

Revised**REGISTRATION REQUIRED**

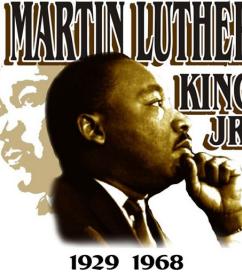
Programs subject to change without notice. Call 240-773-4805 to confirm.

January 2026-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.		Center Closes at 3pm on Wednesday, December 31st. HOLIDAY Senior Center Closed NO SENIOR PROGRAMS, SNP LUNCH, AND JCA TRANSPORTATION 	2 9:15 Tai Chi Practice for Beginners 9:45 Soccer-weather permitting 11:30 SNP Lunch Program 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group 2:30 Tai Chi Chen 18 No Line Dancing No Stretching Exercise No Coping With Change	3 9:00–1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
9:15 Zumba 9:15 Tai Chi Practice for Beginners 9:30 Lidl Grocery Store 9:30 Everyday English for Chinese Natives 9:30 Stretching Exercise 9:45 Walking Soccer 9:45 Tai Chi Practice(Mandarin) 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	5 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 1:00 American Mah Jongg Lessons 2:00 Chinese Karaoke 2:00 Bridge Lessons-Beginner 3:15 Heart Plus Exercise	6 9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Chinese Mahjong 10:45 Sit and Stretch 11:30 SNP Lunch Program 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing 3:15 Conversation Spanish Practice	7 9:30 Intro to Qigong Flow 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 Slow Flow Yoga 2:00 Bridge Lessons-Beg. (last day) 3:15 Heart Plus Exercise 3:30 Tech Tutoring	8 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 and Planning 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	9 9:00–1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
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 9:45 Tai Chi Practice(Mandarin) 10:00 American Mah Jongg 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 12:15 Bonjour! Basic French 1:00 SNP Nutrition Info 1:15 Rummikub Game 2:00 Healthy Body/Mind 4:00 Crafty Companions	12 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 1:00 American Mah Jongg Lessons 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	13 9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather permitting 9:30 Tai Chi CMC 37 (1st day) 10:00 Chinese Mahjong 10:45 Sit and Stretch 11:30 SNP Lunch Program 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing 3:15 Conversation Spanish Practice	14 9:30 Intro to Qigong Flow 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 Slow Flow Yoga 3:15 Heart Plus Exercise	15 9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change 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 and Planning 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	16 9:00–1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MLK HOLIDAY 19 Senior Center Closed NO SENIOR PROGRAMS, SNP LUNCH, AND JCA TRANSPORTATION 	20 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 1:00 American Mah Jongg Lessons 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	21 9:15 Cardio Fit 9:30 Stretching Exercises 9:45 Soccer-weather permitting 9:30 Tai Chi CMC 37 10:00 Chinese Mahjong 11:30 SNP Lunch Program 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing 3:15 Conversation Spanish Practice	22 9:30 Intro to Qigong Flow 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 Slow Flow Yoga 3:15 Heart Plus Exercise	23 9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change 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 and Planning 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	24 9:00-1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
26 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 (weather permitting) 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg 10:30-4:30 Jigsaw Puzzle Competition 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 12:15 Bonjour! Basic French Conversation 1:15 Rummikub Game 2:00 Healthy Body/Mind	27 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	28 9:15 Cardio Fit 9:30 Stretching Exercises 9:45 Soccer-weather permitting 9:30 Tai Chi CMC 37 10:00 Chinese Mahjong 11:30 SNP Lunch Program 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing 3:15 Conversation Spanish Practice	29 9:30 Intro to Qigong Flow 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 Slow Flow Yoga 3:15 Heart Plus Exercise	30 9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change 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 and Planning 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	31 9:00-1:00 TechConnect 9:30-11:00 Martial Arts Health Dance

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.