

MONTGOMERY COUNTY RECREATION

55
& Better

WINTER
23-24

ACTIVITIES FOR SENIORS



MONTGOMERY COUNTY
Recreation



55+ Senior Programs



Art

ART INSTRUCTION

Cardmaking with Cindy Boccucci

Sessions	Activity	Location	Start Date	Day	Time	Fee
3 Sessions	R07095-216	Schweinhaut SC	12/9	Sa	11:30 a.m.-2:30 p.m.	FREE
Ceramic Class						
26 Sessions	R07098-201	Schweinhaut SC	12/5	Tu,Th	9:30 a.m.-1 p.m.	FREE
Drawing and Illustration with Dereje						
4 Sessions	R07052-203	N. Potomac CRC	1/11	Th	10-11 a.m.	FREE
Easy Abstract Painting with Kamel						
2 Sessions	R07095-219	N. Potomac CRC	1/12	F	10:30-11:30 a.m.	FREE
Evening Crafters						
1 Session	R07095-218	N. Potomac CRC	12/6	W	5-6:30 p.m.	FREE
Fun with Art						
13 Sessions	R07052-202	Schweinhaut SC	12/6	W	10 a.m.-Noon	FREE
Make Your Own Sewing Kit with Chris						
1 Session	R07095-217	N. Potomac CRC	1/23	Tu	12:30-2:30 p.m.	FREE
Origami Class						
2 Sessions	R07096-201	Schweinhaut SC	12/4	M	1-3 p.m.	FREE
Paint and Socialize						
4 Sessions	R07095-207	N. Potomac CRC	12/7	Th	12:30-2:30 p.m.	FREE
5 Sessions	R07095-220	N. Potomac CRC	2/1	Th	12:30-2:30 p.m.	FREE





Click to view and register.

KNITTING AND CROCHET

Knit and Crochet Group

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07003-201	N. Potomac CRC	12/5	Tu	1-3 p.m.	FREE
Knit and Crochet Workshop						
13 Sessions	R07003-202	Holiday Park SC	1/3	W	10-11:30 a.m.	FREE
Needles & Yarn						
22 Sessions	R07003-203	Wheaton CRC	12/4	M,Tu	1-3 p.m.	FREE
Knitting Corner						
13 Sessions	R07003-205	Schweinhaut SC	12/6	W	1-3 p.m.	FREE
Needlecraft						
13 Sessions	R07053-201	Damascus SC	12/7	Th	9 a.m.-4 p.m.	FREE

PERFORMING ARTS

Seasoned Players

6 Sessions	R07056-202	Schweinhaut SC	12/6	W	1:30-3:30 p.m.	FREE
------------	------------	----------------	------	---	----------------	------

PHOTOGRAPHY

Photography Club

13 Sessions	R07001-201	Holiday Park SC	1/3	W	10 a.m.-Noon	FREE
-------------	------------	-----------------	-----	---	--------------	------

WOOD CARVING - WOODWORKING

Woodcarving

13 Sessions	R07002-201	Holiday Park SC	1/5	F	1-3 p.m.	FREE
-------------	------------	-----------------	-----	---	----------	------

Holiday Closures

Recreation centers will be closed on the following dates:

**Nov. 23, Nov. 24
Dec. 24, Dec. 25, Dec. 31
Jan. 1, Jan. 15
Feb. 19**



For all facility closures during the winter season, visit mocorec.com



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Cooking

ADULT COOKING

Simple Cooking with Rhonda



Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07049-205	N. Potomac CRC	12/8	F	10:30-11:30 a.m.	\$3

Dance

BALLROOM

Ballroom Dance

13 Sessions	R07050-205	Schweinhaut SC	12/6	W	Noon-1 p.m.	FREE
-------------	------------	----------------	------	---	-------------	------

International Ballroom Dancing with Ed and Helen

13 Sessions	R07057-201	N. Potomac CRC	12/6	W	1-3 p.m.	FREE
-------------	------------	----------------	------	---	----------	------

FOLK DANCING

Chinese Folk Dance with Ming

13 Sessions	R07009-201	N. Potomac CRC	12/6	W	10:30-11:30 a.m.	FREE
-------------	------------	----------------	------	---	------------------	------

Dance for Posture and Elegance (Mandarin)

13 Sessions	R07009-204	N. Potomac CRC	12/7	Th	1-3 p.m.	FREE
-------------	------------	----------------	------	----	----------	------

International Folk Dance Instruction Class

12 Sessions	R07009-202	N. Potomac CRC	12/1	F	12:30-2 p.m.	FREE
-------------	------------	----------------	------	---	--------------	------

Liuying's Classical Chinese Folk Dance

13 Sessions	R07009-203	N. Potomac CRC	12/5	Tu	2-3:30 p.m.	FREE
-------------	------------	----------------	------	----	-------------	------

Chinese Folk Dancing (Beginner)

13 Sessions	R07009-205	Holiday Park SC	1/5	F	11-11:50 a.m.	FREE
-------------	------------	-----------------	-----	---	---------------	------



LINE DANCING


[Click to view and register.](#)

Ballroom/Line Dance

Sessions	Activity	Location	Start Date	Day	Time	Fee
26 Sessions	R07011-202	Wheaton CRC	12/6	W,Th	1-2 p.m.	FREE
Line Dancing						
12 Sessions	R07011-205	Schweinhaut SC	12/2	Sa	10:30 a.m.-Noon	FREE
Line Dancing with Danny						
12 Sessions	R07011-206	Long Branch CRC	12/5	Tu,Th	10-11 a.m.	FREE
Social Line Dance						
9 Sessions	R07011-201	Wheaton CRC	12/4	M	10:05-10:55 a.m.	FREE

SPECIALTY PROGRAM

Tea Dancing

13 Sessions	R07129-201	Damascus SC	12/7	Th	1-2:30 p.m.	FREE
-------------	------------	-------------	------	----	-------------	------

TAP DANCING

Tap Dance

13 Sessions	R07007-201	Damascus SC	12/4	M	11 a.m.-12:30 p.m.	\$50
-------------	------------	-------------	------	---	--------------------	------

55+ PROGRAMS

BONE BUILDERS

VIEW BONE BUILDERS CLASSES

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Educational

COMPUTER

Tech Tutoring with Armando

Sessions	Activity	Location	Start Date	Day	Time	Fee
33 Sessions	R07084-206	Holiday Park SC	9/18	M	10-10:50 a.m.	FREE

DISCUSSIONS

Active Living in Spanish- Cafecito y Amistad

10 Sessions	R07087-201	Holiday Park SC	1/8	M	10-10:50 a.m.	FREE
-------------	------------	-----------------	-----	---	---------------	------

Behind the Headlines - Discussion Group

10 Sessions	R07063-201	Holiday Park SC	1/8	M	10-11:25 a.m.	FREE
-------------	------------	-----------------	-----	---	---------------	------

Beyond the Basics (APP Based) by Senior Planet/AARP

21 Sessions	R07105-204	N. Potomac CRC	1/8	M,W	2:15-3:30 p.m.	FREE
-------------	------------	----------------	-----	-----	----------------	------

Bring Your Lunch Discussion Group with Jai Ho

9 Sessions	R07078-201	N. Potomac CRC	12/4	M	11:30 a.m.-1p.m.	FREE
------------	------------	----------------	------	---	------------------	------

Coffee & Conversation with Staff

3 Sessions	R07092-205	Schweinhaut SC	12/21	Th	9-9:45 a.m.	FREE
------------	------------	----------------	-------	----	-------------	------

Coffee Social

65 Sessions	R07092-203	Damascus SC	12/1	M-F	9-10 a.m.	FREE
-------------	------------	-------------	------	-----	-----------	------

Coping with Change

13 Sessions	R07076-203	Damascus SC	12/7	Th	11 a.m.-Noon	FREE
	R07076-202	Holiday Park SC	1/4	Th	10:30-11:30 a.m.	FREE

Coping with Change in Spanish

13 Sessions	R07076-201	Holiday Park SC	1/2	Tu	11 a.m.-Noon	FREE
-------------	------------	-----------------	-----	----	--------------	------

Current Events Discussion with Lyle

13 Sessions	R07063-203	N. Potomac CRC	12/7	Th	10:30-11:30 a.m.	FREE
-------------	------------	----------------	------	----	------------------	------

Max You

13 Sessions	R07043-201	Holiday Park SC	1/2	Tu	10:30-11:30 a.m.	FREE
-------------	------------	-----------------	-----	----	------------------	------

Scale Modeling Group

3 Sessions	R07023-201	N. Potomac CRC	12/19	Tu	6:30-8:30 p.m.	FREE
------------	------------	----------------	-------	----	----------------	------

Schweinhaut Book Club

3 Sessions	R07065-202	Schweinhaut SC	12/12	Tu	1-2:30 p.m.	FREE
------------	------------	----------------	-------	----	-------------	------

LANGUAGE**Conversational Spanish**

Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07118-201	Wheaton CRC	12/1	F	10-11 a.m.	FREE

SPECIALTY PROGRAMS**Stretching Exercises with Linda**

36 Sessions	R07040-201	N. Potomac CRC	12/4	M,W,F	9:30-10:30 a.m.	FREE
-------------	------------	----------------	------	-------	-----------------	------

SUPPORT GROUP**Active Golden Club**

36 Sessions	R07117-202	Holiday Park SC	1/2	Tu	10 a.m.-4 p.m.	FREE
-------------	------------	-----------------	-----	----	----------------	------

Active Golden Club Fitness

36 Sessions	R07117-203	Holiday Park SC	1/2	Tu	11 a.m.-Noon	FREE
-------------	------------	-----------------	-----	----	--------------	------

WORKSHOP OR SPEAKERS SERIES**Basic Functional Balance Exercise**

7 Sessions	R07030-200	Schweinhaut SC	12/1	F	8:15-9:15 a.m.	FREE
------------	------------	----------------	------	---	----------------	------

Fall Prevention and Aging with UMD Nursing Students

1 Session	R07030-202	N. Potomac CRC	12/6	W	12:15-1 p.m.	FREE
-----------	------------	----------------	------	---	--------------	------

Fall Prevention BINGO with Prizes

1 Session	R07030-203	N. Potomac CRC	1/9	Tu	12:30-1:30 p.m.	FREE
-----------	------------	----------------	-----	----	-----------------	------

Health and Wellness with Happy Life Vietnam Seniors Group

11 Sessions	R07028-202	Holiday Park SC	1/4	Th	9 a.m.-2 p.m.	FREE
-------------	------------	-----------------	-----	----	---------------	------

Nutrition 101

13 Sessions	R07024-202	Schweinhaut SC	12/5	Tu	1:30-2:30 p.m.	FREE
	R07024-203	Schweinhaut SC	12/7	Th	1:30-2:30 p.m.	FREE

QUESTIONS?
CONTACT CUSTOMER SERVICE

Call customer service or send an email.
240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



WRITING

Writer's Group



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
6 Sessions	R07058-204	Schweinhaut SC	12/5	Tu	10 a.m.-Noon	FREE
Writing Group						
13 Sessions	R07058-202	Holiday Park SC	1/5	F	10-11:30 a.m.	FREE
Memoir Writing for Beginners						
13 Sessions	R07058-201	Wheaton CRC	12/6	W	10-11:30 a.m.	FREE

**NEW**

OUTDOOR FITNESS EQUIPMENT



Available at the following Recreation facilities:



Holiday Park Senior Center

Schweinhaut Senior Center

Potomac Community Recreation Center



Fitness

AEROBIC DANCE

Ballet

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-202	Wheaton CRC	12/5	Tu	1:30-2:30 p.m.	FREE
	R07012-201	Wheaton CRC	12/6	W	2:15-3:15 p.m.	FREE

Chinese Dance & Fitness

12 Sessions	R07012-206	Wheaton CRC	12/6	W	10-11 a.m.	FREE
-------------	------------	-------------	------	---	------------	------

Chinese Folk Dance

9 Sessions	R07012-205	Wheaton CRC	12/4	M	1-2 p.m.	FREE
------------	------------	-------------	------	---	----------	------

Dance Fitness with Georgia

10 Sessions	R07012-216	Schweinhaut SC	12/4	M	9:30-10:30 a.m.	FREE
-------------	------------	----------------	------	---	-----------------	------

Easy Dance Fitness

9 Sessions	R07012-210	N. Potomac CRC	12/4	M	10:30-11:30 a.m.	FREE
------------	------------	----------------	------	---	------------------	------

Social Dances Across the Continents

13 Sessions	R07012-208	Wheaton CRC	12/5	Tu	10-11 a.m.	FREE
-------------	------------	-------------	------	----	------------	------

Superpower Dance Circle

13 Sessions	R07012-204	Wheaton CRC	12/1	F	1:30-2:30 p.m.	FREE
9 Sessions	R07012-203	Wheaton CRC	12/4	M	11:05-11:55 a.m.	FREE
13 Sessions	R07012-217	Wheaton CRC	12/6	W	11:05-11:55 a.m.	FREE
12 Sessions	R07012-215	Long Branch CRC	12/7	Th	10-11 a.m.	FREE

LOW IMPACT

Chairobics (Chair Aerobics)

52 Sessions	R07066-201	Damascus SC	12/1	Tu-F	10-10:45 a.m.	FREE
-------------	------------	-------------	------	------	---------------	------

Exercise Room

65 Sessions	R07039-204	Damascus SC	12/1	M-F	9 a.m.-4 p.m.	FREE
-------------	------------	-------------	------	-----	---------------	------

Full Body Workout

13 Sessions	R07041-201	Wheaton CRC	12/5	Tu	9:05-9:55 a.m.	FREE
-------------	------------	-------------	------	----	----------------	------

Heart Plus Exercise with Elizabeth

12 Sessions	R07041-202	N. Potomac CRC	12/7	Th	3:15-4 p.m.	FREE
-------------	------------	----------------	------	----	-------------	------

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Click to view and register.

Open Fitness Gym

Sessions	Activity	Location	Start Date	Day	Time	Fee
62 Sessions	R07039-210	Holiday Park SC	1/2	M-F	8:45 a.m.-4 p.m.	FREE

Walking Club

13 Sessions	R07035-203	Damascus SC	12/4	M	10-11 a.m.	FREE
-------------	------------	-------------	------	---	------------	------

Wheaton Walks

13 Sessions	R07035-202	Wheaton CRC	12/6	W	9:30-11 a.m.	FREE
-------------	------------	-------------	------	---	--------------	------

STRENGTH TRAINING**Fall Prevention and Balance Exercise**

11 Sessions	R07060-201	Long Branch CRC	12/6	W	9:30-10:30 a.m.	FREE
-------------	------------	-----------------	------	---	-----------------	------

Kickboxing with Julien

2 Sessions	R07060-204	Schweinhaut SC	12/15	F	8:15-9:15 a.m.	FREE
------------	------------	----------------	-------	---	----------------	------

Low Impact Exercise with Julien

3 Sessions	R07060-205	Schweinhaut SC	12/8	F	8:15-9:15 a.m.	FREE
------------	------------	----------------	------	---	----------------	------

ZUMBA**Morning Zumba with Carol**

9 Sessions	R07070-205	N. Potomac CRC	12/4	M	9:30-10:30 a.m.	FREE
------------	------------	----------------	------	---	-----------------	------

Zumba

13 Sessions	R07070-201	Wheaton CRC	12/5	Tu	11 a.m.-Noon	FREE
	R07070-206	Damascus SC	12/6	W	11 a.m.-Noon	FREE
	R07070-202	Wheaton CRC	12/7	Th	2-3 p.m.	FREE

Zumba Gold

9 Sessions	R07070-208	Wheaton CRC	12/4	M	1:30-2:30 p.m.	FREE
------------	------------	-------------	------	---	----------------	------



BONE BUILDERS

Winter 2023-24

Bauer Drive CRC

R03010-202 1/3 M,W 11:30 a.m.-12:30 p.m.
R03010-203 1/4 Tu,Th 1:30-2:30 p.m.

Clara Barton CRC

R03010-204 1/3 M,W 1:30-2:30 p.m.

Coffield CRC

R03010-205 1/2 Tu,Th 9:15-10:15 a.m.

Germantown CRC

R03010-206 1/4 M,Th 1-2 p.m.

Lawton CRC

R03010-207 1/2 Tu,Th 9:15-10:15 a.m.

Longwood CRC

R03010-208 1/3 M,W 11:15 a.m.-12:15 p.m.
R03010-209 1/3 M,W 2-3 p.m.

Mid-County CRC

R03010-210 1/2 Tu,Th 1-2 p.m.

N. Potomac CRC

R03010-212 1/2 Tu,Th 10:45-11:45 a.m.
R03010-213 1/2 Tu,Th 11:55 a.m.-12:55 p.m.
R03010-211 1/3 M,W 10:45-11:45 a.m.

Potomac CRC

R03010-214 1/3 M,W 9-10 a.m.

Praisner CRC

R03010-215 1/3 M,W 11 a.m.-Noon

Virtual

R03010-201 12/4 M,W 11 a.m.-Noon

Wheaton CRC

R03010-216 1/2 Tu,Th 9:15-10:15 a.m.



**FREE
AGES 55+**

ONE HOUR CLASSES HELD TWICE PER WEEK
ARE DESIGNED TO INCREASE BONE DENSITY.



Games



Canasta

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07112-202	Damascus SC	12/7	Th	1-4 p.m.	FREE

BINGO

Bingo

12 Sessions	R07085-201	Long Branch CRC	12/6	W	10-11 a.m.	FREE
24 Sessions	R07085-205	Schweinhaut SC	12/4	M,Th	10:30-11:30 a.m.	FREE

Valentine Bingo

1 Session	R07085-204	N. Potomac CRC	2/6	Tu	12:30-1:30 p.m.	FREE
-----------	------------	----------------	-----	----	-----------------	------

BOARD GAMES

Rummikub Club with Elsa

52 Sessions	R07086-202	Holiday Park SC	1/2	M-F	1-4 p.m.	FREE
-------------	------------	-----------------	-----	-----	----------	------

Rummikub Club with Evelyn

13 Sessions	R07086-201	Holiday Park SC	1/2	Tu	11 a.m.-2 p.m.	FREE
-------------	------------	-----------------	-----	----	----------------	------

Scrabble

13 Sessions	R07073-201	Holiday Park SC	1/3	W	1-4 p.m.	FREE
-------------	------------	-----------------	-----	---	----------	------

Scrabble Tips & Tricks

10 Sessions	R07073-202	Schweinhaut SC	12/4	M	11 a.m.-Noon	FREE
-------------	------------	----------------	------	---	--------------	------



CARD GAMES

American Mahjong


[Click to view and register.](#)

Sessions	Activity	Location	Start Date	Day	Time	Fee
9 Sessions	R07047-210	N. Potomac CRC	12/4	M	10 a.m.-Noon	FREE
13 Sessions	R07047-211	N. Potomac CRC	12/6	W	10 a.m.-Noon	FREE

Asian Mahjong

13 Sessions	R07047-209	N. Potomac CRC	12/1	F	1-3 p.m.	FREE
	R07047-207	N. Potomac CRC	12/5	Tu	10 a.m.-Noon	FREE
	R07047-208	N. Potomac CRC	12/6	W	10:30 a.m.-12:30 p.m.	FREE

Bridge

11 Sessions	R07074-205	Damascus SC	12/5	Tu	11 a.m.-3 p.m.	FREE
-------------	------------	-------------	------	----	----------------	------

Drop-In Bridge

13 Sessions	R07075-202	Holiday Park SC	1/1	Tu	10 a.m.-Noon	FREE
-------------	------------	-----------------	-----	----	--------------	------

Mahjong

13 Sessions	R07047-205	Damascus SC	12/6	W	12:30-3:30 p.m.	FREE
22 Sessions	R07047-201	Wheaton CRC	12/4	M,W	1-4 p.m.	FREE

Mahjong Club

10 Sessions	R07047-203	Holiday Park SC	1/8	M	1-4 p.m.	FREE
-------------	------------	-----------------	-----	---	----------	------

Open Party Bridge

25 Sessions	R07075-201	Holiday Park SC	1/5	F	12:45-3:30 p.m.	FREE
-------------	------------	-----------------	-----	---	-----------------	------

Pinochle Card Game

13 Sessions	R07099-203	Schweinhaut SC	12/6	W	1-3 p.m.	FREE
-------------	------------	----------------	------	---	----------	------

MULTI-SPORTS

Wii Bowling

4 Sessions	R07130-201	Holiday Park SC	1/4	Th	1:30-2:30 p.m.	FREE
------------	------------	-----------------	-----	----	----------------	------

Wii Sports

4 Sessions	R07130-203	Schweinhaut SC	12/8	W,F	12:30-2 p.m.	FREE
------------	------------	----------------	------	-----	--------------	------



Health and Wellness



HEALTH SCREENINGS

Blood Pressure Screening

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07108-201	Schweinhaut SC	12/1	F	1-2 p.m.	FREE

MEDITATION

Healthy Body, Peaceful Mind with Tammy

9 Sessions	R07077-203	N. Potomac CRC	12/4	M	2-3:30 p.m.	FREE
------------	------------	----------------	------	---	-------------	------



INTERESTED IN PICKLEBALL?

We offer plenty of pickleball classes and leagues!

[Click here to view Pickleball leagues and classes.](#)





Click to view and register.

YOGA

Gentle Stretching and Yogic Breathing Techniques

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07029-205	N. Potomac CRC	12/2	Sa	11 a.m.-Noon	FREE

Martial Arts Health Dance with Josephine

2 Sessions	R07010-202	N. Potomac CRC	12/2	Sa	9:15-10:45 a.m.	FREE
------------	------------	----------------	------	----	-----------------	------

Wisdom Yoga

10 Sessions	R05128-214	Clara Barton CRC	1/9	Tu	10:30-11:30 a.m.	\$110
-------------	------------	------------------	-----	----	------------------	-------

Yin Yoga with Adina Crawford

Instructor: Adina Crawford

13 Sessions	R07032-208	Schweinhaut SC	12/2	Sa	Noon-1 p.m.	FREE
-------------	------------	----------------	------	----	-------------	------

Yoga

9 Sessions	R07032-201	Wheaton CRC	12/4	M	9:05-9:55 a.m.	FREE
------------	------------	-------------	------	---	----------------	------

13 Sessions	R07029-203	Damascus SC	12/1	F	11 a.m.-Noon	FREE
-------------	------------	-------------	------	---	--------------	------

R07032-204	Wheaton CRC	12/5	Tu	3-4 p.m.	FREE
------------	-------------	------	----	----------	------

R07032-202	Wheaton CRC	12/7	Th	3-4 p.m.	FREE
------------	-------------	------	----	----------	------

Yogalates

13 Sessions	R07032-203	Wheaton CRC	12/6	W	9:30-10:30 a.m.	FREE
-------------	------------	-------------	------	---	-----------------	------

Yoga Para Todos

13 Sessions	R07032-205	Wheaton CRC	12/1	F	3-4 p.m.	FREE
-------------	------------	-------------	------	---	----------	------

24 Sessions	R07032-207	Long Branch CRC	12/5	Tu,Th	9-10 a.m.	FREE
-------------	------------	-----------------	------	-------	-----------	------



REMINDER

All prices, dates, times, and locations are current as of the time the GUIDE is produced. They are subject to change due to unforeseen circumstances.



Martial Arts



Click to view and register.

TAI CHI

Beginners Tai Chi

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07025-201	Holiday Park SC	1/3	W	9:30-10:20 a.m.	FREE

Tai Chi

13 Sessions	R07025-204	Damascus SC	12/5	Tu	11 a.m.-Noon	FREE
-------------	------------	-------------	------	----	--------------	------

Tai Chi Chuan with Glenn Moy

13 Sessions	R07025-207	Schweinhaut SC	12/5	Tu	1:30-2:30 p.m.	FREE
-------------	------------	----------------	------	----	----------------	------

Tai Chi CMC 37 Yang Style and Chi Gong Exercises

12 Sessions	R07025-208	N. Potomac CRC	1/12	F	10-11:30 a.m.	FREE
-------------	------------	----------------	------	---	---------------	------

Tai Chi Exercises

13 Sessions	R07025-203	Holiday Park SC	1/2	Tu	9:30-10:20 a.m.	FREE
-------------	------------	-----------------	-----	----	-----------------	------

Tai Chi Sword

10 Sessions	R07027-201	Holiday Park SC	1/8	M	2:30-3:25 p.m.	FREE
-------------	------------	-----------------	-----	---	----------------	------

Tai Chi with Master Guo

13 Sessions	R07027-202	N. Potomac CRC	12/1	F	2:15-3 p.m.	FREE
-------------	------------	----------------	------	---	-------------	------

QIGONG

Let's Practice Qigong

13 Sessions	R07059-201	Wheaton CRC	12/1	F	1-2 p.m.	FREE
-------------	------------	-------------	------	---	----------	------

Qigong

Instructor: Mike Kornely

12 Sessions	R07059-202	Schweinhaut SC	12/2	Sa	Noon-1 p.m.	FREE
-------------	------------	----------------	------	----	-------------	------





Music

ART INSTRUCTION

Angklung Music Lessons

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07109-201	Schweinhaut SC	12/2	Sa	Noon-2 p.m.	FREE

Ukulele for Beginners

13 Sessions	R07115-201	Wheaton CRC	12/7	Th	Noon-1 p.m.	FREE
-------------	------------	-------------	------	----	-------------	------

SINGING

Holiday Sing-along and Social

3 Sessions	R07080-202	N. Potomac CRC	12/7	Th	12:30-1:30 p.m.	FREE
------------	------------	----------------	------	----	-----------------	------

Music in Motion: Songs from the American Tradition

8 Sessions	R07080-204	Damascus SC	1/4	Th	11 a.m.-Noon	FREE
------------	------------	-------------	-----	----	--------------	------

Sing Along with Hong

9 Sessions	R07080-203	Long Branch CRC	12/4	M	11 a.m.-Noon	FREE
------------	------------	-----------------	------	---	--------------	------

Song Circle

3 Sessions	R07080-205	Schweinhaut SC	12/8	F	1:30-3:30 p.m.	FREE
------------	------------	----------------	------	---	----------------	------



THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Special Events



CHESS

Chess Club


[Click to view and register.](#)

Sessions	Activity	Location	Start Date	Day	Time	Fee
10 Sessions	R07110-203	Schweinhaut SC	12/4	M	10:30 a.m.-1 p.m.	FREE

SPECIAL EVENTS

1 p.m. Program

Sessions	Activity	Location	Start Date	Day	Time	Fee
64 Sessions	R07107-206	Damascus SC	1/2	M-F	1-2 p.m.	FREE

Ballroom Dance Party

1 Session	R07107-203	N. Potomac CRC	2/2	F	2:30-5:30 p.m.	FREE
-----------	------------	----------------	-----	---	----------------	------

Freedom Quilts

6 Sessions	R03027-209	Coffield CRC	1/16	Tu	11 a.m.-Noon	FREE
------------	------------	--------------	------	----	--------------	------

Hanukkah Dreidel Party with Anna Kofner

1 Session	R07107-211	N. Potomac CRC	12/12	Tu	1:15-2:30 p.m.	FREE
-----------	------------	----------------	-------	----	----------------	------

AARP Smart DriverTek Workshop

1 Session	R03003-228	Praisner CRC	1/9	M	11 a.m.-12:30 p.m.	FREE
-----------	------------	--------------	-----	---	--------------------	------

UMD Nursing Program

13 Sessions	R07094-202	Wheaton CRC	12/7	Th	9 a.m.-4 p.m.	FREE
-------------	------------	-------------	------	----	---------------	------



Sports



BILLIARDS

Billiards

Sessions	Activity	Location	Start Date	Day	Time	Fee
65 Sessions	R07103-201	Damascus SC	12/1	M-F	9 a.m.-4 p.m.	FREE
Billiards All Day						
57 Sessions	R07103-203	Schweinhaut SC	12/1	M-F	8 a.m.-4 p.m.	FREE
13 Sessions	R07103-204	Schweinhaut SC	12/2	Sa	9 a.m.-3 p.m.	FREE

PICKLEBALL

Advanced Beginners Pickleball

13 Sessions	R07091-202	Schweinhaut SC	12/7	Th	2-3 p.m.	FREE
-------------	------------	----------------	------	----	----------	------

Intermediate Pickleball

13 Sessions	R07091-203	Schweinhaut SC	12/7	Th	3-4 p.m.	FREE
-------------	------------	----------------	------	----	----------	------

Newbies and Beginners Pickleball

13 Sessions	R07091-201	Schweinhaut SC	12/7	Th	1-2 p.m.	FREE
-------------	------------	----------------	------	----	----------	------

Open Pickleball

12 Sessions	R07091-200	Schweinhaut SC	12/1	F	10:30 a.m.-Noon	FREE
-------------	------------	----------------	------	---	-----------------	------

TABLE TENNIS

Table Tennis (Ping Pong)

12 Sessions	R07097-204	Schweinhaut SC	12/1	F	10:30 a.m.-Noon	FREE
10 Sessions	R07097-203	Schweinhaut SC	12/4	M	Noon-2 p.m.	FREE
4 Sessions	R07097-205	Holiday Park SC	12/5	Tu	1:30-2:30 p.m.	FREE

Open Shuffleboard

23 Sessions	R07121-202	Holiday Park SC	1/3	M,W	2:30-3:30 p.m.	FREE
-------------	------------	-----------------	-----	-----	----------------	------



MONTGOMERY COUNTY RECREATION

SPRING TRIPS AND TOURS ARE JUST AROUND THE CORNER!

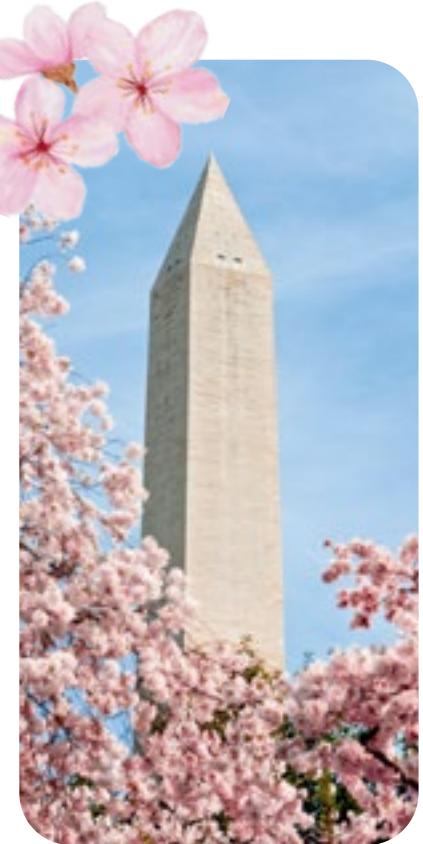


MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

Explore... dream... discover! SOAR day trips are designed for active adults 55 and older. Travel by motor-coach departing and returning to Olney Manor Recreation Park, 16605 Georgia Ave., Olney.

COMING THIS SPRING

Cherry Blossom Lunch Cruise, Washington D.C. Tour with guide Rick Snider, Liberte Sailing, White Water Rafting, Hillwood Museum & Gardens, Planes-Trains & Trolleys-Moving America, Go Wild and Take a Safari and more.

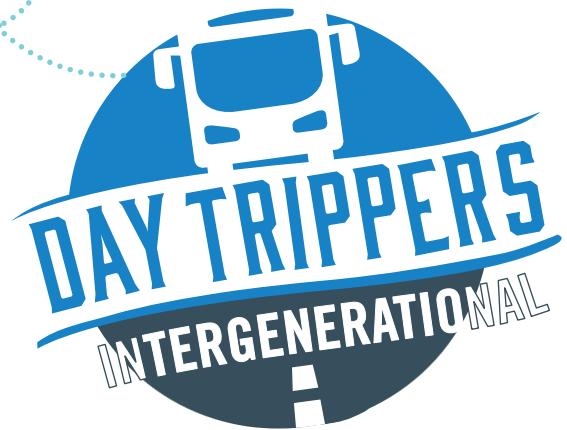


MAKE EVERY DAY UNFORGETTABLE!



Day Trippers offers intergenerational trips to a variety of destinations. A day trip program is planned with your interests in mind.

Join us for exciting trips and leave the driving to us! Children under 18 must be accompanied by an adult. Trips depart from and return to Olney Manor Recreation Park, 16605 Georgia Ave., Olney.



COMING THIS SPRING

Mama Mia- Hippodrome Theatre, Maymont Estate & Gardens, Kate Pearl Tea Room, National Cathedral Flower Mart, Shear Madness-Kennedy Center, Frederick Festival of the Arts and more.



FACILITY ADDRESSES

Winter 2023-24 registration begins Monday, Nov. 13



Looking for Senior Centers?

[Click here to view senior center locations.](#)



Looking for pool locations?

[Click here to view Aquatics facilities.](#)

SILVER SPRING

COMING SOON

MOCOREC.COM/SILVERSPRING
RECREATION AND AQUATIC CENTER
📍 1319 Apple Ave.

ELEMENTARY SCHOOLS

Arcola ES.....	1820 Franwall Ave., Wheaton-Glenmont, 20902
Bethesda ES.....	7600 Arlington Road, Bethesda, 20814
Glenallan ES.....	12520 Heurich Road, Silver Spring, 20902
Kemp Mill ES.....	411 Sisson St., Silver Spring, 20902
Oakland Terrace ES.....	2720 Plyers Mill Road, Silver Spring, 20902
North Chevy Chase ES.....	3700 Jones Bridge Road, Chevy Chase 20815
Rock View ES.....	3901 Denfeld Ave., Kensington 20895
Travilah ES.....	13801 Dufief Mill Road, North Potomac, 20878

PARKS

Veirs Mills LP.....	4425 Garrett Park Road, Silver Spring, 20906
---------------------	--

MIDDLE SCHOOLS

Earle B. Wood MS.....	14615 Bauer Drive, Rockville, 20853
-----------------------	-------------------------------------

OTHER FACILITIES

Life Rescue Training.....	12105 Nebel St., Rockville, 20852
School of Music.....	1331 Rockville Pike, Ste. Q, Rockville, 20852
Bethesda-Chevy Chase Regional Services Center-Regional Services Center-B-CC.....	4805 Edgemoor Lane, Bethesda, 20814

RECREATION FACILITIES

Recreation Administrative Office.....	2425 Reedie Drive, 10th Floor, Wheaton, 20902
Bauer Drive CRC.....	14625 Bauer Drive, Rockville, 20853
Clara Barton NRC	7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC	25520 Oak Drive, Damascus, 20872
East County CRC.....	3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview Drive, Germantown, 20874
Good Hope NRC.....	14715 Good Hope Road, Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville Road, Silver Spring, 20910
Lawton CRC.....	4301 Willow Lane, Chevy Chase, 20815
Long Branch CRC	8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Parkway,Burtonsville, 20866
Mid-County CRC.....	2004 Queensguard Road, Silver Spring,20906
Nancy H. Dacek North Potomac CRC.....	13850 Travilah Road, Rockville, 20850
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC	11315 Falls Road, Potomac, 20854
Ross Boddy NRC.....	18529 Brooke Road, Sandy Spring, 20860
Scotland NRC.....	7000 Scotland Drive, Potomac,20854
Upper County CRC.....	8201 Emory Grove Road, Gaithersburg,20877
Wheaton CRC.....	11701 Georgia Ave., Wheaton, 20902
White Oak CRC.....	1700 April Lane, Silver Spring, 20904
Wisconsin Place CRC.....	5311 Friendship Blvd., Chevy Chase, 20815

SILVER SPRING

RECREATION AND AQUATIC CENTER

📍 1319 Apple Ave.



FOR MORE INFO, VISIT

MOCOREC.COM/SILVERSPrING



Rec Assist

Financial Assistance Program



Montgomery County Recreation offers financial assistance to those who qualify.

Use your 2023 funds before the end of the year.
Applications for 2024 will be accepted starting Dec. 11.

For more information visit WWW.MOCOREC.COM
240-777-6840 • Hablamos Español



WHERE THE FUN BEGINS

Have questions?

The customer service and outreach teams
are here to help!



HOURS OF OPERATION

Monday - Friday

8:30 a.m.-4:30 p.m.



CALL US

Customer Service Available

8:30 a.m.-4:30 p.m.

240-777-6840



VISIT US

9 a.m.-4 p.m.

Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

See Map



www.mocorec.com



240-777-6840



recreation.customerservice@montgomerycountymd.gov

WINTER
2023
-24

Registration begins
Monday, Nov. 13



Montgomery County Recreation
2425 Reedie Drive
10th Floor
Wheaton, MD 20902



MONTGOMERY COUNTY
Recreation