

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

APRIL 2025-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUMMER REGISTRATION OPENS MAY 13TH 9AM	1 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:30 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	Wellness Wednesday 2 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:30 Chinese Folk Dance 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 3:00 Basic Self Defense Workshop No Regular Cardio Fit class	3 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Kickball Fun 10:00 Current Events 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Outdoor Pickleball 5:45 Soccer	4 9:30 Stretching Exercise 9:45 Soccer-weather permitting 11:30 SNP Lunch Program 12:00 Chinese Mahjong 12:30 International Folk Dance 2:30 Tai Chi Line Dancing Start Date Changed to April 18	TechConnect 5 9am to 1pm 9:30-11:00 Martial Arts Health Dance 10:30-11:30 TechConnect Virtual Reality Meta Quest 3
7 9:15 Zumba 9:30 Stretching Exercise 9:30 Everyday English for Chinese Natives 9:45 Walking Soccer 10:00 Beginners American Mah Jongg Lessons 10:00 American Mah Jongg 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body 2:15 Senior Planet: Chromebook Essentials (1st class) 2:30 Slow Flow Yoga No Bollywood Dance	8 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:30 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	Wellness Wednesday 9 9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:30 Chinese Folk Dance 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 2:15 Senior Planet: Chromebook Essentials 4:00 Evening Crafters No Self Defense workshop	10 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events Discussion 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Outdoor Pickleball 5:45 Soccer (weather permitting)	11 9:30 Stretching Exercise 9:45 Soccer-weather permitting 11:30 SNP Lunch Program 12:00 Chinese Mahjong 12:30 International Folk Dance Line Dancing Start Date Changed to April 18 No Tai Chi	TechConnect 12 9am to 1pm 9:30-11:00 Martial Arts Health Dance 10:30-11:30 TechConnect Virtual Reality Meta Quest 3
14 9:15 Zumba 9:30 Stretching Exercise 9:30 Everyday English for Chinese Natives 9:45 Walking Soccer 10:00 Beginners American Mah Jongg Lessons 10:00 American Mah Jongg 10:30 Bollywood Dance 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body 2:15 Senior Planet: Chromebook Essentials 2:30 Slow Flow Yoga 4:00 Crafty Companions	15 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:30 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise 6:30 Scale Modeling Group	Wellness Wednesday 16 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:30 Chinese Folk Dance 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 2:15 Senior Planet: Chromebook Essentials 3:00 Basic Self Defense Workshop No Cardio Fit class	17 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events Discussion 11:30 SNP Lunch Program 12:30 Chat with Senior Center Director 1:00 Dance for Posture (Mandarin) 12:30 Chat w/55+ Director 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Outdoor Pickleball No Soccer	18 9:30 Stretching Exercise 10:00-Noon Tai Chi CMC 37 Yang Style (New session) 11:30 SNP Lunch Program 12:00 Chinese Mahjong 12:30 International Folk Dance 1:40 Line Dancing (1st class) 2:30 Tai Chi No Soccer	TechConnect 19 9am to 1pm 9:30-11:00 Martial Arts Health Dance 10:30-11:30 TechConnect Virtual Reality Meta Quest 3

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<div>21</div> <div>9:30 Stretching Exercise 9:30 Everyday English for Chinese Natives 9:45 Walking Soccer (weather permitting) 10:00 Beginners American Mah Jongg Lessons 10:00 American Mah Jongg 10:30 Bollywood Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 12:30 Emergency Preparedness Presentation (rescheduled from March) 2:00 Healthy Mind & Body 2:15 Senior Planet: Chromebook Essentials 2:30 Slow Flow Yoga <i>No Zumba</i></div>	<div>22</div> <div>9:00 Public Transit Travel Training with JCA and WMATA 9:30-10:15 Zumba Video 10:00 Earth Day Walk and Plog 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:30 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise <i>No Beginners Tai Chi</i></div>	<div>23</div> <div>9:30 Chair Aerobics 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:30 Chinese Folk Dance 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 2:15 Senior Planet: Chromebook Essentials 3:00 Basic Self Defense Workshop (last class) <i>No Wellness Wednesday</i> <i>No Cardio Fit</i></div>	<div>24</div> <div>9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events Discussion 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Outdoor Pickleball 5:45 Soccer (weather permitting)</div>	<div>25</div> <div>9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change with Liora 10:00-Noon Tai Chi CMC 37 Yang Style 11:30 SNP Lunch Program 12:00 Chinese Mahjong 12:30 International Folk Dance 1:40 Line Dancing 2:30 Tai Chi</div>	<div>TechConnect 26</div> <div>9am to 1pm 9:30-11:00 Martial Arts Health Dance 10:30-11:30 TechConnect Virtual Reality Meta Quest 3</div>
<div>28</div> <div>9:30 Stretching Exercise 9:30 Everyday English for Chinese Natives 9:45 Walking Soccer (weather permitting) 10:00 Beginners American Mah Jongg Lessons 10:00 American Mah Jongg 10:30 Bollywood Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body 2:15 Senior Planet: Chromebook Essentials 2:30 Slow Flow Yoga 4:00 Crafty Companions <i>No Zumba</i></div>	<div>29</div> <div>9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:30 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise <i>No Beginners Tai Chi</i></div>	<div>Wellness Wednesday 30</div> <div>9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:30 Chinese Folk Dance 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 2:15 Senior Planet: Chromebook Essentials <i>Last Day for Wellness Wednesday</i></div>	<div>North Potomac Senior Center monthly calendar and newsletter is online at North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov) by the 5th of every month.</div> <div>NEW FEATURE—North Potomac Senior Center “Announcements” is online at North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov) and is updated weekly.</div> <div>BONE BUILDER CLASSES at NPSC Mondays & Wednesdays—10:45 to 11:45am Tuesdays & Thursdays 10:40 to 11:40am & 11:50am to 12:50pm Email- AnnMarie.Heiser@montgomerycountymd.gov</div> <div>SENIOR FIT CLASSES at NPSC Mondays & Wednesdays—1 to 1:45pm Call Holy Cross Health at 301-754-8800 for registration information. Email-seniorfit@holycrosshealth.org for information.</div>		