Age-Friendly Montgomery
A Community for a Lifetime

"I'm inviting you to enjoy our County's resources and programs."
County Executive Ike Leggett

Our Senior Centers have a lot going on for people age 55 and up. Call to learn more!

Damascus Senior Center
M-F 9:00-4:00
9701 Main Street, Damascus
240-777-6995

Holiday Park Senior Center
M-F: 8:45 a.m. – 4:00 p.m. (open until 9:00 p.m. on Wednesdays)
3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center
M-F 9:30 a.m. – 2:30 p.m.
8700 Piney Branch Road, Silver Spring
240-777-6975

Margaret Schweinhaut Senior Center
M-F 8:15 a.m. – 4:00 p.m. and Sat 9:00 a.m. – 3:00 p.m.
1000 Forest Glen Road, Silver Spring
240-777-8085

White Oak Senior Center
M-F 9:00 a.m. – 3:00 p.m.
1700 April Lane, Silver Spring
240-777-6944

North Potomac Senior Center
M-F 9:00 – 3:00pm.
13850 Travilah Road, Rockville
240-773-4805

Check out these transportation options…

Go places via Ride On bus – Free trips for seniors now extended to Saturdays!

- Seniors ride free on Ride On and most Montgomery County Metrobuses from 9:30 a.m. until 3 p.m., Monday through Saturday. Fares are half price all other times.

- To get free or half-price fares, show your Medicare card with photo ID or your senior SmartTrip card. Senior SmartTrip cards are available to those age 65 and over at any Montgomery County library for $2. (These also can be used on Metrorail to get reduced fares.)

- Get Metrobus and Ride On schedules: call 311 or 240-777-0311 or visit www.montgomerycountymd.gov/DOT-Transit.

Try using Call-n-Ride, a discounted taxi service available for seniors who qualify based on income:

- Now for people age 65 and older

- Travel can be for any purpose within Montgomery County, and certain other designated areas for medical reasons.

- Call 301-948-5409 for information or to apply.

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
- "Seniors Today" airs on Sundays, Tuesdays and Thursdays at 6:00 p.m. on Comcast/RCN 6, Verizon 30

Montgomery County Villages
Sustaining a community in your neighborhood

Have you heard about Villages in Montgomery County?

Villages are local, volunteer-led, grassroots organizations that aim to support community members who choose to age-in-place. Villages foster social connections through activities. Many also coordinate help at home using a model of neighbors helping neighbors.

Montgomery County has about two dozen villages, active or in development. Villages organize community events such as book clubs, walking groups, knitting clubs, guest speakers and outings.

Each village is designed by local community members to reflect their interests and needs. For example, some villages focus on serving older residents; others choose a more intergenerational approach. Some charge a membership fee; others charge no fee and are all-volunteer. For more information, go to https://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html

Who creates Villages?

People like you! Villages are created by community residents; people with a vision for an improved quality of life for all. Every new Village starts with a vision and with a dedicated core of individuals ready and willing to make that vision a reality. This is not one person's job but a community effort.

Interested in Developing a Village in Your Community?

Sign up to attend the "Montgomery County Villages Gathering" to learn how to develop and sustain a community village in your neighborhood. Individuals from new and interested communities are strongly encouraged to participate!

Montgomery County Villages Gathering
Tuesday, September 27, 2016
9 a.m. - 3:30 p.m.

White Oak Community Center, 1700 April Lane
Silver Spring, MD 20904

RSVP by September 15:
pazit.aviv@montgomerycountymd.gov.
Or, call Pazit Aviv, Montgomery County Village Coordinator, at 240-777-1231.
Space is limited and RSVP is required.

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