

North Potomac Senior Center

13850 Travilah Road • Rockville, MD 20850 • (240) 773 – 4805



JULY 2025 NEWSLETTER

Please Cancel!

Please respect your friends, your neighbors, and other members of the senior center by canceling if you are unable to complete a program or class. You can cancel your registration by emailing

Rec.FinanceOffice@montgomerycountymd.gov

Almost ALL of our 55+ programs have a waitlist and for someone to be removed from waitlist and enrolled in a program, the customer must cancel by emailing the Finance office at the email address above.

Canceled registration allow waitlisted customers an opportunity to get enrolled.

WAITING LIST

TechConnect

What is TechConnect?

TechConnect is assistance with technology. Bring your tablet, laptop, or mobile phone if you are able. Registration is not required.

Our TechConnect staff, Puja will be available on the following days:

July 12

July 19

July 26

9:00am to 1:00pm

Center Closures

The Senior Center will be closed on the following dates:

INDEPENDENCE DAY

Friday, July 4th

NORTH POTOMAC ANNUAL CLEANING

Sunday, August 24 to
Sunday, August 31, 2025

LABOR DAY

Monday, Sept. 1, 2025

NEW ANNOUNCEMENT SECTION

A NEW FEATURE—North Potomac Senior Center "Announcements" is online at [North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland \(montgomerycountymd.gov\)](https://www.montgomerycountymd.gov/npseniorcenter) and is updated weekly.

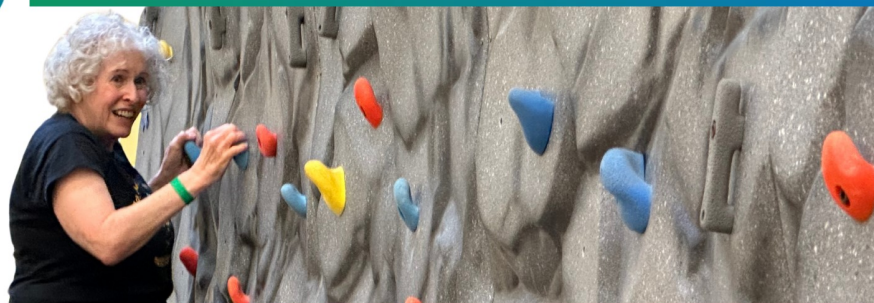
North Potomac Senior Center updates 55+ programs regularly on their website under "Announcements."



MONTGOMERY COUNTY MARYLAND

Active
Aging
Week

FOR RESIDENTS 55+



Oct. 6-12



Go, Grow and Get Active!



SAVE THE DATE

During this week, individuals are invited to attend FREE programs and activities to help Go, Grow and Get Active!



SCAN



SIGNATURE EVENT



Monday, Oct. 6

9 a.m. – 2 p.m.

Wellness Programs and Activities • 9 a.m. - Noon
Vendor Fair and Health Screenings • Noon - 2 p.m.

Nancy H. Dacek North Potomac CRC
13850 Travilah Road, Rockville

To learn more about changing the way you age, visit ActiveAgingWeek.com



MONTGOMERY COUNTY RECREATION

SENIORS 55+

WALKING CLUB

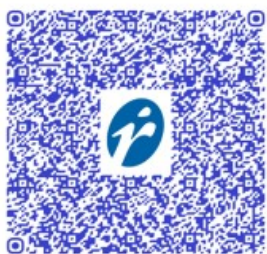
Join us this summer at your local senior center for a walking club!

Walking Club Opportunities June 2 - Aug. 20:

ACTIVITY	LOCATION	DAY	TIME
R07035-500	SILVER SPRING WALKING CLUB	F	10 - 11 A.M.
R07035-510	WHEATON WALKING CLUB	W	9:30 - 10:30 A.M.
R07035-512	SCHWEINHAUT WALKING CLUB	TU	10:30 - 11:30 A.M.
R07035-513	NORTH POTOMAC WALKING CLUB	TH	10:30 - 11:30 A.M.
R07035-514	LONG BRANCH WALKING CLUB	M	9:30 - 10:30 A.M.
R07035-521	DAMASCUS WALKING CLUB	M	10 - 11 A.M.
R07035-525	WHITE OAK WALKING CLUB	W	1:15 - 1:45 P.M.



FREE



SCAN

WALK TOGETHER FUN MILE

R07035-515 WHEATON CRC INDOOR TRACK
WEDNESDAY, AUG. 20, 9:30 - 10:30 A.M.

At the end of the summer, join your peers in a joint senior center one-mile walk. Wear comfortable clothing and closed-toe shoes. Check-in will occur at the upstairs lobby front desk area.



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION





To register, visit [ActiveMontgomery.org](https://www.ActiveMontgomery.org)
240-777-6840 • Hablamos Español • www.mocorec.com



MONTGOMERY COUNTY
Recreation

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).
Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.

New and Upcoming 55+ Programs

Day/Time	Program	Registration Number
Wednesdays Current to August 13, 2025 12:30 to 1:30pm	Bonjour! Basic French Conversation and Culture	<i>R07019_503</i>
Tuesday July 1, 2025 10:30 to 11:30am	 Tie Dye Fun with Summer Campers	<i>R07095_509</i>
Thursdays June 26 to August 14, 2025 10:30 to 11:30am	 Walking Club	<i>R07035_513</i>
Mondays July 14 to August 18, 2025 5:15 to 6:15pm	 Strength and Balance	<i>R07060_525</i>
Mondays Sept. 8 to Nov. 17 1:15 to 3:15pm	 Rummikub Game	<i>R07086_107</i>
Mondays Sept. 8 to Nov. 24 9:15 to 10:15am	Zumba	<i>R07070_111</i>
Mondays Sept. 8, 2025 to Feb. 23, 2026 9:45 am to 12:00pm	Walking Soccer	<i>R07128_105</i>
Wednesdays Sept. 10 to Nov. 12, 2025 4:00 to 5:30pm	Conversational Spanish for Beginners	<i>R07015_113</i>

Registration, Transportation, & Senior Lunch

NEW INFORMATION—SENIOR NUTRITION PROGRAM (SNP) ***LUNCH BY DUTCH MILL CATERING***

As of March 27, 2025, the Senior Nutrition Lunch Program is no longer taking new applications. If you are currently a participant, you can continue to reserve meals. Meals are available for a voluntary contribution toward the cost of the meals for those sixty and over. Individuals under sixty must pay the full price of the meal which is currently \$8.26. Your donations help to support the funding of this program.

New Cancellation and No Show Policy begins June 1, 2025. Speak to your SNP managers, Jean or Andy for information if needed.

To make a meal reservation, call 240-773-4805 before 10:00am *at least* four business days ahead of desired lunch day. If you need to cancel your meal reservation, contact Andy or Jean at 240-773-4805 or email NPSC@montgomerycountymd.gov with your information.

HOW DO I REGISTER FOR PROGRAMS?

To participate in programs, classes, or use equipment in Montgomery County Recreation facilities, all individuals must fill out an *Active Montgomery Registration Form*. All programs have an assigned activity number (e.g. #R07010_100) and are important to know during the registration process. The registration form is available at the front desk or you may register online at *ActiveMontgomery.org*. After completing this form and having your picture taken a Recreation Pass Card, or *RecPass* will be given to you by a staff member. This RecPass allows holder access to all Montgomery County Community Recreation Centers and Senior Centers by scanning your card's unique barcode at the front desk.

If your name does not appear on the attendance sheet of a class you plan to attend, you **MUST** register at the front desk by completing and signing an Active Montgomery Registration Form. Unsure if you are registered for a program or class? The front desk staff can verify your status and print a receipt confirming your registration or waitlist status.

Finally, please be kind to your fellow participants, instructors, and staff by adhering to the rules and regulations set by Montgomery County. Thank you.

FREE CURB TO CURB TRANSPORTATION BY JCA

Currently JCA transportation has a waitlist, however they recommend you complete and have your application submitted to go onto the waitlist. If you reside within **five miles** of the North Potomac Senior Center, the Jewish Council for the Aging (JCA) offers free, handicap accessible transportation Monday through Friday. Call 240-773-4805 or stop by the North Potomac Senior Center for an application. Once application is submitted, you will be contacted by JCA if you become off the waitlist.

Volunteers Needed



Senior Volunteers

Volunteers provide the Recreation Department with much-needed help for a wide variety of Senior Programs that serve residents who are 55 and older.

If interested in volunteering at North Potomac Senior Center. Please attend an informative session on Thursday, July 17th at 11am.

ALERT MONTGOMERY

An enhanced electronic emergency warning system with the information you need, when and where you need it.



WHAT IS ALERT MONTGOMERY?

Alert Montgomery is a free service that allows registered users to receive emergency alerts on their cell phones, or other mobile devices during a major crisis, emergency, or severe weather event.

WHAT KIND OF ALERTS ARE SENT, AND WHEN WILL I RECEIVE THEM?

If you live, work, and/or attend school in Montgomery County, you have a wide choice of alerts from which you can choose. The amount of alerts you receive in most cases is up to you. Traffic alerts can be frequent, but severe weather alerts should occur far less often. If you feel you are getting too few or too many alerts, you can adjust your alert settings online.

HOW CAN I REGISTER OR UPDATE MY ACCOUNT?

To access the registration page, go to:

<https://alert.montgomerycountymd.gov>

Once you have registered, you'll be able to update your account, and/or manage the notifications that you receive.

**Enroll Today: A Minute Now
Could Save You Later!**



• IMPORTANT County Phone Numbers




• FOR MORE INFORMATION

on Emergency Preparedness visit www.montgomerycountymd.gov/oemhs, or if you do not have access to a computer, contact 311 or 240-777-0311 (TTY 301-251-4850).

- **DURING EMERGENCIES**, listen to local FM or AM radio for Emergency Broadcast System information.

- **SIGN UP FOR ALERT MONTGOMERY** to get emergency alerts via text, voice, or e-mail. Update or create your account by logging onto alert.montgomerycountymd.gov.

• EMERGENCY

	Police	911
	Fire	911
	Ambulance	911



• NON-EMERGENCY

Police	301-279-8000
Report Crime Tips	240-773-TIPS (8477)
Poison Control	800-222-1222
Montgomery County Government	311 or 240-777-0311 (TTY 301-251-4850)



@ReadyMontgomery



Montgomery County, MD
Office of Emergency
Management and
Homeland Security

Lasagna Roll-Ups

Makes 6 servings

Ingredients:

- 12 lasagna noodles
- 1 1/2 cups ricotta cheese
- 1 1/2 cups shredded mozzarella cheese, divided
- 1/4 cup grated Parmesan cheese
- 1 egg
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 cups marinara sauce
- 1/2 cup shredded mozzarella (for topping)



Directions

1. Preheat oven to 375°F (190°C) and lightly grease a baking dish.
2. Cook lasagna noodles according to package instructions, then drain and lay flat on a clean surface.
3. In a bowl, mix ricotta, mozzarella, Parmesan, egg, Italian seasoning, garlic powder, and salt.
4. Spread about 2 tablespoons of the cheese mixture onto each noodle, then roll up tightly.
5. Spread 1 cup of marinara sauce on the bottom of the baking dish.
6. Place roll-ups seam-side down in the dish and cover with the remaining sauce.
7. Sprinkle with extra mozzarella and bake for 25 minutes, until bubbly and golden. Allow to cool before serving.

Cooking Tidbit

Lasagna roll-ups are a great way to enjoy classic lasagna flavors with a fun, portioned twist. They can be made ahead and frozen for an easy meal—just bake straight from frozen, adding a few extra minutes.

“Nice” and “Neat”

Use the clues to determine words that rhyme with *nice* or *neat*. The first nine words rhyme with *nice* and the second nine words rhyme with *neat*.

- | | |
|---|-------|
| 1. Yahtzee cubes | _____ |
| 2. Rink surface | _____ |
| 3. Pasta alternative | _____ |
| 4. Piece of pizza | _____ |
| 5. Lab maze runners | _____ |
| 6. One more than once | _____ |
| 7. Sales figure on a tag | _____ |
| 8. Flavor enhancer | _____ |
| 9. Florida police drama, <i>Miami</i> _____ | _____ |
| 10. Sport shoe feature | _____ |
| 11. Bourbon or Sesame | _____ |
| 12. Furnace output | _____ |
| 13. Mattress covering | _____ |
| 14. Shoe fillers | _____ |
| 15. Hotel's deluxe booking | _____ |
| 16. Dine | _____ |
| 17. Group of warships | _____ |
| 18. Break the rules to win | _____ |



North Potomac Senior Center

Polynesian Extravaganza

