



**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
<b>North Potomac Senior Center monthly calendar and newsletter is available online at . <a href="#">North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</a> by the 5th of every month.</b>  <b>NEW FEATURE—North Potomac Senior Center “Announcements” is online at <a href="#">North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</a> and is updated regularly.</b>			Center Closes at 3pm on Wednesday, December 31st.  <b>HOLIDAY</b> <b>Senior Center Closed</b> <b>NO SENIOR PROGRAMS,</b> <b>SNP LUNCH, AND</b> <b>JCA TRANSPORTATION</b>  	<b>2</b>  9:15 Tai Chi Practice for Beginners 9:45 Soccer-weather permitting <i>11:30 SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group 2:30 Tai Chi Chen 18  <b>No Line Dancing</b> <b>No Stretching Exercise</b> <b>No Coping With Change</b>	<b>3</b>  9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
<b>5</b>  9:15 Zumba 9:15 Tai Chi Practice for Beginners <b>9:30 Lidl Grocery Store</b> <b>9:30 Everyday English for Chinese Natives</b> 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 <i>11:30 SNP Lunch Program</i> 12:15 Bonjour! Basic French 1:15 Rummikub Game 2:00 Healthy Body/Mind	<b>6</b>  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 Chinese Classical Folk Dance <b>1:00 American Mah Jongg Lessons</b> 2:00 Chinese Karaoke <b>2:00 Bridge Lessons-Beginner</b> 3:15 Heart Plus Exercise	<b>7</b>  9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Chinese Mahjong 10:45 Sit and Stretch <i>11:30 SNP Lunch Program</i> 1:00 Chinese Folk Dance 1:00 Int’l Ballroom Dancing 3:15 Conversation Spanish Practice	<b>8</b>  9:30 Intro to Qigong Flow 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 Slow Flow Yoga <b>2:00 Bridge Lessons-Beg. (last day)</b> 3:15 Heart Plus Exercise <b>3:30 Tech Tutoring</b>	<b>9</b>  9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change <b>11:00 Chat with Senior Center Director</b> <i>11:30 SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group <b>1:00 Cardboard Boat Design and Planning</b> 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	<b>10</b>  9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
<b>12</b>  9:15 Zumba 9:15 Tai Chi Practice for Beginners <b>9:30 Everyday English for Chinese Natives</b> 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 <i>11:30 SNP Lunch Program</i> 12:15 Bonjour! Basic French <b>1:00 SNP Nutrition Info</b> 1:15 Rummikub Game 2:00 Healthy Body/Mind <b>4:00 Crafty Companions</b>	<b>13</b>  9:30 Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Japanese, Intermediate <i>11:30 SNP Lunch Program</i> 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chin. Classic Folk Dance <b>1:00 American Mah Jongg Lessons</b> 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>14</b>  9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather per mitting <b>9:30 Tai Chi CMC 37 (1st day)</b> 10:00 Chinese Mahjong 10:45 Sit and Stretch <i>11:30 SNP Lunch Program</i> 1:00 Chinese Folk Dance 1:00 Int’l Ballroom Dancing 3:15 Conversation Spanish Practice	<b>15</b>  9:30 Intro to Qigong Flow 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 Slow Flow Yoga 3:15 Heart Plus Exercise	<b>16</b>  9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change <i>11:30 SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group <b>1:00 Cardboard Boat Design and Planning</b> 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	<b>17</b>  9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MLK HOLIDAY 19</b> <b>Senior Center Closed</b> <b>NO SENIOR PROGRAMS, SNP LUNCH, AND JCA TRANSPORTATION</b>  <b>MARTIN LUTHER KING JR.</b> <b>1929 1968</b>	<b>20</b> 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 <i>SNP Lunch Program</i> 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance <b>1:00 American Mah Jongg Lessons</b> 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>21</b> 9:15 Cardio Fit 9:30 Stretching Exercises 9:45 Soccer-weather permitting <b>9:30 Tai Chi CMC 37</b> 10:00 Chinese Mahjong 11:30 <i>SNP Lunch Program</i> 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing 3:15 Conversation Spanish Practice	<b>22</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events 10:30 Mindfulness Art 11:30 <i>SNP Lunch Program</i> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Slow Flow Yoga 3:15 Heart Plus Exercise	<b>23</b> 9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change 11:30 <i>SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group <b>1:00 Cardboard Boat Design and Planning</b> 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	<b>24</b> 9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
<b>26</b> 9:15 Zumba 9:15 Tai Chi Practice for Beginners <b>9:30 Everyday English for Chinese Natives</b> 9:30 Stretching Exercise 9:45 Walking Soccer (weather permitting) 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg <b>10:30—4:30 Jigsaw Puzzle Competition</b> 11:30 Jai Ho Discussion Grp 11:30 <i>SNP Lunch Program</i> 12:15 Bonjour! Basic French Conversation 1:15 Rummikub Game 2:00 Healthy Body/Mind	<b>27</b> 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 <i>SNP Lunch Program</i> 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>28</b> 9:15 Cardio Fit 9:30 Stretching Exercises 9:45 Soccer-weather permitting <b>9:30 Tai Chi CMC 37</b> 10:00 Chinese Mahjong 11:30 <i>SNP Lunch Program</i> 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing 3:15 Conversation Spanish Practice	<b>29</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events 10:30 Mindfulness Art 11:30 <i>SNP Lunch Program</i> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Slow Flow Yoga 3:15 Heart Plus Exercise	<b>30</b> 9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change 11:30 <i>SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group <b>1:00 Cardboard Boat Design and Planning</b> 1:30 Trail Ride Line Dancing 2:30 Tai Chi Chen 18	<b>31</b> 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](mailto:seniorfit@holycrosshealth.org) for information.