

**REGISTRATION REQUIRED**  
 Programs subject to change without notice.  
 Call 240-773-4805 to confirm.

# April 2026-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Senior Nutrition Program (SNP) Lunch</b>  <b>Monday through Fridays</b>  <b>11:30am in Social Hall A</b></p> <p>If you have questions, reach out to Jean or Andy,            Monday through Friday between 9am and 2:30pm at            240-773-4805 or email            NPSC@montgomerycountymd.gov</p> 	<p>9:15 Cardio Fit <b>1</b>            9:15 Tai Chi Practice-Beginners            9:30 Stretch to Music  <b>9:30 &amp; 1:30 Blood Pressure</b>            9:45 Soccer-weather permitting            10:00 Chinese Mahjong            10:00 American Mah Jongg            10:30 Stretch to Music-Seated            10:45 Sit and Stretch  <b>12:15 Health Presentation</b>  <b>1:00 Mindfulness Fitness</b>            1:00 Chinese Folk Dance            1:00 Int'l Ballroom Dancing  <b>2:30 Tai Chi Foundations</b>  <b>No Spanish Conversation</b></p>	<p>9:15 Cardio Fit <b>2</b>            9:30 Qigong Practice/Video            9:30 Zumba Video            10:00 Current Events  <b>12:00 Rummikub Game</b>  <b>12:30 Virtual Reality</b>            1:00 Dance for Posture            (Mandarin)            1:00 American Mah Jongg            1:00 Bridge            2:00 Yoga-Slow Flow            3:15 Heart Plus Exercise</p>	<p>9:15 Tai Chi Practice for            Beginners <b>3</b>            9:30 Stretch to Music            9:45 Soccer-weather permitting            10:00 Coping with Change            10:30 Stretch to Music-Seated            12:00 Chinese Mahjong            12:15 International Folk Dance            12:30 Knit and Crochet Group  <b>12:45 Mindfulness Coloring</b>            1:30 Trail Ride Line Dance            2:30 Tai Chi Chen 18</p>	<p>9:00—1:00 TechConnect <b>4</b>            9:30-11:00 Martial Arts            Health Dance</p>	
<p>9:15 Zumba <b>6</b>            9:15 Tai Chi Practice for            Beginners            9:30 Stretch to Music            9:45 Walking Soccer-weather            permitting            9:45 Tai Chi Practice (Mandarin)            10:30 Stretch to Music-Seated            10:00 American Mah Jongg            11:30 Jai Ho Discussion Group            12:15 Bonjour! Basic French            1:15 Rummikub Game            2:00 Healthy Body/Mind</p>	<p><b>9:15 Tai Chi Sword-            Beginner</b> <b>7</b>            9:30 Tai Chi for Beginners            9:30 Zumba Video            10:00 Chinese Mahjong            10:30 Japanese, Intermediate            and Up            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>6:00 Strength and Balance</b></p>	<p>9:15 Cardio Fit <b>8</b>            9:15 Tai Chi Practice-Beginners            9:15 Cardboard Boat Regatta            9:30 Stretch to Music  <b>9:30 &amp; 1:30 Blood Pressure</b>            9:45 Soccer-weather permitting            10:00 Chinese Mahjong            10:00 American Mah Jongg            10:30 Stretch to Music-Seated            10:45 Sit and Stretch  <b>12:15 Health Presentation</b>  <b>1:00 Mindfulness Fitness</b>            1:00 Chinese Folk Dance            1:00 Int'l Ballroom Dancing  <b>2:30 Tai Chi Foundations</b>  <b>4:00 Spanish Conversation-            Beginners</b></p>	<p>9:30 Qigong Practice/Video <b>9</b>            9:30 Zumba Video            10:00 Current Events  <b>11:00 Chat with Senior            Center Director</b>  <b>12:00 Rummikub Game</b>  <b>12:30 Virtual Reality</b>            1:00 Dance for Posture            (Mandarin)            1:00 American Mah Jongg            1:00 Bridge            2:00 Yoga-Slow Flow            3:15 Heart Plus Exercise</p>	<p>9:15 Tai Chi Practice for            Beginners <b>10</b>            9:30 Stretch to Music            9:45 Soccer-weather permitting            10:00 Coping with Change            10:30 Stretch to Music-Seated            12:00 Chinese Mahjong            12:15 International Folk Dance            12:30 Knit and Crochet Group  <b>12:45 Mindfulness Coloring</b>            1:30 Trail Ride Line Dance            2:30 Tai Chi Chen 18</p>	<p>9:00—1:00 TechConnect <b>11</b>            9:30-11:00 Martial Arts            Health Dance</p>
<p>9:15 Zumba <b>13</b>            9:15 Tai Chi Practice for            Beginners            9:30 Stretch to Music            9:45 Walking Soccer-weather            permitting            9:45 Tai Chi Practice (Mandarin)            10:00 American Mah Jongg            10:30 Stretch to Music-Seated            11:30 Jai Ho Discussion Group            12:15 Bonjour! Basic French            1:15 Rummikub Game            2:00 Healthy Body/Mind</p>	<p><b>9:15 Tai Chi Sword-            Beginner</b> <b>14</b>            9:30 Tai Chi for Beginners            9:30 Zumba Video            10:00 Chinese Mahjong            10:30 Japanese, Intermediate            and Up            1:00 Knit and Crochet Group            1:00 Bridge            1:00 Chin. Classic Folk Dance            2:00 Chinese Karaoke            3:15 Heart Plus Exercise  <b>6:00 Strength and Balance</b></p>	<p>9:15 Cardio Fit <b>15</b>            9:15 Tai Chi Practice-Beginners            9:30 Stretch to Music  <b>9:30 Tai Chi CMC 37 (1st Day)</b>            9:45 Soccer-weather permitting            10:00 Chinese Mahjong            10:00 American Mah Jongg            10:30 Stretch to Music-Seated            1:00 Chinese Folk Dance            1:00 Int'l Ballroom Dancing  <b>2:30 Tai Chi Foundations</b>  <b>4:00 Spanish Conversation-            Beginners</b>  <b>No Blood Pressure Screens</b>  <b>No Sit and Stretch</b>  <b>No Health Presentations</b>  <b>No Mindfulness Fitness</b></p>	<p>9:30 Qigong Practice/Video <b>16</b>            9:30 Zumba Video            10:00 Current Events  <b>10:15 Senior Planet            Lecture Series (1st Day)</b>  <b>12:00 Rummikub Game</b>  <b>12:30 Virtual Reality</b>            1:00 Dance for Posture            (Mandarin)            1:00 American Mah Jongg            1:00 Bridge            2:00 Yoga-Slow Flow            3:15 Heart Plus Exercise  <b>3:30 Pickleball—Outdoors            (1st Day)weather permitting</b></p>	<p>9:15 Tai Chi Practice for            Beginners <b>17</b>            9:30 Stretch to Music            9:45 Soccer-weather permitting  <b>9:45 Josiah Henson Museum            and Park</b>            10:00 Coping with Change            10:30 Stretch to Music-Seated            12:00 Chinese Mahjong            12:15 International Folk Dance            12:30 Knit and Crochet Group  <b>12:45 Mindfulness Coloring</b>            1:30 Trail Ride Line Dance            2:30 Tai Chi Chen 18</p>	<p>9:00—1:00 TechConnect <b>18</b>            9:30-11:00 Martial Arts            Health Dance</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:15 Zumba 9:15 Tai Chi Practice for Beginners <b>9:30 Seniors on Strike Bowling</b> 9:30 Stretch to Music 9:45 Walking Soccer-weather permitting 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg 10:30 Stretch to Music-Seated 11:30 Jai Ho Discussion Group 12:15 Bonjour! Basic French Conversation 1:15 Rummikub Game 2:00 Healthy Body/Mind	<b>9:15 Tai Chi Sword-Beginner</b> 9:30 Tai Chi for Beginners 9:30 Zumba Video 10:00 Chinese Mahjong 10:30 Japanese, Intermediate and Up 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance 2:00 Blood Pressure Screening 2:00 Chinese Karaoke 3:15 Heart Plus Exercise <b>6:00 Strength and Balance (Last Day)</b>	9:15 Cardio Fit 9:15 Tai Chi Practice for-Beginners 9:30 Stretch to Music <b>9:30 &amp; 1:30 Blood Pressure</b> 9:39 Tai Chi CMC 37 9:45 Soccer-weather permitting 10:00 Chinese Mahjong 10:00 American Mah Jongg 10:30 Stretch to Music-Seated 10:45 Sit and Stretch <b>12:15 Health Presentation</b> <b>1:00 Mindfulness Fitness</b> 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing <b>2:30 Tai Chi Foundations</b> <b>4:00 Spanish Conversation-Beginners</b> <b>4:00 Evening Crafters</b>	9:30 Qigong Practice/Video 9:30-10:15 Zumba Video <b>10:15 Senior Planet Lecture Series</b> 10:00 Current Events <b>12:00 Rummikub Game</b> <b>12:30 Virtual Reality</b> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Yoga-Slow Flow 3:15 Heart Plus Exercise <b>3:30 Pickleball—Outdoors weather permitting</b> <b>5:45-7:45 Soccer-Turf Field (1st Day) weather permitting</b>	9:15 Tai Chi Practice for Beginners 9:30 Stretch to Music 9:45 Soccer-weather permitting 10:00 Coping with Change 10:30 Stretch to Music-Seated 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group <b>12:45 Mindfulness Coloring</b> 1:30 Trail Ride Line Dance 2:30 Tai Chi Chen 18	9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
9:15 Zumba 9:15 Tai Chi Practice for Beginners 9:30 Stretch to Music 9:45 Walking Soccer-weather permitting 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg 10:30 Stretch to Music-Seated 11:30 Jai Ho Discussion Group 12:15 Bonjour! Basic French Conversation 1:15 Rummikub Game 2:00 Healthy Body/Mind	<b>9:15 Tai Chi Sword-Beginner</b> 9:30 Tai Chi for Beginners 9:30 Zumba Video 10:00 Chinese Mahjong 10:30 Japanese, Intermediate and Up 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>6:00 Strength and Balance (1st Day)</b>	9:15 Cardio Fit 9:15 Tai Chi Practice for-Beginners 9:30 Stretch to Music <b>9:30 &amp; 1:30 Blood Pressure</b> 9:39 Tai Chi CMC 37 9:45 Soccer-weather permitting 10:00 Chinese Mahjong 10:00 American Mah Jongg 10:30 Stretch to Music-Seated 10:45 Sit and Stretch <b>12:15 Health Presentation</b> <b>1:00 Mindfulness Fitness</b> 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing <b>2:30 Tai Chi Foundations</b> <b>No Spanish Conversation</b>	9:30 Qigong Practice/Video 9:30-10:15 Zumba Video 10:00 Current Events <b>10:15 Senior Planet Lecture Series</b> <b>12:00 Rummikub Game</b> <b>12:30 Virtual Reality</b> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Yoga-Slow Flow 3:15 Heart Plus Exercise <b>3:30 Pickleball—Outdoors weather permitting</b> <b>5:45-7:45 Soccer-Turf Field weather permitting</b>	<p><b>North Potomac Senior Center monthly newsletter &amp; calendar are online at <a href="http://NorthPotomacSeniorCenter-DepartmentofRecreation-MontgomeryCountyMaryland.montgomerycountymd.gov">North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</a> by the 5th of every month.</b></p> <p><b>NEW FEATURE—North Potomac Senior Center “Announcements” is online at <a href="http://NorthPotomacSeniorCenter-DepartmentofRecreation-MontgomeryCountyMaryland.montgomerycountymd.gov">North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</a> and is updated regularly.</b></p>	

**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

**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 for information.