



Age-Friendly Montgomery

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

County Executive Ike Leggett

Recreation Options for County Residents Age 55+

The Montgomery County Department of Recreation has many activities and programs designed exclusively for our 55+ community. From aquatics to yoga—and everything in between—our recreation, aquatic and senior centers are sure to have something you will enjoy.

Classes: The Department of Recreation offers hundreds of classes for every interest, age and ability level. Do something you love or try something new. Classes in art, dancing, cooking, yoga, swimming, pottery, tai chi, water aerobics and so much more can be found in The Guide—online at www.montgomerycountymd.gov/rec. Hard copies can be found in aquatic, recreation and senior centers and all public libraries.

Programs and activities: Our senior centers have hundreds of programs and activities for every interest and every ability level. Many are offered free of charge. Senior centers are also a great way to catch up with an old friend or to make new ones. Find out what's happening in your neighborhood senior center at www.montgomerycountymd.gov/rec and click on Senior Program under the Things to Do tab.

Join us for lunch: Our senior centers offer nutritional meals five days a week for just \$5.72 for individuals 55 to 59 years old. For individuals age 60 or older, a voluntary contribution is requested. For more information, call 240-777-4925.

Transportation: Door-to-door transportation service is available to all of our senior centers. Simply call 240-777-4925 to find out if you live in our service area.

Senior Olympics: The Montgomery County Department of Recreation is the host agency for the Maryland Senior Olympics. 2018 planning is now underway. Call us at 240-777-4930 for more information and plan to participate with us in 2018.

Gym Memberships: Keep fit with our Senior Sneakers Exercise program. For just \$50 a year, you can access our weight/exercise rooms located throughout the county in our senior and recreation centers.

There's a Department of Recreation facility near you.

- Senior Centers are located in Damascus, North Potomac, Potomac, Rockville, Silver Spring and Wheaton.
- Recreation Centers are located in Burtonsville, Cabin John, Chevy Chase, Damascus, Germantown, Potomac, Rockville, Sandy Spring, Silver Spring and Wheaton.
- Indoor Aquatic Centers are located in Germantown, North Bethesda, Olney and Silver Spring.

For more information on the Department of Recreation visit www.montgomerycountymd.gov/rec or give us a call at 240-777-4925.

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**