

# NORTH POTOMAC SENIOR CENTER

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



## JULY 2023 NEWSLETTER

**Senior Nutrition Lunch Program (SNP)**  
**Montgomery County, Maryland Dept. of Health and Human Services**  
**Welcomes**  
**DUTCH MILL CATERING**  
**Beginning July 1, 2023**

We have a new catering company providing lunches for our SNP program beginning July 1, 2023. The recommended donation is \$3 per meal, but every little bit helps.

Your donations provides MORE MEALS for people like you. If you are under 60 years old, you must pay the full cost of the meal (unless you have a participating spouse over age 60).

The full cost of the meal for those under 60 is \$7.99 per meal. If you would like to sign-up for the SNP program, stop by to see Jean Wang, Monday through Friday from 9am to 1pm.

**Enjoy your new catering company. Bon Appetit!**



# Welcome Dutch Mill Catering to Senior Nutrition Lunch Program



July 3, 2023, marks the beginning of a new era in the Montgomery County Senior Nutrition Program. This is a direct response to your comments and requests, so THANK YOU for sharing your thoughts with us to help improve your program. Keep telling us what you like and what you don't like. Now you know for sure that we listen to you. Don't want ultra-processed foods? Your new meal provider, Dutch Mill Catering, uses only whole muscle meats, fresh or flash-frozen (not canned) vegetables, and a variety of whole grains. You want variety? Dutch Mill Catering does not repeat any main dish item in any month. Want better vegetarian options? In most cases, the vegetarian meal delivered by Dutch Mill Catering is exactly the same as the hot meal but uses Morningstar Farms plant-based proteins. Even plant-based proteins are given special treatment (like grilling) to ensure full flavor.

You spoke. We delivered. Welcome to the new SNP.

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El 3 de julio, marca el principio de una nueva etapa para el Programa de Nutrición para Personas de Edad Avanzada en el Condado de Montgomery. Esta es una respuesta directa a sus comentarios y solicitudes, gracias por compartir sus comentarios para ayudarnos a mejorar su programa. Continúe diciéndonos lo que a usted le gusta y lo que no le gusta. Ahora ya sabes con seguridad que nosotros le escuchamos. ¿No quieres alimentos ultraprocesados? Su proveedor nuevo de comidas, Dutch Mill Catering, usa solamente carnes de músculo entero, vegetales frescos o congelados (no enlatados) y una variedad de granos integrales. ¿Quieres variedad? Dutch Mill Catering no repite ningún plato principal en ningún mes. ¿Quieres mejores opciones vegetarianas? La mayoría de los casos, la comida vegetariana que ofrece Dutch Mill Catering son exactamente igual que la comida caliente, pero utiliza proteínas de origen vegetal de Morningstar Farms. Incluso las proteínas de origen vegetal reciben un tratamiento especial (como asar a la parrilla) para garantizar un sabor completo.

Usted habla, y nosotros cumplimos. Bienvenido al nuevo SNP.

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2023年7月3日，標誌著蒙哥馬利縣老年營養計劃新時代的開始。這是對您的評論和要求的直接回應，所以感謝您與我們分享您的想法，以幫助改進您的計劃。請繼續告訴我們您喜歡什麼和不喜歡什麼。現在您可以確定我們會聽取您的意見。不想要超加工食品？您的新餐食供應商 Dutch Mill Catering 只使用整塊肌肉肉類、新鮮或閃凍（非罐頭）蔬菜和各種全穀物。想要多樣化？Dutch Mill Catering 在任何一個月份都不會重複任何主菜。想要更好的素食選擇？在大多數情況下，Dutch Mill Catering 提供的素食餐與熱餐完全一樣，但使用 Morningstar Farms 植物性蛋白質。即使是植物性蛋白質也經過特殊處理（如烤制）以確保滿足口感。

您提出了要求，我們做到了。歡迎來到新的老年營養計劃（SNP）。

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2023년 7월 3일 몽고메리 카운티 시니어 영양 프로그램의 새로운 시대의 시작을 알립니다.

이는 여러분의 의견과 요청에 대한 직접적인 응답으로, 프로그램 개선에 도움이 될 수 있도록 의견을 공유해 주셔서 감사합니다. 앞으로도 계속해서 여러분께서 생각하시는 장단점을 말씀해주세요. 그리고 저희가 귀를 기울이고 있다는 점을 꼭 기억해주세요. 초가공 식품을 원하지 않으십니까?

더치밀 케이터링 서비스는 신선한 고기와 야채, 냉동식품(캔음식제외) 그리고 여러가지 곡류를 제공합니다. 메뉴에 다양성을 원하십니까?

더치밀 케이터링은 한달에 어떤 주요 요리 품목도 반복하지 않습니다 더 많은 채식주의자 옵션을 원하십니까?

대부분의 경우 더치밀 케이터링이 제공하는 채식은 뜨거운 식사와 정확히 동일하고 모닝스타 팜스 식물성 단백질을 사용합니다. 심지어 식물성 단백질도 완전한 맛을 보장하기 위해 특별한 처리를(예를 들면 구이) 합니다.

여러분을 위해 실행했습니다. 배달도 가능합니다. 새로운 시니어 영양프로그램에 오신걸 환영합니다

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3 июля 2023 года в округе Монтгомери начинается новая Программа питания для пожилых людей. Её основой послужили ваши просьбы и комментарии. Спасибо, что поделились с нами, как улучшить эту программу для вас. Пожалуйста, продолжайте сообщать нам, что вам в ней нравится или не нравится. И будьте уверены, мы внимаем вашим пожеланиям. Не хотите употреблять сверхобработанную пищу? Ваш новый поставщик "Голландская Мельница" (Dutch Mill Catering) использует только цельномышечное мясо, свежие или скорозамороженные (неконсервированные) овощи и различные цельнозерновые продукты. Хотите разнообразия? "Голландская Мельница" не предлагает одно и то же горячее блюдо больше одного раза в месяц. Хотите лучший выбор вегетарианских блюд? В своём большинстве, вегетарианские блюда "Голландской Мельницы" такие же как и горячие, только в них используется растительный белок производителя "Фермы Утренней Звезды" (Morningstar Farms), который получает специальную обработку (подобно грилю) для улучшения вкусовых качеств.

Вы просили. Мы выполнили. Добро пожаловать в новую Программу.

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Ngày 3 tháng 7 năm 2023 ghi dấu sự đổi mới của chương trình dinh dưỡng cho người Cao Niên trong quận Montgomery, Maryland. Đây là sự đáp ứng trực tiếp những lời yêu cầu, những ý kiến đóng góp của mọi người. Xin cảm ơn những ý kiến chia sẻ của quý vị đã giúp chúng tôi cải thiện chương trình dinh dưỡng này. Hãy tiếp tục cho biết những điều quý vị ưa thích hoặc không muốn có. Giờ đây quý vị đã biết rõ là chúng tôi luôn lắng nghe. Không ưa thích những thức ăn chế biến hàng loạt ư? Công ty cung cấp thức ăn mới, Dutch Mill Catering (DMC) sẽ chỉ dùng toàn thịt, cá, đậu cù, rau quả tươi mới (không dùng “đồ đóng hộp” như trước kia). Muốn có các món ăn thay đổi ư? DMC sẽ không lặp lại các món ăn trong thực đơn hàng tháng. Mong có những món ăn chay” ngon miệng hơn? DMC luôn cố gắng cung cấp những món ăn chay” giống hệt như những món ăn nóng hổi được chế biến từ các rau củ tươi mới, nhiều đạm chất của nông trại Morningstar. Ngay cả các loại cây rau củ này cũng đã được vun trồng đặc biệt để có được thật nhiều chất đạm dinh dưỡng cần thiết.

Quý vị đóng góp ý kiến. Chúng tôi lắng nghe và cải thiện. Xin đón chào quý vị đến với Chương Trình Dinh Dưỡng cho người Cao Niên đã được đổi mới.

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Hulyo 3, 2023, ay nagmamarka ng simula ng isang bagong panahon sa Montgomery County Senior Nutrition Program. Ito ay isang direktang tugon sa iyong mga komento at kahilingan, kaya SALAMAT sa pagbabahagi ng iyong mga saloobin sa amin upang makatulong na mapabuti ang iyong programa. Patuloy na sabihin sa amin kung ano ang gusto mo at kung ano ang hindi mo gusto. Ngayon alam mo na sigurado na nakikinig kami sa iyo. Ayaw ba ng mga ultra-processed foods? Ang iyong bagong provider ng pagkain, Dutch Mill Catering, ay gumagamit lamang ng buong kalamnan na karne, sariwa o flash frozen (hindi de latang) gulay, at iba't ibang uri ng buong butil. Gusto mo ng iba't ibang uri? Dutch Mill Catering ay hindi ulitin ang anumang pangunahing item ng ulam sa anumang buwan. Gusto mo ng mas maganda vegetarian opsyon? Sa karamihan ng mga kaso, ang vegetarian meal na inihatid ng Dutch Mill Catering ay eksaktong pareho sa mainit na pagkain ngunit gumagamit ng mga protina na nakabatay sa halaman ng Morningstar Farms. Kahit na ang mga protina na nakabatay sa halaman ay binibigyan ng espesyal na paggamot (tulad ng pag ihaw) upang matiyak ang buong lasa.

Nagsalita ka. Naghatid kami. Welcome po sa bagong SNP

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3 जुलाई, 2023, मॉन्टगोमरी काउंटी वरिष्ठ पोषण कार्यक्रम में एक नए युग की शुरुआत का प्रतीक है। यह आपकी टिप्पणियों और अनुरोधों का सीधा जवाब है, इसलिए अपने कार्यक्रम को बेहतर बनाने में मदद के लिए अपने विचार हमारे साथ साझा करने के लिए धन्यवाद। हमें बताएं कि आपको क्या पसंद है और क्या नहीं। अब आप निश्चित रूप से जानते हैं कि हम आपकी बात सुनते हैं। अति-प्रसंस्कृत खाद्य पदार्थ नहीं चाहिए? आपका नया भोजन प्रदाता, डच मिल कैटरिंग, केवल संपूर्ण मांस पेशी मांस, ताजा या फ्लैश-फ्रोजन (डिब्बाबंद नहीं) सब्जियां, और विभिन्न प्रकार के साबुत अनाज का उपयोग करता है। आप विविधता चाहते हैं? डच मिल कैटरिंग किसी भी महीने में किसी भी मुख्य व्यंजन को नहीं दोहराता है। बेहतर शाकाहारी विकल्प चाहते हैं? ज्यादातर मामलों में, डच मिल कैटरिंग द्वारा दिया जाने वाला शाकाहारी भोजन गर्म भोजन के समान ही होता है, लेकिन मॉर्निंगस्टार फार्म प्लांट-आधारित प्रोटीन का उपयोग करता है। पूर्ण स्वाद सुनिश्चित करने के लिए पौधे-आधारित प्रोटीन को भी विशेष उपचार (जैसे ग्रिलिंग) दिया जाता है।

आपने बोला। हमने पहुँचाया। नए एसएनपी में आपका स्वागत है



MONTGOMERY COUNTY RECREATION

# FIRE SAFETY

Presentation with Jim Resnick

WEDNESDAY, JULY 12

10-11:15 A.M.

AGES 55 AND UP • FREE

Retired Battalion Fire Chief Jim Resnick will provide tips on how to improve your safety at home, information on home safety evaluations and more.



**North Potomac SC**

13850 Travilah Road, Rockville

**ACTIVITY R07094-510**



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

To register, visit [ActiveMontgomery.org](https://www.ActiveMontgomery.org)

240-777-6840 • *Hablamos Español* • [www.mocorec.com](https://www.mocorec.com)



MONTGOMERY COUNTY  
**Recreation**

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).  
Please contact 240-777-6840 or [rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov) to request accommodations.





Troop #3074

Venue: **Nancy H Dacek North  
Potomac Community Center,**  
13850 Travilah Rd, Rockville, MD 20850  
Date & Time: **7/26/23, 10:00-12:00**

**All Are Welcome!**

**Active # R07105-513**

# **CYBER SECURITY HELP**

## **Common Threats**



Phishing



Social Engineering



Malware



Identity Theft



**Senior  
CyberSmart  
Event**

### **Details:**

Learn about cybersecurity threats, how to prevent and protect yourself. There will also be student volunteers to work with you one-on-one.

MONTGOMERY COUNTY RECREATION

# MONEY MATTERS

by Senior Planet of AARP

You will learn about smart financial habits, use online resources to find benefits and learn to save money online. By the end of the course you will know how to find the best deals, search for flights and hotels on the internet, access movies and how to earn extra income.

**Prerequisite:** You must have an email address and be familiar with navigating websites.

**Mondays and Wednesdays**

**July 10-Sept. 20**  
**2:15-3:30 p.m.**

10 SESSIONS

**Activity R07105-511**

**Ages 55 and up • FREE**

**North Potomac SC • 13850 Travilah Road, Rockville**



MONTGOMERYCOUNTYRECREATION



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**\$25 PER PARTICIPANT**

# SENIOR ADVENTURES

## 3° DAY CAMP

Senior Adventures is a 3-day camp for Seniors 55+ to make connections with fun activities while also exploring enjoyable places in the community. Sessions include lunch, theme days, musical entertainment, guest lectures, and trips on a coach bus.

### JOIN THE FUN!

REC  
ASSIST  
AVAILABLE

#### WHITE OAK COMMUNITY RECREATION CENTER

1700 APRIL LANE, SILVER SPRING

June 7, 8, 9 • 9 a.m. - 2 p.m. • Activity: R07104-400

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#### DAMASCUS SENIOR CENTER

9701 MAIN ST., DAMASCUS

July 18, 20, 21 • 9 a.m. - 2 p.m. • Activity: R07104-401

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#### MARGARET SCHWEINHAUT SENIOR CENTER

1000 FOREST GLEN ROAD, SILVER SPRING

Aug. 29, 30, 31 • 9 a.m. - 2 p.m. • Activity: R07104-402



Fee includes transportation, lunches, and all supplies associated with the camp. For more information, or any questions contact [rec.seniors@montgomerycountymd.gov](mailto:rec.seniors@montgomerycountymd.gov) or 240-777-4925.

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact 240-777-6840 or [rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov) to request accommodations.



**MONTGOMERY COUNTY**  
**Recreation**

# JCA Bus Outing to Butlers Orchard

Shop the market or visit the pick-your-own produce at the field at Butlers' Orchard in Germantown, Maryland.

Thursday, July 20th

Bus leaves at 9:45am and returns at 12:30pm

Active #R07101\_516

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## Evening Crafters

Wednesday, July 19th

6 to 7:30pm

Active #R07095\_521



Join us to work with oil pastels and make new friends.

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## Intergenerational Easy Art with Kamel



Tuesday, July 25th

10 to 11:30 am

Active #R07095\_515

90 minutes of fun to share with a child.  
This program is for the young and young-at-heart!



## JULY HIGHLIGHTS

Try a new program or two and invite a friend to join you! For the most up-to-date listing of programs go to [Mocorec.com](http://Mocorec.com). Participation in all programs/classes require registration. Thank you.

**\*\* NEW \*\***Evening Crafters—Oil Pastels**\*\* NEW \*\***

Wednesday, July 19 at 6:00pm

Active #R07095\_521

Easy Dance Workout with Kumud

Mondays, July 10, July 17, July 24 and July 31 at 10:30am

Active #R07012\_525

wordStorm for Prizes with Tim

Thursday, July 6 at 10am

Active #R07112\_507

SPANISH...But It's So Easy

Wednesdays at 10:30am

Active #R07015\_505

Current Events Discussion Group with Lyle Ryter

Thursdays at 10:30am

R07023\_519

Outdoor Pickleball (Weather Permitting)

Thursdays, in July from 5:00 to 8:00pm

Active #R07091\_512

**\*\* New \*\***Unlock Your Story with Ed (presented in Mandarin and English)**\*\* New \*\***

Wednesday, July 5 at 11am

and

Wednesday, July 19 at 11am

Active #R07311\_503

**\*\* New \*\***Stretching Exercises to Music of Taiwan**\*\* New \*\***

Mondays, Wednesdays, and Fridays from 9:30 to 10:45am

Active #R07009\_513

## JULY TRIVIA

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

1. Which July event occurred first in history?

- A. The bikini bathing suit debuted.
- B. The French Revolution began.
- C. Elias Howe invented the sewing machine.
- D. John F. Kennedy Jr. and his wife died in a plane crash.

2. Neil Simon, George Bernard Shaw, and Tom Stoppard were born in July. What profession do they have in common?

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3. Actress Natalie Wood was born on July 20, 1938. Which is NOT one of her films?

- A. Miracle on 34th Street
- B. Rebel Without a Cause
- C. North by Northwest
- D. West Side Story

4. Which is a true statement about July?

- A. It has 30 days.
- B. It is winter in the northern hemisphere.
- C. It was named in honor of Julius Caesar.
- D. It was originally the fourth month.

5. Which scientist published his theory of gravity on July 5, 1687?

- A. Albert Einstein
- B. sir Isaac Newton
- C. Nicolaus Copernicus
- D. George Washington Carver

6. Which American president declared July to be National Ice Cream Month in 1984?

- A. George H. W. Bush
- B. Gerald Ford
- C. Jimmy Carter
- D. Ronald Reagan

7. Alex Trebek, who hosted the popular show Jeopardy! for nearly 30 years, was born on July 22. What are the three rounds of Jeopardy! called?

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## EASY RECIPES FOR JULY FUN!

### Three Ingredient No-Bake Key Lime Pie (Makes 8 servings)

#### Ingredients:

- 3/4 cup Key lime juice
- 1 teaspoon lime zest
- 2 (14-ounce) cans full-fat condensed milk
- 1 pre-made graham-cracker piecrust
- (Optional) Whipped cream and lime wedges to top



#### Directions

1. Add lime juice and condensed milk to a large mixing bowl.
2. Stir until evenly combined and lime juice is fully incorporated into the condensed milk. Stir in lime zest.
3. Pour into piecrust. Level surface with a spatula.
4. Place pie in fridge for several hours or overnight to set. Keep pie in the fridge until ready to serve.
5. To decorate the pie, wait for the filling to set and then decorate. Then put pie back into refrigerator until ready to serve. You can make the pie 2–3 days in advance.

### Chicken & Vegetable Curry Couscous (Makes 6 servings)

#### Ingredients:

- 1 tablespoon butter
- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 (16 ounces) frozen vegetable blend of your choice
- 1 1/4 cups water
- 1 package (5.7 ounces) curry-flavored couscous mix
- 1/2 cup raisins



#### Directions

1. In skillet, heat butter over medium-high heat.
2. Add chicken; cook and stir until no longer pink.
3. Add vegetable blend, water, and contents of couscous seasoning packet.
4. Bring to a boil; stir in couscous and raisins.
5. Remove from heat; let stand, covered, until water is absorbed (about 5 minutes).
6. Fluff with a fork and enjoy!

# Intergenerational Fun and Games at NPSC



X-Factor Inflatable, Zap a Mole, Floating Archery, and Strolling Magician. What an Awesome Day.



# Intergenerational Art Fun with Kamel



## NEXT INTERGENERATIONAL ART FUN SESSION

Tuesday, July 25th at 10am.

Active #R07095\_515.

Register today. Space limited!





# Intergenerational Art Fun with Kamel



I don't want to go. I want to paint says future artist as tears roll down her cheeks!





# GAME NIGHT AT NPSC!



**And after playing hard...relaxing in one of the massage chairs! Aah!**



## Fitness Passes are FREE in 2023!

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



### SENIOR NUTRITION PROGRAM AT NORTH POTOMAC

For people aged sixty and over, or a spouse of any age can take part in the Senior Nutrition Program at North Potomac Senior Center. The contribution is \$3.00 per meal. The cost of the meal for those under age 60 is \$7.99 per meal. To complete a SNP application, come to North Potomac Senior Center between the hours of 9am and 1pm weekdays and the Nutrition Site manager, Jean Wang can assist you and answer any questions. To cancel a lunch reservation, call 240-773-4805 at least 48 hours before your reservation. Thank you.

### FREE CURB TO CURB TRANSPORTATION

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