10/26	Tu,Th	10 a.m.-2 p.m.	FREE
	R07108-109	Schweinhaut SC	11/15	W	10 a.m.-2 p.m.	FREE

MEDITATION

Exercises for the Mind

13 Sessions	R07077-103	N. Potomac CRC	9/5	Tu	1-2 p.m.	FREE
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Healthy Body, Peaceful Mind with Tammy

12 Sessions	R07077-104	N. Potomac CRC	9/11	M	2-3:30 p.m.	FREE
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Meditation with Fereshteh

24 Sessions	R07077-105	N. Potomac CRC	9/12	Tu,W	10:30-11:15 a.m.	FREE
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IMPORTANT CLOSURE NOTICE

Classes will not meet on the following dates:

Sept. 4
Nov. 10
Nov. 23

SOAR DAYTRIPPERS

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YOGA

Easy Yoga with Vicki


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Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07029-107	N. Potomac CRC	9/11	M	2:15-3 p.m.	FREE

Gentle Stretching and Yogic Breathing Techniques

8 Sessions	R07029-108	N. Potomac CRC	9/16	Sa	11 a.m.-Noon	FREE
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Wisdom Yoga

Instructor: Anne Harrison

9 Sessions	R05128-108	Clara Barton NRC	9/19	Tu	10:30-11:30 a.m.	\$99
	R05128-118	Long Branch CRC	9/26	Tu	11 a.m.-Noon	\$115

Yin Yoga with Adina Crawford

Instructor: Adina Crawford

13 Sessions	R07032-111	Schweinhaut SC	9/2	Sa	Noon-1 p.m.	FREE
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Yoga

12 Sessions	R07029-104	Damascus SC	9/1	F	11 a.m.-Noon	FREE
	R07032-102	Wheaton CRC	9/4	M	9:05-9:55 a.m.	FREE
	R07032-103	Wheaton CRC	9/7	Th	3-4 p.m.	FREE
13 Sessions	R07032-105	Wheaton CRC	9/5	Tu	3-4 p.m.	FREE

Yoga for Active Aging Week

1 Session	R07029-103	Damascus SC	10/6	F	11 a.m.-Noon	FREE
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Yoga For All with Edgar

12 Sessions	R07029-110	White Oak CRC	9/8	F	9:15-10:15 a.m.	FREE
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Yogalates

13 Sessions	R07032-104	Wheaton CRC	9/6	W	9:30-10:30 a.m.	FREE
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Yoga Para Todos

12 Sessions	R07032-106	Wheaton CRC	9/1	F	3-4 p.m.	FREE
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CLASSES

AQUATICS



Martial Arts



TAI CHI


[Click to view and register.](#)

Beginners Tai Chi

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07025-102	Holiday Park SC	9/20	W	9:30-10:20 a.m.	FREE

Tai Chi

13 Sessions	R07025-105	Damascus SC	9/5	Tu	1-2 p.m.	FREE
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Tai Chi Chuan with Glenn Moy

13 Sessions	R07025-106	Schweinhaut SC	9/5	Tu	1:30-2:30 p.m.	FREE
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Tai Chi (In Person - Beginner's Welcome)

26 Sessions	R07025-111	White Oak CRC	9/5	Tu,Th	2-3 p.m.	FREE
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37 Sessions	R07025-110	White Oak CRC	9/6	M,W,F	9-10 a.m.	FREE
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Tai Chi CMC 37 Yang Style and Chi Gong Exercises

14 Sessions	R07025-107	N. Potomac CRC	9/15	F	10-11:30 a.m.	FREE
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Tai Chi Exercises

13 Sessions	R07025-103	Holiday Park SC	9/19	Tu	9:30-10:20 a.m.	FREE
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Tai Chi Intermediate

12 Sessions	R07027-102	N. Potomac CRC	9/1	F	2:15-3 p.m.	FREE
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Tai Chi Sword

13 Sessions	R07027-101	Holiday Park SC	9/18	M	2:30-3:25 p.m.	FREE
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QIGONG

Let's Practice Qigong

12 Sessions	R07059-101	Wheaton CRC	9/1	F	1-2 p.m.	FREE
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Qi Gong

Instructor: Mike Kornely

12 Sessions	R07059-102	Schweinhaut SC	9/2	Sa	Noon-1 p.m.	FREE
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Mini Trips



Dollar Tree/Aldi Shopping Trip

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07101-100	White Oak CRC	9/8	F	9:30-11:30 a.m.	FREE
	R07101-115	White Oak CRC	10/13	F	9:30-11:30 a.m.	FREE

JCA Outing to Local Orchard

1 Session	R07101-114	N. Potomac CRC	10/20	F	9:30 a.m.-12:30 p.m.	FREE
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Mini Trip to Amish Market

1 Session	R07101-113	Long Branch CRC	9/8	F	9:30 a.m.-Noon	FREE
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Music SINGING

Karaoke

Sessions	Activity	Location	Start Date	Day	Time	Fee
7 Sessions	R07080-118	N. Potomac CRC	10/4	W	1:30-2:30 p.m.	FREE

Music and Dance with Walter Ware

3 Sessions	R07106-104	Schweinhaut SC	9/12	Tu	1-2:30 p.m.	FREE
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Music in Motion: Songs of the Beatles

8 Sessions	R07080-116	Damascus SC	9/7	Th	11 a.m.-Noon	FREE
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Special Events



CHESS

Chess Club


[Click to view and register.](#)

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07110-103	Schweinhaut SC	9/11	M	10:30 a.m.-1 p.m.	FREE
13 Sessions	R07110-102	Holiday Park SC	9/20	W	1:30-3:30 p.m.	FREE

SPECIAL EVENTS

1 p.m. Program

Sessions	Activity	Location	Start Date	Day	Time	Fee
65 Sessions	R07107-103	Damascus SC	9/1	M-F	1-2 p.m.	FREE

Celebrate Active Aging Week: Integral Tai Chi with JJ

1 Session	R07089-106	White Oak CRC	10/6	F	1-2 p.m.	FREE
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Diwali: Festival of Lights Celebration

1 Session	R07107-114	N. Potomac CRC	11/17	F	11 a.m.-1 p.m.	FREE
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Friday Afternoon Cinema

1 Session	R07088-101	Schweinhaut SC	9/1	F	12:30-2 p.m.	FREE
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Great Pumpkin Carving and Monster Bash

1 Session	R07107-115	N. Potomac CRC	10/31	Tu	12:30-2 p.m.	FREE
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Hispanic Heritage Celebration

1 Session	R07089-100	White Oak CRC	9/29	F	11 a.m.-1 p.m.	FREE
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Movie, Tea and Discussion with Anna

3 Sessions	R07088-102	N. Potomac CRC	10/6	F	3-5:45 p.m.	FREE
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UMD Nursing Program

12 Sessions	R07094-101	Wheaton CRC	9/7	Th	9 a.m.-4 p.m.	FREE
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Virtual Halloween Pet Costume Contest

15 Sessions	R07107-116	N. Potomac CRC	10/9	M-Su	12:30-2 p.m.	FREE
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Sports



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

BILLIARDS

Billiards

Sessions	Activity	Location	Start Date	Day	Time	Fee
65 Sessions	R07103-102	Damascus SC	9/1	M-F	9 a.m.-4 p.m.	FREE

Billiards All Day

65 Sessions	R07103-104	Schweinhaut SC	9/1	M-F	8 a.m.-4 p.m.	FREE
12 Sessions	R07103-103	Schweinhaut SC	9/2	Sa	9 a.m.-3 p.m.	FREE

PICKLEBALL

Open Pickleball

12 Sessions	R07091-103	Schweinhaut SC	9/1	F	10:30 a.m.-Noon	FREE
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Outdoor Drop-In Pickleball (weather permitting)

6 Sessions	R07091-104	N. Potomac CRC	9/7	Th	4-6:30 p.m.	FREE
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TABLE TENNIS

Table Tennis (Ping Pong)

12 Sessions	R07097-106	Schweinhaut SC	9/1	F	10:30 a.m.-Noon	FREE
	R07097-105	Schweinhaut SC	9/11	M	Noon-2 p.m.	FREE

Open Shuffleboard

26 Sessions	R07121-101	Holiday Park SC	9/18	M & W	2:30-3:30 p.m.	FREE
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55+ SPORTS LEAGUES

Looking for
Seniors sports
leagues?

[Click here to view leagues](#)



MONTGOMERY COUNTY RECREATION

FALL TRIPS AND TOURS ARE HERE!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active, vigorous senior adults, age 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 - 101 Tour the Museum of the Shenandoah Valley, Glen Burnie House and Gardens - Winchester, VA Th, Sept. 14 • Leave: 8 a.m., Return: 4 p.m. • Fee: \$89

Guided tour of the Galleries and self-guided tours of the Glen Burnie Gardens and House. Box lunch included.

R07082 - 102 Cobblestones to Civil War - Walking Tour with Rick Snider - Alexandria, VA ---- W, Sept. 27 • Leave: 8:45 a.m., Return: 3:45 p.m. • Fee: \$79

R07082 - 103 Cobblestones to Civil War - Walking Tour with Rick Snider - Alexandria, VA ---- Th, Sept. 28 • Leave: 8:45 a.m., Return: 3:45 p.m. • Fee: \$79

Old Town Alexandria is an oasis of colonial and Civil War living amid modern life. Walk the streets and see many sites as well as Captain's Row and Torpedo Factory followed by local restaurants and shopping on your own for lunch.

R07802 - 104 Take a Hike! In Shenandoah National Park, VA W, Oct. 11 • Leave: 7 a.m., Return: 5 p.m. • Fee: \$95

Guided hike on Stony Man Mountain trail, moderately challenging, that brings you to outstanding views at the Summit. Lunch at Skyland and scenic drive included.

R07082 - 105 Northern Central Railway Excursion - New Freedom, PA Th, Oct. 19 • Leave: 8 a.m., Return: 4 p.m. • Fee: \$114

Enjoy a vintage train excursion with Steam Engine #17 at foliage time through the Pennsylvania countryside. Box lunch included.

R07082 - 106 Tour Luray Caverns - Luray, VA W, Oct. 25 • Leave: 7 a.m., Return: 5 p.m. • Fee: \$79

Tour the splendor of the caverns as well as the Car and Carriage Museum and visit the gift shop. Lunch on your own at the restaurant stop.

R07082 - 107 Guided Walking Tour of the Naval Academy - Annapolis, MD Th, Nov. 16 • Leave: 8:30 a.m., Return: 4:30 p.m. • Fee: \$69

Guided walking tour of the Naval Academy. Time on your own in downtown Annapolis and city dock. Lunch on your own.

R07082 - 108 America's Attic - National Museum of American History W, Nov. 29 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$62
Guided Tour with Rick Snider - Washington, D.C.

Guided tour of the New Entertainment Collection and First Ladies dress, China collections and much more. After the tour you will have time to explore and lunch on your own.

R07082 - 109 Lewis Ginter GardenFest Lights, Richmond, VA and National Harbor, MD ----- W, Dec. 6 • Leave: 11:30 a.m., Return: 9:30 p.m. • Fee: \$89

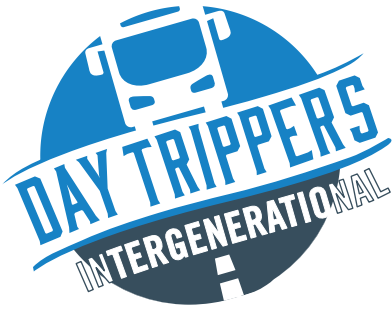
Shop and dine at National Harbor before heading to a pre-dusk guided tour of the Lewis Ginter GardenFest then enjoy the lights on your own.

R07082 - 110 Authentic German Christmas Village in Baltimore, MD and Lights on the Bay W, Dec. 13 • Leave: 2 p.m., Return: 9 p.m. • Fee: \$69
Sandy Point State Park - Annapolis, MD

Time on your own at the Christmas Village to shop and eat. Then we will make our way to Lights on the Bay drive thru lights display at Sandy Point State Park.



MONTGOMERY COUNTY RECREATION



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, MD.

R07083 - 101 Occoquan Fall Arts and Crafts Show - Occoquan, VA Sa, Sept 23 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$54
More than 200 artisans, makers, crafters, bakers, demos and more. Enjoy the all you can taste experience with many food and drink vendors as well as concerts. Fee is for transportation.

R07083 - 102 Cirque du Soleil® ECHO - U.S. Premiere - Tysons, VA Su, Oct. 1 • Leave: 2:45 p.m., Return: 8 p.m. • Fee: \$119
A spectacular performance combining poetry, stagecraft, daring acrobatics and technology. Concessions on your own before the show.

R07083 - 103 Tea Time at the Tea Trolley - Delta, PA F, Oct. 13 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$92
Step back in history and enjoy a Full High Tea service surrounded by Victorian elegance.

R07083 - 104 National Apple Festival - Biglerville, PA Su, Oct. 15 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$69
Everything apple related can be found here from food and wines to quality crafted creations and memories. All purchases on your own. Admission covered by fee.

R07083 - 105 Oysterfest Chesapeake Bay Maritime Museum - St. Michaels, MD Sa, Oct. 28 • Leave: 8 a.m., Return: 4:30 p.m. • Fee: \$79
Featuring live music, oysters, cooking demos and many varieties of food for you to purchase on your own.

R07083 - 106 The Candlelight Dinner Theatre - Into the Woods - Wilmington, DE Su, Oct. 29 • Leave: 10:45 a.m., Return: 7:45 p.m. • Fee: \$110
This show brings everyone's favorite storybook characters to life. Pre-show plated lunch included.

R07083 - 107 Kitchen Shoppe Gourmet Lunch Demo and Shopping - Carlisle, PA F, Nov. 3 • Leave: 9 a.m., Return: 5 p.m. • Fee: \$92
We will enjoy a full gourmet four course lunch demo served to us from all four courses and shopping at the retail store on-site.

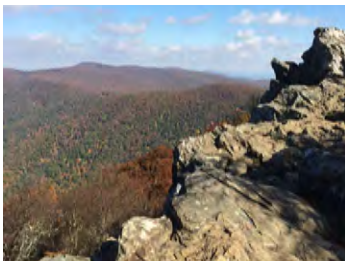
R07083 - 108 Peddlers Village Apple Festival - Lahaska, PA Su, Nov. 5 • Leave: 8 a.m., Return: 6 p.m. • Fee: \$64
Celebrate apple season in Peddler's Village with vendors, shops, entertainment, food and beverages.

R07083 - 109 Front Porch Tea Room - Hallam, PA F, Dec. 1 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$92
Enjoy a Full High Tea at this charming Tea Room where one can take a step back to an era where manners and civility were common.

R07083 - 110 Dutch Apple Dinner Theatre - A Christmas Carol - Lancaster, PA Su, Dec. 3 • Leave: 9:30 a.m., Return: 5:30 p.m. • Fee: \$114
A Christmas classic where Scrooge discovers the true spirit of the holidays. Enjoy an included pre-show lunch buffet.

R07083 - 111 The Playhouse at Allenberry - White Christmas - Boiling Springs, PA Sa, Dec. 9 • Leave: 9 a.m., Return: 7 p.m. • Fee: \$84
Before heading to Allenberry we will travel to downtown Gettysburg, decorated for the holidays, to dine and shop on your own. Show at 2 p.m.

R07083 - 112 Sight & Sound Theatres - Miracle of Christmas - Lancaster, PA F, Dec. 15 • Leave: 9 a.m., Return: 8 p.m. • Fee: \$149
Travel back in time to Bethlehem as the original Christmas story unfolds all around you. Enjoy an included pre-show lunch buffet at a restaurant nearby.



REGISTRATION BEGINS MONDAY, AUG. 14 AT 9 A.M.

FOR MORE INFO, VISIT WWW.MOCOREC.COM or call 240-777-4933.

FACILITY ADDRESSES

Fall 2023 registration begins **Monday, Aug. 14**



Looking for Senior Centers?

[Click here to view senior center locations.](#)



Looking for pool locations?

[Click here to view Aquatics facilities.](#)



ELEMENTARY SCHOOLS

Bethesda ES.....	7600 Arlington Rd, Bethesda, 20814
Garrett Park ES.....	4810 Oxford St, Garrett Park, 20896
Oakland Terrace ES.....	2720 Plyers Mill Rd, Silver Spring, 20902
Pine Crest ES.....	201 Woodmoor Dr, Silver Spring, 20901
Sligo Creek ES.....	500 Schuyler Rd, Silver Spring, 20910
Snowden Farm ES.....	22500 Sweetspire Dr, Clarksburg, 20871
North Chevy Chase ES.....	3700 Jones Bridge Rd, Chevy Chase 20815
Rock View ES.....	3901 Denfeld Ave, Kensington 20895
Snowden Farm ES.....	22500 Sweetspire Dr, Clarksburg 20871

MIDDLE SCHOOLS

Earle B. Wood MS.....	14615 Bauer Dr, Rockville, 20853
Tilden MS.....	6300 Tilden Ln, Rockville, 20852

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 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 Parkway, 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
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

OTHER FACILITIES

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

PARKS

Ayrlawn Local Park.....	5652 Oakmont Ave, Bethesda 20817
Cabin John Local Park.....	7401 Macarthur Blvd, Cabin John, 20818
Capital View-Homewood Local Park.....	2929 Edgewood Rd, Kensington, 20895
Fernwood Local Park.....	6708 Michaels Dr, Bethesda, 20817
Layhill Local Park.....	14901 Layhill Rd, Aspen Hill, 20906
Layhill Village Local Park.....	1920 Queensguard Rd, Aspen Hill, 20906
Olney Manor Recreational Park.....	16601 Georgia Ave, Olney, 20832
Q.O. Valley Neighborhood Park.....	12015 Suffolk Terrace, Gaithersburg, 20878
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
Tilden Woods LP.....	6800 Tilden Ln, Rockville, 20852
Viers Mills LP.....	4425 Garrett Park Rd, Silver Spring, 20906
Wheaton Regional Park.....	2000 Shorefield Rd, Silver Spring 20902

