



Age-Friendly Montgomery

A Community for a Lifetime

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

County Executive Ike Leggett

Getting Around Montgomery County May Be Easier Than You Think!

To help residents stay active, Montgomery County offers a range of transportation and mobility options. Here are some programs for people who are older or have disabilities.

Connect-a-Ride serves people age 50 and over and adults with disabilities. Mobility specialists inform callers about transportation options available in the County--both public and private. Some are low-cost or even free! In addition, Connect-A-Ride offers free "travel training" workshops to show residents how to use public transportation. Call **301-738-3252** for more information, M – F, 9 a.m. to 5 p.m.

The Montgomery County Recreation Department offers free rides to its senior centers, and to senior programs available at some of the community centers. This is possible through partnerships with Jewish Council for the Aging and Ride On. For information, call **240-777-4925**; messages are returned M – F, 8 a.m. to 4:30 p.m.

Call-n-Ride provides discounted curb-to-curb taxi service to low-income residents age 65 and older and people with disabilities. Trips may be for any purpose within Montgomery County or to medical facilities throughout the region. For information call **301-948-5409**, M – F, 9 a.m. to 4 p.m.

Ride On bus and Metrobus offer free rides to people age 65 and older and people with disabilities, M – F, 9:30 a.m. to 3 p.m. And, beginning September 2, 2017, hours for free rides on Saturdays will expand to 8:30 a.m. to 4 p.m. For information, call **3-1-1** or **240-777-0311** or go to www.mc311.com.

Volunteer drivers provide vital transportation. Some residents need help getting to medical appointments, grocery stores and other destinations. Thanks to a growing number of nonprofit organizations in the County, they may be able to get a free ride from a volunteer.

The Transportation Network Directory contains detailed information about various providers of volunteer transportation. Go to www.montgomerycountymd.gov/tnd and explore the section called "Escorted Transportation."

If you are interested in being a volunteer driver, please call a sponsoring organization, or call Shawn Brennan, Mobility Manager, Montgomery County Aging and Disability Services at **240-777-1350**.

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**