

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

February 2026-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:15 Zumba 2</p> <p>9:15 Tai Chi Practice Beginners</p> <p>9:30 Everyday English for Chinese Natives</p> <p>9:30 Stretching Exercise</p> <p>9:45 Walking Soccer</p> <p>10:00 American Mah Jongg</p> <p>11:30 Jai Ho Discussion Grp</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>12:15 Bonjour! Basic French</p> <p>1:15 Rummikub Game</p> <p>2:00 Healthy Body/Mind</p> <p>2:15 Senior Planet-Google</p>	<p>9:30 Tai Chi Practice 3</p> <p>9:30-10:15 Zumba Video</p> <p>10:00-12:00 Chinese Mahjong</p> <p>10:30 Japanese, Intermediate and Up</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>1:00 Knit and Crochet Group</p> <p>1:00 Bridge</p> <p>1:00 Chinese Classical Folk Dance</p> <p>2:00 Chinese Karaoke</p> <p>3:15 Heart Plus Exercise</p>	<p>9:15 Cardio Fit 4</p> <p>9:15 Tai Chi Practice-Beginners</p> <p>9:30 Stretching Exercise</p> <p>9:30 Tai Chi CMC 37</p> <p>9:30 Mindfulness Fitness</p> <p>9:30 & 1:00 Blood Pressure</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Chinese Mahjong</p> <p>10:45 Sit and Stretch</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>12:15 Wellness Presentation</p> <p>1:00 Chinese Folk Dance</p> <p>1:00 Int'l Ballroom Dancing</p> <p>2:15 Senior Planet-Google</p> <p>3:15 Conv. Spanish Practice</p> <p>4:00 NO Evening Crafters</p>	<p>9:30 Qigong Flow Practice 5</p> <p>9:30-10:15 Zumba Video</p> <p>10:00 Current Events</p> <p>10:30 Mindfulness Art</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>1:00 Dance for Posture (Mandarin)</p> <p>1:00 American Mah Jongg</p> <p>1:00 Bridge</p> <p>2:00 Yoga Slow Flow</p> <p>3:15 Heart Plus Exercise</p> <p>3:30 Tech Tutoring</p> <p>3:30 Painting-Acrylics</p>	<p>9:15 Tai Chi Practice for Beginners 6</p> <p>9:30 Stretching Exercise</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Coping with Change</p> <p>11:00 Chat with Senior Center Director</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>12:00 Chinese Mahjong</p> <p>12:15 International Folk Dance</p> <p>12:30 Knit and Crochet Group</p> <p>1:00 Cardboard Boat Design</p> <p>2:30 Tai Chi Chen 18</p>	<p>9:00—1:00 TechConnect 7</p> <p>9:30-11:00 Martial Arts Health Dance</p>
<p>9:15 Zumba 9</p> <p>9:15 Tai Chi Practice Beginners</p> <p>9:30 Everyday English for Chinese Natives</p> <p>9:30 Stretching Exercise</p> <p>9:45 Walking Soccer</p> <p>10:00 American Mah Jongg</p> <p>11:30 Jai Ho Discussion Grp</p> <p>12:15 Bonjour! Basic French</p> <p>1:00 SNP Nutrition Info</p> <p>1:15 Rummikub Game</p> <p>2:00 Healthy Body/Mind</p> <p>2:15 Senior Planet-Google</p> <p>4:00 Crafty Companions</p>	<p>9:30 Tai Chi Practice 10</p> <p>9:30-10:15 Zumba Video</p> <p>10:00-12:00 Chinese Mahjong</p> <p>10:30 Japanese, Intermediate and Up</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>1:00 Knit and Crochet Group</p> <p>1:00 Bridge</p> <p>1:00 Chinese Classical Folk Dance</p> <p>2:00 Chinese Karaoke</p> <p>3:15 Heart Plus Exercise</p>	<p>9:15 Cardio Fit 11</p> <p>9:15 Tai Chi Practice-Beginners</p> <p>9:30 Stretching Exercise</p> <p>9:30 Tai Chi CMC 37</p> <p>9:30 Mindfulness Fitness</p> <p>9:30 & 1:00 Blood Pressure</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Chinese Mahjong</p> <p>10:45 Sit and Stretch</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>12:15 Wellness Presentation</p> <p>1:00 Chinese Folk Dance</p> <p>1:00 Int'l Ballroom Dancing</p> <p>2:15 Senior Planet-Google</p> <p>3:15 Conv. Spanish Practice</p>	<p>9:30 Qigong Flow Practice 12</p> <p>9:30-10:15 Zumba Video</p> <p>10:00 Current Events</p> <p>10:30 Mindfulness Art</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>1:00 Dance for Posture (Mandarin)</p> <p>1:00 American Mah Jongg</p> <p>1:00 Bridge</p> <p>2:00 Yoga Slow Flow</p> <p>3:15 Heart Plus Exercise</p>	<p>9:15 Tai Chi Practice for Beginners 13</p> <p>9:30 Stretching Exercise</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Coping with Change</p> <p>10:30 Valentine's Paint Mixer</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>12:00 Chinese Mahjong</p> <p>12:15 International Folk Dance</p> <p>12:30 Knit and Crochet Group</p> <p>1:00 Cardboard Boat Design</p> <p>1:30 Hip Hop Dance (BHM)</p> <p>1:30 NO Trail Line Dance</p> <p>2:30 Tai Chi Chen 18</p>	<p>9:00—1:00 TechConnect 14</p> <p>9:30-11:00 Martial Arts Health Dance</p>
<p>16</p> <p>CLOSED FOR PRESIDENTS DAY</p> 	<p>9:30 Tai Chi Practice 17</p> <p>9:30-10:15 Zumba Video</p> <p>10:00-12:00 Chinese Mahjong</p> <p>10:30 Japanese, Intermediate</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>1:00 Knit and Crochet Group</p> <p>1:00 Bridge</p> <p>1:00 Chin. Classic Folk Dance</p> <p>2:00 Chinese Karaoke</p> <p>3:15 Heart Plus Exercise (last Tuesday class)</p>	<p>9:15 Cardio Fit 18</p> <p>9:15 Tai Chi Practice-Beginners</p> <p>9:30 Stretching Exercise</p> <p>9:30 Tai Chi CMC 37</p> <p>9:30 Mindfulness Fitness</p> <p>9:30 & 1:00 Blood Pressure</p> <p>9:45 Soccer-weather per mitting</p> <p>10:00 Chinese Mahjong</p> <p>10:45 Sit and Stretch</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>12:15 Wellness Presentation</p> <p>1:00 Chinese Folk Dance</p> <p>1:00 Int'l Ballroom Dancing</p> <p>2:15 Senior Planet-Google</p> <p>3:15 Conv. Spanish Practice</p>	<p>9:30 Qigong Flow Practice 19</p> <p>9:30 NO Zumba Video</p> <p>10:00 Current Events</p> <p>10:00 African Drumming (BHM)</p> <p>10:30 Mindfulness Art</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>1:00 Dance for Posture (Mandarin)</p> <p>1:00 American Mah Jongg</p> <p>1:00 Bridge</p> <p>2:00 Yoga Slow Flow</p> <p>3:15 Heart Plus Exercise</p>	<p>9:15 Tai Chi Practice for Beginners 20</p> <p>9:30 Stretching Exercise</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Coping with Change</p> <p>10:00 Watercolor/ Illustration (BHM)</p> <p>11:30 <i>SNP Lunch Program</i></p> <p>12:00 Chinese Mahjong</p> <p>12:15 International Folk Dance</p> <p>12:30 Knit and Crochet Group</p> <p>1:00 Cardboard Boat Design</p> <p>1:30 Trail Ride Line Dancing</p> <p>2:30 Tai Chi Chen 18</p>	<p>9:00—1:00 TechConnect 21</p> <p>9:30-11:00 Martial Arts Health Dance</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23 9:15 Zumba 9:15 Tai Chi Practice for Beginners 9:30 Everyday English for Chinese Natives 9:30 Stretching Exercise 9:45 Walking Soccer 10:00 American Mah Jongg Montgomery County Dept. of Transportation Presentation 11:30 Jai Ho Discussion Grp 12:15 Bonjour! Basic French (last day) 1:15 Rummikub Game 2:00 Healthy Body/Mind 2:15 Senior Planet-Google	24 9:30 Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Japanese, Intermediate and Up <i>11:30 SNP Lunch Program</i> 1:00 Knit and Crochet Group 1:00 Bridge 1:00 NO Chinese Classical Folk Dance 1:30 Lunar New Year Celebration 2:00 NO Chinese Karaoke	25 9:15 Cardio Fit 9:15 Tai Chi Practice-Beginners 9:30 Stretching Exercises 9:30 Tai Chi CMC 37 9:30 Mindfulness Fitness 9:30 & 1:00 Blood Pressure 9:45 Soccer-weather permitting 10:00 Chinese Mahjong <i>11:30 SNP Lunch Program</i> 12:15 Wellness Presentation 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing 2:15 Senior Planet-Google (make-up class) 3:15 Conversation Spanish Practice	26 9:30 Qigong Flow Practice 9:30-10:15 Zumba Video 10:00 Current Events 10:30 Mindfulness Art <i>11:30 SNP Lunch Program</i> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Yoga Slow Flow 3:15 Heart Plus Exercise (last Thursday class)	27 9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change 10:00 Watercolor/ Illustration (BHM) <i>11:30 SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group 1:00 Cardboard Boat Design 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	28 9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance



BLACK HISTORY MONTH

Be sure to register for our Black History Month programs indicated with (BHM) next to the program name.

SPRING REGISTRATION

Registration for the 2026 Spring Session will begin on Wednesday, February 18th at 9am for 55+ programs.

55+ Programs will be viewable on the Montgomery County Recreation website beginning on Friday, February 6th.

North Potomac Senior Center monthly calendar and newsletter is available online at . [North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland \(montgomerycountymd.gov\)](https://montgomerycountymd.gov/DepartmentofRecreation) by the 5th of every month.

NEW FEATURE—North Potomac Senior Center “Announcements” is online at [North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland \(montgomerycountymd.gov\)](https://montgomerycountymd.gov/DepartmentofRecreation) and is updated regularly.

BONE BUILDER CLASSES at NPSC

Mondays & Wednesdays—10:45 to 11:45am

Tuesdays & Thursdays

10:40 to 11:40am and 11:50am to 12:50pm

Spring Session Registration-2/18/25 at 9am

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.