

NORTH POTOMAC SENIOR CENTER



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

SEPTEMBER 2021 NEWSLETTER

SPREAD THE WORD! We are open Monday through Friday, 9am to 4pm. Meals On Wheels lunch program and JCA transportation is also available five days a week. Call Jean at 240-773-4805 for lunch information and JCA at 240-777-4924 for transportation information.

NORTH POTOMAC SENIOR CENTER PRESENTS

A Salute to Hollywood Concert with

The Sapphires

Friday, September 17th — 6:30 pm to 7:30 pm

Sign up at [Activemontgomery.org](https://activemontgomery.org).

FREE—Active #132184

FREE JCA Transportation to North Potomac Senior Center



This curb-to-curb service offers handicapped accessible seating and trained drivers to those who live within five miles of North Potomac Senior Center, Monday through Friday. Residents must be aged 55 and over. For more information or to sign up, call JCA at 240-777-4924.

SENIOR SNEAKERS MEMBERSHIP PASS

Adults who are at least 55 years old can easily stay fit with this membership pass, which provides access to any Community Center Exercise Room and Open Gym during regular hours. It's like having a regular gym membership at a fraction of the cost.

*Non-residents must provide a valid government-issued photo identification (ID) includes a driver's license, a state issued photo ID, or a passport.

MEMBERSHIP PASS	COUNTY RESIDENTS	NON-RESIDENTS*
Adult 55+ One year	\$55	\$70
Adult 55+ 6 months	\$30	\$45



INTERGENERATIONAL DRUMMING with

Katy Gaughan

Drumming boosts your immune system and is fun! Participants will learn how to use instruments and make music together! No Experience Necessary. Drums will be provided, although you are welcome to bring your own! Parent and child will share an instrument. Class will be outdoors weather permitting otherwise indoors. Katy is a certified global drum circle facilitator trainer and member of the Drum Circle Facilitator's Guild.

North Potomac Senior Center—Friday, September 17th at 10am

**Register at Activemontgomery.org. Active #135659. FREE
Space is limited.**

SCALE MODELING

You loved it as a kid, now love it as an adult...Scale Modeling! Construction and painting of plastic scale replica models is a hobby practiced by all ages, around the world. It is a great way to combine interests in history with craft. There is a wide variety of genres (e.g., aircraft, trains and figures), allowing you to find a subject that interests you. Discover the types of kits and castings available as subjects, as well as the tools, materials, and techniques needed to build and paint models. For more information contact Sheila at sheila.hall@montgomerycountymd.gov or call 240-773-4806. Be sure to tell your friends and neighbors about this great new program at North Potomac Senior Center.

**Register at Activemontgomery.org.
Active #133183.**



SEPTEMBER HIGHLIGHTS OF 55+ PROGRAMS

CHINESE FOLK DANCE—Active #131993—Class in progress

Dance teacher, Ming Shan will teach beginner folk dances including Tibetan and Mongolian. What a fun way to improve your coordination, flexibility and meet new people! No prior dance experience needed. Class in progress.

FALL PREVENTION WITH ASIAN AMERICAN HEALTH INITIATIVE—Active #135515-9/8

JAI HO LUNCH AND SOCIAL GROUP—Active #130347—Begins 9/13

Everyone is welcome to bring their lunch and attend this discussion and social group.

MEDICARE OVERVIEW SEMINAR—Active #136166-9/13

Rafael Espinoza, Director, State Health Insurance Assistance Program (SHIP) will present on Medicare, explain various parts of Medicare and answer your questions.

FALL PREVENTION BALANCE EXERCISE DEMO—Active #135539-9/15

Keith Federman will demonstrate several balance exercises to reduce fall risks.

DRUMMING CIRCLE WITH KATY GAUGHAN—Active #135659-9/17

Learn how to use instruments and make music together! Drums will be provided, although you are welcome to bring your own! This is an Intergenerational Program Parent and child will share instrument. No Experience Necessary. Space is limited!

THE SAPPHIRES PRESENTS *A SALUTE TO HOLLYWOOD*—Active #132184-9/17

Come enjoy a lively cabaret show featuring Hollywood musicals of yesterday by The Sapphires, a trio of talented musicians.

WHO WAS DR. STONESTREET? (ZOOM PROGRAM)—Active #130145-9/20

Clarence Hickey a docent with Montgomery History's Stonestreet Museum of 19th Century Medicine will tell of the life of Rockville physician Dr. Edward Stonestreet.

SIMPLE HEALTHY COOKING WITH RHONDA—Active #130825-9/21

Learn simple and nutritious dishes from Registered Dietician, Rhonda Brandes.

FALL PREVENTION AWARENESS DAY LUNCH AND LEARN—ACTIVE #134970-9/22

Joelle Takougang MSN, RN and students from UMD School of Nursing will present ways to reduce your fall risk.

STORY OF LILLY STONE (ZOOM PROGRAM)—Active #130143-9/27

At the stage of life when most people retire, Lilly was not only doing men's work but running an industry of men's work as founder of a quarry. Join Judith Welles of the Montgomery Historical Society to learn about this amazing woman.

FALL PREVENTION LUNCH AND LEARN (IN MANDARIN)—ACTIVE #134971-9/29

Joelle Takougang MSN, RN and students from UMD School of Nursing will present ways to reduce your fall risk in Mandarin.

GAME ROOM—Table Tennis and Billiards available. See desk staff for equipment.