

Asterisk * Next to time indicates Waitlist for that program.

JUNE 2024-North Potomac Senior Center 55+ Programs



REGISTRATION REQUIRED.
Programs subject to change without notice.
Call 240-773-4805 to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>North Potomac Senior Center monthly calendar and newsletter is available online. North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</p>		<p>FALL 2024 REGISTRATION begins on Monday, August 12, 2024 online at 6:30am and at recreation centers during business hours. Plan accordingly.</p>			<p>1 9am to 1pm TechConnect with Puja (walk-ins accepted, appointment not needed) 9:15-10:45 Martial Arts Health Dance with Josephine</p>
<p>3 9:15 Zumba with Carol 9:30 Stretching Exercises to Music with Linda 10:00 Beginners American Mahjongg Lessons with Nancy 10:00-12:00 Amer. Mahjong 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Healthy Body w/Tammy *2:30 Yoga with Susan</p>	<p>4 9:10-9:30 Morning Walk 9:30 Zumba Video 9:30 Hula Hoop for Fitness 10:00 Morning Chair Aerobics *9:45 JCA Outing to Butlers Orchard 10:00-12:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 Afternoon Chair Aerobics with Fereshteh 12:30 Outside Tea Social 1:00 Knit and Crochet Group 1:00-2:30 Bridge Class Taught in English and Hindi 1:30-4:00 Asian Mahjong 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p>5 9:30 Stretching Exercises to Music with Linda 9:30 Morning Chair Aerobics 10:00 Drop-In Soccer 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 12:00-2:00 Summer Paint and Socialize 12:45 Crafting for Thoughtful Treasures NIH Mailboxes 1:00 Int'l Ballroom Dancing 2:15 Senior Planet/AARP Lecture Series</p>	<p>6 9:10-9:30 Morning Walk 9:30 Intro to Qigong 9:30 Zumba Video 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 1:00-2:30 Bridge Class Taught in English and Hindi 3:15 Heart Plus with Elizabeth 4:00-7:30 Outdoor Pickleball-weather permitting 5:30-8:00 Outdoor Drop-in Soccer</p>	<p>7 9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:00 Tai Chi CMC 37 Yang Style 10:00 Acrylic Paint Lesson with Dereje 11:00-11:20 Morning Walk 11:30 SNP Restaurant Day—Italian Lunch from Milanos 12:00 Asian Mahjong 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong</p>	<p>8 9:15-10:45 Martial Arts Health Dance with Josephine</p>
<p>10 9:15 Zumba with Carol 10:00 Beginners American Mahjongg Lessons with Nancy 10:00-12:00 Amer. Mahjongg 10:00-1:00 MD Insurance Info Table with Thomas 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Healthy Body w/Tammy *2:30 Yoga with Susan 2:30 Juneteenth History and Craft</p>	<p>11 9:10-9:30 Morning Walk 9:30 Zumba Video 9:30 Hula Hoop for Fitness 10:00 Morning Chair Aerobics 9:45 JCA Outing-WEAAD at Holiday Park 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Chair Aerobics with Fereshteh 1:00 Knit and Crochet Group 1:00-2:30 Bridge Class Taught in English and Hindi 1:30-4:00 Asian Mahjong 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p>12 9:30 Stretching Exercises to Music with Linda 9:30 Morning Chair Aerobics 10:00 Drop-In Soccer 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 12:30 Afternoon Chair Aerobics with Fereshteh 12:45 Crafting for Thoughtful Treasures NIH Mailboxes 1:00 Int'l Ballroom Dancing 2:15 Senior Planet/AARP Lecture Series</p>	<p>13 9:10-9:30 Morning Walk 9:30 Intro to Qigong 9:30 Zumba Video 9:30 JCA Outing-Silver Spring Recreation and Aquatic Center 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 1:00-2:30 Bridge Class Taught in English and Hindi 3:15 Heart Plus with Elizabeth 4:00-7:30 Outdoor Pickleball-weather permitting 5:30-8:00 Outdoor Drop-in Soccer</p>	<p>14 9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer 10:00 Tai Chi CMC 37 Yang Style 10:00 Acrylic Paint Lesson with Dereje 11:00-11:20 Morning Walk 11:30 SNP Lunch Program 12:00 Asian Mahjong 12:30 DJ and Dance Music 12:30 International Folk Dance 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo</p>	<p>15 9:15-10:45 Martial Arts Health Dance with Josephine</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22
9:30 Stretching Exercises to Music with Linda 10:00 Beginners American Mahjongg Lessons with Nancy 10:00-12:00 Amer. Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 12:00 Men's Gathering 2:00 Healthy Body w/Tammy *2:30 Slow Flow Yoga with Susan	9:10-9:30 Morning Walk 9:30 Zumba Video 9:30 Hula Hoop for Fitness 10:00 Morning Chair Aerobics 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Chair Aerobics with Fereshteh 1:00 Knit and Crochet Group 1:00-2:30 Bridge Class Taught in English and Hindi 1:30-4:00 Asian Mahjong 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth 6:30 Scale Modeling Group	JUNETEENTH HOLIDAY CENTER CLOSED 	9:10-9:30 Morning Walk 9:30 Intro to Qigong 9:30 Zumba Video 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Ice Cream Social 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 1:00-2:30 Bridge Class Taught in English and Hindi 3:15 Heart Plus with Elizabeth 4:00-7:30 Outdoor Pickleball-weather permitting 5:30-8:00 Outdoor Drop-in Soccer	9:30 Stretching Exercises to Music with Linda 10:00 Tai Chi CMC 37 Yang Style 11:00-11:20 Morning Walk 11:30 SNP Lunch Program 12:00 Asian Mahjong 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo	9:15-10:45 Martial Arts Health Dance with Josephine
24	25	26	27	28	29
9:30 Stretching Exercises to Music with Linda 10:00 Beginners American Mahjongg Lessons with Nancy 10:00-12:00 Amer. Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Healthy Body w/Tammy *2:30 Slow Flow Yoga with Susan	9:10-9:30 Morning Walk 9:30 Zumba Video 9:30 Hula Hoop for Fitness 10:00 Morning Chair Aerobics 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Chair Aerobics with Fereshteh 1:00 Knit and Crochet Group 1:30-4:00 Asian Mahjong 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth	9:30 Stretching Exercises to Music with Linda 9:30 Morning Chair Aerobics 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 12:30 Afternoon Chair Aerobics with Fereshteh 12:45 Crafting for Thoughtful Treasures NIH Mailboxes 1:00 Int'l Ballroom Dancing 2:15 Senior Planet/AARP Lecture Series 6:00 Evening Crafters	 9:30-1:30 Intergenerational Fun Day for 55+ and Campers 9:10-9:30 Morning Walk 9:30 Intro to Qigong 9:30 Zumba Video 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:30 Outdoor Pickleball-weather permitting 5:30-8:00 Outdoor Drop-in Soccer	9:30 Stretching Exercises to Music with Linda 10:00 Tai Chi CMC 37 Yang Style (last class until Fall) 11:00-11:20 Morning Walk 11:30 SNP Lunch Program 12:00 Asian Mahjong 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo	9:15-10:45 Martial Arts Health Dance with Josephine

BONE BUILDERS CLASSES at NPSC

Mondays & Wednesdays—10:45 to 11:45am
 Tuesdays & Thursdays—10:45 to 11:45am & 11:55am to 12:55pm
 Email Ann Marie at AnnMarie.Heiser@montgomerycountymd.gov

SENIOR FIT CLASSES at NPSC

Mondays & Wednesdays—1 to 1:45pm
 Call Holy Cross Health at 301-754-8800 for registration information during open registration.
 Email seniorfit@holycrosshealth.org for info only

YOGA FOR VITALITY (Fee) at NPSC

Tuesdays—9:30 to 10:30am
 Contact Customer Service at 240-777-6840 or
 Recreation.customerservice@montgomerycountymd.gov