

MONTGOMERY COUNTY RECREATION



FALL 2026



MONTGOMERY COUNTY
Recreation



55+ PROGRAMS

All 55+ programs are free unless noted otherwise.



ARTS AND CRAFTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
4	Afternoon Crafting - Non-Instructional	R07095-140	North Potomac	10/7	W	2-3:30 p.m.
3	Cardmaking	R07095-118	Schweinhaut	9/12	Sa	9:30 a.m.-2:30 p.m.
25	Ceramic Class	R07098-105	Schweinhaut	9/1	Tu,Th	9:30 a.m.-1 p.m.
8	Ceramics (painting)*	R07098-106	Silver Spring	9/23	W	Noon-3:30 p.m.
12	Drawing Club	R07321-101	Damascus	9/2	W	2-3:30 p.m.
12	Fun with Art	R07052-105	Schweinhaut	9/2	W	10 a.m.-Noon
2	Illustration and Watercolor	R07095-150	North Potomac	10/19	M	10 a.m.-Noon
2	Illustration and Watercolor	R07095-120	North Potomac	11/14	Sa	10 a.m.-Noon
10	Intro to Drawing	R07095-102	Wheaton	9/3	Th	11 a.m.-Noon
13	Origami Class	R07096-103	Schweinhaut	9/1	Tu	10 a.m.-Noon
9	Painting with Acrylics	R07095-103	Wheaton	9/4	F	11 a.m.-1 p.m.
12	Paper Crafting Club	R07322-101	Damascus	9/2	W	10 a.m.-Noon
8	Photography Club	R07001-102	Holiday Park	9/2	W	10 a.m.-Noon
17	Taller de Manualidades	R07003-100	Holiday Park	8/31	M	10 a.m.-2 p.m.
6	Watercolor Painting	R03061-100	Mid-County	9/30	W	10:30-11:30 a.m.
8	Watercolor Painting*	R07095-164	Silver Spring	9/21	M	Noon-2 p.m.
15	Woodcarving	R07002-102	Holiday Park	9/4	F	1-3 p.m.

KNIT, CROCHET AND MORE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Beginning Knitting	R07003-107	Long Branch	9/2	W	1-2 p.m.
13	Knit and Crochet Group	R07003-101	North Potomac	9/1	Tu	1-3 p.m.
16	Knit and Crochet Workshop	R07003-108	Holiday Park	9/2	W	10-11:30 a.m.
10	Needlecraft, Crochet and Sewing Club	R07053-103	Silver Spring	9/18	F	2-4 p.m.
12	Needlecraft Club	R07053-120	Damascus	9/3	Th	10:30 a.m.-12:30 p.m.
25	Needles and Yarn	R07003-102	Wheaton	9/1	M,Tu	1-3 p.m.
12	Quilting Club	R07316-115	Damascus	9/14	M	10 a.m.-Noon
10	Sewing for Beginners*	R07095-111	Silver Spring	9/15	Tu	10 a.m.-Noon
13	Stitchers Corner	R07003-104	Schweinhaut	9/2	W	1-3 p.m.

*This activity has a fee.


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ARTS

PERFORMANCE ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Reader's Theater	R07056-104	Damascus	9/14	M	2-3 p.m.
6	Seasoned Players	R07056-102	Schweinhaut	9/2	W	1:30-3:30 p.m.

COOKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
3	Cooking: Protein Cookery	R07048-101	Silver Spring	9/15	Tu	12:30-2:30 p.m.
4	Cooking: Starch Cookery	R07048-102	Silver Spring	10/13	Tu	12:30-2:30 p.m.



Join us for Active Aging Week this fall. View activities below.

Class Title	Activity	Location	Start Date	Day(s)	Time
Dance with Me!	R07011-111	Wheaton	10/5	M	9:05-9:55 a.m.
Signature Event	R07107-150	North Potomac	10/5	M	9 a.m.-1:30 p.m.
Trip to Signature Event	R07101-170	Damascus	10/5	M	9:30 a.m.-1:30 p.m.
Trip to Signature Event	R07101-173	Schweinhaut	10/5	M	9:15 a.m.-2 p.m.
Trip to Signature Event	R07101-199	Long Branch	10/5	M	9:30 a.m.-1:30 p.m.
Trip to Signature Event	R07101-101	Wheaton	10/5	M	9 a.m.-Noon
Superpower Dance Circle	R07012-111	Long Branch	10/6	Tu	10-11 a.m.
Trail Walking	R07035-124	Schweinhaut	10/6	Tu	9:30 a.m.-Noon
Balance and Cardio Drum Exercise	R07060-101	Schweinhaut	10/6	Tu	12:30-1:30 p.m.
Tai Chi Chuan	R07025-113	Schweinhaut	10/6	Tu	2-3 p.m.
Active Aging Luncheon*	R07107-144	Silver Spring	10/6	Tu	11 a.m.-1 p.m.
Superpower Dance Circle	R07012-144	Schweinhaut	10/7	W	9-10 a.m.
Trail Walking	R07035-123	Damascus	10/7	W	9:15-10:15 a.m.
Balance Boom B	R07060-146	White Oak	10/9	F	11 a.m.-Noon
Qi Gong	R07059-103	Schweinhaut	10/10	Sa	Noon-1 p.m.

*This activity has a fee.

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MONTGOMERY COUNTY MARYLAND

FOR RESIDENTS 55+



Oct. 5-11 >>>  **Go, Grow and Get Active!**



SAVE THE DATE

During this week, individuals are invited to attend FREE programs and activities to help Go, Grow and Get Active!



SCAN

★ SIGNATURE EVENT ★

Monday, Oct. 5 • 9 a.m. – 1:30 p.m.

Check in starts at 9 a.m.

Wellness Programs and Activities • 9:30 a.m. - Noon

Health Fair • 9:30 a.m. - 1:30 p.m.

Vendor Fair • Noon - 1:30 p.m.

Nancy H. Dacek North Potomac CRC

13850 Travilah Road, Rockville

To learn more about changing the way you age, visit ActiveAgingWeek.com
Registration is required for the event. Registration will open on Aug. 11



Senior Center Locations

Damascus Senior Center is closed for renovations.

Senior Center programming is available at the
Damascus Community Recreation Center
25520 Oak Drive, Damascus • 240-777-6930

Holiday Park Senior Center

Holiday Park Senior Center is open during renovations.

3950 Ferrara Drive, Silver Spring • 240-777-4999

Long Branch Senior Center

8700 Piney Branch Road, Silver Spring • 240-777-6975

Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring • 240-777-8085

North Potomac Senior Center

13850 Travilah Road, Rockville • 240-773-4805

Silver Spring Senior Center

1319 Apple Ave., Silver Spring • 240-777-6900

White Oak Senior Center

1700 April Lane, Silver Spring • 240-777-6944

Wheaton Senior Center

11701 Georgia Ave., Wheaton • 240-773-4830

Several
Locations
for Adults
55 and up



Visit mcorec.com/seniors
for more information



DANCE



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Ballet	R07012-102	Wheaton	9/2	W	2:15-3:15 p.m.
13	Ballet	R07012-103	Wheaton	9/1	Tu	1:30-2:30 p.m.
12	Ballroom Dance Lessons	R07050-110	Schweinhaut	9/2	W	Noon-1:30 p.m.
11	Ballroom Dance	R07057-101	North Potomac	9/2	W	1-3 p.m.
9	Beginner Ballet	R07012-133	Silver Spring	9/16	W	10-11 a.m.
6	Beginner Hip Hop Dance Class	R07013-136	White Oak	9/18	F	2:30-3:30 p.m.
12	Beginner Modern Line Dance	R07013-135	White Oak	9/4	F	10:30-11:30 a.m.
12	Chinese Classical Folk Dance	R07009-105	North Potomac	9/1	Tu	1-3 p.m.
12	Chinese Dance and Fitness	R07012-107	Wheaton	9/2	W	9-10:45 a.m.
10	Chinese Folk Dance	R07009-103	North Potomac	9/2	W	1-2 p.m.
13	Chinese Folk Dance	R07009-135	White Oak	9/1	Tu	10:30 a.m.-Noon
11	Chinese Folk Dance	R07012-106	Wheaton	9/14	M	1-2 p.m.
15	Chinese Folk Dance	R07009-118	Holiday Park	9/4	F	1-1:50 p.m.
11	Chinese Line Dance	R07009-119	Long Branch	9/14	M	9:30-10:30 a.m.
11	Chinese Line Dance	R07009-120	Long Branch	9/14	M	10:30-11:30 a.m.
12	Dance for Posture and Elegance (Mandarin)	R07009-115	North Potomac	9/3	Th	1-3 p.m.
12	Dance Social	R07129-111	Damascus	9/4	F	1-2:30 p.m.
10	Dance with Me!	R07011-111	Wheaton	9/14	M	9:05-9:55 a.m.
8	Folk Dances of India	R07012-110	Silver Spring	9/17	Th	2-3 p.m.
9	International Folk Dance	R07009-113	North Potomac	9/4	F	12:15-1:15 p.m.
12	International Folk Dance	R07009-121	Long Branch	9/14	M	10:30-11:30 a.m.



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DANCE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Jazz Dance	R07012-112	Silver Spring	9/18	F	2-3 p.m.
13	Line Dance	R07011-110	Schweinhaut	9/12	Sa	10:30 a.m.-Noon
9	Line Dance	R03048-101	Potomac	9/22	Tu	10:15-11:15 a.m.
9	Line Dance	R03048-104	Potomac	9/24	Th	10:30-11:30 a.m.
9	Martial Arts Health Dance	R07012-141	North Potomac	9/12	Sa	9:30-11 a.m.
9	Martial Arts Health Dance and Fan	R03052-100	Potomac	9/21	M	10:30-11:30 a.m.
10	Martial Arts Health Dance and Fan	R03052-101	Potomac	9/26	Sa	2-4 p.m.
8	Salsa	R03052-104	Mid-County	9/29	Tu	10:30-11:30 a.m.
8	Salsa Dance	R07012-113	Silver Spring	9/17	Th	10-11 a.m.
12	Soul Line Dance Class	R07005-135	White Oak	9/3	Th	10:15-11:15 a.m.
3	Soul Line Dance Party	R07005-100	White Oak	9/4	F	6-9 p.m.
7	Superpower Dance Circle	R03052-103	Mid-County	10/5	M	1-2 p.m.
8	Superpower Dance Circle	R07012-111	Long Branch	9/1	Tu	10-11 a.m.
10	Superpower Dance Circle	R07012-122	Wheaton	9/2	W	11-11:45 a.m.
10	Superpower Dance Circle	R07012-132	Silver Spring	9/19	Sa	11 a.m.-Noon
12	Superpower Dance Circle	R07012-135	White Oak	9/3	Th	12:45-1:45 p.m.
12	Superpower Dance Circle	R07012-144	Schweinhaut	9/2	W	9-10 a.m.
11	Tap Dance*	R07007-122	Damascus	9/14	M	Noon-1:30 p.m.
8	Urban Line Dance	R03048-100	Mid-County	9/24	Th	1-2 p.m.
11	Yuan Chi Dance	R07012-108	Wheaton	9/14	M	2:30-4 p.m.

*This activity has a fee.



REGISTRATION NOTICE



Registering In Person?

If registering in person, you can only register for up to two ActiveMONTGOMERY households at a time.

WWW.MOCOREC.COM

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EDUCATIONAL DISCUSSIONS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Active Living in Spanish- Cafecito y Amistad	R07087-104	Holiday Park	8/31	M	10-10:50 a.m.
15	BIODANZA	R07028-104	Holiday Park	9/4	F	11:30 a.m.-12:50 p.m.
3	Book Club	R07065-106	Long Branch	9/15	Tu	11 a.m.-Noon
4	Book Club	R07065-102	Holiday Park	9/16	W	3-4 p.m.
10	Book Discussion	R07065-105	Virtual Class	9/8	Tu	1-2:30 p.m.
3	Coffee and Conversation with Staff	R07092-108	Schweinhaut	9/17	Th	9:30-10:15 a.m.
62	Coffee Social	R07092-109	Long Branch	9/1	M-F	9-10:30 a.m.
61	Coffee Social	R07092-118	Damascus	9/1	M-F	9-11 a.m.
15	Coping with Change	R07076-104	Holiday Park	9/3	Th	10:30-11:30 a.m.
13	Coping with Change	R07076-108	Damascus	9/3	Th	11 a.m.-Noon
11	Coping with Change	R07076-109	North Potomac	9/11	F	10-11 a.m.
10	Current Events	R07312-110	Damascus SC	9/18	F	10:30 a.m.-Noon

HOLIDAY PARK SENIOR CENTER • REGISTRATION NOTICE



Holiday Park Senior Center will have extremely limited capacity for in-person support on registration day, Aug. 11.

We recommend visiting the administrative office, located at 2425 Reddie Drive, Wheaton instead!


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EDUCATIONAL

DISCUSSIONS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Essential Oils: Brain Health	R07028-105	Silver Spring	10/13	Tu	12:30-1:30 p.m.
1	Essential Oils: Respiratory Health	R07028-106	Silver Spring	11/10	Tu	12:30-1:30 p.m.
17	Grupo de Apoyo Emocional	R07076-105	Holiday Park	9/1	Tu	11-11:50 a.m.
4	Healthy Hearts and Healthy Years	R07028-130	Long Branch	10/6	Tu	12:45-1:45 p.m.
9	Jai Ho Discussion and Social Group	R07312-102	North Potomac	9/14	M	11:30 a.m.-1 p.m.
12	Monday Minds	R07318-101	Damascus	9/14	M	1-2 p.m.
13	Morning Chat and Chew	R07063-125	White Oak	9/2	W	9:30-10:30 a.m.
25	Nutrition 101	R07024-106	Schweinhaut	9/1	Tu,Th	1-2 p.m.
3	Reader's Delight Book Club	R07078-125	White Oak	9/8	Tu	10:30-11:30 a.m.
3	Secrets from the Blue Zones: A Healthy Aging Wellness Series	R07028-101	Silver Spring	9/17	Th	1:30-2:30 p.m.
12	Senior Circle	R07076-125	White Oak	9/14	M	10:30-11:30 a.m.
17	Share and Care	R07043-102	Holiday Park	9/1	Tu	10:30-11:30 a.m.
13	Spiritual Support	R07111-135	White Oak	9/1	Tu	10 a.m.-Noon
13	Tuesday Talks	R07319-102	Damascus	9/1	Tu	1-2 p.m.
13	Vietnamese Discussion Group	R07111-105	Long Branch	9/4	F	10 a.m.-Noon
16	Views on the News - Discussion Group	R07063-105	Holiday Park	8/31	M	10-11:25 a.m.
8	Wellness Matters	R07028-119	Silver Spring	9/15	Tu	9-10:30 a.m.



IMPORTANT: DAMASCUS SENIOR CENTER PROGRAMS

DAMASCUS SENIOR CENTER PROGRAMMING IS AVAILABLE AT THE DAMASCUS COMMUNITY RECREATION CENTER

Damascus Senior Center is closed for renovations.

Damascus Senior Center programs and activities will be held at

Damascus Community Recreation Center

25520 Oak Drive, Damascus

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EDUCATIONAL LANGUAGE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
11	Conversational English	R07061-108	Mid-County	9/15	Tu	11-11:50 a.m.
24	English Conversation Group	R07021-110	Schweinhaut	9/3	M,Th	1-2:30 p.m.
32	Everyday English (Basic)	R07061-107	Holiday Park	9/1	Tu,Th	9:30-10:20 a.m.
6	French Conversation	R07019-103	Schweinhaut	9/12	Sa	10:30 a.m.-Noon
10	French Conversation and Culture - Beginners	R07019-102	North Potomac	9/14	M	12:15-1:15 p.m.
12	Intermediate Italian Class	R07021-107	Schweinhaut	9/2	W	2-3 p.m.
11	Conversational Spanish	R07015-101	Wheaton	9/4	F	10-11 a.m.
12	Spanish Class Level I	R07015-111	Schweinhaut	9/3	Th	9:30-10:30 a.m.
12	Spanish Class Level II	R07015-112	Schweinhaut	9/3	Th	10:30-11:30 a.m.
11	Spanish Class Level III	R07015-117	Schweinhaut	9/14	M	11 a.m.-Noon
12	Spanish Class Level IV	R07015-118	Schweinhaut	9/3	Th	10:30-11:30 a.m.
9	American Sign Language Class	R07021-100	White Oak	10/16	F	12:45-1:45 p.m.

TECHNOLOGY

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Introduction to Virtual Reality	R07313-101	Long Branch	9/4	F	2-3 p.m.
10	Navigating Life Transitions in the Digital World	R07084-102	Mid-County	10/6	Tu,Th	10-11:15 a.m.
1	Open AI Jam	R07084-125	White Oak	9/16	W	9 a.m.-1 p.m.
13	Tech Tutoring	R07084-128	Long Branch	9/1	Tu	2-4 p.m.

WRITING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Memoir Writing	R07058-105	Wheaton	9/2	W	10-11:30 a.m.
8	Memoir Writing	R07058-110	Silver Spring	9/24	Th	1-2:30 p.m.
6	Writers Group	R07058-108	Schweinhaut	9/1	Tu	10 a.m.-Noon
15	Writers Group	R07058-109	Holiday Park	9/4	F	10-11:25 a.m.



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FITNESS

LOW IMPACT

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Balance and Cardio Exercise	R07060-101	Schweinhaut	9/1	Tu	12:30-1:30 p.m.
10	Balance and Mobility	R07039-132	Silver Spring	9/15	Tu	3-4 p.m.
10	Balance Boom	R07039-115	Silver Spring	9/14	M	10:15-11:15 a.m.
13	Balance Boom A	R07060-145	White Oak	9/2	W	11 a.m.-Noon
12	Balance Boom B	R07060-146	White Oak	9/4	F	11 a.m.-Noon
6	Basic Functional Balance Exercise	R07030-102	Schweinhaut	9/4	F	9:30-10:30 a.m.
10	Cardio Dance Fitness	R07012-139	Wheaton	9/2	W	9:05-9:40 a.m.
11	Cardio Fit	R07012-143	North Potomac	9/2	W	9:15-10:15 a.m.
13	Chairobics	R07066-113	Damascus	9/1	Tu	10-10:45 a.m.
12	Chairobics	R07066-114	Damascus	9/2	W	10-10:45 a.m.
12	Chairobics	R07066-115	Damascus	9/3	Th	10-10:45 a.m.
10	Chairobics	R07066-116	Damascus	9/4	F	10-10:45 a.m.
12	Gentle Exercise	R07039-112	Holiday Park	9/4	F	10:30-11:20 a.m.
12	Gentle Spin A	R07039-125	White Oak	9/14	M	10-11 a.m.
12	Gentle Spin B	R07039-126	White Oak	9/14	M	11:15 a.m.-12:15 p.m.
9	Heart Plus Exercise	R07041-107	North Potomac	9/1	Tu	3:30-4:30 p.m.
9	Heart Plus Exercise	R07041-114	North Potomac	9/3	Th	3:30-4:30 p.m.
9	Low Impact Exercise	R03053-101	Potomac	9/23	W	10:30-11:30 a.m.
22	Low Impact Exercise Video	R07060-135	White Oak	9/10	Th,F	10:30 a.m.-Noon
10	Low Impact Exercise	R07060-133	Schweinhaut	9/11	F	9:30-10:30 a.m.
8	Mindful Movement and Fitness	R07039-102	Silver Spring	9/16	W	10-11 a.m.
9	Mobility and Stretching	R03053-100	Lawton	10/7	W	12:30-1:30 p.m.
9	Muscle Up!	R07030-105	Wheaton	9/4	F	1:30-2:30 p.m.
9	Muscle Up!	R07039-114	Silver Spring	9/20	Su	1-2 p.m.
24	SAIL Fitness	R07039-127	Long Branch	9/2	M,W	3-4 p.m.
9	Sit and Be Fit	R07039-117	Silver Spring	9/18	F	1-2 p.m.
11	Strength Resistance Bands	R07060-192	Damascus	9/14	M	11-11:45 a.m.
9	Stretch to Music - Seated Exercise	R07041-110	North Potomac	9/4	F	10:30-11 a.m.
9	Stretch to Music - Seated Exercise	R07041-111	North Potomac	9/14	M	10:30-11 a.m.
9	Stretch to Music - Seated Exercise	R07041-113	North Potomac	9/3	Th	10:30-11 a.m.
12	Stretch to Music Exercise	R07041-102	North Potomac	9/4	F	9:30-10:15 a.m.
11	Stretch to Music Exercise	R07041-108	North Potomac	9/14	M	9:30-10:15 a.m.
12	Stretch to Music Exercise	R07041-112	North Potomac	9/3	Th	9:30-10:15 a.m.

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STRENGTH TRAINING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Fitness Boot Camp	R07039-113	Silver Spring	9/19	Sa	9:30-10:30 a.m.
12	Fitness Boot Camp	R07039-122	Damascus	9/2	W	2:30-3:30 p.m.
24	Fitness Gym	R07039-110	Holiday Park	8/31	M-F	8:45 a.m.-4 p.m.
1	Fitness Room Orientation	R07060-140	Long Branch	9/11	F	11 a.m.-Noon
1	Fitness Room Orientation	R07060-141	Long Branch	10/16	F	11 a.m.-Noon
1	Fitness Room Orientation	R07060-142	Long Branch	11/13	F	11 a.m.-Noon
1	Fitness Room Orientation	R07060-151	Damascus	9/14	M	11 a.m.-Noon
1	Fitness Room Orientation	R07060-152	Damascus	10/12	M	11 a.m.-Noon
11	Full Body Workout	R07041-104	Wheaton	9/1	Tu	9:05-9:55 a.m.
3	Kickboxing	R07060-132	Schweinhaut	9/18	F	9:30-10:30 a.m.

WALKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Trail Walking Club	R07035-122	Damascus	9/2	W	9:15-10:15 a.m.
13	Walking Club	R07035-121	Damascus	9/1	Tu	9:15-9:45 a.m.
12	Wheaton Walks	R07035-102	Wheaton	9/2	W	9:30-11 a.m.
1	Fall Solstice Fun Walk	R07035-103	White Oak	9/22	Tu	10:30 a.m.-Noon



SENIOR OPEN GYM



Open gym activities are available
for individuals 55 and up.

[VIEW OPEN GYM SCHEDULE](#)



WEBSITE TIP:
NEW CALENDAR LAYOUT

Select "Open Gym" to view activities.

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FITNESS

ZUMBA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
11	Zumba	R07070-102	Wheaton	9/1	Tu	11 a.m.-Noon
12	Zumba	R07070-124	Damascus	9/1	Tu	11 a.m.-Noon
10	Zumba	R07070-103	Wheaton	9/3	Th	11-11:45 a.m.
9	Zumba	R07070-114	Wheaton	9/4	F	9:45-10:45 a.m.
6	Zumba	R07070-120	Long Branch	9/8	Tu	2-3 p.m.
8	Zumba	R07070-111	North Potomac	9/14	M	9:15-10:15 a.m.
9	Zumba	R07070-130	Silver Spring	9/17	Th	6:30-7:30 p.m.
25	Zumba Gold	R07071-125	White Oak	9/1	Tu,Th	9:05-10:05 a.m.
10	Zumba Gold	R07070-128	Damascus	9/3	Th	5-6 p.m.
8	Zumba Gold	R07070-115	Wheaton	9/14	M	1:30-2:30 p.m.
7	Zumba Gold	R03050-103	Bauer Drive	9/17	Th	10:30-11:30 a.m.
9	Zumba Gold	R07071-106	Silver Spring	9/18	F	10-11 a.m.
12	Zumba Seated Dance	R07071-103	Holiday Park	9/1	Tu	2:30-3:20 p.m.
11	Zumba Seated Dance	R07071-104	Holiday Park	9/4	F	9:30-10:20 a.m.
9	Zumba Video	R07070-131	North Potomac	9/1	Tu	9:15-10 a.m.
9	Zumba Video	R07070-132	North Potomac	9/3	Th	9:15-10 a.m.



55+ PROGRAMS



VIEW

**SOAR AND
DAYTRIPPERS**



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GAMES



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
23	American Mah Jongg	R07047-101	Wheaton	9/2	M,W	1-4 p.m.
12	American Mah Jongg	R07047-103	North Potomac	9/3	Th	1-4 p.m.
11	American Mah Jongg	R07047-110	North Potomac	9/14	M	10 a.m.-Noon
12	American Mah Jongg	R07047-125	White Oak	9/4	F	12:30-3:30 p.m.
9	American Mah Jongg	R03054-100	Potomac	9/27	Su	Noon-2 p.m.
16	American Mah Jongg Club	R07047-104	Holiday Park	8/31	M	2-4 p.m.
13	American Mah Jongg Club	R07047-162	Damascus	9/1	Tu	11:30 a.m.-3 p.m.
6	American Mah Jongg for Beginners	R07047-126	White Oak	9/10	Th	10:15-11:30 a.m.
3	Bingo	R07085-102	Long Branch	9/16	W	12:45-1:45 p.m.
10	Bingo	R07085-111	Silver Spring	9/17	Th	12:30-1:30 p.m.
22	Bingo	R07085-112	Schweinhaut	9/10	M,Th	10:30-11:30 a.m.
13	Bingo Blast	R07085-125	White Oak	9/1	Tu	1-1:45 p.m.
10	Board Games	R07112-111	Silver Spring	9/14	M	1-3 p.m.
9	Board Games with Friends	R07112-101	Schweinhaut	9/1	M-F	12:30-3:30 p.m.
10	Brain Games	R07090-101	Silver Spring	9/14	M	9:30-10:30 a.m.
12	Brain Games	R07090-125	White Oak	9/14	M	10-11 a.m.
13	Bridge	R07074-111	North Potomac	9/1	Tu	1-3 p.m.
12	Bridge	R07074-112	North Potomac	9/3	Th	1-3 p.m.
9	Bridge for Beginners	R07074-106	Silver Spring	9/23	W	12:30-2:30 p.m.



55+ PROGRAMS



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GAMES

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Canasta Club	R07112-113	Damascus	9/3	Th	12:30-3:30 p.m.
12	Chess Club	R07110-101	Schweinhaut	9/14	M	10:30 a.m.-1 p.m.
8	Chinese Mahjong	R07047-102	Wheaton	9/30	W	1-4 p.m.
12	Chinese Mahjong	R07047-105	Long Branch	9/14	M	9:30 a.m.-Noon
12	Chinese Mahjong	R07047-108	North Potomac	9/2	W	10:30 a.m.-12:30 p.m.
12	Chinese Mahjong	R07047-111	North Potomac	9/4	F	11:30 a.m.-2:30 p.m.
15	Duplicate Bridge	R07074-107	Holiday Park	9/2	W	12:30-3:45 p.m.
12	Friday Faceoff	R07320-105	Damascus	9/4	F	1-2 p.m.
13	Juegos Mentales	R07112-115	Long Branch	9/4	F	11 a.m.-Noon
15	Open Party Bridge	R07075-103	Holiday Park	9/4	F	12:30-3:30 p.m.
12	Pinochle Card Game	R07099-104	Schweinhaut	9/2	W	1-3 p.m.
78	Rummikub	R07086-103	Holiday Park	9/1	M-F	1-4 p.m.
9	Rummikub	R07086-104	Silver Spring	9/24	Th	9:30-11:30 a.m.
12	Rummikub	R07086-125	White Oak	9/4	F	9:30-11:30 a.m.
61	Rummikub Club	R07086-152	Damascus	9/1	M-F	9 a.m.-Noon
10	Rummikub Game	R07086-107	North Potomac	9/14	M	1:30-3 p.m.
16	Scrabble	R07073-105	Holiday Park	9/2	W	1-3:45 p.m.
12	Social Bridge	R07074-125	White Oak	9/14	M	1-3:30 p.m.
7	Social Club	R03056-102	Mid-County	10/8	Th	12:15-1 p.m.
62	Table Games and Creative Coloring	R07112-102	Long Branch	9/1	M-F	9-10:30 a.m.
1	Wii Bowling Fun!	R07130-103	White Oak	10/14	W	10:30-11:30 a.m.
2	Wii Sports Fun!	R07130-104	Schweinhaut	10/16	F	10:30-11:30 a.m.


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HEALTH AND WELLNESS

HEALTH SCREENINGS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Blood Pressure Screening	R07108-113	Schweinhaut	9/4	F	1-2 p.m.
3	Blood Pressure Screening	R07108-135	Damascus	9/9	W	10:30-11:30 a.m.
12	UMD Nursing Program	R07094-101	Wheaton	9/3	Th	9 a.m.-4 p.m.

MEDITATION

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
9	Healthy Body, Peaceful Mind	R07077-104	North Potomac	9/14	M	2-3:30 p.m.
16	Mindfulness Meditation	R07077-106	Holiday Park	9/2	W	11-11:50 a.m.

YOGA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Chair Yoga	R07029-111	Silver Spring	9/14	M	3-4 p.m.
11	Chair Yoga	R07029-125	Damascus	9/14	M	10-10:45 a.m.
11	Chair Yoga	R07032-105	Wheaton	9/1	Tu	3-4 p.m.
6	Chair Yoga	R07032-114	Long Branch	10/15	Th	9:05-10:05 a.m.
12	Chair Yoga	R07032-135	White Oak	9/14	M	12:45-1:45 p.m.
13	Yin Yoga	R07032-113	Schweinhaut	9/12	Sa	9:15-10:15 a.m.
10	Yoga	R07029-117	Damascus	9/2	W	11 a.m.-Noon
10	Yoga	R07029-118	Damascus	9/4	F	11 a.m.-Noon
9	Yoga	R07032-102	Wheaton	9/14	M	10-11 a.m.
8	Yoga	R07032-126	Long Branch	9/28	M	1-2 p.m.
10	Yoga	R03049-101	Clara Barton	9/10	Th	12:30-1:30 p.m.
6	Yoga	R03049-105	Mid-County	9/28	M	10-11 a.m.
6	Yoga	R03049-102	Lawton	10/6	Tu	11 a.m.-Noon
6	Yoga	R03049-103	Lawton	10/8	Th	10:30-11:30 a.m.
9	Yoga - Slow Flow	R07029-107	North Potomac	9/3	Th	2-3 p.m.
12	Yoga for All	R07029-135	White Oak	9/4	F	9:05-10:05 a.m.
10	Yogalates	R07032-104	Wheaton	9/2	W	9:45-10:45 a.m.
10	Yogalates	R07032-112	Silver Spring	9/15	Tu	6:30-7:30 p.m.
6	Yogalates	R07032-127	Long Branch	9/11	F	1-2 p.m.

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MARTIAL ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Beginners Tai Chi	R07025-109	Holiday Park	9/2	W	9:30-10:20 a.m.
12	Integral Tai Chi	R07025-125	White Oak	9/4	F	1-2 p.m.
11	Intro to Qigong Flow	R07059-104	North Potomac	9/10	Th	9:30-10:15 a.m.
5	Qigong	R03047-100	Mid-County	9/15	Tu	10-11 a.m.
13	Qigong	R07059-103	Schweinhaut	9/12	Sa	Noon-1 p.m.
11	Qigong	R07059-101	Wheaton	9/4	F	1-2 p.m.
15	Self-Defense Tae Kwon Do	R07026-102	Holiday Park	9/4	F	2-3 p.m.
13	Tai Chi	R07025-130	Damascus	9/1	Tu	12:15-1 p.m.
25	Tai Chi	R07025-127	White Oak	9/1	Tu,Th	2-3 p.m.
36	Tai Chi	R07025-126	White Oak	9/2	M,W,F	9-10 a.m.
11	Tai Chi	R07025-101	Wheaton	9/4	F	10:45-11:45 a.m.
12	Tai Chi	R07025-132	Long Branch	9/14	M	10-11 a.m.
10	Tai Chi	R03046-102	Clara Barton	9/14	M	9:30-10:30 a.m.
9	Tai Chi	R07025-117	Long Branch	9/16	W	2-3 p.m.
13	Tai Chi	R03046-101	Potomac	9/22	Tu,Th	10:30-11:45 a.m.
7	Tai Chi	R03046-103	Bauer Drive	9/22	Tu	11 a.m.-Noon
13	Tai Chi - Beginner	R07025-118	North Potomac	9/1	Tu	9:30-11 a.m.
9	Tai Chi - Beginner	R07025-120	Silver Spring	9/16	W	12:30-1:30 p.m.
11	Tai Chi - Chen 18	R07027-102	North Potomac	9/11	F	2:30-3:30 p.m.
13	Tai Chi Chuan	R07025-113	Schweinhaut	9/1	Tu	2-3 p.m.
9	Tai Chi CMC 37 Yang Style and Chi Gong Exercises	R07025-119	North Potomac	9/16	W	10-11:15 a.m.
17	Tai Chi Exercises	R07025-108	Holiday Park	9/1	Tu	9:30-10:20 a.m.
10	Tai Chi - Intermediate	R07027-104	Silver Spring	9/18	F	9-10 a.m.
16	Tai Chi Sword	R07027-103	Holiday Park	8/31	M	2:30-3:25 p.m.



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BONEBUILDERS

Fall 2026

SEPT. 8-NOV.25

FREE
AGES 55+

CLASSES ARE DESIGNED
TO INCREASE
BONE DENSITY.

LEARN
MORE

Activity	Location	Date	Day(s)	Time
R03010-102	Bauer Drive 1	9/9	M,W	11:30 a.m.-12:30 p.m.
R03010-103	Bauer Drive 2	9/8	Tu,Th	1:30-2:30 p.m.
R03010-104	Clara Barton	9/9	M,W	1:30-2:30 p.m.
R03010-105	Coffield 1	9/8	Tu,Th	9:15-10:15 a.m.
R03010-124	Coffield 2	9/9	M,W	9:15-10:15 a.m.
R03010-122	Damascus	9/1	Tu,Th	2:30-3:30 p.m.
R03010-106	Germantown 1	9/10	M,Th	1-2 p.m.
R03010-125	Germantown 2	9/10	M,Th	2:15-3:15 p.m.
R03010-107	Lawton	9/8	Tu,Th	9:30-10:30 a.m.
R03010-123	Long Branch	9/9	M,W	9:45-10:45 a.m.
R03010-108	Longwood 1	9/9	M,W	11:15 a.m.-12:15 p.m.
R03010-109	Longwood 2	9/9	M,W	2-3 p.m.
R03010-110	Mid-County	9/8	Tu,Th	1-2 p.m.
R03010-111	North Potomac 1	9/9	M,W	10:45-11:45 a.m.
R03010-112	North Potomac 2	9/8	Tu,Th	10:40-11:40 a.m.
R03010-113	North Potomac 3	9/8	Tu,Th	11:50 a.m.-12:50 p.m.
R03010-114	Potomac 1	9/9	M,W	9-10 a.m.
R03010-117	Potomac 2	9/9	M,W	Noon-1 p.m.
R03010-115	Praisner 1	9/9	M,W	11 a.m.-Noon
R03010-127	Praisner 2	9/9	M,W	1-2 p.m.
R03010-128	Ross Boddy	9/8	Tu,Th	Noon-1 p.m.
R03010-119	Schweinhaut	9/8	Tu,Th	10:30-11:30 a.m.
R03010-121	Silver Spring 1	9/15	Tu,Th	10-11 a.m.
R03010-126	Silver Spring 2	9/14	M,W	1-2 p.m.
R03010-116	Wheaton 1	9/8	Tu,Th	9:15-10:15 a.m.
R03010-120	Wheaton 2	9/9	M,W	11 a.m.-Noon
R03010-118	Wisconsin Place	9/8	Tu,Th	1-2 p.m.

Senior Neighborhood Programs

Multiple locations throughout the County

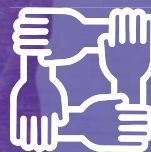
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SENIOR CONGREGATE MEALS



Montgomery County offers a hot meal at lunchtime at 10 senior program locations around the County. This program is offered in partnership with the Department of Health and Human Services, Aging and Disability Services. Check with the center nearest you for more information.

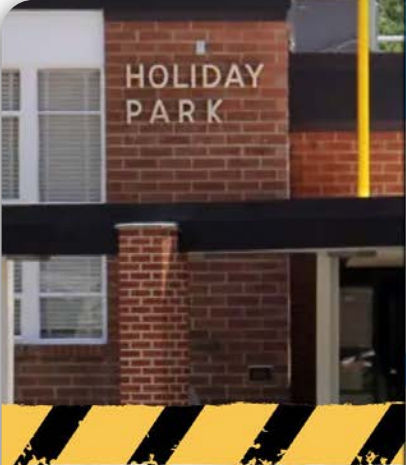
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MUSIC



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Angklung Music Lessons	R07109-103	Schweinhaut	9/12	Sa	Noon-2 p.m.
9	Chinese Karaoke	R07080-131	North Potomac	9/1	Tu	2-3:30 p.m.
12	Chinese Karaoke	R07080-116	Long Branch	9/14	M	11-11:45 a.m.
13	Karaoke	R07080-117	Long Branch	9/3	Th	12:45-1:45 p.m.
8	Rhythmic Drumming	R07039-101	Silver Spring	9/16	W	2-3 p.m.
3	Song Circle	R07080-115	Schweinhaut	9/11	F	1:30-3:30 p.m.




IMPORTANT

HOLIDAY PARK SENIOR CENTER

WE'RE OPEN DURING CONSTRUCTION




Holiday Park Senior Center has begun construction on windows and exterior doors throughout the center. We are currently in Phase 2 of the project, which has an impact on programs.

During Phases 2 and 3, the center will remain open. Classes will continue with limited offerings.

To learn more about what programs are being offered, call the center at 240-777-4999. If you need additional support, please visit the nearest senior centers, Wheaton CRC and Margaret Schweinhaut SC.



SPECIAL EVENTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	250th Stars and Stripes Celebration	R07107-177	Damascus	9/3	Th	11:30 a.m.-1:30 p.m.
1	250th Stars and Stripes Celebration	R07107-185	North Potomac	9/3	Th	10 a.m.-1:15 p.m.
1	Active Aging Luncheon*	R07107-144	Silver Spring	10/6	Tu	11 a.m.-1 p.m.
1	Active Aging Week Signature Event	R07107-150	North Potomac	10/5	M	9 a.m.-2 p.m.
1	African Afrobeat	R07107-107	Holiday Park	10/16	F	1-3 p.m.
2	Artist Showcase	R07107-125	White Oak	11/19	Th,F	1-7 p.m.
3	Chat with the Senior Center Director	R07314-101	Wheaton	9/17	Th	1-2 p.m.
3	Chat with the Senior Center Director	R07314-103	Long Branch	9/1	Tu	12:45-1:45 p.m.
1	Chinese Moon Cake Celebration	R07089-126	Long Branch	9/28	M	10 a.m.-Noon
1	Chuseok (Korean Thanksgiving Celebration)	R07089-125	White Oak	9/25	F	10:30 a.m.-Noon
5	Dance Club Friday	R07081-101	Holiday Park	10/23	F	1-3 p.m.
1	Down County Fitness Fun Day	R07107-152	White Oak	11/13	F	9:30-11:30 a.m.
32	Entertainment Series/ 1 p.m. Show	R07106-103	Holiday Park	8/31	M-Th	1-2 p.m.
13	Ethiopian Ceremony "Brewing Healthy Relationships"	R07111-102	Schweinhaut	9/4	F	10:30 a.m.-Noon
13	Friday Afternoon Cinema	R07088-101	Schweinhaut	9/4	F	12:30-2 p.m.
1	Friendsgiving	R07089-105	Wheaton	11/20	F	11:30 a.m.-1 p.m.
1	Games and Gathering	R07107-101	Silver Spring	9/20	Su	1-4 p.m.
1	Halloween Party	R07107-126	Holiday Park	10/30	F	1-3 p.m.
1	Hispanic Heritage	R07107-124	Holiday Park	10/9	F	1-3 p.m.
1	Hispanic Heritage	R07089-103	Long Branch	10/7	W	11 a.m.-1:30 p.m.
1	Hispanic Heritage	R07089-100	White Oak	10/2	F	6-9 p.m.
1	Holiday Cheer	R07107-103	Holiday Park	12/4	F	1-3 p.m.
1	Ice Cream Social and Music	R07107-113	Schweinhaut	9/25	F	1-2:30 p.m.
12	New Movie Monday	R07088-125	White Oak	9/14	M	12:30-2:30 p.m.
1	Rita Clarke and the Naturals	R07106-114	Schweinhaut	9/16	W	1-2 p.m.
1	Thanksgiving Lunch	R07089-104	Long Branch	11/25	W	11 a.m.-1:30 p.m.
1	Thanksgiving Party	R07107-111	Holiday Park	11/20	F	1-3 p.m.
12	Thursday Thrills	R07089-114	Damascus	9/3	Th	1-2 p.m.
13	Wednesday Watch and Wow	R07106-113	Damascus	9/2	W	1-2 p.m.

*This activity has a fee.


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SPORTS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Newbies and Beginners Pickleball	R07091-112	Schweinhaut	9/3	Th	1-2 p.m.
12	Intermediate Pickleball	R07091-114	Schweinhaut	9/3	Th	3-4 p.m.
12	Pickleball	R07091-135	White Oak	9/3	Th	9 a.m.-2 p.m.
12	Advanced Beginners Pickleball	R07091-113	Schweinhaut	9/3	Th	2-3 p.m.
13	Billiard Lessons for Ladies	R07103-108	Schweinhaut	9/1	Tu	11 a.m.-Noon
13	Billiard Lessons for Ladies	R07103-109	Schweinhaut	9/1	Tu	10-11 a.m.
24	Billiards	R07103-105	Holiday Park	8/31	M-F	8:45 a.m.-4 p.m.
60	Billiards	R07103-104	Schweinhaut	9/1	M-F	8 a.m.-4 p.m.
11	Billiards	R07103-103	Schweinhaut	9/12	Sa	9 a.m.-3 p.m.
26	Bocce Ball Play	R07124-100	Schweinhaut	9/1	Tu,Th	1-2 p.m.
12	Senior Volleyball	R07039-135	White Oak	9/14	M	9 a.m.-2 p.m.
12	Soccer	R07128-101	North Potomac	9/2	W	10 a.m.-Noon
12	Soccer	R07128-102	North Potomac	9/4	F	10 a.m.-Noon
6	Soccer	R07128-104	North Potomac	9/3	Th	5:30-7 p.m.
11	Soccer - Walking	R07128-105	North Potomac	9/14	M	10 a.m.-Noon
13	Sport Games	R07093-102	Long Branch	9/4	F	12:45-1:45 p.m.
11	Table Tennis (Ping Pong)	R07097-106	Schweinhaut	9/11	F	10:30 a.m.-Noon
11	Table Tennis (Ping Pong)	R07097-105	Schweinhaut	9/14	M	Noon-2 p.m.



2026 | INFORMATION & REGISTRATION GUIDE



WELCOME TO THE 2026 SEASON!
"TO PARTICIPATE IS TO WIN!"



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MINI TRIPS

Trip	Activity	Location	Start Date	Day(s)	Time
250th Stars and Stripes Celebration	R07101-140	North Potomac	9/3	Th	9:45 a.m.-1:15 p.m.
Amish Market	R07101-110	Long Branch	9/25	F	9:30 a.m.-Noon
Amish Market and Wegmans Grocery	R07101-107	North Potomac	9/24	Th	9:30 a.m.-1 p.m.
Amish Market Trip	R07101-143	Damascus	9/25	F	9:30-11:30 a.m.
Brookside Garden	R07101-108	Long Branch	9/8	Tu	9:30 a.m.-Noon
Brookside Garden	R07101-123	Long Branch	10/13	Tu	9:30 a.m.-Noon
Butler's Orchard	R07101-102	Damascus	10/21	W	9:30 a.m.-12:30 p.m.
Damascus Fair	R07101-180	Damascus	9/11	F	10-11:30 a.m.
Germantown Library	R07101-113	Damascus	9/4	F	9:30-11:30 a.m.
Glenstone Museum	R07101-104	Damascus	10/29	Th	9:30 a.m.-2 p.m.
Hardwood House	R07101-167	Damascus	10/9	F	9:30-11:30 a.m.
India Bazaar	R07101-156	Damascus	9/16	W	9:30-11:30 a.m.
Milestone Shopping Center	R07101-129	Damascus	9/8	M	9:30-11:30 a.m.
Mt. Airy Walmart	R07101-114	Damascus	9/14	M	9:30-11:30 a.m.
Recycling Center Tour	R07101-103	Damascus	10/27	W	9:30-11:30 a.m.
Thrift Store	R07101-133	Long Branch	11/17	Tu	9:30 a.m.-Noon
Trip to Active Aging Week Signature Event	R07101-101	Wheaton	10/5	M	9 a.m.-Noon
Trip to Active Aging Week Signature Event	R07101-173	Schweinhaut	10/5	M	9:15 a.m.-2 p.m.


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REGISTRATION BEGINS TUESDAY, AUG. 11 AT 9 A.M.

FOR MORE INFORMATION, VISIT MOCOREC.COM/TRIPSTOURS or call 240-777-4933.



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active adults 55 and older. Travel by motorcoach for trips unless otherwise specified. All trips depart and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

R07082-101 Tour George Washington's Mount Vernon, VA Th, Sept. 17 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$84

Mount Vernon is the historic home of America's first president, George Washington. Experience the mansion, grounds, outbuildings, gardens, Washington Tomb, the Slave Memorial and the museum. Lunch will be on our own at the food court. Fee includes transportation, admission and tour. Trip is held rain or shine.

R07082-102 Tour the Baltimore Museum of Industry, Baltimore, MD Th, Sept. 24 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$82

Experience the exhibitions at the Baltimore Museum of Industry, which document the diverse and significant human stories of the workers and entrepreneurs who built Baltimore into a manufacturing powerhouse. Baltimore is home to the nation's first passenger railway, the oldest gas company, the first traffic light, the first telegraph message received, the Linotype machine and many other "firsts" in industry. We will have a guided tour, with time on our own to explore the entire destination. Lunch will be on your own at the nearby Lexington Market. Fee includes transportation and admission. Trip is held rain or shine.

R07082-103 Gettysburg National Battlefield and Museum Tours, Gettysburg, PA Th, Oct. 15 • Leave 7 a.m., Return 6 p.m. • Fee: \$126

The Gettysburg Battlefield Tour will begin at the Gettysburg National Military Park Museum and Visitor Center as we experience the exhibits and films. The tour will be followed by lunch at Farnsworth House Inn Restaurant, where you can enjoy cuisine in a historic Civil War setting. Following lunch, we will meet our Battlefield Tour guide to explore key sites: Little Round Top, Devil's Den, the Wheatfield and Pickett's Charge. Fee includes transportation, admission, guided tours and lunch. Trip is held rain or shine.

R07082-104 Antietam National Battlefield and Ritchie History Museum, Sharpsburg, MD Th, Oct. 22 • Leave 7:30 a.m., Return 5:30 p.m. • Fee: \$89

One of the best-preserved battlefields, Antietam, inspired Lincoln to issue the Emancipation Proclamation, one of the major turning points in the American Civil War. We will have a guided tour of the battlefield, the Ritchie History Museum and other Civil War-related sites. Lunch will be on your own at a nearby food court. Fee includes transportation, admission and guided tours. Trip is held rain or shine.

R07082-105 Rocky Gap Casino and Hiking Trails, Flintstone, MD Th, Oct. 29 • Leave 8 a.m., Return 5 p.m. • Fee: \$69

Enjoy the magnificent fall foliage through the mountains of Western Maryland. Try your luck at the Rocky Gap Casino or take advantage of the fall views, walking trails and dining with majestic lake views. Fee includes transportation. Trip is held rain or shine.

R07082-106 National Geographic Museum of Exploration, Washington, D.C. Th, Nov. 12 • Leave: 8:30 a.m., Return 3:30 p.m. • Fee: \$89

Your general admission ticket will give you access to all permanent and rotating exhibitions, which are designed to be self-paced. Additionally, we will offer a Guided Highlights Tour upon arrival for the perfect first look at the Museum of Exploration. You will enjoy lunch and the Explorers Eatery on your own. Fee includes transportation, admission and guided tour. Trip is held rain or shine.

R07082-107 German Christmas Village, Baltimore and Lights on the Bay, Annapolis, MD W, Dec. 2 • Leave 2 p.m., Return 9 p.m. • Fee: \$79

Enjoy time on your own at the German Christmas Village to shop and eat. Then we will make our way to Lights on the Bay drive-thru lights display at Sandy Point State Park in Annapolis. Fee includes transportation and entrance. Trip is held rain or shine.

R07082-108 Longwood Gardens and Holiday Lights, Kennett Square, PA W, Dec. 9 • Leave 10:30 a.m., Return 8:30 p.m. • Fee: \$96

We will visit the gardens and conservatory during the daylight hours when we arrive. Experience the magic of a Longwood Holiday at nightfall as you wander the paths outside through hundreds of thousands of twinkling lights and delight in beauty at every turn. Meals are on your own at the self-service cafe. Fee includes transportation, admission and display. Trip is held rain or shine.

Images below courtesy of National Geographic





MAKE EVERY DAY UNFORGETTABLE!

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

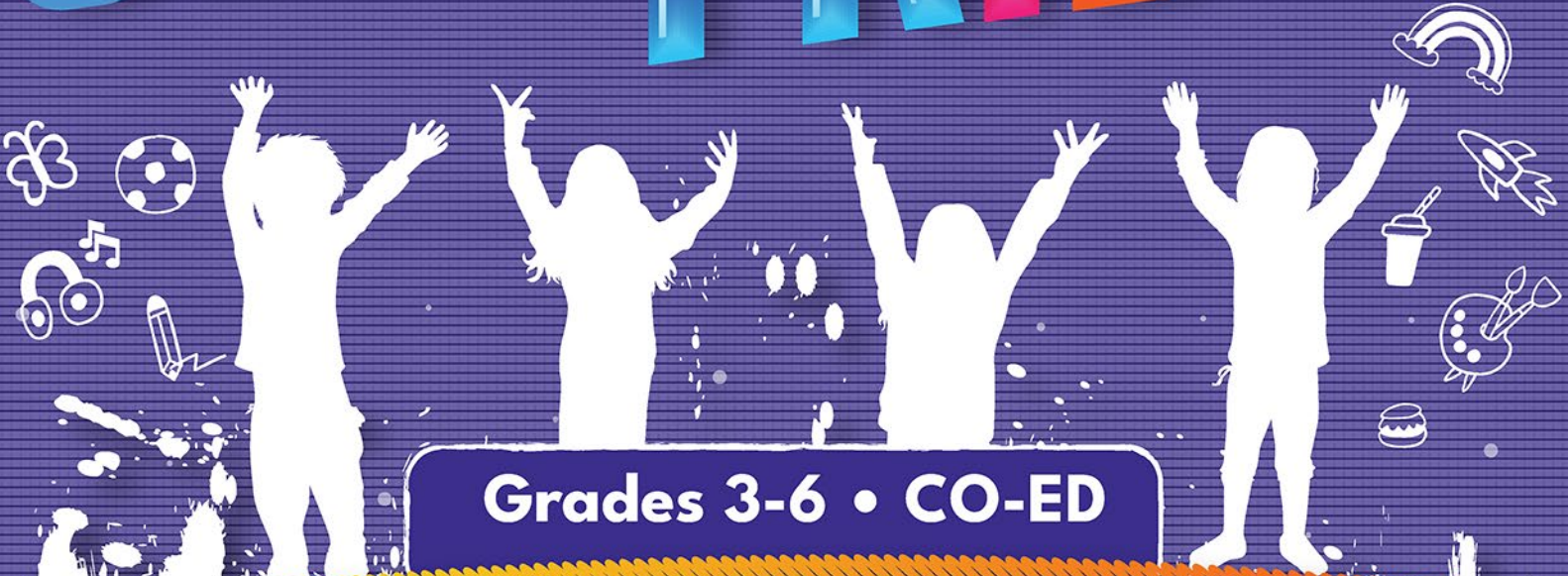
Join us for exciting trips and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

- R07083-101** **Occoquan's Fall Arts and Crafts Festival, Occoquan, VA** **Su, Sept. 27 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$62**
Explore offerings from more than 200 artisans, makers, crafters, bakers and more. Enjoy an all-you-can-eat experience with food and drink vendors and the many performing musicians. Fee includes transportation. Trip is held weather permitting.
- R07083-102** **National Apple Festival, Biglerville, PA** **Su, Oct. 4 • Leave: 8 a.m., Return 4 p.m. • Fee: \$72**
Located in the heart of Pennsylvania apple country, the National Apple Harvest Festival celebrates the fall with beautiful handmade crafts, delicious food and jam-packed entertainment. The festival has something for everyone with special attractions like steam engine displays, live music, antique cars, orchard tours, pony rides, tastings, craftsman demonstrations and more! The event is held rain or shine! Fee includes admission and transportation. Apples and meals are on your own!
- R07083-103** **Havre de Grace Arts and Crafts Festival, Havre de Grace, MD** **Sa, Oct. 17 • Leave 8 a.m., Return 5 p.m. • Fee: \$79**
Enjoy the 63rd Annual Havre de Grace Art Show at Tydings Memorial and Concord Point Park with a connecting waterfront promenade overlooking the Susquehanna River. This outdoor event features artists and craftsmen, as well as food and entertainment. Fee includes transportation. Trip is held weather permitting.
- R07083-104** **Tea Time at the Tea Trolley, Delta, PA** **Th, Nov. 5 • Leave 9 a.m., Return 5 p.m. • Fee: \$98**
At this charming Tea Room, you will take a step back to an era where manners and civility were common. Fee includes transportation and Full High Tea. Trip is held rain or shine.
- R07083-105** **Oysterfest at the Chesapeake Bay Maritime Museum, St. Michaels, MD** **Sat, Nov. 7 • Leave 8 a.m., Return 5 p.m. • Fee: \$82**
The Chesapeake Bay Maritime Museum hosts Oysterfest, an event featuring live music, boat rides, oysters, cooking demos and varieties of food offered for purchase. Fee includes transportation and admission. Trip is held weather permitting.
- R07083-106** **JOSHUA at Sight and Sound Theatre, Lancaster, PA** **Th, Nov 19 • Leave 8:45 a.m., Return 7:45 p.m. • Fee: \$172**
From the banks of the Jordan River to the towering walls of Jericho, JOSHUA is a miraculous adventure. Journey alongside the people of Israel as they navigate their newfound freedom in an unforgiving wilderness. Experience one of the most redemptive stories of the Bible as it comes to life in this brand-new original stage production. Before the show, we will have an all-you-can-eat buffet at Hershey Farm Restaurant. Fee includes transportation, the buffet and the show. Trip is held rain or shine.
- R07083-107** **National Harbor and Annmarie Sculpture Garden in Lights, MD** **Su, Dec. 6 • Leave 11 a.m., Return 10 p.m. • Fee: \$89**
Shop and dine at National Harbor in Oxon Hill before heading to Annmarie Sculpture Garden in Lights in Solomons, MD. The garden is transformed into a twinkling wonderland with glowing light sculptures, wondrous light installations and photo opportunities around every corner. Experience holiday shopping, food trucks and nightly activities and entertainment. Walk through on your own! Fee includes admission and transportation. Trip is held weather permitting.
- R07083-108** **Dutch Apple Dinner Theatre, Holly Jolly Holiday, Lancaster, PA** **Su, Dec. 20 • Leave 9:30 a.m., Return 5:30 p.m. • Fee: \$119**
Immerse yourself in the spirit of the season with this original holiday musical sure to make you merry. The halls are decked with holly, so let the jolly festivities begin with lively dancing and singing to the yuletide tunes you know and love. Enjoy an all-you-can-eat buffet before the show. Fee includes transportation, buffet and show. Trip is held rain or shine.



CLUB FRIDAY

GAMES • CRAFTS • MOVIES • SPORTS • DJ/DANCING
SPECIAL EVENTS • PRIZES • SNACKS • RAFFLES



Grades 3-6 • CO-ED

Activity R03002

Clara Barton NRC*

Oct. 23 - May 7 | 7-9 p.m.

Lawton CRC*

Oct. 9 - April 9 | 7-9:30 p.m.

Longwood CRC*

Oct. 23 - March 12 | 7-9 p.m.

N. Potomac CRC*

Sept. 25 - March 12 | 7-9 p.m.



SCAN THE QR

Potomac CRC*

Oct. 2 - March 5 | 7-9 p.m.

*All locations meet
on select Fridays.



Membership Fee
Varies

Activity Time
Varies



MONTGOMERY COUNTY
Recreation

CLUB ★ FALL 2026 ADVENTURE

September - November

After School Program

LOCATIONS

Coffield CRC
Damascus CRC
East County CRC
Long Branch CRC
Mid-County CRC

N. Potomac CRC
Plum Gar CRC
Praisner CRC
Upper County CRC
White Oak CRC

Monday -
Friday ★

3:30 - 6:30 p.m.

Ages 5-11

\$75

Per Month

★
Join Us!

For grades K-5.

Enjoy sports, crafts, dance and
more. Multiple locations available.



PAYMENT AND REFUND INFORMATION

WAYS TO REGISTER

ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

BY MAIL

Check or money order payment only.

Fill out and sign the registration form and mail it to:

ActiveMONTGOMERY

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at: Montgomery County Recreation

Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

Monday - Friday

9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- Do not submit registrations and/or payments to Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant.

CHECKS and MONEY ORDERS

- Make checks and money orders payable to ActiveMONTGOMERY.
- Checks and money orders must include name, address, and telephone number.
- If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
- Please allow two weeks to receive a refund by check.

CREDIT CARDS

- Visa, MasterCard, American Express and Discover are accepted.
- Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery County Recreation reserves the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charge incurred due to unsubstantiated credit card disputes, or any outstanding debt.

WITHDRAWALS AND REFUNDS

Service Type	Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount
Camps, Classes, Leagues, and Trips & Tours	At least 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On activity start date or later; After league schedule is posted	N/A	No refund will be issued
Rentals	At least 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On rental date	N/A	No refund will be issued
For classes/sessions/games missed by participant		No refund will be issued	For more information visit www.mocorec.com
When make up sessions are offered			
Memberships			

Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov

In Person with signature:

Recreation Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

Refund Methods:

Refunds will be issued in the same form as payment rendered, except cash. Credit card payments are returned to the original credit card used for payment. Credit card refunds that cannot be returned to the original credit card used for payment will be returned by check. All other forms of payment are returned by check.

Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov



CONTACT CUSTOMER SERVICE

Customer Service Available

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

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

2425 Reedie Drive, 10th Floor, Wheaton, MD 20902



Facility Addresses

Registration begins Tuesday, Aug. 11 for fall programs.



Looking for Senior Centers?

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



Looking for pool locations?

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

ELEMENTARY SCHOOLS

Bethesda ES..... 7600 Arlington Road, Bethesda 20814
Rock View ES..... 3901 Denfeld Ave., Kensington, 20895
Sligo Creek ES..... 500 Schuyler Road, Silver Spring 20910
Oakland Terrace ES..... 2720 Payers Mill Rd, Wheaton 20902

MIDDLE SCHOOLS

Earle B. Wood MS..... 14615 Bauer Drive, Rockville, 20853
White Oak MS..... 12201 New Hampshire Ave., Silver Spring, 20904

HIGH SCHOOLS

Kennedy HS..... 1901 Randolph Road, Wheaton 20902
Wheaton HS..... 12401 Dalewood Drive, Silver Spring, 20906

OTHER FACILITIES

Life Rescue Training..... 12105 Nebel St., Rockville, 20852
School of Music..... 1331 Rockville Pike, Ste. Q, Rockville, 20852

PARKS

Bauer Drive LP..... 14625 Bauer Drive, Rockville, 20853
Cabin John RP..... 7400 Tuckerman Lane, Bethesda, 20817
Layhill Village LP..... 1920 Queensguard Road, Wheaton, 20906
Laytonia RP..... 7300 Airpark Road, Gaithersburg, 20879
Olney Manor RP..... 16601 Georgia Ave., Olney 20832
Ridge Road RP..... 21155 Frederick Road, Germantown, 20876
Tilden Woods LP..... 6800 Tilden Lane, Rockville, 20852
Calverton-Galway LP..... 3039 Fairland Road, Silver Spring, 20904
Veirs Mill LP..... 4425 Garrett Park Road, Silver Spring, 20906
Layhill LP..... 14901 Layhill Road, Cloverly, 20906
Meadowbrook LP..... 7901 Meadowbrook Lane, Chevy Chase, 20815
Wells NP..... 1107 Rokeby Ave., Garrett Park, 20896

**All recreation, senior, indoor aquatic centers
closed on Sept. 5-7.**

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 E. 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 Pike, 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
Silver Spring RAC..... 1319 Apple Ave., Silver Spring, 20910
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

Abbreviation Key

Outdoor Pools

BOP - Bethesda Outdoor Pool
GOP - Germantown Outdoor Pool
LBOP - Long Branch Outdoor Pool
MLKOP - Martin Luther King Jr. Outdoor Pool
UCOP - Upper County Outdoor Pool
WCOP - Sarah E. Auer Western County Outdoor Pool
WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

Indoor Pools

GISC - Germantown Indoor Swim Center
MLKSC - Martin Luther King Jr. Swim Center
OSC - Olney Swim Center
SSRAC - Silver Spring Recreation and Aquatic Center

Parks

LP - Local Park
RP - Regional Park/
Recreational Park

Centers

CRC - Community Recreation Center
SC - Senior Center
RAC - Recreation and Aquatic Center

Schools

ES - Elementary School
MS - Middle School
HS - High School





WHERE THE
FUN
BEGINS



[MOCOREC.COM/APPLY](https://mocorec.com/apply)



MONTGOMERY COUNTY
Recreation
IS HIRING

FULL TIME, PART-TIME AND
SEASONAL POSITIONS
AVAILABLE!

From working in our after-school
programs, to lifeguarding at our
pools, there are a variety of
opportunities available.

**CHECK OUT
THE FULL LIST
OF OPEN
POSITIONS
ONLINE**

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

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

Administrative Office

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

See Map

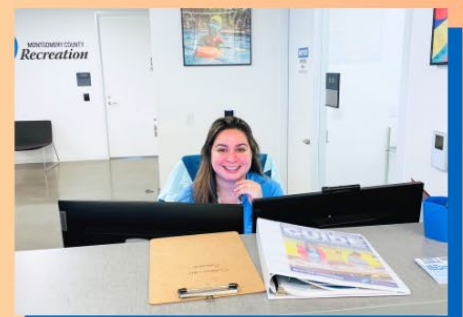
FALL 2026

Registration begins
Tuesday, Aug. 11

Public Outreach Team



Customer Service Team



www.mocorec.com



[240-777-6840](tel:240-777-6840)



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation