

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

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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	23 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	24 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	25 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)	26 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	27 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) 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) 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.