

NORTH POTOMAC SENIOR CENTER



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

Sheila Hall, North Potomac Senior Center Director

AUGUST 2021 NEWSLETTER

NORTH POTOMAC SENIOR CENTER

Reopening Celebration

Monday, August 9th

9:00 am to 10:30 am—Continental Breakfast

1:30 pm to 3:30 pm—Party with **DJ CHROME**

Beginning August 9th, North Potomac Senior Center will be open Monday thru Friday, 9am to 4pm. MOW lunch program and NEW JCA transportation will also be available five days a week. Call Jean at 240-773-4805 for lunch information and JCA at 240-777-4924 for transportation information.

See you August 9th!



NEW SERVICE for 55+

FREE JCA Transportation to North Potomac Senior Center

This free curb-to-curb service offers comfortable seating and trained drivers to those who live within defined service areas near North Potomac Senior Center, Monday through Friday, beginning August 9, 2021. Residents must be aged 55 and over. For information or to sign up, call 240-777-4924.



55+ Dance Party with



DJ CHROME

Monday, August 9th
1:30 pm to 3:30 pm



MONTGOMERYCOUNTYRECREATION



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MONTGOMERY COUNTY
Recreation

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics (MSO), with many of the events happening right here in Montgomery County! To compete in MSO, you do not have to be a seasoned athlete or champion in training. You only have to be age 50+ and willing to participate. In fact, MSO's motto is, "To Participate is to Win!" For information, including registration info and

event schedules, visit Maryland Senior Olympics, follow MSO on social media at Facebook and Twitter, or call 240-777-4930.

MSO Sports:

- Air Gun
- Archery
- Badminton
- Basketball (3 on 3 competition)
- Billiards
- Bocce
- Bowling
- Croquet
- Cycling (5k and 10k time trials)
- Disc Golf
- Road Race (5k and 10k)
- Golf
- Horseshoes
- Lawn Bowling
- Pickleball
- Racquetball
- Shuffleboard
- Softball
- Swimming
- Table Tennis
- Tennis
- Track and Field
- Volleyball

With an amazing joint effort of local and state commissions, plus a wide band of loyal volunteers, Maryland became a leader in the field of program development for active seniors. MSO's mission of promoting wellness and healthy lifestyles for seniors is a perfect fit for Montgomery County Recreation, which provides recreational programming throughout the year.



SENIOR SNEAKERS MEMBERSHIP PASS

Adults who are at least 55 years old can easily stay fit with this membership pass, which provides access to any Community Center Exercise Room and Open Gym during regular hours. It's like having a regular gym membership at a fraction of the cost.

*Non-residents must provide a valid government-issued photo identification (ID) includes a driver's license, a state issued photo ID, or a passport.

MEMBERSHIP PASS	COUNTY RESIDENTS	NON-RESIDENTS*
Adult 55+ One year	\$55	\$70
Adult 55+ 6 months	\$30	\$45



MONTGOMERY COUNTY RECREATION

NEW PROGRAM AT NPSC SCALE MODELING



A new program is starting at North Potomac Senior Center—Scale Modeling. You loved it as a kid, now love it as an adult! Construction and painting of plastic scale replica models is a hobby practiced by



all ages, around the world. Many people who built models as children, return to the hobby as adults, and in retirement. It is a great way to combine interests in history with craft. There is a wide variety of genres (e.g., aircraft, trains and figures), allowing you to find a subject that interests you. Join Patrick Hoff to discover the types of kits and castings available as subjects, as well as the tools, materials, and techniques needed to build and paint models. For information contact

Sheila at 240-773-4806 or sheila.hall@montgomerycountymd.gov. Be sure to tell your friends and neighbors about this exciting new program led by a local resident.

“Scale modeling is an excellent hobby,” says Andrea M. Macari, PhD, assistant professor of psychology at Suffolk County Community College in Long Island, York. “Not only does the activity provide much-needed leisure, which is beneficial in alleviating anxiety and depression, but it also enhances certain cognitive skills such as concentration, visual-motor skills, and executive functions [processes the brain uses to plan, organize, strategize, and pay attention to and remember details].” Macari explains that the skills used in scale modeling are the same ones that often decline with age. “So by practicing scale modeling, your actions are mitigating any decline of those skills,” she adds.

No matter what your interests, there is a model available for you! So be sure to sign up for this exciting new program to learn a new hobby or restart a childhood hobby.

Sign-up at [Activemontgomery.com](https://www.activemontgomery.com). Active #133183.



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Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.inclusion@montgomerycountymd.gov to request accommodations.



DRUMMING FOR WELLNESS with *Katy Gaughan*

Katy Gaughan is a drummer and drum circle facilitator whose mission is to bring people together to experience the positive vibrations of the drum. Through her organization Drumming for Wellness, Katy facilitates group drumming experiences for wellness, community building and celebration. She has been leading drum circles in the Washington, DC area for the past 15 years, most notably the Washington National Cathedral drum circle that went viral was seen by 400,000 people. Katy provides drum circles for schools, retirement communities, churches, non-profit organizations, birthday parties, team-building, community festivals and celebrations and works with kids, adults, seniors, and special needs populations. Katy also leads weekend and day-long retreats that incorporate wellness, rhythm, drumming, spirituality and nature. She has also learned how to provide drum circles virtually on Zoom! Katy was trained by Arthur Hull and is now a certified global drum circle facilitator trainer with Village Music Circles. Katy is also a graduate of Remo Health Rhythms and Rhythm to Recovery Trainings and is a member of the Drum Circle Facilitator's Guild. www.katygaughan.com.

North Potomac Senior Center
Friday, August 20th at 10am

Register at Activemontgomery.org.
Space is limited.



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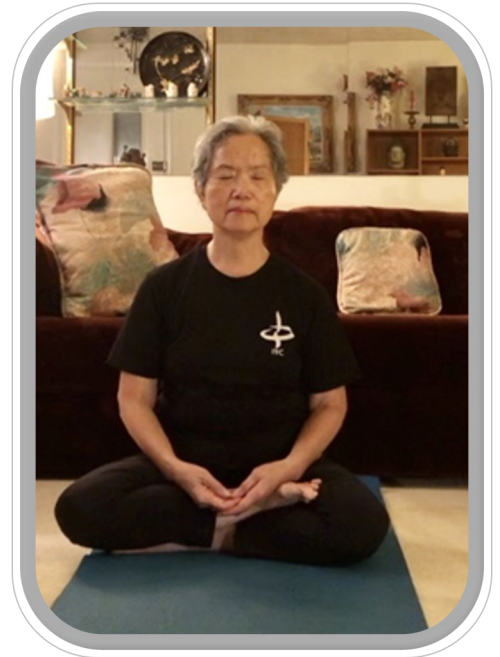
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HEALTHY BODY — PEACEFUL MIND

This ZOOM program is a series of exercises relaxation technique and meditation that combines Yoga, Tai Chi, Qi Gong and meditation into a self-healing system that integrates body, mind and spirit. Instruction led by Tammy Hilton. This program can be done seated on a chair or on a mat.



Fridays from 2PM – 3:30PM beginning Friday, August 20th via Zoom. Register at [Activemontgomery.org](https://www.activemontgomery.org). Active #133563. ZOOM link will be in your receipt notes. Class will not meet on holidays. For more information, contact instructor Tammy Hilton at hoangtam8@yahoo.com. Thank you.



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FITNESS, HEALTH AND WELLNESS

INTERNATIONAL BALLROOM DANCING WITH ED AND HELEN—Active #130148

Receive dance instruction and practice dance styles such as the Waltz, Viennese Waltz, Tango, Paso Doble Quickstep and Slow Foxtrot. Also, Latin Dancing such as Cha Cha, Rumba and Samba. Space is Limited.

ZUMBA GOLD WITH MITZI—Active #130155

Zumba Gold class recreates the Zumba fitness routine at a lower intensity. The class focuses on balance, range of motion, muscle conditioning and coordination. Bring a water bottle. \$42. Instructor: Mitzi from Rendezvous Social Dance and Fitness Club.

RELAXATION AND MEDITATION—Active#131109

Practicing mindfulness helps you manage your daily health and wellbeing. You will be introduced to several techniques including a seated and walking meditation.

DANCE FOR BETTER POSTURE—Active #130150

Have been spending a lot of time in front of TV or computer? If so, this class is for you. Good posture improves your breathing, digestion and you will appear taller.

YOGA FOR VITALITY WITH NATASHA—Active #130140 and #128609

Class will address cognitive brain health, yoga for arthritis, yoga for improving balance, yoga for osteopenia and osteoporosis. Expect to learn breathing and meditation techniques to support overall health. \$48 and \$60 per session.

WEIGHT/FITNESS ROOM

Fitness equipment and weight available. Adults age 55 and over can purchase an annual pass for \$55.

MAIN GYM AND AUX GYM SPORTS

See front desk staff for schedule and additional information.

DISCUSSION GROUPS

NEWS AND EVENTS DISCUSSION GROUP—Active #130139

This group, led by Lyle Ryter, will meet for lively discussions of current events, local and international.

WOMENS DISCUSSION GROUP WITH DENISE AND DIANE—Active #131118

Join this dynamic duo as they lead informative and engaging discussions on topics related to women and living their best life!

PAGE BY PAGE BOOK CLUB—Active #131121

Looking for a fun way to enjoy books and meet people. This program is the answer!

GAMES, SOCIALS, ETC.

MAH JONGG—Active #127815

Mah jongg is a tile game of skill, strategy and luck. Sign up and try your luck!

BRIDGE CARD GAME—Active #127814

This is the perfect opportunity to practice, play, meet fellow Bridge players.

KNIT AND CROCHET GROUP—Active #127030

To make the world a better place we will be making items to donate. Experience not needed. Just a willingness to learn and to help others.

CHINESE FOLK DANCE—Active #131993. Dance teacher, Ming Shan will teach beginner folk dances including Tibetan and Mongolian. What a fun way to improve your co-ordination, flexibility and meet new people! No prior dance experience needed.

JAI HO LUNCH AND SOCIAL GROUP—Active #130350

Everyone is welcome to attend this discussion and social group. The first meeting of the month is the discussion group and the remaining meetings of the month for playing board games and socializing.

GAME ROOM

Table Tennis and Billiards available. See front desk staff for information and equipment.

Please check Activemontgomery.org for additional information, to register and to confirm programs.

NORTH POTOMAC SENIOR CENTER PRESENTS

The Sapphires

A Salute to Hollywood Concert

Friday, September 17th — 6:30 pm to 7:30 pm

Sign up at Activemontgomery.org. Active #132184

SAVE THE DATES FOR THESE SPECIAL OCTOBER HAPPENINGS

ACTIVE AGING WEEK



The International Council on Active Aging began the first Active Aging Week in 2003. This year Active Aging Week will be October 4 to 10, 2021. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer. The goal of this week is to promote health and wellness and to get bodies up and moving! More details about Active. The week will consist of programs and events including Walk Maryland Day on Wednesday, October 6th at Brookside Gardens.

GUESS WHAT IS TURNING FIVE IN OCTOBER!



Did you guess? The Nancy H. Dacek Community Recreation Center and the North Potomac Senior Center is turning five years old on October 22, 2021, so it is time to celebrate! If you would like to volunteer to entertain or assist staff members, please call Sheila at 202-450-8057 or by email at Sheila.hall@montgomerycountymd.gov. Stay tuned

for more information.

AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Trivia 10:30 Chakra Breathing 11:00 Heart and Brain Health Tips 1:00 Paint via YouTube 2:00 Boggle Game	3 \$10:00 Yoga for Vitality 10:30 English for Mandarin Speakers 12:30 Bridge *1:00 Knit and Crochet 2:00 Ballroom Dancer 3:00 How to Use Zoom in Mandarin & English	4 9:00 Easy Latin Dance Steps 11:00 Relax/Meditate 1:00 Paint via YouTube	5 9:30 Trail Walk 10:30 iPhone Mandarin 12:30 Mah Jongg 12:30 Jai Ho Social 1:00 How to Use Active 1:30 Dance for Posture 2:00 Tai Chi Fit video 3:00 How to Use Zoom in Mandarin & English	6 9:30 Word Games 10:30 Chakra Breathing 1:00 Paint via YouTube
9 9:00 Reopening Continental Breakfast 9:00 Pickleball-Main 10:30 Chakra Breathing 12:00 Games Galore 1:30 Reopening Dance Party with DJ Chrome 2:00 Boggle Game	10 9:00 Volleyball-Main 9:30 How to Use Zoom in Mandarin & English \$10:00 Yoga for Vitality 10:00 Bagels and Bridge 11:00 Simple Healthy Cooking with Rhonda *1:00 Knit and Crochet	11 9:00 Basketball-Main 9:30 Table Tennis-Aux 10:30 Chinese Dancers 1:00 Asian Snack Social 2:00 Ballroom Dancers 3:00 Page by Page Book Club (note time change) *4:00 Let's Talk Rocks	12 9:00 Badminton-Main 9:15 Mindfulness 9:30 Trail Walk 10:00 Bridge 12:30 Scams, Frauds and Cons by ElderSafe 12:30 Jai Ho Social 1:00 Performance by Dance for Posture	13 9:30 Word Games 10:00 Mah Jongg 10:30 Tai Chi Fit video 12:00 Ice Cream Social 1:00 Performance by Barbershop Chorus
16 9:00 Pickleball-Main 9:30 Coffee & Biscotti 9:30 Walk NPSC and Big Pines 10:30 Chakra Breathing 12:00 Games Galore 1:00 Karaoke 2:00 Boggle Game	17 9:00 Volleyball-Main \$10:00 Yoga for Vitality 10:00 Bridge *1:00 Knit and Crochet *2:00 Meditation for Peace with Tammy	18 9:00 Basketball-Main 9:30 Table Tennis-Aux 10:00 Mah Jongg 10:30 Chinese Folk Dance Class with Ming 11:00 Relax/Meditate 2:00 Ballroom Dance 2:00 Page by Page Book Club *4:00 Let's Talk Rocks	19 9:00 Badminton-Main 9:15 Mindfulness 9:30 Trail Walk-Big Pines 10:00 Bridge 12:30 Jai Ho Social 1:00 Dance for Posture 1:30 Tai Chi Fit video	20 9:30 Word Games 10:00 Drumming for Wellness with Katy 10:00 Mah Jongg 1:00 Women's Discussion Group 2:00 Jazzy Afternoon with Norris *2:00 Healthy Body with Tammy
23 9:00 Pickleball-Main 9:30 Walk NPSC and Big Pines 10:30 Chakra Breathing *11:00 Conserving Monarch Butterflies 12:00 Games Galore 1:00 Karaoke 2:00 Boggle Game	24 9:00 Volleyball-Main \$10:00 Yoga for Vitality 10:00 Bridge 11:30 Needlecraft *1:00 Knit and Crochet *2:00 Meditation for Peace with Tammy	25 9:00 Basketball-Main 9:30 Table Tennis-Aux 10:00 Mah Jongg 10:30 Chinese Folk Dance Class with Ming 11:00 Relax/Meditate 2:00 Ballroom Dance 2:00 Page by Page Book Club	26 9:00 Badminton-Main 9:15 Mindfulness 9:30 Trail Walk-Big Pines 10:00 Bridge 10:30 News and Events Discussion with Lyle 12:30 Jai Ho Social 1:00 Dance for Posture 1:30 Tai Chi Fit video	27 9:30 Word Games 10:00 Mah Jongg 10:00 Dance for Fitness 1:00 Women's Discussion Group 1:30 Beginners Landscape Painting *2:00 Healthy Body with Tammy
30 9:00 Pickleball-Main 9:30 Walk NPSC and Big Pines 10:30 Chakra Breathing 12:00 Games Galore 1:00 Karaoke	31 9:00 Volleyball-Main \$10:00 Yoga for Vitality 10:00 Bridge 11:30 Needlecraft *1:00 Knit and Crochet *2:00 Meditation for Peace with Tammy	\$ Indicates Fee. Register on Activemontgomery.org * Indicates Zoom Program (can be done at home or at NPSC) MEALS ON WHEELS LUNCH PROGRAM MONDAY THRU FRIDAY BEGINS AUGUST 9TH. CALL JEAN AT 240-773-4805 TO REGISTER. JCA BUS TRANSPORTATION BEGINS AUGUST 9TH. CALL 240-777-4924. <i>Program schedule can change. Please call Center at 240-773-4805 to confirm a program. Thank you.</i>		