

# Bethesda / Chevy-Chase, Maryland

## Welcome to Bethesda / Chevy Chase...

*I am your Area Rep and am more than willing to help and answer any questions you may have when you first arrive in the USA. Hopefully though, some of the questions will be answered below. Bethesda and Chevy Chase are on the border of DC and about a 20 minute drive across the Potomac River to Virginia. There are lots of places to eat, shop, play and have fun and below outlines a few.*

*I look forward to meeting you soon.  
[besa.bcc@gmail.com](mailto:besa.bcc@gmail.com)*



## Setting up home ...

**Sears – [Sears.com](http://Sears.com)**

Montgomery Mall

**Macys – [macys.com](http://macys.com)**

Montgomery Mall

**Ikea – [ikea.com](http://ikea.com)**

10100 Baltimore Ave, College Park, MD  
20740

**Pottery Barn – [potterybarn.com](http://potterybarn.com)**

5335 Wisconsin Ave, NW

**BestBuy – [bestbuy.com](http://bestbuy.com)**

(for electrical goods)

4500 Wisconsin Ave.

**Bed Bath and Beyond**

1519 Rockville Pike



## Food shopping ...

*Giant and Safeway are your main "large" supermarkets and Whole Foods and Trader Joe's have more specialty, organic and healthy options.*

**Giant - [giantfood.com](http://giantfood.com)**

7142 Arlington Road, Bethesda, MD

5400 Westbard Avenue, Bethesda

5463 Wisconsin Avenue, Chevy Chase

10400 Old Georgetown Road, Bethesda

**Safeway - [safeway.com](http://safeway.com)**

7625 Old Georgetown Road, Bethesda, MD

4701 Sangamore Rd. Bethesda, MD

**Trader Joe's - [traderjoes.com](http://traderjoes.com)**

6831 Wisconsin Avenue, Chevy Chase, MD

(301) 907-0982 ·

**Whole Foods Market – Bethesda - [wholefoodsmarket.com](http://wholefoodsmarket.com)**

5269 River Road, Bethesda, MD

4420 Willard Avenue, Chevy Chase

**Montgomery Farm Women's Co-Op -**

**[farmwomensmarket.com](http://farmwomensmarket.com)**

7155 Wisconsin Avenue, Bethesda, MD

(301) 652-2291 ·



## Where to eat ...

**Restaurants** – Bethesda and Chevy Chase are in abundance with restaurants – too many to note, but there are every different kind of nationality food you could wish for. There are also a few restaurants in Montgomery Mall.

**Takeaways** – Most restaurants do takeaways as well and will deliver for convenience! I suggest when you eat somewhere, to pick up a takeaway menu. You will soon accumulate!



## Play - There are many area parks, so

likely to be one in your local neighborhood. A good place to search is by finding your house on google maps and then looking at the surrounding areas. Parks are often identified and then you can check out if it has a playground or other facilities. Some nice ones around...

**Turtle Park:** 4500 Van Ness Street Northwest, Washington D.C., DC 20016-5628 (near AU, has water play area in summer)

**Layfayette Park:** 33rd St NW & Patterson St NW, Washington (nice organic market nearby and ice cream shop)

**Clemyjontri Park - Mclean, VA** - 319 Georgetown Pike (not right nearby, but it is huge!)



**Bethesda Regional Library** - 7400 Arlington Rd, Bethesda, MD (240) 777-0970

**Little Falls Library** - 5501 Massachusetts Ave, Bethesda, MD (240) 773-9520

(I know this has a nice kids section on a separate floor from the main library.)

**Chevy Chase Library** - 8005 Connecticut Ave, Chevy Chase, MD (240) 773-9590



### Cooling down ...

Indoor pools

**Montgomery Aquatic Center (MAC)** - 5900 Executive Boulevard, N. Bethesda, MD 20852 **(240)-777-8070**

**Wilson Aquatic Center** - 4551 Fort Drive, NW Washington, DC **(202) 730-0583**

Outdoor pools

**Bethesda Pool** - 6300 Little Falls Pkwy & Hillandale Road, Bethesda, MD

**(301)-652-1598**

Also, many people join private pools in your local area. Worth a look if you'll be around most of the summer as it is too hot to do anything else!

### Miscellaneous ...

Indoor play/classes:

**Gymboree** - 6831 Wisconsin Avenue, Chevy Chase - (301) 654-8988

**Kidville Inc** - 4825 Bethesda Ave # LI Bethesda - (301) 656-5030

**MyGym** - 5110 Ridgefield Road, Bethesda - (301) 652-2820

**Playseum** - 7000 Wisconsin Avenue, Chevy Chase - (301) 807-8028

Music Class:

**Music Together Montgomery** - 301-879-6988  
www.musictogethermontgomery.com



### Shopping Malls ...

**Westfield Montgomery Mall - Westfield.com**

7101 Democracy Boulevard, Bethesda  
301 469 6000



### Gyms ...

**Sport and Health**

4400 Montgomery Ave. Bethesda

**Fitness First Health Club**

7904 Wisconsin Ave, Bethesda

**Chevy Chase Athletic Club**

5454 Wisconsin Ave, Chevy Chase



### Pharmacies ...

**CVS** – Sangamore Rd, Bethesda MD

7809 Wisconsin Ave, Bethesda

10233 Old Georgetown Rd, Bethesda

6700 Wisconsin Ave, Bethesda, MD,

**Rite Aid** - 5350 Westbard Ave, Bethesda,



### Transportation ...

**Bethesda Metro Centre** – 7450 Wisconsin Ave

**Friendship Heights** – 5337 Wisconsin Ave

**White Flint** – Rockville Pike