

North Potomac Senior Center

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



MARCH 2026 NEWSLETTER

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. Learn how to register for programs and classes. Bring your device with you if able.

**SATURDAYS
9AM TO 1PM**

March 7
March 14
March 21
March 28

Voting in 2026!

2026 is a voting year and once again North Potomac Recreation and Senior Center will be a voting location for Early Voting in June 2026 and Voting in November 2026. As in years past we will have to alter some of our 55+ summer programs and cancel some of our 55+ classes.

Also, during voting our SNP lunch will relocate to the Community Lounge with overflow seating in the Solarium. Thank you and remember to vote in 2026!

Summer Registration

Mark your Calendars! Tuesday, May 12th at 9am is registration for 55+ summer programs and classes..



NPSC SENIORS—CAUGHT ON CAMERA

Black History Month Programs



Seniors participating in African Drumming for Black History Month



Watercolor Art with Arturo with emphasis on African American Art by Jacob Lawrence



Hip Hop Dance Workshop with Vinny



African Drumming with Dun Dun Drums with Uasuf



African Drumming question and answer with Uasuf and a senior participant

NPSC SENIORS—CAUGHT ON CAMERA

Valentine Paint and Socialize



55+ Enrollment By Day Information for Spring

Enrollment By Day Class Information

Spring 2026 Session

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 Spring Session programs with the Enrollment By Day option:

⇒	American Mah Jongg	R07047_322
⇒	Jai Ho Discussion Group	R07312_314
⇒	Knit and Crochet Group	R07003_308
⇒	Rummikub Game	R07086_310
⇒	Sit and Stretch	R07066_308
⇒	Zumba	R07070_325

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
Mondays March 2 to May 18, 2026 2:00 to 3:30 pm	Healthy Body and Peaceful Mind	R07077_323
Mondays March 2 to May 18, 2026 11:30 am to 1:00 pm	Jai Ho Discussion and Social Group	R07312_314
Tuesday March 3 to May 26, 2026 10:30 am to 12:00 pm	Japanese, Intermediate and Up	R07021_313
Wednesdays March 4 to April 22, 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
Thursdays March 5, April 9, and May 14, 2026 11:00 to 11:45 am	Chat with Senior Center Director	R07314_312
Fridays March 6 to May 29, 2026 12:30 to 2:00 pm	 Knit and Crochet Group	R07003_310
Thursdays April 16 to May 28, 2026 3:30 to 5:30 pm	 Pickleball Outdoor Court	R07091_314
Thursdays April 23 to May 28, 2026 5:45 to 7:45 pm	 Soccer	R07128_305

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 Reedie 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 mcorec.com/recassist.

Festival of Colors

Match the clues to the words associated with Holi.

- | | |
|--|------------------|
| 1. Country where Holi originated _____ | A. puja |
| 2. Season of renewal _____ | B. India |
| 3. Hindu god known as the preserver _____ | C. Krishna |
| 4. Colored dust thrown during Holi _____ | D. joy |
| 5. Day of celebration _____ | E. sweets |
| 6. Follower of Hinduism _____ | F. flower petals |
| 7. Large outdoor blaze _____ | G. water |
| 8. Treats shared during Holi _____ | H. powders |
| 9. Blue-skinned deity _____ | I. colors |
| 10. Moral opposite of bad _____ | J. good |
| 11. Used to wash colors away _____ | K. spring |
| 12. Wealth and good fortune _____ | L. Hindu |
| 13. Pigments or shades _____ | M. Vishnu |
| 14. Hindu act of worship _____ | N. community |
| 15. Feeling Holi brings _____ | O. Holika |
| 16. People living in the same place _____ | P. holiday |
| 17. Used to make Holi dye _____ | Q. bonfire |
| 18. Demoness burned on the eve of Holi _____ | R. prosperity |



Early Spring Garden Herb Loaf

Makes 8 servings

Ingredients:

- Cooking spray
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon mixed dried herbs
- 1 cup milk
- 1/4 cup olive oil
- 1 egg



Directions

1. Preheat oven to 350°F. Spray a standard-size loaf pan with cooking spray.
2. Stir together flour, baking powder, salt, and herbs in a large bowl.
3. Whisk milk, olive oil, and egg in a medium bowl.
4. Add the wet mixture to the dry and stir until just mixed.
5. Pour into a greased loaf pan.
6. Bake for 40–45 minutes or until a toothpick comes out clean.

Cooking Tidbit

Dried herbs are most flavorful when gently folded into batter—overmixing can bruise them and dull their aroma.

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

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:

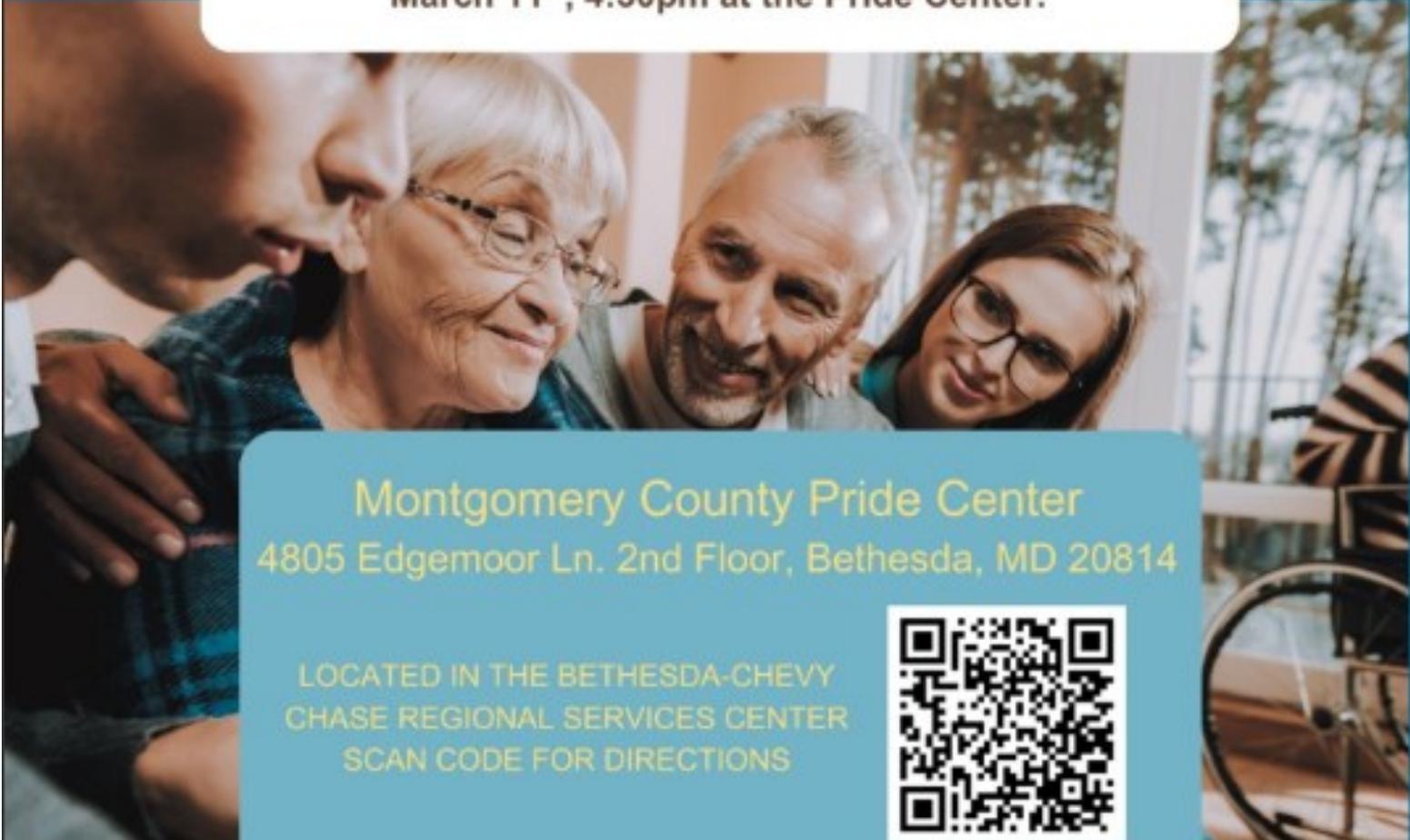
- All facilities close at that time.
- All programs that are scheduled to end after that time are canceled/end at the time of the closure.
- **in many instances, this is combined with a MCPS closure.**





We'd like to hear your thoughts on aging in Montgomery County, with a focus group aimed at hearing from the LGBTQ+ community.

March 11th, 4:30pm at the Pride Center.



Montgomery County Pride Center
4805 Edgemoor Ln. 2nd Floor, Bethesda, MD 20814

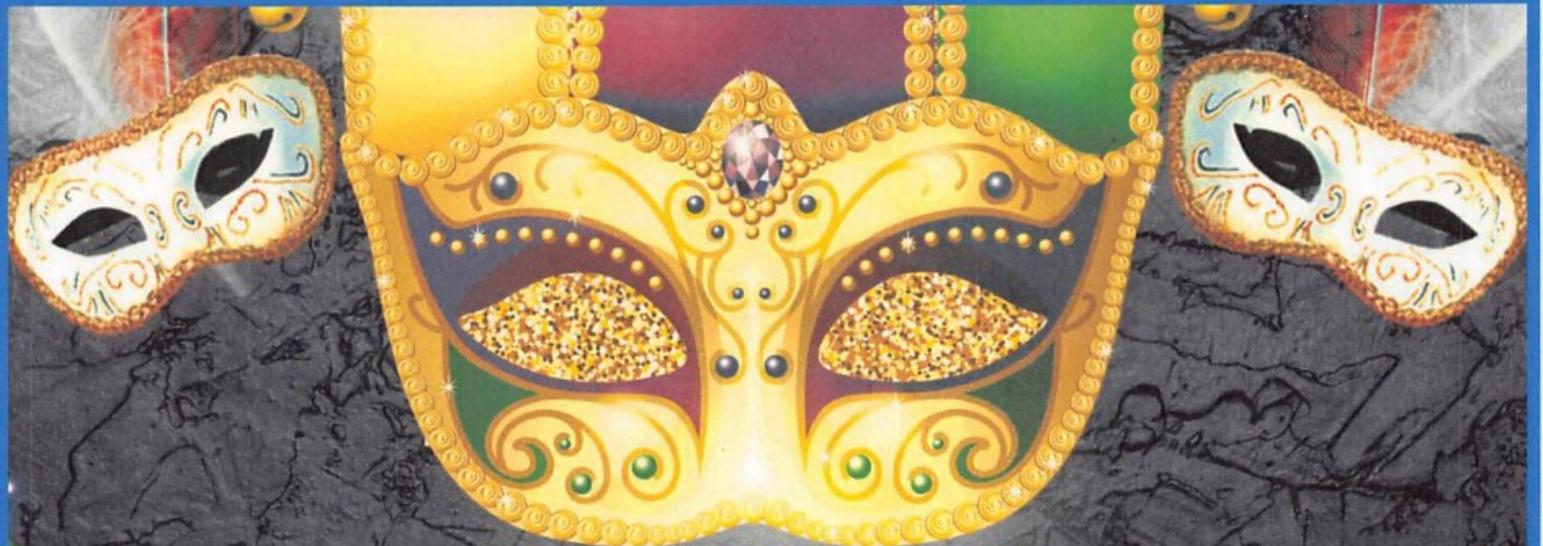
LOCATED IN THE BETHESDA-CHEVY
CHASE REGIONAL SERVICES CENTER
SCAN CODE FOR DIRECTIONS



Age-Friendly Montgomery County is an initiative designed to enhance the County as a wonderfully diverse Community for a Lifetime-- a place where all residents can thrive to their full potential, and contribute to making our County a better, stronger and more inclusive community for everyone.

Thank you for your feedback as we work towards this vision!

MONTGOMERY COUNTY RECREATION



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

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



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.

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



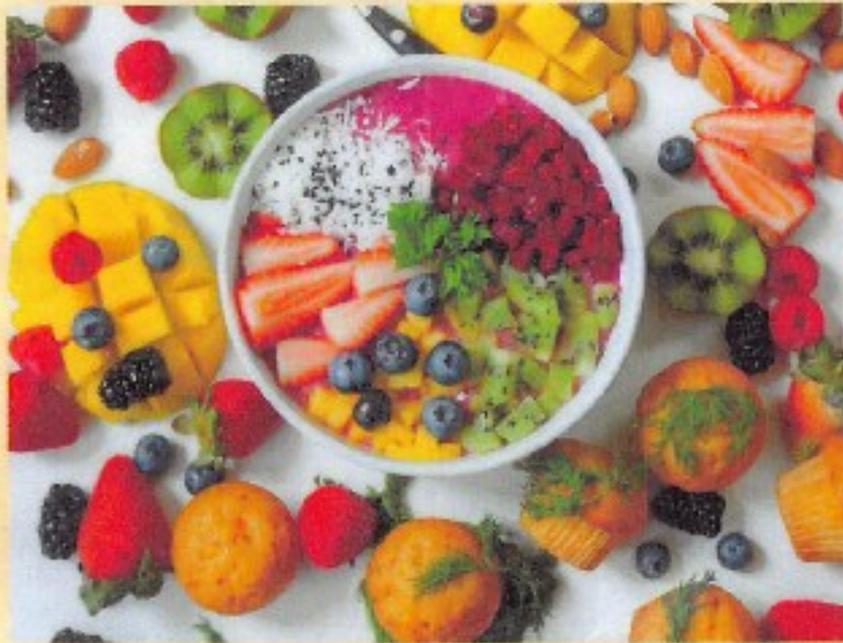
MONTGOMERY COUNTY
Recreation

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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.