

North Potomac Senior Center

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



APRIL 2026 NEWSLETTER

NPSC is a Voting Site

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

April 4
April 11
April 18
April 25

Be sure to get your questions answered before Summer Registration.

Center Closures

Easter Sunday
Sunday, April 5th

Memorial Day
Monday,
May 25th

Juneteenth
Friday, June 19th

Summer Registration

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



NPSC is a Site for 2026 Primary Election

The 2026 Primary Gubernatorial Election will be held Tuesday, June 23, 2026, from 7:00 AM to 8:00 PM.

Early voting for the Primary Election will take place from Thursday June 11, 2026, through Thursday June 18, 2026, from 7am-8pm daily. If you would like to reach someone at the Board of Elections, please contact the office at: 240.777.8500, or send an email to: Elections@montgomerycountymd.gov. An office representative will contact you.

Please note: Montgomery County citizens, who missed the advanced voter registration deadline, can still register and vote at a Polling Place on Election Day, Tuesday, June 23, 2026, as well as each day of early voting at one of the 14 Early Voting Centers. Be sure to bring a document that proves where you live when you visit your early voting center or your local Election Day polling place to register to vote. Documentation to prove where you live, includes an MVA-issued license, ID card, learner's permit or change of address card, your paycheck, bank statement, utility bill, or other government document with your name and new address. Tuesday June 16, 2026 is the deadline to request a mailed Mail in Ballot and Friday June 19, 2026, is the deadline to request a mail in ballot delivered via emailed link. The Montgomery County Board of Elections mailing address is: P.O. Box 4333 Rockville, MD 20849-4333.

Find more information from the following link(s):
[Montgomery County Board of Elections - Home Page](#)
[Early Voting Centers 2026](#)

To speak with a Customer Service Representative, please call 311 during business hours.



TABLE TENNIS TOURNAMENT!

Saturday, June 27, 9AM

at Potomac Community Center, Potomac

For men and women age 50-plus | Registration opens March 16!



- Singles, doubles, mixed doubles play.
- Age group competition (50-54, 55-59, etc.) for men and women.
- Win Maryland gold, silver, and bronze medals. Ribbons for 4th-6th place.
- Qualifier for the 2027 National Senior Games in Tulsa, Oklahoma.
- Each registrant receives a free 2026 Maryland Senior Olympics t-shirt.
- Fee: \$30 plus \$5 each additional event.
- Out-of-state players are \$10 additional.
- Deadline to enter: June 15, 8 a.m.



For more information, registration, and to participate in other exciting 2026 Maryland Senior Olympics events, visit...

mdseniorolympics.org, or call **240-777-4930**.

- facebook.com/mdseniorolympics
- flickr.com/photos/mdseniorolympics
- instagram.com/mdseniorolympics
- youtube.com/mdseniorolympics

“TO PARTICIPATE IS TO WIN!”

PRESENTED BY:



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 Current to May 18, 2026 2:00 to 3:30 pm	Healthy Body and Peaceful Mind	R07077_323
Mondays Current to May 18, 2026 11:30 am to 1:00 pm	Jai Ho Discussion and Social Group	R07312_314
Friday Current to May 29, 2025 9:15 to 10:15am	Mindfulness Coloring	R07077_302
Fridays Current to May 29, 2026 12:30 to 2:00 pm	Knit and Crochet Group	R07003_310
Thursdays March 5, April 9, and May 14, 2026 11:00 to 11:45 am	Chat with Senior Center Director	R07314_312
Thursdays April 16 to May 21, 2026 10:15 to 11:15am	 Senior Planet Lecture Series On Health Related Topics	R07105_335
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



VIRTUAL REALITY

Take a virtual reality class to learn
and experience a whole new world!

March 5, 2026 - May 28, 2026




THURSDAYS

12:30PM - 1:30PM

Activity Code: R07094

Section: 312





International Folk Dance

Learn various dances from around the
world. No experience or dance
partner necessary.

MARCH 6, 2026 - MAY 29, 2026

12:15PM - 1:15PM

Activity Code: R07009

SECTION: 332



Activity Code: R07314
Section: 312

Chat with the Senior Center Director

April 9, 2026 & | **11:00am - 11:45am**
May 14, 2026

- Ask basic registration questions
- Share compliments
- Share suggestions
- Share concerns

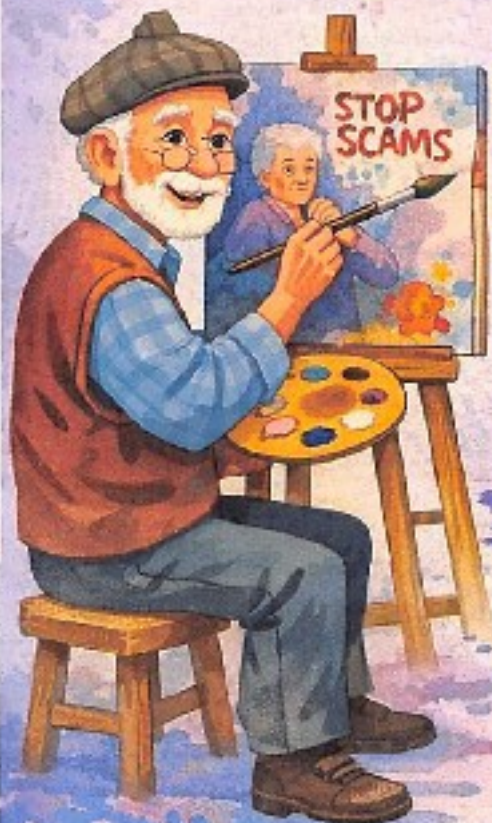


WORLD ELDER ABUSE AWARENESS DAY



POSTER CONTEST

Montgomery County Senior and Community Centers 55+



Gallery Show and Final Voting at

**WEAAD Event:
June 17th, 2026**

Schweinhaut Senior Center

- **Winning Artwork**
from Each Senior Center!

Your art can help
spread awareness
about Elder Abuse

Art Theme Topics:

- Sweepstakes & Lottery Scams
- Crypto & Online Scams
- Grandparent Scams
- Romance Scams
- Government Impersonation
- Financial Exploitation
- Social Isolation & Neglect
- Physical or Emotional Abuse

Who Can Participate?

- ♥ Members of Montgomery County Senior and Community Centers

Ask Your Senior Center For:

- Submission Deadlines
- Artwork Guidelines
- Entry Forms

HOSTED BY:
The Montgomery County
Elder/Vulnerable
Adult Abuse Task Force



DHHS AGING & DISABILITY
SERVICES
AGING WELL, TOGETHER



Create Art. Start Conversations. Prevent Elder/ Vulnerable Adult Abuse

SPONSORED BY:

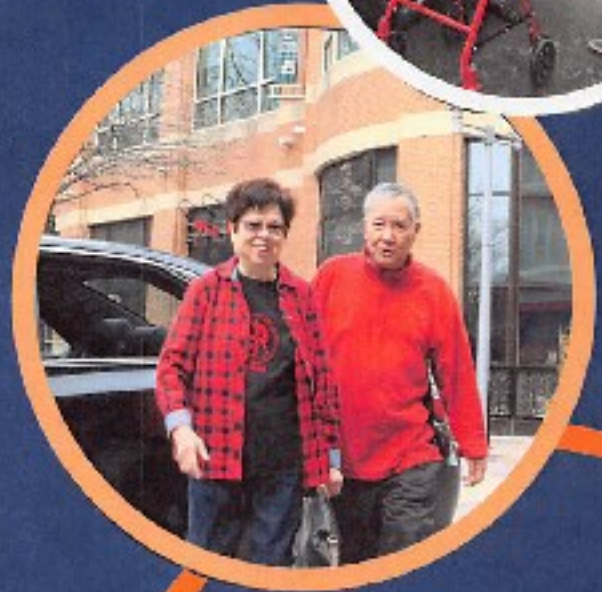


SAME DAY ACCESS

mcdot.cnrorder@montgomerycountymd.gov

Affordable Option for MetroAccess

- Same Day Access is part of the Call-n-Ride program, for certified Montgomery County MetroAccess participants
- Participants get on-demand "same day" transportation service using local taxi companies
- No Income Requirements
- Participants receive \$60.00 value on a swipe card when they pay \$30.00
- Travel can be for any purpose within Montgomery County, and certain other areas for medical purposes
- Some residents may qualify for Call-n-Ride on-demand service which is income based and an even greater value



Call 301.948-5409
M-F, 8:00 a.m. to
4:30 p.m. for
information or to
apply.



MCDOT

Montgomery County Department of Transportation

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

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.

Mixed-Up Vegetables

Unscramble the letters to reveal words that are vegetables.



1. CLBOROCI _____
2. CKHICEPAS _____
3. FARUWCELOLI _____
4. AOLLTSH _____
5. BTGURAAA _____
6. EWEST OTTPAO _____
7. ZHUIICCN _____
8. ERBSLSSU OSPSTRU _____
9. HRRABUB _____
10. KCROIAETH _____
11. LLCODRA SEENGR _____
12. RAISHD _____
13. NISPCHA _____
14. ELLB PEPPRE _____
15. NLGEPGAT _____
16. GENER ESABN _____
17. OACNR AUSSQH _____
18. RRCOAT _____

Carrot Cake Cream Cheese Bars

Makes 12 servings

Ingredients:

- 1 cup flour
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup vegetable oil
- 2 large eggs
- 1 cup finely grated carrots

Cream cheese swirl:

- 4 ounces cream cheese, room temperature
- 1/4 cup sugar
- 1 egg yolk



Directions

1. Preheat oven to 350°F. Line an 8x8-inch pan.
2. Mix flour, sugar, cinnamon, baking soda, and salt.
3. Stir in oil, eggs, and carrots until smooth.
4. Beat cream cheese, sugar, and egg yolk in a small bowl.
5. Spread batter in pan and spoon cream cheese mixture on top. Swirl gently.
6. Bake 30–35 minutes. Cool completely before cutting.

Fun Food Fact

Carrots add natural moisture to baked goods, helping cake-style bars stay soft and tender. They also bring a mild sweetness and a boost of vitamins like vitamin A.