



MONTGOMERY COUNTY RESOURCES FOR SENIORS

TRANSPORTATION

- ◆ Connect-A-Ride: 301-738-3252, connectaride@accessJCA.org
Free information and referral program
- ◆ Senior Smart Trip Card: 301-738-3252
- ◆ Call 'N' Ride Transportation: 301-738-3252
Provides alternative taxicab service to qualified low-income seniors (67+), to medical & personal appointments within Montgomery County
- ◆ Montgomery County Ride On and Transit
Seniors & people with disabilities ride free on from 9:30am – 3:00pm M-F. Seniors 65+ must have a valid metro senior ID or Medicare card with photo ID
- ◆ Aging & Disabilities Services Help Line: 240-777-3000
- ◆ Montgomery County Help Line: 311
- ◆ Metro Access: Main Line: 301-562-5360
- ◆ Reservations: 301-562-5360
- ◆ County Senior Center Shuttles: Montgomery County Department of Recreation and Jewish Council on Aging have entered into an agreement that will provide a combination of curb-to-curb and fixed route transportation, M – F, to Recreation Department's five Senior Centers. Seniors 55 + are eligible
- ◆ Taxicab Companies:

Action Taxi: 301-840-1222	Barwood Taxi: 301-984-1900
Orange Taxi: 301-912-0000	Regency Cab: 301-990-9000
Sub Cab: 301-252-0575	

FIRE SAFETY OUTREACH

- ◆ Jim Resnick, Program Manager, Montgomery County Fire & Rescue 240-777-2426
james.resnick@montgomerycountymd.gov

MONTGOMERY COUNTY CAREGIVER SUPPORT & AGING SERVICES

- ◆ Montgomery County Aging & Disability Services 240-777-3000, [ADS@MontgomeryCounty MD.gov](mailto:ADS@MontgomeryCountyMD.gov)
- ◆ Holy Cross Hospital Caregiver Resource Center 301-754-7152, www.holyhealth.org/caregivers-resource-center
- ◆ Respite Services of Montgomery County 301-816-9647, respite@arcmontmd.org
- ◆ Alzheimer's Association 1-800-272-3900, www.alz.org/nca
- ◆ Financial Assistance 240-777-3000, ADS@MontgomeryCountyMD.gov
- ◆ U.S. Government's Caregiver Resource Page <http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml>
- ◆ Lotsa Helping Hands www.lotsahelpinghands.com



SENIOR NUTRITION PROGRAM:

People 60+ and spouse of any age, as well as adults with disabilities are eligible to participate.

- ◆ Home Delivered Meals: 240-777-3810
- ◆ Senior Nutrition Hotline: Wednesdays 9am – 11am 240-777-1100
- ◆ Senior Nutrition Programs at Senior Adult Day Care
 - Holy Cross Adult Day Care: Silver Spring, 301-754-7150
 - Misler Adult Day Center (Kosher): Rockville, 301-468-1740
 - The Support Center, Rockville: 301-738-2250
 - Winter Growth, Olney: 301-774-7501
- ◆ Senior Nutrition Programs at Recreation Centers
 - Ross Boddy Community Center, 18529 Brooke Road, Sandy Spring 20860, 240-777-8050 (temporarily closed for renovation)
 - East County Community Center, 3310 Gateshead Manor Way, Silver Spring, 20904, 240-777-8090
 - Mid-County Community Center, 2004 Queensguard Road, Silver Spring, 20906, 240-777-6820
 - Marilyn J. Praisner Community Center, 14906 Old Columbia Pike, Burtonsville, 20866, 240-777-4970

MONTGOMERY COUNTY RECREATION DEPARTMENT

Senior Centers

- ◆ Damascus: 9701 Main Street, Damascus, 20874, 240-777-6995
- ◆ Holiday Park: 3950 Ferrara Drive, Wheaton, 20906, 240-777-4999
- ◆ Long Branch: 8700 Piney Branch Road, Silver Spring, 240-777-6975
- ◆ Margaret Schweinhaut: 1000 Forest Glen Road, Silver Spring, 20901, 240-777-8085
- ◆ White Oak: 1700 April Lane, Silver Spring, 20904, 240-777-6944

Aquatics Centers—Indoor Pools

- ◆ Germantown Swim Center: 18000 Central Park Circle, Boyds, 240-777-6830
- ◆ Kennedy Shriver Aquatic Center: 5900 Executive Blvd, N. Bethesda, 240-777-8070
- ◆ Martin L. King Jr Swim Center, 1201 Jackson Road, Silver Spring, 240-777-8060
- ◆ Olney Swim Center: 16005 Georgia Ave, Olney, 240-777-4995

Other Activities

- ◆ Maryland Senior Olympics: www.mdseniorolympics.org
- ◆ Senior Sports Leagues, Jim Ganz, 301-236-9130
- ◆ Travel, trips, tours: SOAR Program, 240-777-6870
- ◆ Montgomery County Parks: 301-495-2595
- ◆ Volunteering: 301-495-2504
- ◆ Part Time Employment: www.montgomerycountymd.gov/ohr

Margaret Schweinhaut Center	1000 Forest Glen Road, Silver Spring, MD
Potomac Community Center	11315 Falls Road, Potomac, MD
Rockville Community Center	1150 Carnation Drive, Rockville, MD
Suburban Hospital	8600 Old Georgetown road, Bethesda, MD
Sibley Memorial Hospital	5255 Loughboro Road, NW, Washington, DC

Adventist Health Care

- ◆ Zachary Goodlin: zgoodlin@adventisthealthcare.com
- ◆ Katherine Barmer: kbarmer@adventisthealthcare.com 301-891-6695 or 301-891-5465
- ◆ Adventist Community Clinic: 301-273-2512

Other Health & Fitness Programs

- ◆ MedStar Montgomery Medical Center (Olney) 301-774-8881
- ◆ Jewish Community Center, Rockville: 301-881-0100
- ◆ Washington Metropolitan Oasis: 301-469-6800
- ◆ Gaithersburg Senior Center: 301-258-6380
- ◆ Rockville Senior Center: 240-314-8800

MONTGOMERY COUNTY VOLUNTEER CENTER: Links residents to local volunteer opportunities: 240-777-2600

LIFELONG LEARNING & THE ARTS

- ◆ Montgomery College: Natasha Sachs: Natasha.Sachs@montgomerycollege.edu, 240-567-1828
- ◆ Lifelong Learning Brochure: <http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html>
- ◆ Arts for the Aging: Brandi Rose, 301-255-0103, brose@aftaarts.org
- ◆ Oasis: Provides lifelong learning, health programs and volunteer engagement.
 Exec Director: Anna Stokes, 301-469-4976, astoke12@jhmi.edu
 Program Director: Janice Pilner, 301-469-4960, jpliner1@jhmi.edu

OLDER DRIVER SAFETY RESOURCES

- ◆ AARP Driver Safety classes: 877-846-3299
- ◆ Adventist Rehabilitation Hospital of Maryland, Driver Rehabilitation Program: 240-864-6202
- ◆ Baker Driving Rehabilitation: 240-575-5856
- ◆ CarFit (improve the fit of your vehicle for comfort & safety: cautiouscarfit@gmail.com)
- ◆ Driver Wellness & Safety, Maryland MVA (to refer to medical review process – 410-768-7511)
- ◆ To Drive or Not to Drive: (make a personal plan for your driving needs: 301-816-2665)

