



Happenings

January 2023

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New Year's Event

• **Wednesday, January 11th • 1:00pm - 2:30 • Auditorium**
Join us to celebrate the new year with DJ Tyzer. We will celebrate time with our friends dancing and enjoying light refreshments. Please sign up in advance. Space is limited.

SIGN UP FOR ALL CLASSES!

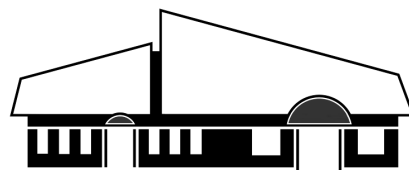
There will be a binder with sign up sheet for all our class on our sign up table. Please take the time to sign up for all of the classes and clinics that you are taking. Please print your name clearly and write your phone number down.

Veteran's Day Raffle Winners

Our two Veteran's Day raffle winners are Georgia Martin who spent 28 years in the Army and Jim Matzel who spent 5 years in the Navy and the 17 years in the Navy Reserves. Congratulations and we thank you both for your years of service!

Class Cancellations or Changes

We will be CLOSED Monday, January 2nd
Jan 11th Ballroom Dance Canceled
Jan 11th Let's Dance Canceled
Senior Fit will be back on Tuesdays starting 1/10/2023.



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085 Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, just select MCGuest.



MONTGOMERY COUNTY
Recreation

Special Programs

WII Bowling with James Berardi of our Senior Team

● **Wednesdays, January 4, 11, 18, 25 + Feb 1 • 11:00am - 12:00pm • Garden Room**

Try your hand at WII Bowling with Senior Program Coordinator, James Berardi. This social game simulates the thrill of the bowling alley. Strikes, spares and gutter balls are all welcome!

Movie: Notting Hill (1999)

● **Wednesday, January 4th • 12:30pm - 2pm • Garden Room**

The story is of a romance between a London bookseller (Grant) and a famous American actress (Roberts) who happens to walk into his shop.

New Year's Celebration

● **Wednesday, January 11th • 1:00pm - 2:30pm • Auditorium**

Join us to celebrate the new year with DJ Tyzer. We will celebrate time with our friends while dancing and enjoying some light refreshments. Registration is required and space is limited.

Picasa Photo Class with Paul Mink

● **Fridays, January 13th & 27th • 9:00am - 11:00am • Daisy Room**

Paul Mink will demonstrate how to restore old photos using Picasa.

Card Making with Cindy Boccucci

● **Saturday, January, 14th • 11:30am - 2:30pm • Art Room**

Make individual and unique greeting cards with the instructor Cindy Boccucci.

Young at Heart Tap Dancers

● **Monday, January 16th • 1:00pm - 2:00pm • Auditorium**

Come enjoy an exciting afternoon of tap dance with the Young at Heart tap dancers. An all volunteer senior performing group dancing to numbers from the swing era through today, with colorful costumes for each dance. And a surprise performance from their Junior dancers!

Cardboard Boat Regatta Presentation

● **Tuesday, January 17th • 10:30am - 11:30am • Garden Room**

Kathleen will have a presentation on the making of our Cardboard Boat Regatta. She will explain the rules and give some tips on how to succeed with our center project.

Coffee & Conversation with MSSC Staff

● **Thursday, January 19th • 9:00am - 9:45am • Daisy Room**

Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities our participants would like to have at MSSC. We will also discuss any concerns you might have at this time.

Movie: Catch Me If You Can

● **Wednesday, January 25th • 12:30 - 2pm • Garden Room**

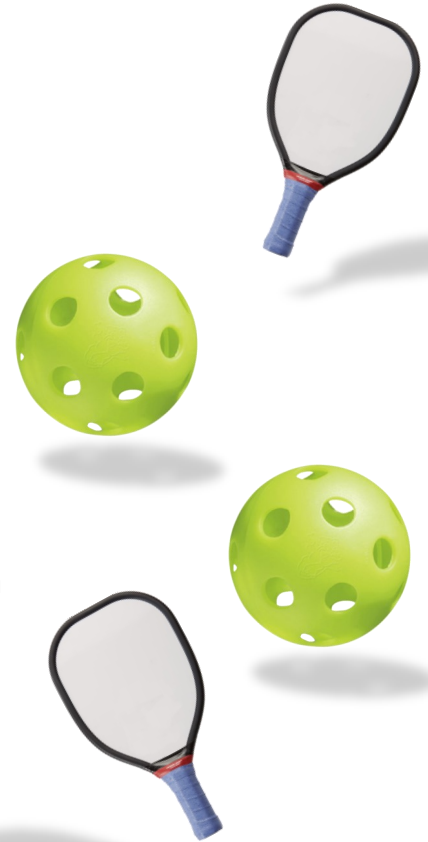
Frank Abagnale, Jr. (Leonardo DiCaprio) worked as a doctor, a lawyer, and as a co-pilot for a major airline -- all before his 18th birthday. A master of deception, he was also a brilliant forger, whose skill gave him his first real claim to fame: At the age of 17, Frank Abagnale, Jr. became the most successful bank robber in the history of the U.S. FBI Agent Carl Hanratty (Tom Hanks) makes it his prime mission to capture Frank and bring him to justice, but Frank is always one step ahead of him.

*****CARDBOARD BOAT REGATTA - WE NEED YOUR HELP*****

Each senior center will design and construct a boat and paddles using ONLY the following 3 materials: small cardboard boxes, duct tape and garbage bags. Boats must be built to have 1 person from the team to man the boat and will be designated as "rower", to remain fully on top of the vessel. The rower of the boat must travel from one end of a pool, turn around and go back to the starting place. First meeting will be in January.

January Pickleball Open Play



Monday, January 2nd: Open Pickleball, 10:30am – 12:00pm
 Monday, January 2nd: Open Games: Intermediate Pickleball, 12:00 – 2:00pm
 Thursday, January 5th: Pickleball Play, 10:30am – 12:00pm
 Friday, January 6th: Open Pickleball, 10:30am – 1:00pm
 Monday, January 9th: Open Pickleball, 10:30am – 12:00pm
 Monday, January 9th: Open Games: Intermediate Pickleball, 12:00 – 2:00pm
 Thursday, January 12th: Pickleball Play, 10:30am – 12:00pm
 Friday, January 13th: Open Pickleball, 10:30am – 1:00pm
 Monday, January 16th: Open Pickleball, 10:30am – 12:00pm
 Friday, January 20th: Open Pickleball, 10:30am – 1:00pm
 Monday, January 23rd: Open Pickleball, 10:30am – 12:00pm
 Monday, January 23rd: Open Games: Intermediate Pickleball, 12:00 – 2:00pm
 Thursday, January 26th: Pickleball Play, 10:30am – 12:00pm
 Friday, January 27th: Open Pickleball, 10:30am – 1:00pm
 Monday, January 30th: Open Pickleball, 10:30am – 12:00pm
 Monday, January 30th: Open Games: Intermediate Pickleball, 12:00 – 2:00pm



Recurring Activities

Activity	Day & Time	Description & Contact	Fee
Ceramics Activity #R07098-302 Instructor: Carol Reese	Tues. & Thurs. from 9:30a.m. - 1:00p.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	Free
Card Making Instructor: Cindy Boccucci	2nd Sat. from 11:30am - 2:30pm	Learn how to make unique cards.	\$5
Art Group Activity #R07095-511 Facilitator: Clare Wilson	2nd Mon. from 1:00p.m. - 3:30p.m.	Discover your creative talents and join the group making collages, personal art books, and creative origami. Beginners are welcome, so come and get inspired by others. Bring your project or begin a new one. Some materials are provided.	Free
Fun with Art Activity #R07052-304 Facilitator: Barbara Hunter	Wed. & Fri. from 10:00a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
Origami Activity #R07096-304 Facilitator: Lois Dicker	1st Mon. from 1:00p.m. - 3:00p.m.	Learn the Japanese art of paper folding. Join others to create fun creations to take home or put on display in our library display case.	Free
Anne's Knitting Corner Activity #R07003-505 Facilitator: Peggy Margaret Safa	Wed. from 1:00p.m. - 3:00p.m.	The Knitters make a variety of knitted and crocheted items for area charities.	Free

ART

Activity	Day & Time	Description & Contact	Fee
Basic Functional Balance Exercise Activity #R07039-505 Instructor: Julien Elie	3rd Monday 8:30am – 9:30am	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well balanced body.	Free
Ballroom Dance Activity #R07011-505 Instructors: Ellen Moran & William Goldberg	Wed. from 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
Chair Stretch & Strength Exercise (Video) Activity #R07042-302	Tues., Wed., Thurs. 9:30am - 10:30am	Gain flexibility and strength in this low impact seated exercise class.	Free
Let's Dance Activity #R07011-506 Instructors: Ellen Moran & William Goldberg	Wed. from 1:00pm - 1:30pm	Offers a time for practice and fun after our Ballroom Dance class!	Free
Chair Yoga Activity #R07032-509 Instructor: Joy Bartholomew	Tues. from 10:00am - 11:00am	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
 Chair Zumba Gold Activity #R07012-502 Instructor: Georgia Martin	Wed. from 9:30am - 10:30am	All the benefits of Zumba Gold with a seated class.	Free
Kickboxing Activity #R07060-507 Instructor: Julien Elie	1st & 3rd Wed. from 11:00am - 12:00pm	Kickboxing classes can be a little intimidating for beginners but don't worry, you can move at your own pace. Learn the proper mechanics of every offensive and defensive move in kickboxing.	Free
Line Dancing Activity #R07011-507 Instructor: Jo Ann Eng	Sat. from 10:30am - 12:00pm	Learn how to line dance while having fun. These classes will keep you moving.	Free
Low Impact Exercise Activity #R07060- Instructor: Julien Elie	1st Monday 8:30am - 9:30am	Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than our traditional exercise classes.	Free
Holy Cross Hospital & Kaiser Permanente Presents Senior Fit Activity #R07039-506 Instructor: Mike Werle	Sat. from 9:30am - 10:15am Tues. from 9:30am - 10:15am	Holy Cross Health and Kaiser Permanente offer Senior Fit, a 45-minute exercise class designed for adults 55+ to improve strength, flexibility, endurance and balance. Classes are ongoing. Call 301-754-8800 to register. Must complete form prior to participating.	Free
Tai Chi Chuan Activity #R07025-506 Instructors: Glenn Moy (Tues.) & Kirk Talbott (Fri.)	Tues. & Fri. from 1:30pm - 2:30pm	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
Qi Gong Activity #R07059-502 Instructors: Mike Kornely & Julia Schuker	Sat. from 12:00pm - 1:00pm	Qi Gong is back. Please Join Us - Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free
Walking Group Activity #R07035-104	Tues. + Fri. 10:30am - 12pm	Get outside and enjoy some fresh air while going on a social walk around the neighborhood.	Free
Yin Yoga Activity #R07032- Instructor: Adina Crawford	*No Classes Until Spring* Sat. from 9:30am - 10:30am	This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
 ***NEW CLASS*** Zumba Gold Activity #R07012-500 Instructor: Georgia Martin	Mon. + Fri from 9:30am - 10:30am	A modified Zumba class that recreates the moves you love at a lower intensity. Zumba is a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility and boosted energy.	Free

FITNESS

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
E D U C A T I O N A L	Book Discussion Activity #R07065-302 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00p.m. - 2:30p.m.	We will be reading <i>Circe</i> by Madeline Miller. Circe is a witch, skilled in potions, herbs and transformational arts. Exiled by her father to a remote island in punishment for her use of sorcery, Circe eventually encounters the mortal Odysseus, who becomes shipwrecked on her island. Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-504	3rd Thurs. from 9:00a.m. – 9:45a.m.	Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.	Free
	Italian Class Activity #R07021-503 <i>Instructor: Nina Baccanari</i>	Weds. from 1:00p.m. - 2:30p.m.	Class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. Participants should have a working knowledge of the Italian language.	Free
	Spanish Class Activity #R07015- <i>Instructor: Rocio Torresano</i>	Thurs. from 10:00a.m. - 11:00a.m.	TBD	Free
	Writer's Group Activity #R07058-502 <i>Facilitators: David Lindsay & Beverly Moss</i>	1st & 3rd Tuesdays from 10:00a.m. - 12:00p.m.	Join people who like to write as they read their essays, poems, novel excerpts, commentaries, and other written works. It's a friendly, informal group where lively discussion always ensues. Come to share or to listen-all are welcome. Class is now being held virtually - Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free
	Anne's Knitting Corner Activity #R07003-505 <i>Facilitator: Peggy Margaret Safa</i>	Wed. from 1:00p.m. - 3:00p.m.	The Knitters make a variety of knitted and crocheted items for area charities.	Free
H E A L T H	<i>The Affiliated Sante Group Presents</i>			
	Coping with Change Activity #R07076 - 504 <i>Facilitator: Suzanne LaFauce, LGPC</i>	Thurs. 12:30pm - 1:30pm	As we age we face many changes and challenges. Come talk and receive support in these difficult times. A support group.	Free
S E R V I C E S	Nutrition 101 Activity #R07024-502 <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	Tues. from 1:30pm - 2:30pm Thurs. from 1:00pm - 2pm	Join nutritionist and Certified Wellness Wave Life Coach, Josephine, to discuss how to be your best healthy self.	Free
	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>	2nd Tues. from 10:30am - 11:30am	Call 240-777-1062 to make an appointment for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free

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BINGO!
Activity #R07085-504
Facilitator: Linda Disharoon

Mon. & Thurs. from
10:30am - 11:30am

Win prizes and have fun!
Maximum two cards per person.

Free

Game Day!
Activity #R

Fri.
10:30am - 12:00pm

Join staff and friends on Fridays for a variety of games. Bring a game to teach others if you like.

Free

Pinochle Card Game
Activity #R07099-303
Facilitator: George Kelly

Wed. from
1:00pm - 3:00pm

Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.

Free

Scrabble Tips & Tricks
Activity #R07099-304
Facilitator: Marcia Bowens

Mon. from
11:00am - 12:00pm

Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters.

Free

Chess Club
Activity #R07110-302
Facilitator: Clifford DuThinh

1st, 2nd, 4th Thurs.
1:00pm - 2:00pm

Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board. The objective of the game is to capture the opponent's king. Beginners are welcome.

Free

Encore Chorale
Facilitator:

Mon. from
1:30pm - 3:30pm.

For more info, call 301-261-5747 or visit www.encorecreativity.org.

Fee

Seasoned Players Activity
#R07080-509
Facilitator: Helen Cothran

1st + 3rd Wed.
from 1:30 - 3:30 p.m..

Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.

Free

*Folklore Society of Greater Washington
Presents*
Song Circle
Activity #R07080-510
Facilitator: Fred Stollnitz

In Person or Zoom
2nd Fri. of Month
1:30pm - 3:30pm.

Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. Contact FSGW.org/song-circles for information to join.

Free

Angklung Music Lesson
Activity #R07109-302
Instructor: Ari Peach

Sat.
12:00pm - 2:00pm

Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument. Then get the opportunity to preform at various functions.

Free

Open Pickleball
Activity #R07091-500

Fri. from
10:30am - 12:00pm

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure.

Free

Open Bocce Ball

Mon. - Sat.
9:00am - 12: 00pm
1:00 - 3:00pm

Bocce Ball is a lawn or yard game that's played with eight weighted balls aimed at a smaller target ball, or pallino. See desk for equipment.

Free

Billiards
Activity #R07103-502

M-F 8:00am - 4:00pm
Sat. 9:00am - 3:00pm

Come on in and join us for a game of Billiards. Pool Room is open to everyone during center hours.

Free

Table Tennis
Mon Activity #R07097-502
Fri Activity #R07097-302

Mon. from
12:00pm - 2:00pm
Fri. from
10:30am - 12:00pm

Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles.

Free

Beginner Level Pickleball
Activity #R07091-501
Instructor: Brad Paleg

Thurs.
1:00pm - 2:30pm

For those who have never played pickleball or are just beginning playing pickleball.. No experience necessary.

Free

6

Intermediate Level Pickleball
Activity #R07091-502
Instructor: Coach Brad Praleg

Thurs.
2:30pm - 4:00 p.m.

Learn how to play and the rules, then take your new skills to the court. Sign up at front desk space is limited, more sessions to come.

Free

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Changes at MSSC

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Check out our new outdoor exercise equipment located next to our Bocce area.

We will have a class in the Spring to show you how to navigate equipment through the use of your phone.

Do you have a suggestion about a new activity or an idea you would like to see at the center? We would love to hear from you!

Please join us for Coffee & Conversations with Staff on the 3rd Thursday of the month or put a note in our suggestion box located in the lobby by the schedule monitor.



We Want Your Feedback!

Nutrition Program - *Socialize while enjoying a healthy meal!*

Monday through Friday • Noon • Almost Café

The cost of the meal is \$7.05. For people age 60 or older, or a spouse of any age a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$2.00. Please cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager.

Daily Transportation— *Door to Door Transportation*

Monday through Friday • Pick ups start at 8am • Leaves the center at 2pm

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call 240-777-8085 and speak to the Nutrition Manager.

Changes or cancellations, call Evelyn Kittrell at 301-255-4214.

Montgomery County Inclement Weather Policy

If Montgomery County Public Schools are closed, MSSC will be closed, If there is a delayed opening MSSC opens at 10:00am.

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety the first notification is made through Montgomery County's emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or call 240-777-6889, or visit our Facebook or Twitter.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as their first priority.



Community Partnerships Make Wonderful Things Happen! Thank you to the following organizations...

AARP

Adventist Health Care

Affiliated Sante Group

Akhmedova Ballet Academy

Beacon Newspapers

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

Holy Cross Hospital

South Four Corners Citizens Association

United Health Care & Integral Health Care

U.S. Postal Service

Woodmoor Pastry Shop

Support The Friends of MSSC, Inc. For more details, see the main office.

Announcements

Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems?

Call Elaine Hughes at 301-589-0720 or email at eshughes2@juno.com and get your clothes mended, free of charge!

Bocce Ball Instructor

We are looking for a Bocce Ball Instructor for our new courts. If you are interested or know someone who is interested please let us know. We have new Bocce Ball drop-in hours. See sports in recurring activities for times.

Have Our Newsletter Emailed

You can now have our monthly newsletter emailed directly to your personal email address. Sign up at the desk or see Jennifer in the office.

NEW Walking Group

Get fresh air and socialize while you walk outside in the neighborhood. Tuesday and Friday from 10:30am - 12pm. Meet in lobby.

Cycling Instructor Needed

We are looking for an indoor Spin Bike instructor. If you are interested please contact Karen or Jennifer at 240-777-8085.

Free Gym Memberships

Starting January 2nd Weight Room memberships and Drop In Gym memberships will be FREE at all Montgomery County Recreation Centers.

Upcoming Programs – Look at what is coming in February



Monday, February 6th	Black History Music & Memorabilia by Howard Feinstein
Mondays, Starting Feb. 7th - April 18th	Tax Aide Service
Wednesday, February 8th	Bowling at Shady Grove
Saturday, February 11th	Akhmedova Ballet PERFORMANCE
Monday, February 13th	Valentines Tea with Lily Chang
Saturday, February 25th	Kim Murray Musical Performance

Please note that the above programs are tentative and changes could be made. We will make every effort to relay any changes as they occur. Keep an eye out for additional programs at our information area.



Check out our Website!

At MOCOREC.COM

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs.