Holiday Park Hi–Lites

It is Grand to be 55+ in Montgomery County!

February 2023

Center Closed:

Monday, February 20th

For President's Day

Alzheimer's Awareness Event

Tuesday, 2/28, 1pm

Join us to hear speakers from several associations, including the Alzheimer's Association, Johns Hopkins Research Center, NIH, and more. Surround yourself with all the information you ever wanted to know about Alzheimer's.

More info on page 2.

Valentine's Day Social with Dale Jarrett

Tue., 2/14, 1pm

Come and enjoy Dale's music and valentine's themed refreshments.

Pre-registration required.

Mardi Gras Celebration

Thur., 2/16, 1pm

Enjoy dancing to the upbeat music of Dixieland Express and have a taste of King cake!

Pre-registration required.

Registration for the Spring session of HPSI classes will begin on Monday, 2/13!

Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
Phone: (240) 777-4999
www.mocorec.com
Center Hours:
Monday thru Friday 9:00 a.m. - 4:00 p.m.

ALZHEIMER'S AWARENESS EVENT

Tue., 2/28, 1pm

Attend this joint activity between the Holiday Park Senior Center and NARFE, presenting the latest information about Alzheimer's Disease.

Hear from multiple speakers from several associations, including the Alzheimer's Association, Johns Hopkins Research Center, NIH, and more.

Surround yourself with all the information you ever wanted to know about Alzheimer's: the latest medications and research, additional research still in the pipeline, how to communicate and care for folks who have dementia, new studies on activities that may slow the disease, where to get help and more!

Light refreshments served.

PLANT ROOM NEWS

Limit the use of salt to melt ice and snow. Maryland law prohibits the use of fertilizer products to melt ice and snow on steps, sidewalks, or driveways. There are several steps you can take to remove thin layers of ice on small areas such as the house steps:

- Apply warm water mixed with table salt, water conditioner salt, or the brine backwash from a water conditioner.
- Use sand, ashes, or kitty litter to improve traction on icy areas.
- Once a dry route to the house has been established, block off slippery areas to prevent personal injury.
- If an ice storm is predicted, cover small areas or steps with heavy plastic or other waterproof material.

Continue to feed wild birds through the remaining winter weeks. Black oil sunflower seeds and suet cakes are good choices for a wide variety of birds. Keep feeders clean and provide fresh water.

The Plant Room

Open Tuesday and Friday from 9:00am to 12pm.

We have an assortment of plants for sale at just $1.00 each.

Volunteers needed to assist with a variety of programs around the center.
Please see Judy or Marco!

SOCIAL COFFEE CORNER

COFFEE WITH A COP

Wed., 2/1, 9:30 am

Enjoy conversation with Officer Katie Beard from the Montgomery County Police and learn more about your community and discuss safety concerns.

Free! - Monthly!

FIRE SAFETY, ONE CUP OF COFFEE (OR HOT CHOCOLATE) AT A TIME!

Thur., 2/16, 9:30 am

Join us to connect with Jim Resnick as he provides information/ education, in an informal café setting, with coffee or hot cocoa, and snacks!

Free! - Monthly!

WEDNESDAY BOOK CLUB

Wed., 2/15, 3:15 pm

February's book is "The Great Alone" by Kristen Hannah.

March's book will "The Little Big Things" by Henry Fraser.

Free! - Monthly!

Inclement Weather Policy

Holiday Park follows Montgomery County Schools for closures:

- If county schools are *closed*, all activities are cancelled including the lunch program and the center bus will not run. The Center will be open for non-instructor led activities.
- If county schools *close early*, the center will also close early.
- If county schools are on a *delayed opening schedule*, the Center opens at 10am, there will be no lunch program and the center bus will not run. Call the Center before you leave your home to make sure staff is in the building and the building is open.

Please call the main line 240-777-4999 for a recorded update of the center's operating hours and/or check your Local News for Alerts. You can also get messages by registering with AlertMontgomery: alert.montgomerycountymd.gov

Classes and Drop-in Activities

Please Register at the Front Desk. **Spring registration begins Monday, 2/13.**

DANCE

BEGINNERS BALLROOM

No class on 2/6, 2/20.
The current session ends on 3/6.
Taught by Ron & Amy and sponsored by HPSI. Learn the basics of a variety of popular ballroom dances. Couples & single students welcome. **No class on 5/29.**

Mon	3/20-6/5	2:30-3:20pm	**$45**

BALLROOM: INTERMEDIATE

No class on 2/8.
The current session ends on 3/8.
Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Quickstep & Foxtrot**. **Rhythm: Bolero & Mambo.**

Smooth	Wed	3/22-6/7	2:30-3:20pm	**$50**
Rhythm	Wed	3/22-6/7	3:30-4:20pm	**$50**

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming . Combines tai chi, qigong, ballet & expressive dance movements.

Fri	Ongoing	11–11:50am	Free

HULA INTERMED. CHOREOGRAPHY

No class on 2/13, 2/20.
The current session ends on 3/6.
Taught by Dawn and sponsored by HPSI. This class will focus on advancing the techniques learned in the beginner Hula course. Additional terminology will be discussed along with the use of Hula implements. **No class on 4/10, 4/17, 5/29.**

Mon	3/20-6/5	1-1:50pm	**$30**

INTERNATIONAL FOLK DANCING

No class on 2/17.
The current session ends on 3/10.
Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience is needed. No partner required. **No class on 4/7 & 5/26.**

Fri	3/24-6/9	11-11:50am	**$30**

LINE DANCE– PARTY FAVORITES

The current session ends on 3/9.
Taught by Robin and sponsored by HPSI. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise.

Lv I	Thur	3/23-6/8	11-11:50am	**$40**
Lv II	Thur	3/23-6/8	10-10:50am	**$40**

TAP DANCING (BEG.)

new

Taught by Denise and sponsored by HPSI. Designed for students who are completely new to tap dance or those returning for a review. A scaffold of basic tap skills is introduced at this level (such as balance and body alignment, along with a series of tap techniques and terminology). Learn creative rhythmic patterns and timely beats in an exciting, fun atmosphere.

Tue	3/21-6/6	1-1:50 am	**$60**

TAP DANCING (INT.)

Taught by Denise and sponsored by HPSI. Designed for students who have taken one or more beginners tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations and rhythms will be taught in a fun atmosphere. Occasional discussion on the historical tap dance world will be covered.

Wed	3/22-6/7	1-1:50 am	**$60**

FITNESS & CARDIO

AS EASY AS ABC… Exercise Class

The current session ends on 3/9.
Taught by Matt and sponsored by HPSI. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights and mats are used. Please bring your own weights to the class.

Beg.	Thur	3/23-6/8	12-12:50pm	**$50**
Adv.	Thur	3/23-6/8	11-11:50am	**$50**

Classes and Drop-in Activities

Please Register at the Front Desk. For more information call: 240-777-4999

BIODANZA

The current session ends on 3/10.

Taught by Luisa and sponsored by HPSI. Biodanza offers a set of natural and very simple movements, such as walking, accompanied by music and carried out in a group setting. It's suitable for everyone and you don't need to know how to dance.

Fri	4/14-6/9	10-10:50 am	**$25**

EASY FIT DANCING

No class on 2/20.

The current session ends on 3/13 & 3/15.

Taught by Marcia and sponsored by HPSI. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights. **No class on 5/29.**

Mon	3/20-6/5	11-11:50am	**$35**
Wed	3/22-6/7	11-11:50am	**$40**

EVERY BODY'S YOGA

The current session ends on 3/8.

Taught by Regine and sponsored by HPSI. A yoga class to increase flexibility, give you a sense of energy and well-being while a guided relaxation activity will help promote a good night's sleep.

Wed	3/22-6/7	3:00-3:50pm	**$40**

FITNESS EQUIPMENT ORIENTATION

Taught by Tony and sponsored by HPSI. Learn the basics of how to safely use the equipment in the exercise room. Limit 5 people per session.

Thur	4/26	11-11:50 am	**$5**

HATHA YOGA FOR ALL

The current session ends on 3/7 & 3/10.

Taught by Debbie and sponsored by HPSI. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength, bone strength, flexibility, breathing and some meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class. **Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.**

Virtual	Tue	3/21-6/6	9-9:50am	**$50**
In Person	Fri	3/24-6/9	9-9:50am	**$50**

LATIN RHYTHM CARDIO FITNESS

The current session ends on 3/7 & 3/9.

Taught by Tony and sponsored by HPSI. Let's have fun dancing together! This low impact but high energy class of combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. The music is hot, and the moves are fun to get a great workout.

Tue	3/21-6/6	2-2:50pm	**$50**
Thur	3/23-6/8	10-10:50am	**$50**

MEDITATION

No class on 2/24.

The current session ends on 3/10.

Taught by Patrick and sponsored by HPSI. Meditation is a mainstream practice for stress reduction and mental concentration.

Fri	3/24-6/9	11-11:50am	Free

NIA DANCE FITNESS

The current session ends on 3/9.

Taught by Smita and sponsored by HPSI. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts (such as yoga). Students will move to joyful, uplifting and soothing music. Appropriate for all levels.

Thur	5/11-6/8	9-9:50am	**$20**

SENIOR SHAPE—STABILITY BALL

Sponsored by Suburban Hospital. An exercise class that will tone and define your core muscles and help build better balance. Hand-held weights required. **Register at: https://events.suburbanhospital.org/**

Mon	1/9-3/27	12-12:45 pm

TAI CHI BEGINNERS

No class on 2/15.

Taught by Milan. Learn the basics of this ancient, beautiful and relaxing form of exercise.

Wed	Ongoing	9:30-10:20am	Free

TAI CHI EXERCISES

No class on 2/14.

Taught by Milan. Join this relaxing form of exercises.

Tue	Ongoing	9:30- 10:20am	Free

Classes and Drop-in Activities

Please Register at the Front Desk. **Spring registration begins Monday, 2/13.**

TAI CHI SWORD

No class on 2/6, 2/13.
Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword.

Mon	Ongoing	2:30-3:25pm	Free

TOTAL BODY FITNESS

The current session ends on 3/7.
Taught by Tony and sponsored by HPSI. Total body fitness involves cardio, light weights, lunges, squats and core work for a total body workout.

Wed	3/22-6/7	10-10:50am	**$50**

YOGA FOR BALANCE

The current session ends on 3/7.
Taught by Linda and sponsored by HPSI. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	3/21-6/6	10-10:50am	**$50**

YOGA (CHAIR)

The current session ends on 3/7.
Taught by Linda and sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses.

Tue	3/21-6/6	11:15-12:05pm	**$50**

YOUR BODY IS MEANT TO MOVE

Taught by Sonia and sponsored by HPSI. Exercise to music from the 60s and 70s with movements that work the muscles which strengthens the bones, with music to motivate you to relax and enjoy the exercise even more.
No class on 5/25 & 6/1.

Thur	3/23-6/8	2-2:50am	**$30**

ZUMBA FOR ALL

The current session ends on 3/8.
Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength.

Tue	3/21-6/6	11-11:50am	**$45**

ZUMBA GOLD ADVANCED

The current session ends on 3/8.
Taught by Mitzi and sponsored by HPSI. The original dance-fitness party.

Wed	3/22-6/7	10-10:50am	**$45**

ZUMBA GOLD TONING

The current session ends on 3/10.
Taught by Mitzi and sponsored by HPSI. Incorporates Gold workout with light weight training.

Fri	3/24-6/9	10-10:50am	**$45**

ARTS AND CRAFTS

ARABIC CALLIGRAPHY WORKSHOP

Taught by Ahmad and sponsored by HPSI. In this workshop we will cover the history of Arabic Calligraphy, go over the steps of learning how to hold a calligraphy pen, form the alphabet and put together phrases.

Wed	4/12	1:30-3:30om	**$5**

CHINESE BRUSH PAINTING

The current session ends on 3/9.
Taught by Nicki and sponsored by HPSI. Learn the basics and explore how to paint flowers, birds and small animals.

Thur	3/23-6/8	1:00-3:00om	**$110**

DRAWING (BASIC)

The current session ends on 3/7.
Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing.

Virtual	Tue	3/21-6/6	1:00-3:00om	**$120**

KNIT & CROCHET WORKSHOP

Led by Shirley and Carma. The *Holiday Park Yarn Group* makes a variety of knitted d crocheted items for charities**.** Drop-in.

Wed	Ongoing	10-11:30am	Free

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

WATERCOLOR (INT. & ADV.)

No class on 2/20.
The current session ends on 3/6.
Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. This class will be a hybrid of in-person and virtual alternating every other week, starting in-person on 3/20.

Mon	3/20-6/5	10:00-12:00pm	**$110**

WATERCOLOR (INT. & ADV.)

The current session ends on 3/7.
Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique.

Virtual	**Tue**	3/21-6/6	10:00-12:00pm	**$120**

WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Drop-in.

Fri	Ongoing	1-2:55pm	Free

LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Deb. Vocabulary and conversational English to help you get comfortable in everyday conversation.

Tue	Ongoing	10-10:55am	Free
Thur	Ongoing	10-10:55am	Free

FRENCH: BASIC & INTERMEDIATE

The current session ends on 3/15.
Taught by Gilles and sponsored by HPSI. Learn and practice your French. Prior knowledge required for the Intermediate level. **No class 5/17 & 5/24.**

Basic	Wed	4/12-6/7	9- 9:50am	**$15**
Int.	Wed	4/12-6/7	10-10:50am	**$15**

FRENCH (CONVERSATION)

The current session ends on 3/15.
Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required for conversing. **No class on 5/17 & 5/24.**

Wed	4/12-6/7	11-11:50am	**$15**

INTRO. TO HINDI

No class on 2/20.
The current session ends on 3/6.
Taught by Uma and sponsored by HPSI. Learn basic conversational skills in Hindi including greetings, introductions, everyday words, numbers and much more. **No class on 5/29.**

Mon	3/20-6/5	11-11:50am	Free

SPANISH (BASIC)

No class on 2/20.
Taught by Jairo, MC Recreation. Learn basic conversational skills in Spanish including greetings and introductions, everyday words, numbers and much more.

Spanish 101	Mon	1/9-3/6	11-11:50am	Free
Advanced	Mon	1/9-3/6	10-10:50am	Free

GAMES

BRIDGE FOR BEGINNERS III

The current session of Beginners II ends on 3/7.
Taught by Rochelle and sponsored by HPSI. Continue learning the basics of bridge with short lessons followed by supervised practice. **No class on 4/11 & 5/9.**

Tue	3/21-6/6	1– 3pm	**$90**

BRIDGE INTERMEDIATE III

The current session of Intermediate II ends on 3/9.
Taught by Rochelle and sponsored by HPSI. If you've taken Basic Bridge classes or been playing bridge for a year or two, then this series will enable you to hone your bridge skills at the table. It will include a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. Each class includes interactive lecture, exercises and supervised play. **No class on 4/13.**

Thur	3/23-6/8	1– 3pm	**$110**

The 1:00 PM Holiday Park Daily Show – February 2023

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Thurgood Marshall with Ralph Buglass Join Ralph Buglass from the Montgomery County Historical Society to find out all about this trail-blazing Civil Rights victory for Montgomery County.	**Wed. Feb. 1**
African Drumming with Bonnie Jazz Join Franklyn for another great musical event, where you get to participate too! Sit in on his drum circle and create a good beat with friends.	**Thur. Feb. 2**
Dance Club Friday with Gary Brown 1-3 PM Another great Dance Club Friday with Gary's music. *Light refreshments served.*	**Fri. Feb. 3**
The Benefits of Gratitude with José Hernández Why is it important to be grateful? Learn how we can experience gratitude for someone or something at a certain moment in time and how we can experience gratitude as a long term positive character trait.	**Mon. Feb. 6**
The Poetry of the Notes with violinist Caterina Vannucci Join Caterina to hear the songs you requested and match the words of the songs with movements of the heart and body.	**Tue. Feb. 7**
Heart Health with Rhonda Brandes, RD, LDN Join Rhonda to learn about the newest updates to the guidelines from the American Heart Association.	**Wed. Feb. 8**
Live Music with Walter Ware Come hear vocal performer Walter Ware serenade us once again, this time just before the holiday of love!	**Thur. Feb. 9**
Dance Club Friday with Mike Surratt 1-3 PM Another magical Dance Club as Mike plays your favorite songs. *Light refreshments served.*	**Fri. Feb. 10**
French Food and Culture with Corinne Did you know that France produces over 300 kinds of cheeses? Corinne will guide us through her native country on a French food-and-culture "Tour de Cheese". Yum! *Small samples will be provided.* **Pre-registration required.**	**Mon. Feb. 13**
Valentine Social with Dale Jarrett Join Dale for this wonderful concert of love to celebrate this special day with your Valentine! *Light refreshments served.* **Pre-registration required.**	**Tue. Feb. 14**
Book Presentation with Gerald Schneider, Ph.D. Our own Gerald Schneider, Ph.D., reviews his book, "Progressive Values — Libertarian Solutions — A Practical Guide" that bridges the gap between progressives and conservatives in a divided America.	**Wed. Feb. 15**

The 1:00 PM Holiday Park Daily Show – February 2023

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Mardi Gras Music with Dixieland Express — **Thur. Feb. 16**
Enjoy dancing to the upbeat music of Dixieland Express and have a taste of King cake!
Light refreshments served.
Pre-registration required.

Line Dance Social with Robin Marshall — **Fri. Feb. 17**
Give Robin a warm welcome back and listen to her energizing music as she plays many of our old favorites.
Light refreshments served.

Center Closed: President's Day — Mon. Feb. 20

Finding a Happy Balance with Suburban Hospital — **Tue. Feb. 21**
Every year, one out of three adults aged 65 and over experiences an unexpected fall. In most cases, falls can be prevented. A Suburban Hospital Physical Therapist will share practical and useful changes that can be made a home and while on the move to prevent the incident of preventable falls.

Duke Ellington with Mike Suser — **Wed. Feb. 22**
Please join Charlene Cochran and Michael Suser for our presentation on the great Duke Ellington. A Washington D. C. native, Duke was one of the most remarkable figures in the history of American music. His career spanned more than half a century, and he composed thousands of songs for the stage, screen and contemporary songbook. We'll look at the history of some of his very best songs, such as Take the A Train and Satin Doll, and then perform them for you.

Tech Thursday: Facebook with Senior Planet Montgomery — **Thurr. Feb. 23**
Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook live? This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook.

Dance Club Friday with Metropolitan 1-3 PM — **Fri. Feb. 24**
Join the Metropolitan band for an enjoyable afternoon of dancing.
Light refreshments served.

Abraham Lincoln Part 1 with Sheldon Lehner — **Mon. Feb. 27**
Come join us and learn the latest research as to why "Honest Abe" earned his status as one of the very best U.S. Presidents.

Alzheimer's Awareness Event — **Tue. Feb. 28**
Attend this presentation on the latest information about Alzheimer's Disease, a joint activity between the Holiday Park Senior Center and NARFE.
Light refreshments served.

Classes and Drop-in Activities

Please Register at the Front Desk. **Spring registration begins Monday, 2/13.**

BRIDGE (Duplicate)

Allen hosts. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required.

Wed	Ongoing	12:30-4pm	Free

BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free

GAME ROOM

On our second floor. Several tables to enjoy a good game with a friend. Open daily. Drop-in.

Daily	Ongoing	All day	Free

MAH JONGG

Drop-in and enjoy playing with friends.

Mon	Ongoing	starts at 1:00 pm	Free

RUMMIKUB

Elsa hosts. Drop-in and enjoy playing with friends.

Daily	Ongoing	starts at 1:00 pm	Free

SCRABBLE

Ray hosts this drop-in board game with 3-5 games at a time.

Wed	Ongoing	starts at 1:00pm	Free

SPORTS

BOCCE BALL COURT

Outside our back door. Enjoy a good match with a friend. Drop-in. **Coming Soon!**

Daily	Ongoing	All day	Free

BILLIARD/POOL ROOM

Open daily. Keep your attention sharp and your accuracy skills on target as you enjoy a game with other players.

Daily	Ongoing	All day	Free

OPEN GYM—FITNESS ROOM

Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation and Fitness Room Strength Training for closed times.

Daily	Ongoing	9am-4pm	Free

TABLE TENNIS LEAGUE

On our second floor. Try your best to move up the rankings in Table Tennis at Holiday Park. A fun, social and competitive league that guarantees opponents at the designated times. Open play available outside these times.

Tue & Thur	1/24-3/9	2:00-3:30pm	Free

SHUFFLEBOARD

Play this beachy game even when the weather is cold. Enjoy a good time with other players. Drop-in.

Mon & Wed	Ongoing	2:30pm-3:30pm	Free

SPECIAL INTERESTS

AARP SAFE DRIVING CLASS

This class is designed to help refresh your safe driving knowledge. There will be a break for lunch. Check with your insurance provider to find any discount from the certificate earned in this class.
Register at the Front Desk. $20 for AARP members and $25 for non members. Pay to Instructor Ken Ow.

Mon	2/13	9:45am-3pm	**Cash/Check ONLY**

BEHIND THE HEADLINES

Gerald and other volunteers facilitate this drop-in discussion on current events.

Mon	Ongoing	10-11:25am	Free

BOOK CLUB

Led by Carol & Ethylyn. Join us monthly to discuss the current month's book and relevant topics. See Page 3 for monthly book listings.

Wed	2/15	3:15-4:00pm	Free

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

JOURNALING CLUB

Led by Carol & Ethylyn and sponsored by HPSI. Join us monthly to work on your journal and learn how to start a journal and express your creativity and feelings. Bring your own journal.

Tue	2/14	2:15-3:45	Free

PHOTOGRAPHY CLUB

Led by Alan. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month.

Wed	2/1 & 2/15	10-12 noon	Free

SINGING THE OLDIES BUT GOODIES

Taught by Theresa and sponsored by HPSI. Learn basic singing technique, create community and have fun. **No class on 5/29.**

Mon	3/20-6/5	2-2:50 pm	$25

TELL US YOUR STORY

Taught by Laura. Watch for updates on this creative writing class in our next newsletter!

WRITING GROUP

Writing group led by Ray where you can share your written work with other peers. Drop-in.

Fri	Ongoing	10-11:25am	Free

TECHNOLOGY

CHROMEBOOK ESSENTIALS

Presented by Senior Planet Montgomery. This 5-week course will cover the essentials of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. By the end of the course, you'll have a foundation for using the device to navigate the internet. You'll also learn to send and receive email. Please bring your Chromebook to the class. If you don't have one let us know and we will secure one for you.

Tue & Thur	1/24-2/23	10-11:15 am	Free

TECH 101: Smartphone Essentials

Taught by Jairo, MC Recreation. Learn the essentials of your cell phone and discover many of its features. Limited spaces available.

Wed	2/8; 3/8	10:30-11:20am	Free

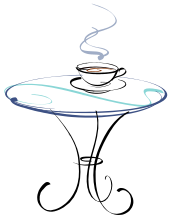
TECH 101: Computer Essentials

Taught by Jairo, MC Recreation. Learn the essentials of your computer and discover many of its features. Limited spaces available.

Wed	2/22; 3/22	10:30-11:20am	Free

The Gift Shop

Open Tuesdays and Wednesdays from 9:30am to 1pm, volunteers permitting.



The Café

Open Monday thru Friday from 9:30am to 1pm, volunteers permitting.

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

Multicultural Programs

LA ESQUINA LATINA

Cafecito y Amistad (Active Living in Spanish)

Con Elsa. Un grupo para charlar y compartir experiencias cotidianas para empezar bien la semana. Regístrese en la recepción.

Lu	Seguido	10-10:50 am	Gratis

Conversación en Inglés (Everyday English)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	10-10:55am	Gratis
Ju	Seguido	10-10:55am	Gratis

Gramática Inglesa para personas de habla Hispana

Con David. Unase a este grupo para aprender algunos trucos y consejos gramaticales para hablar bien inglés.

La clase va a reinicier en unos meses.

Superando los Cambios: Grupo de Apoyo Emocional

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro nuevo terapista de Santé Group José Hernández.

Ma	Seguido	11-11:55 am	Gratis

Tecnología 101: Telefonos & Computadoras

Con Jairo. Aprende lo esencial de tu celular y computadora y descubre muchas de sus funciones. Espacios limitados disponibles. En español.

Mi	1/18; 2/15; 3/15	10:30-11:20am	Gratis

Toma de tensión arterial:

Con Gladys Para más información, comuníquese con Maria Mercedes al 240-777-4965

Lu	Seguido	10-12 pm	Gratis

VIETNAMESE CORNER

Happy Life Vietnam Seniors Group

Join for health and fitness classes and games.
Sinh hoat hang tuân
Cao Niên Viêt Nam
Hội Cao niên người Việt vui khỏe
Họp mặt thứ 5, từ 9-2 giờ chiều
Phòng 30

Thur	Ongoing	9-2 pm	Free

Holiday Park Seniors, Inc Corner

CLASS REGISTRATION INFORMATION FOR

HPSI SPONSORED CLASSES

Spring registration begins Monday 2/13!

Registration is only available from **9:30 am to 3:30 pm Monday thru Friday** when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

To register for virtual classes, please email: HolidayParkSeniors@gmail.com

UPCOMING SPECIAL EVENT

Travel Training Helps 55+ Get Around the DMV

Tuesday, April 18th, 9am-12pm

Travel Training is a free half-day program giving adults 55+ an introduction to the local public transportation so they feel comfortable getting out and around the DMV. The seminar combines classroom discussion with a field trip on a Ride On bus to a nearby Metro station where participants receive a fare card and take a brief train ride. Program focuses on safety, accessibility and reading maps and schedules. And we'll get you back for lunch!
Presented by the Jewish Council for the Aging.

Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

You can also view it online: Go to mocorec.com, then under the Facilities tab, go to the Senior Centers page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the Newsletter tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed under the screen in the lobby, across from the Front Desk, that is always on display!

We have made many options available. We hope you find the one that is best suited for you!

Health and Wellness Services

Blood Pressure Screening -
Mondays: 10—12 noon. There will be a Spanish speaker available for screenings from 10:30-12 noon on Mondays.

Medical Equipment Loan Closet -
Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee $5.00 for up to 3 months, except wheelchairs ($10.00 per month with a $50.00 refundable deposit). Check with our Reception Desk staff for availability of equipment.

Ship – State Health Insurance Assistance Program
Call 301-255-4250 for an appointment.
This program assists with Medicate insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

Support Groups

Coping with Change -
Thursdays 10:30am—11:30 am.
Led by social worker Stephanie Svec, LCPC. Free. Individual appointments for consultations available at 11:30 am.
Call 301-572-6585 x 2104 for appointments.

Max You - Maximize the Quality of Life - Tuesdays 10:30—11:25 am.
Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount ($5.93). Please make your reservation one week in advance and cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.

*******Please bring exact change to make your donation!! *******

Center & County Services

General Information and Policies

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

HPSI SCHOLARSHIPS
Scholarships of $200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES
The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6870, TTY 240-777-6974.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)
Appointments available at HPSC with Anita Joseph. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, provide housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.

Transportation Options For Older Adults

JCA Curb-to-curb transportation
Transportation is available Monday-Friday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call. ***Leisure World residents***, please call Evelyn at 301-255-4214.

Senior Connection
Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

Connect-A-Ride
A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).

Holiday Park Senior Center Directory:

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:
Cece Altamirano
Youmna Badr
Arthur Clemmer
Maria Mercedes Diaz
Jairo Gomez
Gail Jacobson
Tyler Mungo
William Song
Corinne Verard-Eppley
India Wilson

Holiday Park Seniors, Inc. (HPSI)

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:
Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

Look What is Coming in March 2023…
A sampling of Holiday Park 1:00 pm Programs

Mar. 1, W Nutrition with Rhonda Brandes, RD, LDN
Mar. 2, Th. Sip & Paint
Mar. 3, F. Dance Club Friday with Night & Day

Mar. 6, M. Sounder Sleep System with Alison
Mar. 7, T. World Plant Power Day with Bonita Condon
Mar. 8, W. Irish Coffee Talk
Mar. 9, Th. Live Music: Lyrical Leading Ladies
Mar. 10, F. Dance Club Friday with Mike Surratt

Mar. 13, M. Louisa May Alcott with Candace Ridington
Mar. 14, T. Tunes of Hollywood Legends with Mike Suser
Mar. 15, W. My Career with Katie Beard
Mar. 16, Th. St. Patrick's Day Social with Tom Delaney
Mar. 17, F. St. Patrick's Dance Club Friday with Dale Jarrett

Mar. 20, M. TBD
Mar. 21, T. Mood and Food with Suburban Hospital
Mar. 22, W. Tell Us Your Story Presentation
Mar. 23, T. Tech Thursday: Mobile Health Apps
Mar. 24, F. Dance Club Friday with the Retro Rockets

Mar. 27, M. TBD
Mar. 28, T. Sing Along with Bonnie Jazz
Mar. 29, W. Abraham Lincoln Part 2 with Sheldon Lehner
Mar. 30, T. Steve's Travel Tales
Mar. 31, F. Dance Club Friday with Tim Amann

**NOTE: Please be advised that programs are subject to change. Check the daily schedule near the front door for the most current information.*

Follow us on Facebook @HolidayParkSeniors

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Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership will resume later in 2023. This $20.00 a year Card allows you to receive reduced rates for classes and programs. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

THE REC CARD

Have you requested your card yet? We just updated our system so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE**. Sign-up at the reception desk.