



North Potomac Senior Center

AUGUST 2022 - 55+ PROGRAMS



Programs Subject to Change Without Notice. Call Center to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">REGISTRATION IS REQUIRED FOR ALL PARTICIPANTS ATTENDING 55+ PROGRAMS AND CLASSES</p> <p>All classes and programs are subject to change. Programs highlighted have been brought to the centers attention of a possible change due to instructor scheduling. Please call the Center at 240-773-4805 to confirm the status of a program or class.</p> <p>If you live within five miles of North Potomac Senior Center, call 240-773-4805 for information on the FREE JCA bus transportation to/from the Senior Center.</p> <p>To join the Senior Nutrition Lunch Program (SNP) at North Potomac Senior Center, call Hsiying Jean Wang, Nutrition Site Manager at 240-773-4805 or email her at hsiying.wang@montgomerycountymd.gov for information, an application, and current menu.</p> <p>Mark your calendars! Fall programs are viewable online on Friday, Aug. 5 and open for registration on Monday, Aug. 15.</p>			<p align="center"><u>Open Gym Schedule</u></p> <p>Paid membership is required to participate in Open Gym</p> <p>Mondays: PICKLEBALL - 9 a.m.-noon (Main) Tuesdays: VOLLEYBALL - 9 a.m.-noon (Main) Wednesdays: BASKETBALL - 9 a.m.-noon (Main) Wednesdays: TABLE TENNIS - 9:30 a.m.-noon (Aux) Thursdays: BADMINTON - 9 a.m.-noon (Main)</p> <p>Call the Recreation Center at 240-773-4800 to confirm our open gym schedule.</p> <p>Need a membership? See our front desk staff for FREE or PAID membership application and sign up.</p>	
<p align="right">1</p> <p>9:45 Healthy Fitness Video 10:15 Zumba Video 10:45 Bone Builders Class 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1 Senior Fit</p>	<p align="right">2</p> <p>9:30 Belly Dance Workout 9:45 Healthy Fitness Video 10 Yoga for Vitality (Fee) 10 ActiveMontgomery Registration Class w/Lance in Mandarin (Bring your device) 10-3 Scheduled Wellness Plus Appts w/ Univ. of MD 10:15 Zumba Video 10:45 Bone Builders 11:30 SNP Lunch Program 12:30 Mind Exercises 1 Knit and Crochet Group 2:30 Linying's Classical Chinese Folk Dance</p>	<p align="right">3</p> <p>9:30 Hula Hoop Fun 9:45 Healthy Fitness Video 10:15 Zumba Video 10:30 Chinese Folk Dance 10:45 Bone Builders Class 11 Mindfulness and Mediation 11:30 SNP Lunch Program Noon Intl Ballroom Dance 1 Senior Fit 1:30 Persian Dance Workout</p>	<p align="right">4</p> <p>9:45 Healthy Fitness Video 10 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Coffee and Current Events with Lyle 10:45 Bone Builders Class 11:30 SNP Lunch Program 12:15 Paint and Sip 1 Dance for Posture (Mandarin) 1 ActiveMontgomery Registration Class in English (Bring your device)</p>	<p align="right">5</p> <p>9:30 Lobby Games 9:45 Healthy Fitness Video 10:45 Zumba Video 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:30 Ice Cream Float Social 2 Karaoke 5 NPSC Table Tennis Tournament with Lance and Ed</p> <p align="center">View Fall Programs Online</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8	9	10	11
<p>North Potomac Senior Center Will be <u>CLOSED</u> this week for cleaning! Aug. 7—Aug. 13</p>				
15	16	17	18	19
9:45 Healthy Fitness Video 10:15 Zumba Video 10:30 Creative Dramatics from Life Stories 10:45 Bone Builders Class 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1:00 Senior Fit Register For Fall Class Online or In-person	9:30 MINI TRIP: JCA Bus Outing to MoCo Fair—Senior Day 9:45 Healthy Fitness Video 10 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Simple healthy Cooling w/ Rhonda, RD (FEE) 10:45 Bone Builders Class 11:30 SNP Lunch Program 12:30 Mind Exercises 1:00 Knit and Crochet 2:30 Linying’s Classical Chinese Folk Dance 6:30 Scale Modeling	9:30 Hula Hoop Fun 9:45 Healthy Fitness Video 10:15 Zumba Video 10:30 Chinese Folk Dance 10:45 Bone Builders Class 11 Chakra Breathing with Denise 11:30 SNP Lunch Program 1:00 Senior Fit	9:45 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Coffee and Current Events with Lyle 10:30 Creative Dramatics from Life Stories 10:45 Bone Builders Class 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin)	9:30 Lobby Games 9:45 Healthy Fitness Video 10:45 Zumba Video 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1 One-on-One TechConnect with TeenWorks (Bring your device) 2:00 Karaoke



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
9:45 Healthy Fitness Video 10:15 Zumba Video 10:30 Creative Dramatics from Life Stories 10:45 Bone Builders 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1 Senior Fit	9:30 Belly Dance Workout 9:45 Healthy Fitness Video 10 Yoga for Vitality (Fee) 10 Wellness Plus Program by University of Maryland Ext. (Must be interviewed by 8/2) 10:15 Zumba Video 10:45 Bone Builders 11:30 SNP Lunch Program 12:30 Mind Exercises 1 Knit and Crochet Group 1:30 Afternoon Latin Dance Workout 2:30 Linying's Classical Chinese Folk Dance	9:30 Hula Hoop Fun 9:45 Healthy Fitness Video 10:15 Zumba Video 10:30 Chinese Folk Dance 10:45 Bone Builders Class 11 Mindfulness and Meditation 11:30 SNP Lunch Program 1 Senior Fit 1 Int'l Ballroom Dance 1:30 Persian Dance Workout	9:45 Healthy Fitness Video 10 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Coffee and Current Events with Lyle 10:30 Creative Dramatics from Life Stories 10:45 Bone Builders Class 11:30 SNP Lunch Program 12:15 Paint and Sip 1 Dance for Posture (Mandarin)	9:30 Lobby Games 9:45 Healthy Fitness Video 10:45 Zumba Video 10:45 Bone Builders 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 2 Karaoke 2:30 National Cherry Pop-sicle Day
29	30	31		
9:45 Healthy Fitness Video 10:15 Zumba Video 10:30 Creative Dramatics from Life Stories 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1 Senior Fit	9:30 Belly Dance Workout 9:45 Healthy Fitness Video 10 Yoga for Vitality (Fee) 10:15 Zumba Video 11:30 SNP Lunch Program 12:30 Mind Exercises 1 Knit and Crochet Group 1:30 Afternoon Latin Dance Workout 2:30 Linying's Classical Chinese Folk Dance	9:30 Hula Hoop Fun 9:45 Healthy Fitness Video 10:15 Zumba Video 10:30 Chinese Folk Dance 11 Mindfulness and Meditation 11:30 SNP Lunch Program 1 Senior Fit 1 Int'l Ballroom Dance 1:30 Persian Dance Workout		