

North Potomac Senior Center

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



Reminder to Cancel

ATTENTION 55+ PARTICIPANTS

**PLEASE CANCEL!
DO NOT BE A NO SHOW!**

If unable to start or complete a program or class you are enrolled in taking, cancel your registration enrollment by emailing:

Rec.FinanceOffice@montgomerycountymd.gov

Include your name along with the name, active number, day and, time of the program or class. Almost all the programs at North Potomac Senior Center have a waitlist with others waiting to be enrolled. Thank you.

Contact Sheila with questions at
Sheila.hall@montgomerycountymd.gov

TechConnect Info

Assistance with your tablet, laptop, and phone. Bring your device with you if able.

THURSDAY - 3:30 TO 4:30PM
February 5

AND

SATURDAYS - 9AM TO 1PM
February 7
February 14
February 21
February 28

Senior Ctr Closures

HOLIDAY SCHEDULE

CLOSED
for
Presidents Day on
MONDAY
February 16



55+ Spring Registration

Spring Registration for 55+ Programs will begin at 9:00 am on Wednesday, February 18, 2026. Programs will be viewable online beginning Friday, February 6, 2026. Some programs may have a small fee required at registration.



MONTGOMERY COUNTY RECREATION

Emergency Weather Policy

Montgomery County Recreation (MCR) programming can be impacted by emergency weather conditions. All employees should [register to receive emergency notifications through Alert Montgomery](#).

Employees can find the most up-to-date information via the following channels:

- Alert Montgomery
- Office of Human Resources Webpage:
<https://apps.montgomerycountymd.gov/OHROfficeStatus/status>
- A status email will be sent to Rec.All.

Customers can find the most up-to-date information via the following channels:

- [Montgomery County Recreation website](#)
- Montgomery County Recreation on [Facebook](#)
- Montgomery County Recreation on [X \(Twitter\)](#)
- Rec Alerts from Alert Montgomery. They can register [here](#).

Inclement Weather Policies:

If MCPS closes:

- All scheduled programs and classes are canceled.
- Aquatic, Recreation and Senior Centers open at 9 a.m.
- All facilities are open for drop-in activities.
- Senior transportation and senior nutrition programs are canceled.

If MCPS has a two-hour delayed opening:

- Aquatic, Recreation and Senior Centers open at 9 a.m.
- Programs and classes before 10 a.m. are canceled.
- Senior transportation and senior nutrition programs are canceled.

If MCPS has early dismissal:

- Programs and classes beginning at 2 p.m. or later are canceled.
- Club Adventure closes at 2 p.m.
- Facilities remain open for drop-in activities.

If Montgomery County Government has delayed opening:

- All facilities open at that time.
- All programs that begin before that time are canceled.
- **in many instances, this is combined with a MCPS closure.**

If Montgomery County Government has an early closure:

- All facilities close at that time.
- All programs that are scheduled to end after that time are canceled/end at the time of the closure.
- **in many instances, this is combined with a MCPS closure.**



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.

ALERT
montgomery



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



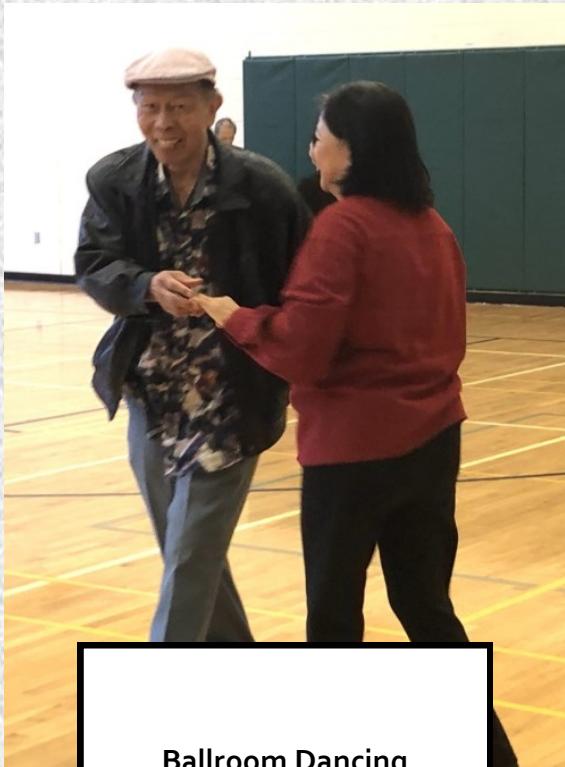
Montgomery County, MD
Office of Emergency
Management and
Homeland Security

NPSC SENIORS—CAUGHT ON CAMERA

Qigong Flow



Ballroom Dancing



Ballroom Dancing

Basic French Conversation



NPSC SENIORS—CAUGHT ON CAMERA



International
Folk Dance
doing Russian
Folk Dance



Trail Line Dancing



International Folk Dance



Seated Stretch Class

Residents and the Bring Your Own Bag Tax Law

Begins
January 1, 2026



Montgomery County passed a new law, the [Bring Your Own Bag Law \(PDF\)](#), that changes how you get bags when shopping in Montgomery County, beginning **January 1, 2026**. The goal is simple: reduce waste, protect our waterways, and encourage everyone to bring their own reusable bags.



Key Things to Know

- **No more plastic carryout bags at many businesses.**
Plastic carryout bags will be prohibited starting January 1, 2026, though businesses in some municipalities within the county are exempt from this ban.
- **Paper bags will cost 10 cents each.**
If you forget your reusable bag, you can purchase a paper bag at checkout for 10 cents
- **Bring your own reusable bags.**
Save money and the environment by keeping reusable bags handy. They're sturdier, hold more, and won't rip on the way home.
- **Some types of bags and some customers are exempt from the law:**
 - Plastic bags are still allowed for:
 - Prescription medications from pharmacies
 - Fresh produce, meats, seafood, or bulk food items
 - Dry cleaning and garment bags
 - The 10¢ paper bag tax (excise tax) does not apply for:
 - Customer transactions paying with SNAP, WIC or other state-approved food assistance benefits at a grocery store.
 - Restaurant takeout and delivery orders
- **Rules may vary by location.**
Some municipalities within Montgomery County allow businesses to provide plastic bags, but they must charge 10 cents per bag. The full list of municipalities are listed in the FAQs below. The easiest way to avoid confusion? **Always bring your own bag!**

Why This Matters

Revenue from the bag tax supports the County's water quality and anti-litter initiatives, as part of a broader effort to reduce waste and protect the environment. By bringing your own reusable bags, you're helping:

- Save money
- Reduce plastic waste
- Protect local waterways and wildlife
- Support a more sustainable Montgomery County

MONTGOMERY COUNTY RECREATION



Registration Opens
Wednesday,
February 18 at 9am

CASINO ROYALE

MARDI GRAS

55+ ACTIVE ADULTS

SATURDAY,
MARCH 21

Noon-3 p.m.

Enjoy music, games and refreshments.

Participants who register early will receive
\$50,000 in play money at the door. Walk-ins will receive
\$25,000 in play money. Redeem play money to win prizes.

FREE ENTRY

N. Potomac CRC • 13850 Travilah Road, Rockville



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

For more information, visit mocorec.com
240-777-6840 • Hablamos Español



MONTGOMERY COUNTY
Recreation

MONTGOMERY COUNTY RECREATION

SENIORS ON STRIKE BOWLING TRIP

MONDAY, APRIL 20 | 9:30 A.M. - 1:45 P.M. | \$5 FEE

AGES:

55+

NORTH POTOMAC
SENIOR CENTER

240-773-4805

ACTIVITY
R07101-383

IN PERSON
REGISTRATION ONLY
BEGINNING WEDNESDAY,
FEBRUARY 18TH AT 9AM

Join your senior center and other participating centers in a friendly competition of bowling in Gaithersburg. Registration includes bowling, rental shoes, arcade card, pizza, water and soft drinks. **Preregistration is required and space is limited.**

Bus transportation from centers is strongly encouraged!

LUCKY STRIKE GAITHERSBURG

1101 CLOPPER ROAD, GAITHERSBURG, MD 20878



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

Registration must be completed in person at senior center.

240-777-6840 • Hablamos Español • www.mocorec.com



MONTGOMERY COUNTY

Recreation

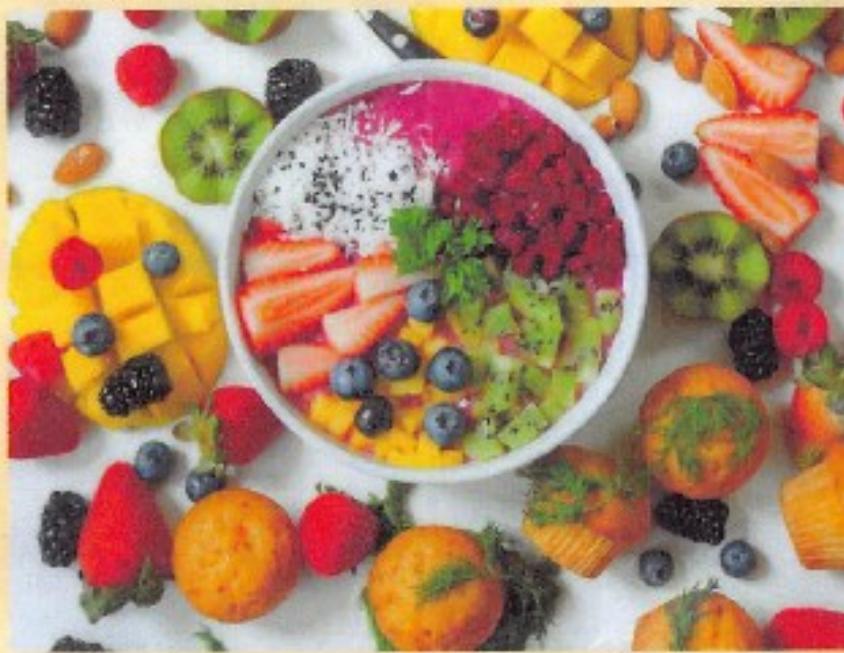
Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).

Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.

Senior Nutrition Program
Montgomery County Dept of Health and Human Services

Effective October 15, 2025, the Price of Your Meal is

\$8.40



Please donate to help provide meals to other seniors in
Montgomery County.

The recommended donation is \$3 per meal, but
every penny counts.



Your donations provide MORE MEALS for people like you.

55+ Enrollment By Day Information

Enrollment By Day Class Information

Winter Session 2025/2026

Enrolled Participants:

- Will be admitted first, during the first five minutes of class.

Waitlisted Customers or New Customers: (for select Enrollment By Day classes)

- May be admitted only for that specific day, after the first five minutes, if there is space available.
- Must complete and sign an Active enrollment form in person.
- One-day enrollment cannot be done online. The form must be completed in person at the senior center.
- Being admitted for one day does not remove your name from the waitlist. Waitlist is still in effect.
- If you want to attend a Enrollment By Day class again, you must complete and sign a new Active registration form each time you wish to participate.

Below are the Winter Session programs with the Enrollment By Day option:

⇒ American Mah Jongg	R07047_212
⇒ American Mah Jongg	R07047_210
⇒ American Mah Jongg	R07047_215
⇒ Chinese Mahjong	R07047_207
⇒ Chinese Mahjong	R07047_209
⇒ Crafty Companions	R07095_233
⇒ Jai Ho Discussion Group	R07312_204
⇒ Knit and Crochet Group	R07003_208
⇒ Knit and Crochet Group	R07003_201
⇒ Painting	R07095_232
⇒ Rummikub Game	R07086_208
⇒ Sit and Stretch	R07066_202

Senior Lunch, Registration, and Transportation

SENIOR NUTRITION PROGRAM (SNP)

As of November 1, 2025, the Senior Nutrition Lunch Program is keeping a list of all seniors interested in the Senior Nutrition Lunch Program (SNP). Email your first and last name along with your email address, and phone number to NPSC@montgomerycountymd.gov for the SNP Site managers Jean and Andy. 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 increased to \$8.40 effective October 15, 2025. Your \$3.00 recommended donation helps to support this program.

New Cancellation and No Show Policy begins June 1, 2025. Speak to your SNP site 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*. The Active Registration form is available at the front desk or you can register online at ActiveMontgomery.org. After completing the ActiveMontgomery 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.

All 55+ programs have an assigned activity number which begins with R07 (e.g. #R07010_100). 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*. Are you unsure if you are registered for a program or class? The front desk staff and 55+ staff can verify your enrollment status and print a receipt confirming your registration or waitlist status if available.

Finally, please be kind to the staff, instructors, and fellow participants by adhering to the rules and regulations set by Montgomery County Department of recreation. 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 when a space becomes available.

New and Upcoming 55+ Programs

Day/Time	Program	Registration Number
Friday Current to Feb. 27, 2026 12:30 to 2:30 pm	Knit and Crochet Group	R07003_208
Friday February 6, 2026 11:00 to 11:45 am	Chat with Senior Center Director	R07314_202
Wednesday Current to February 25, 2026 9:30 am to 11:30 am and 1:00 pm to 2:30 pm	 Blood Pressure Screening University of Maryland Nursing Students	R07108_206
Tuesday March 3 to May 26, 2026 10:30 am to 12:00 pm	Japanese, Intermediate and Up	R07021_313
Tuesday March 3 to March 24, 2026 6:00 to 7:00 pm	 Strength and Balance	R07060_390
Wednesday March 4 to April 29, 2026 9:30 am to 11:30 am and 1:00 pm to 2:30 pm	 Blood Pressure Screening University of Maryland Nursing Students	R07108_320
Wednesday March 18 to May 6, 2026 4:00 pm to 5:30 pm	 Spanish Conversation for Beginners	R07016_301
Tuesday May 5, 2026 10:30 am to 12:00 pm	 Cinco de Mayo Paint and Socialize	R07095_331

2026 Rec Assist Applications

Montgomery County Recreation began accepting applications for 2026 Rec Assist, the department's financial assistance program, on Monday, December 8, 2025.

County residents who receive public assistance from any of these programs are eligible for Rec Assist:

- *Care for Kids*
- *Free and Reduced-Price Meal Services (FARMS)*
- *Heat and Eat (H-EAT)*
- *Housing Assistance from a Shelter*
- *Maryland Energy Assistance*
- *Maryland Medicaid*
- *Supplemental Nutrition Assistance Program (SNAP)*
- *Supplemental Social Security Income*
- *Temporary Cash Assistance (TCA)*
- *WIC*

Any student who attends a Montgomery County Public School participating in Community Eligibility Provision is eligible for Rec Assist. Proof of enrollment must be provided.

Once approved, each eligible family member will receive \$400 placed on the qualifying individual's ActiveMONTGOMERY account for use. Rec Assist 2026 funds are available for use from January 1 through December 31, 2026, or until the funds are depleted. Funds are available on a first come, first served basis.

Rec Assist applications will be accepted online, by mail to Montgomery County Recreation Attention Rec Assist, 2425 Reddie Drive, 10th Floor, Wheaton, MD, 20902 or can be dropped off at that same address Monday to Friday, 8:30 a.m. to 4:30 p.m.

Once your application is approved, the amount of eligible assistance will be placed on your ActiveMONTGOMERY account within 10 business days. For more information or to apply online, visit mocorec.com/recassist.

Olympic Events

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

D	E	P	I	P	F	L	A	H	D	I	B	H	S	D
R	R	G	N	I	I	K	S	E	O	I	F	O	Q	O
R	W	A	I	Z	I	N	L	K	A	T	J	C	F	W
A	Y	V	O	A	R	S	S	T	E	T	Q	K	Z	N
L	U	G	E	B	B	L	H	A	I	L	W	E	Z	H
C	S	M	O	O	W	L	J	B	G	D	E	Y	T	I
Q	G	F	B	V	O	O	T	P	N	L	E	T	D	L
B	Q	P	L	N	Z	R	N	L	I	V	O	E	O	L
E	R	U	G	I	F	A	M	S	L	C	I	O	P	N
S	R	O	D	S	M	C	I	D	R	O	N	Q	M	S
U	L	C	R	O	S	S	C	O	U	N	T	R	Y	Y
W	I	A	G	Y	L	Y	D	C	C	Z	B	F	J	E
C	W	U	L	F	R	E	E	S	T	Y	L	E	W	S
L	L	S	H	O	R	T	T	R	A	C	K	Q	C	X
S	Z	N	I	L	M	H	Z	L	N	H	N	F	R	P



BIATHLON	FREESTYLE (skiing)	SHORT TRACK
BOBSLED	HALF-PIPE	SKELETON
CROSS-COUNTRY	HOCKEY	SKIING
CURLING	LUGE	SLALOM
DOWNHILL	MOGULS	SNOWBOARD
FIGURE (skating)	NORDIC (combined)	SPEED (skating)

Raspberry Chia Parfait

Makes 4 servings

Ingredients:

- 2 cups fresh or frozen raspberries (thawed if frozen)
- 2 tablespoons honey or maple syrup
- 1 1/2 cups milk (any kind)
- 1/2 cup chia seeds
- 1 teaspoon vanilla extract
- 1 cup Greek yogurt
- 1/2 cup granola
- Fresh raspberries for topping



Directions

1. In a microwave-safe bowl, combine raspberries and honey. Microwave for 1 to 2 minutes, stirring halfway through, until the berries soften and release their juices. Set aside to cool.
2. In a medium bowl, whisk together milk, chia seeds, and vanilla. Allow to sit for 10 minutes, then whisk again to prevent clumping. Cover and refrigerate for at least 2 hours or until thickened.
3. When ready to assemble, spoon a layer of chia pudding into each glass or bowl.
4. Add a layer of the raspberry mixture, followed by a spoonful of Greek yogurt.
5. Repeat layers until glasses are filled, ending with yogurt on top.
6. Sprinkle granola and fresh raspberries over each parfait just before serving.

Fun Food Fact

Chia seeds can absorb up to 10 times their weight in liquid, creating a creamy pudding texture that's full of fiber, protein, and omega-3s.