


North Potomac Senior Center

July 2023 - 55+ Programs

Registration Required for ALL Programs. Programs Subject to Change Without Notice. Call 240-773-4805 to confirm.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <p>3</p> <p>9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind w/Tammy 2:15 Easy Yoga with Vicki</p> | <p>4</p> <p>CLOSED FOR HOLIDAY</p>  | <p>5</p> <p>9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 American Mahjong 10:30 Chinese Folk Dance with Ming 10:30 SPANISH...But It's So Easy 11:00 Mandarin Unlock Your Story with Ed 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing</p> | <p>6</p> <p>9:30 Zumba Video 10:00 wordStorm for Prizes with Tim 10:00 How to Register for Activities on Mocorec.com 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:15 Paint and Socialize 1:00 Dance for Posture (Mandarin) 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball (weather permitting)</p> | <p>7</p> <p>9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 9:30 JCA Outing to Glenstone Museum 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00 Origami Fun and Ice Cream Floats with Puja 2:15 Tai Chi Exercise-Intermediate</p> |
| <p>10</p> <p>9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 1:00 How to Register for Activities on Mocorec.com 2:00 Healthy Body, Peaceful Mind w/Tammy 2:15 Easy Yoga with Vicki 2:15 Money Matters by Senior Planet</p> | <p>11</p> <p>9:30 Zumba Video 9:30 Chair Aerobics 10:00 Basic Japanese 10:30 Meditate with Fereshteh 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Knit & Crochet Group 2:00 How to Use Zoom and Google Meet with Puja 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout</p> | <p>12</p> <p>9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 9:30 Chair Aerobics 10:00 FIRE SAFETY with Jim Resnick 10:00 American Mahjong 10:30 Chinese Folk Dance with Ming 10:30 SPANISH...But It's So Easy 10:30 Meditate with Fereshteh 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 2:15 Money Matters by Senior Planet</p> | <p>13</p> <p>9:30 Zumba Video 9:30 Chair Aerobics 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:15 Paint and Socialize 1:00 Dance for Posture (Mandarin) 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball-Weather Permitting</p> | <p>14</p> <p>9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Simple Healthy Cooking with Rhonda, RD (Fee) 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:15 Tai Chi Exercise-Intermediate 6:00-8:00 Outdoor Pickleball-Weather Permitting (Must be registered before entering courts)</p> |

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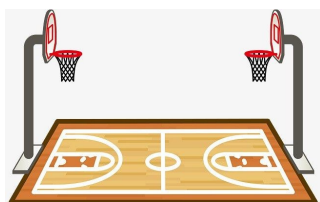
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 17 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 How to Use WhatsApp on Tablets/ Mobile Phones with Puja 10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind w/Tammy 2:15 Easy Yoga with Vicki 2:15 Money Matters by Senior Planet | 18 9:30 Zumba Video 9:30 Chair Aerobics 10:00 Basic Japanese 10:30 Meditate with Fereshteh 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 How to Register for Activities on Mocorec.com 1:00 Mind Exercises 1:00 Knit & Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout 6:30 Scale Modeling Group | 19 9:30 Zumba Video 9:30 Chair Aerobics 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 American Mahjong 10:30 Chinese Folk Dance 10:30 SPANISH...But It's So Easy 10:30 Meditate with Fereshteh 11:00 Mandarin Unlock Your Story with Ed 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 2:15 Money Matters by Senior Planet 6:00 Evening Crafters-Oil Pastels | 20 9:30 Zumba Video 9:30 Chair Aerobics 9:30 JCA Outing to Butlers Orchard 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:15 Paint and Socialize 1:00 Dance for Posture (Mandarin) 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball (weather permitting) | 21 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:15 Tai Chi Exercise-Intermediate |
| 24 9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, 9:30 Chair Aerobics Peaceful Mind w/Tammy 2:15 Easy Yoga with Vicki 2:15 Money Matters by Senior Planet | 25 9:30 Zumba Video 10:00 Basic Japanese 10:00 Intergenerational Art with Kamel 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Tips and Tricks for Mobile Phones with Puja 1:00 Knit & Crochet Group 2:00 Liuying's Classical Chinese Folk Dance | 26 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 Cybersecurity Info and One On One Lessons with Girl Scouts 10:00 American Mahjong 10:30 Chinese Folk Dance 10:30 SPANISH...But It's So Easy 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 2:15 Money Matters by Senior Planet | 27 9:30 Zumba Video 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:15 Paint and Socialize 1:00 Dance for Posture (Mandarin) 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball (weather permitting) | 28 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 How to Register for Activities on Mocorec.com 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:15 Tai Chi Exercise-Intermediate |

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| 31 9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind with Tammy 2:15 Easy Yoga with Vicki 2:15 Money Matters by Senior Planet | <p align="center">REGISTRATION IS REQUIRED FOR ALL 55+ PROGRAMS</p> <p>Do you need a RecPass membership? Bring your Montgomery County photo ID to the front desk staff to complete membership.</p> <p>Did you know that having a RecPass Membership/Card is NOT the same as registering for a program? Program registration for 55+ programs begin with R07 and you must register for each program prior to attending.</p> <p>Do you live within five miles of North Potomac Senior Center? If so, stop by the center or call 240-773-4805 for application and information on the FREE JCA bus transportation to and from the Senior Center on weekdays.</p> <p>To join the Senior Nutrition Lunch Program (SNP) at North Potomac Senior Center, stop by the Center weekdays 9am to 1pm to see Jean Wang, Nutrition Site Manager.</p> <p>Classes and programs can be subject to change. Call the Center at 240-773-4805 to confirm the status of a program, class, or gym schedule.</p> | | | |



MAIN GYM CLOSED

**Monday through Friday
9am to 6pm**

for the duration of Summer Camp Session

**Morning Open Gym times will resume on
Monday, August 7th**

The classes below held at North Potomac Senior center are scheduled by Countywide Classes or Holy Cross and not listed on the 55+ program schedule. Contact information on these classes is below. Thank you.

BONE BUILDERS SUMMER CLASSES at NPSC

Mondays & Wednesdays—10:45 to 11:45am

Tuesdays & Thursdays—10:45 to 11:45am

Contact Alison.boynton@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