



# Age-Friendly Montgomery

## A Community for a Lifetime

**"I'm inviting you to enjoy our County's resources and programs."**

**County Executive Ike Leggett**

### Discovering Fun Ways to Stay Active

With the weather getting colder, this is a great time to take advantage of some fun ways to stay active indoors in Montgomery County. There are numerous senior centers, recreation centers and indoor pools across Montgomery County with lots of opportunities to have fun and meet new people.

One approach is to check out what's near you and call or visit that facility to see what you might like to do. Many have weekly activities and a call or visit often is the best way to find out the full schedule of offerings.

#### **To find a recreation center, senior center or even an indoor pool near you:**

- Call 3-1-1 to ask the location and phone number of your nearest senior center, recreation center and/or aquatic center.
- OR -
- Go to [www.MontgomeryCountyMD.gov/senior](http://www.MontgomeryCountyMD.gov/senior) and click on "Recreation" to find what's near you. For starters, here's a broad sense of where these facilities are located:

#### **Recreation Centers:**

Brookeville, Burtonsville, Cabin John, Chevy Chase, Damascus, Gaithersburg, Germantown, North Potomac, Potomac, Rockville, Sandy Spring, Silver Spring and Wheaton.

#### **Senior Centers:**

Damascus, Potomac, Silver Spring, Wheaton and Rockville.

#### **Indoor pools:**

Germantown/Boyd's, North Bethesda, Olney and Silver Spring.

Another approach is to check out the classes, clinics, sports leagues and more offered throughout the County. Many are located at facilities such as schools, park buildings, recreation centers or senior centers.

Whether you're interested in the arts, adult swim, basketball, cooking, dance, fitness (even water fitness), golf, guitar, pottery, strength training, tai chi, tap dancing, tennis, yoga, and more, you might well find something you'll like. To find out what's available and to register, please visit [www.MontgomeryCountyMD.gov/senior](http://www.MontgomeryCountyMD.gov/senior) and click on Recreation.

**Many activities are free or low cost.** Some are accessed with a yearly pass, with a reduced fee for residents age 55 and older. To see all your membership options, visit [www.MontgomeryCountyMD.gov/senior](http://www.MontgomeryCountyMD.gov/senior) and click on Recreation.

As you'll see, one of the most economical fitness options is the "Senior Sneakers" pass, which costs \$50/year for County residents who are age 55 or older. It's good for access to any Community Center Exercise Room and Open Gym during center open hours. It's the perfect pass for the boomer or senior who wants to work out and stay fit!

### Contact Us Today

- **Aging & Disability Resource Line 240-777-3000**
- **3-1-1 or 240-777-0311 for County programs and services; 9-1-1 for emergency**
- **[www.montgomerycountymd.gov/senior](http://www.montgomerycountymd.gov/senior)**
- **"Seniors Today" airs on Sundays, Tuesdays and Thursdays at 6:00 p.m. on Comcast/RCN 6, Verizon 30**