



# Holiday Park Hi-Lites

*It is Grand to be 55+ in Montgomery County!*

## April 2024

### Sleeping Beauty Ballet

Thursday, April 18, 1pm



Join the Ballet Theatre of Maryland as they present excerpts from their upcoming production of *The Sleeping Beauty*.

**Pre-registration is required.**

### Music with the Piatigorsky Foundation

Tuesday, April 2, 1pm



Join us for a concert of classical clarinet and piano music, provided by the Piatigorsky Foundation.

### Fiesta del Cinco de Mayo with Mariachi Aguila DC

Tuesday, May 7, 1-2:30pm

Join us for a Cinco de Mayo Fiesta with music from a 6-man mariachi band!  
*Light refreshments served.*



**Pre-registration required.**

A special Mexican meal will be served on that day. Please **pre-register separately** with Mr. William, our Nutrition Site Manager.

“Nights at the Park” will return Wednesday, April 17th.



Evening classes will begin the week of Wednesday, May 1st.  
See Pages 2-3 for details.

Holiday Park Senior Center  
3950 Ferrara Drive, Wheaton, MD 20906  
Phone: (240) 777-4999

[www.mocorec.com](http://www.mocorec.com)

Center Hours:

Monday thru Friday 9:00 a.m. - 4:00 p.m.  
April thru Sept. Wednesday 9:00 a.m. - 8:00 p.m.



## Special Events & Activities

For Earth Day, please join students from Academy of the Holy Cross right after lunch in the Cafeteria to paint your own pot and select a plant to take home.



**Wednesday, 4/24,  
12:30pm**

Please pre-register by April 17 if you would like to participate.

## AARP Safe Driving Class



Driver Safety

**Monday, May 13, 10-3pm**

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.

## WEAAD Skits

WEAAD is coming up soon, and we would like to hear from you! Create your skits and submit them by Monday, April 22.



Potential skit topics include: Social Isolation, Woodchuck Scams, Phishing and other Scams.

## Wednesday Evening Classes

**Chair Pilates: May 8-June 26; 6-7pm; \$25**

This class is designed to teach the principles and basic exercises of Classical Pilates. It focuses on core strength training and muscle control to help participants with correcting posture and stability to enhance mobility and flexibility. Exercises are performed in a chair to accommodate any needed modifications. Sponsored by HSPI and taught by Ayanna.

**Belly Dancing: May 1-May 22; 7-8pm; \$20**

Egyptian oriental dance or “belly dance”, is a low impact, full body activity that builds strength and endurance. These beginners level lessons will focus on isolation movements, steps and applications of the rhythms found in classical and modern Arabic music. The movements can be adjusted for all ages and abilities. This will be a no-judgement zone that encourages body positivity and cultural understanding. Wear comfortable clothing that allows for freedom of movement and wear flexible dance footwear or go barefoot for ease of movement.

Sponsored by HSPI and taught by Asala.

**Caregivers Support Series;**

**July 10-July 31, 6:30-7:30pm; Free:**

Led by Ruth Kirschner from Montgomery County Health and Human Services.

Topics will include: Understanding Caregiver Mental Health; Managing Stress and Building Resilience; Coping with Grief and Loss; Planning for the Future and Celebrating Success. **Pre-registration required.**

**Music and Art Experience:**

**May 8-June 26; 6-7:45 pm; \$30**

Would you like to experience tranquility? Do you wish to let the colors dance in a creative and serene environment? In this class, you can delve into this beautiful experience without any prior instruction. The class is centered around abstract art, and creating several beautiful canvases.

Sponsored by HPSI and taught by Mehrnaz.

## Wednesday Evening Activities

### April 17: 6-7pm

Coffee and cookies and a tour of the facility for individuals new to the Center.

Also join us for **A Book and A Movie** with the Book Club featuring “Water for Elephants” by Sara Gruen. Book discussion at 4:30pm and movie shown at 5:30pm.

**April 24:** Join Matt to learn about using the **outdoor fitness equipment** from 5-6pm and join in a game of **Wii Bowling** from 6-7pm. Drinks provided.

### May 1: 6-7pm

#### **Spring in Paris with Dale Jarrett**

Socialize with your friends, dance and listen to Dale’s beautiful music and enjoy hot or cold tea and chocolate croissants.

### May 8: 6-7pm

#### **Acupressure for Arthritis and Joints**

Arthritis and stiff joints can limit daily function. Simple acupressure points can bring relief. Join us to learn a gentle acupressure sequence for self-care designed to bring ease to stiff hands, joints and more! \*Please wear comfortable clothing and bring a ball of rolled up thick socks.

### May 15: 6-7pm

#### **Acupressure for Lungs, Heart and Chest**

Chest ailments can limit daily function of overall health. Simple acupressure can support your chest health. Join us to learn a gentle acupressure sequence for self-care for lung health, heart health and more! \*Please wear comfortable clothing and bring a ball of rolled up thick socks.

Also join us for **A Book and A Movie** with the Book Club featuring “The Lovely Bones” by Alice Sebold. Book discussion at 4:30pm and movie shown at 5:30pm.

### May 22: 6-7pm

#### **Acupressure for Deep Relaxation**

Life can bring stress. Simple acupressure points can bring some peace. Join us to learn a gentle acupressure sequence for self-care to support stress reduction, deep calm, and more! \*Please wear comfortable clothing and bring a ball of rolled up thick socks.

Also join us from 5-7pm for **Open Billiards** with Matt. Learn how to play, practice and have fun.

Also join us for a continuation of our **Asian American and Pacific Islander Heritage Month celebrations**, including performances at 4:30-6pm and the Health Fair with clinics, screenings and more.

### May 29: 6-7:30pm

#### **Line Dance Under the Stars** with Robin

Dancing will be held outside under the stars, weather permitting. Drinks and munchies will be served from 6-6:30pm and dancing will be held from 6:30-7:30pm.

### June 5: 6-7:30pm

**Senior Prom** Join us for a night of music by Dale Jarrett and his band at Holiday Park’s Senior Prom. Come dressed in your best prom clothes and dance the evening away.

*Light refreshments will be served.*

**Pre-registration required.**

Don’t forget that the Billiard Room, Fitness Room, Library and Bocce Court are open for use while we are open in the evenings.

**Watch for even more Evening Activities coming this Summer!**

# Classes and Drop-in Activities

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

## DANCE

### BALLROOM: INTERMEDIATE

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Waltz & Viennese Waltz.**

**Rhythm: East Coast Swing & Bolero.**

|               |     |         |             |             |        |
|---------------|-----|---------|-------------|-------------|--------|
| <b>Smooth</b> | Wed | 4/3-6/5 | 2:30-3:20pm | <b>\$45</b> | 10 wks |
| <b>Rhythm</b> | Wed | 4/3-6/5 | 3:30-4:20pm | <b>\$45</b> | 10 wks |

### 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

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 4/8, 5/27.**

|     |         |          |             |       |
|-----|---------|----------|-------------|-------|
| Mon | 4/1-6/3 | 1-1:50pm | <b>\$30</b> | 8 wks |
|-----|---------|----------|-------------|-------|

### INTERNATIONAL FOLK DANCING

Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience is needed. No partner required.

|     |         |            |             |        |
|-----|---------|------------|-------------|--------|
| Fri | 4/5-6/7 | 11-11:50am | <b>\$30</b> | 10 wks |
|-----|---------|------------|-------------|--------|

### LINE DANCE— PARTY FAVORITES

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.

**No class on 5/16.**

|              |      |          |            |             |       |
|--------------|------|----------|------------|-------------|-------|
| <b>Lv I</b>  | Thur | 4/4-5/30 | 11-11:50am | <b>\$30</b> | 8 wks |
| <b>Lv II</b> | Thur | 4/4-5/30 | 10-10:50am | <b>\$30</b> | 8 wks |

### TAP DANCING (BEG.)

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, body alignment and a series of tap techniques and terms).

|     |         |             |             |        |
|-----|---------|-------------|-------------|--------|
| Wed | 4/3-6/5 | 12-12:50 pm | <b>\$50</b> | 10 wks |
|-----|---------|-------------|-------------|--------|

### 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 | 4/3-6/5 | 1-1:50 pm | <b>\$50</b> | 10 wks |
|-----|---------|-----------|-------------|--------|

## FITNESS & CARDIO

### AS EASY AS ABC... Exercise Class

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. **No class on 5/16.**

|             |      |         |            |             |       |
|-------------|------|---------|------------|-------------|-------|
| <b>Beg.</b> | Thur | 4/4-6/6 | 12-12:50pm | <b>\$40</b> | 9 wks |
| <b>Adv.</b> | Thur | 4/4-6/6 | 11-11:50am | <b>\$40</b> | 9 wks |

### BIODANZA

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 | 4/5-6/7 | 10-10:50am | <b>\$25</b> | 10 wks |
|-----|---------|------------|-------------|--------|

### EASY FIT DANCING

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 5/27.**

|            |         |            |             |        |
|------------|---------|------------|-------------|--------|
| <b>Mon</b> | 4/1-6/3 | 11-11:50am | <b>\$30</b> | 9 wks  |
| <b>Wed</b> | 4/3-6/5 | 11-11:50am | <b>\$35</b> | 10 wks |

### FITNESS EQUIPMENT ORIENTATION

—**INDOOR** Taught by Tony and sponsored by HPSI. Learn the basics of how to safely use the equipment in the gym. Limit 5 people per session.

|      |            |             |                 |              |
|------|------------|-------------|-----------------|--------------|
| Thur | <b>5/9</b> | 11-11:50 am | <b>\$5 each</b> | 1 time class |
|------|------------|-------------|-----------------|--------------|

## Classes and Drop-in Activities

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

### LATIN RHYTHM CARDIO FITNESS

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

**No class on 5/16.**

|             |         |            |             |        |
|-------------|---------|------------|-------------|--------|
| <b>Tue</b>  | 4/2-6/4 | 2-2:50pm   | <b>\$45</b> | 10 wks |
| <b>Thur</b> | 4/4-6/6 | 10-10:50am | <b>\$40</b> | 9 wks  |

### MOVE AND GROOVE DANCE FITNESS

Taught by Carla. This is a terrific class for students who want modified dance fitness. With a focus on balance, range of motion, and coordination, this low-impact dance fitness class is taught to introduce simple movements. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com with code R07012.**

**No class on 4/15, 5/20 & 5/27.**

|            |         |             |             |        |
|------------|---------|-------------|-------------|--------|
| <b>Mon</b> | 4/1-6/3 | 2:30-3:20pm | <b>Free</b> | 7 wks  |
| <b>Wed</b> | 4/3-6/5 | 2:30-3:20pm | <b>Free</b> | 10 wks |

### SELF DEFENSE — TAE KWON DO

Taught by Larry. Learn self-defense through the practice of Tae Kwon Do, a Korean martial art. Develop confidence in the knowledge that you can protect your personal space. Through relaxation and self-defense techniques, increase your mental alertness, flexibility, and range of motion.

|            |         |          |             |
|------------|---------|----------|-------------|
| <b>Fri</b> | Ongoing | 2-2:50pm | <b>Free</b> |
|------------|---------|----------|-------------|

### 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/>**  
**No class on 5/27.**

|            |          |             |                              |
|------------|----------|-------------|------------------------------|
| <b>Mon</b> | 4/1-6/24 | 12-12:45 pm | <b>\$40 paid to Suburban</b> |
|------------|----------|-------------|------------------------------|

### TAI CHI BEGINNERS

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

|            |         |              |             |
|------------|---------|--------------|-------------|
| <b>Wed</b> | Ongoing | 9:30-10:20am | <b>Free</b> |
|------------|---------|--------------|-------------|

### TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

|            |         |              |             |
|------------|---------|--------------|-------------|
| <b>Tue</b> | Ongoing | 9:30-10:20am | <b>Free</b> |
|------------|---------|--------------|-------------|

### TAI CHI SWORD

Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword.

|            |         |             |             |
|------------|---------|-------------|-------------|
| <b>Mon</b> | Ongoing | 2:30-3:25pm | <b>Free</b> |
|------------|---------|-------------|-------------|

### YOUR BODY IS MEANT TO MOVE

Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music with movements that work the muscles which strengthens the bones, with music to motivate you to relax and enjoy the exercise even more.

|             |         |       |             |        |
|-------------|---------|-------|-------------|--------|
| <b>Thur</b> | 4/4-6/6 | 2-3pm | <b>\$35</b> | 10 wks |
|-------------|---------|-------|-------------|--------|

### ZUMBA FOR ALL

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. **No class on 5/27.**

|            |         |          |             |       |
|------------|---------|----------|-------------|-------|
| <b>Mon</b> | 4/1-6/3 | 9-9:50am | <b>\$35</b> | 9 wks |
|------------|---------|----------|-------------|-------|

### ZUMBA GOLD ADVANCED

Taught by Mitzi and sponsored by HPSI. The original dance-fitness party.

|            |         |            |             |        |
|------------|---------|------------|-------------|--------|
| <b>Wed</b> | 4/3-6/5 | 10-10:50am | <b>\$40</b> | 10 wks |
|------------|---------|------------|-------------|--------|

### ZUMBA GOLD TONING

Taught by Mitzi and sponsored by HPSI. Incorporates Gold workout with light weight training.

|            |         |            |             |        |
|------------|---------|------------|-------------|--------|
| <b>Fri</b> | 4/5-6/7 | 10-10:50am | <b>\$40</b> | 10 wks |
|------------|---------|------------|-------------|--------|

## YOGA

### EVERY BODY'S YOGA

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.

|            |         |          |             |        |
|------------|---------|----------|-------------|--------|
| <b>Wed</b> | 4/3-6/5 | 3-3:50pm | <b>\$40</b> | 10 wks |
|------------|---------|----------|-------------|--------|

### HATHA YOGA FOR ALL

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](mailto:HolidayParkSeniors@gmail.com).**

|                  |            |         |          |             |        |
|------------------|------------|---------|----------|-------------|--------|
| <b>Virtual</b>   | <b>Tue</b> | 4/2-6/4 | 9-9:50am | <b>\$40</b> | 10 wks |
| <b>In Person</b> | <b>Fri</b> | 4/5-6/7 | 9-9:50am | <b>\$40</b> | 10 wks |

# Classes and Drop-in Activities

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

## YOGA FOR BALANCE

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 | 4/2-6/4 | 10-10:50am | \$45 | 10 wks |
|-----|---------|------------|------|--------|

## YOGA (CHAIR)

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 | 4/2-6/4 | 11:10-12:00pm | \$45 | 10 wks |
|-----|---------|---------------|------|--------|

## YOGA (CHAIR) IN SPANISH

Taught by Karen and sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish.

|      |         |               |      |        |
|------|---------|---------------|------|--------|
| Thur | 4/4-6/6 | 11:00-11:50pm | \$20 | 10 wks |
|------|---------|---------------|------|--------|

## GAMES

### GAME ROOM

On our second floor. Several tables available 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 game with 3-5 games at a time.

|     |         |                  |      |
|-----|---------|------------------|------|
| Wed | Ongoing | starts at 1:00pm | Free |
|-----|---------|------------------|------|

## ARTS AND CRAFTS

### CHINESE BRUSH PAINTING

Taught by Nicki and sponsored by HPSI. Learn the basics and explore how to paint flowers, birds and small animals. **No class on 4/18, 4/25.**

|      |         |       |      |       |
|------|---------|-------|------|-------|
| Thur | 4/4-6/6 | 1—3pm | \$80 | 8 wks |
|------|---------|-------|------|-------|

## KNIT & CROCHET WORKSHOP

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

|     |         |            |      |
|-----|---------|------------|------|
| Wed | Ongoing | 10-11:30am | Free |
|-----|---------|------------|------|

## WATERCOLOR & DRAWING (Hybrid)

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor. This class will be a hybrid of in-person and virtual alternating every other week, starting in-person. **No class 5/27.**

|     |         |       |       |        |
|-----|---------|-------|-------|--------|
| Tue | 4/2-6/4 | 1-3pm | \$100 | 10 wks |
|-----|---------|-------|-------|--------|

## WATERCOLOR (In-Person)

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique.

|     |         |         |       |        |
|-----|---------|---------|-------|--------|
| Mon | 4/1-6/3 | 10-12pm | \$100 | 10 wks |
|-----|---------|---------|-------|--------|

## WATERCOLOR (Virtual)

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **Register for the virtual watercolor class by emailing: [HolidayParkSeniors@gmail.com](mailto:HolidayParkSeniors@gmail.com).**

|     |         |         |       |        |
|-----|---------|---------|-------|--------|
| Tue | 4/2-6/4 | 10-12pm | \$100 | 10 wks |
|-----|---------|---------|-------|--------|

## WOODCARVING

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

|     |         |          |      |
|-----|---------|----------|------|
| Fri | Ongoing | 1-2:55pm | Free |
|-----|---------|----------|------|

## LANGUAGE CLASSES

### EVERYDAY ENGLISH

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

|     |         |              |      |
|-----|---------|--------------|------|
| Tue | Ongoing | 9:45-10:35am | Free |
|-----|---------|--------------|------|

|      |         |              |      |
|------|---------|--------------|------|
| Thur | Ongoing | 9:45-10:35am | Free |
|------|---------|--------------|------|

### EVERYDAY ENGLISH (BASIC)

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

|     |         |          |      |
|-----|---------|----------|------|
| Tue | Ongoing | 9-9:50am | Free |
|-----|---------|----------|------|

### FRENCH: BEGINNER

Taught by Gilles and sponsored by HPSI. Learn and practice your French. **No class on 5/15.**

|     |          |          |      |       |
|-----|----------|----------|------|-------|
| Wed | 4/24-6/5 | 9-9:50am | \$15 | 6 wks |
|-----|----------|----------|------|-------|

# Classes and Drop-in Activities

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

## FRENCH: INTERMEDIATE

Taught by Gilles and sponsored by HPSI. Learn and practice your French. Prior knowledge required.

**No class on 5/15.**

|     |          |            |      |       |
|-----|----------|------------|------|-------|
| Wed | 4/24-6/5 | 10-10:50am | \$15 | 6 wks |
|-----|----------|------------|------|-------|

## FRENCH: CONVERSATION

Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required. **No class on 5/15.**

|     |          |            |      |       |
|-----|----------|------------|------|-------|
| Wed | 4/24-6/5 | 11-11:50am | \$15 | 6 wks |
|-----|----------|------------|------|-------|

## SPANISH (BASIC)

Taught by Jairo, MC Recreation. Learn basic conversational skills in Spanish including greetings, introductions, everyday words, numbers and more.

**You must pre-register with a member of County Staff or online at [ActiveMontgomery.com](http://ActiveMontgomery.com) using code R07015. No class on 5/27.**

|             |     |         |            |      |
|-------------|-----|---------|------------|------|
| Spanish 101 | Mon | 4/1-6/3 | 11-11:55am | Free |
| Advanced    | Mon | 4/1-6/3 | 10-10:55am | Free |

## BRIDGE

### BRIDGE FOR BEGINNERS III

Taught by Rochelle and sponsored by HPSI. Bridge is by far the greatest card game of all. It provides immense challenges and enjoyment for the rest of your life. This is intended for newcomers to the game as well as players who haven't played in years. The lessons will cover the fundamentals of modern bidding, play of the hand and some defensive principles. Each class includes interactive lecture, exercises and supervised play. **No class on 4/23.**

|     |         |       |      |       |
|-----|---------|-------|------|-------|
| Tue | 4/2-6/4 | 1-3pm | \$90 | 9 wks |
|-----|---------|-------|------|-------|

### BRIDGE INTERMEDIATE III

Taught by Rochelle and sponsored by HPSI. If you've 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 4/25.**

|      |         |       |      |       |
|------|---------|-------|------|-------|
| Thur | 4/4-6/6 | 1-3pm | \$90 | 9 wks |
|------|---------|-------|------|-------|

## 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 |
|-----|---------|--------------------|------|

## SPORTS

### BOCCE BALL COURT

Outside our back door. Enjoy a good match with a friend. Drop-in.

|       |         |         |      |
|-------|---------|---------|------|
| Daily | Ongoing | All day | Free |
|-------|---------|---------|------|

### BILLIARD/POOL ROOM

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

|       |         |         |      |
|-------|---------|---------|------|
| Daily | Ongoing | All day | Free |
|-------|---------|---------|------|

### TABLE TENNIS ROOM

Open daily. Enjoy a good match with a friend or check the list in the room to find popular times to meet up if you need a partner.

|       |         |         |      |
|-------|---------|---------|------|
| Daily | Ongoing | 9am-4pm | 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 for closed times.

|       |         |         |      |
|-------|---------|---------|------|
| Daily | Ongoing | All day | Free |
|-------|---------|---------|------|

### SHUFFLEBOARD

Play this beachy game even when the weather is cold. Enjoy a good time with other players. Drop-in. Check at the Front Desk for available days and times.

## SPECIAL INTERESTS

### BEHIND THE HEADLINES

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

|     |         |            |      |
|-----|---------|------------|------|
| Mon | Ongoing | 10-11:25am | Free |
|-----|---------|------------|------|

## The 1:00 PM Holiday Park Daily Show – April 2024

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

### **Understanding Medicare Benefits (Pt. 2)**

Join Jasper Zebala as he continues the discussion of resources, services and eligibilities available for the different types of Medicare plans.

**Mon. Apr. 1**

### **Music with the Piatigorsky Foundation**

Join us for this classical concert from the Piatigorsky Foundation, featuring clarinetist Katsuya Yuasa and piano accompanist Mary Au.

**Tue. Apr. 2**

### **Cooking with Nikki**

Are you wondering how to use the amazing finds at your Spring Farmers Market? MCRD and SNP team up to bring you a program where you will learn about the health benefits your fresh spring produce provides, then enjoy a cooking demo using ingredients from your produce basket. Time for questions and samples at the end of the program!

**Pre-registration required.**

**Wed. Apr. 3**

### **70s themed party with The Colliders**

Join us for this afternoon of 70s hits to throw you back into the groove!  
*Light refreshments served.*

**Thur. Apr. 4**

### **Dance Club Friday with DJ Tyzer**

Come dance the afternoon away to the tunes of DJ Tyzer! *Light refreshments served.*

**Fri. Apr. 5**

### **Circle of Rights Heart Disease and Stroke**

Introducing Circle of Rights, a Montgomery County nonprofit organization dedicated to "Promoting Health and Preventing Stroke" within our community. Stroke is the fifth leading cause of death in the United States, affecting someone every 40 seconds and often resulting in long-term disabilities. Join us for this informative session, guided by Neal Stokes, designed to equip you with essential tools and information for a healthier life.

**Mon. Apr. 8**

### **Nutrition Lecture with Rhonda Brandes**

Nutrition and Parkinson's Disease

There is no one diet for PD, but what you eat may affect how well your medication works and ease Parkinson's non-movement symptoms. Learn about this important connection!

**Tue. Apr. 9**

### **Mental Health with José Hernández**

Join José for a mental health presentation.

**Wed. Apr. 10**

### **Balinese Celebration**

Join us for a celebration featuring song and dance in the Janger theme with piano and cello music. Watch the Bali Jegeg Dance Group, with opening performances by Legong Dance.

**Thur. Apr. 11**

### **Dance Club Friday with Mike Surratt**

The fabulous Mike Surratt is performing for all of us to enjoy!  
*Light refreshments served.*

**Fri. Apr. 12**

### **Craft Day**

Join us to work on a variety of creative crafts and have fun with your friends!

**Mon. Apr. 15**

### **Health Talk with Suburban Hospital**

What to Expect, When You Are Expecting Surgery

Ease your concerns and fears as Brooke Edwards, RN, from Suburban Hospital's Pre-Surgical/Pre-Op Holding Departments will discuss how to best prepare for an upcoming scheduled surgery and the different phases of the surgical experience.

**Tue. Apr. 16**



## The 1:00 PM Holiday Park Daily Show – April 2024

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

### **Mike Suser presents: Johnny Mercer**

**Wed. Apr. 17**

John Herndon Mercer may be the best songwriter of the Great American Songbook. Even the greatest songwriters tend to think of him in another league. At their best, his tunes have a richness and emotional complexity that is simply amazing.

### **Sleeping Beauty Ballet**

**Thur. Apr. 18**

Join the Ballet Theatre of Maryland as they present excerpts from their upcoming production of The Sleeping Beauty. Set to Tchaikovsky's timeless score, this ballet brings the fairytale to life with its cast of characters including Aurora, the prince, the evil sorcerer Carabosse, the good fairies and precious gemstones!

**Pre-registration required.**

### **Dance Club Friday with DJ Paul McRoberts**

**Fri. Apr. 19**

Get your dancing shoes on and get ready for the weekend with Paul pumping out the songs!  
*Light refreshments served.*

### **Fly Your Kite**

**Mon. Apr. 22**

Last month we created our kites for the Indian Kite Festival, now we will go outside and enjoy the weather as we see them flying in the sky! With Uma and Youmna.

### **Ageing and Disability— “The Village” concept with Diana Ruiz**

**Tue. Apr. 23**

The Village is a local, volunteer-led, grassroots organization that aims to support community members who choose to age in place. Find out more about the Villages, membership, being part of a social group, and volunteer opportunities.

### **Sheldon Lehner presents: “Sing-Along” Past Great Tunes**

**Wed. Apr. 24**

You probably have been asked recently to join a program in which past great American songs and singers would be showcased. Well, this clever program puts the written song words on the TV to make your total singing experience possible.

### **Tech Thursday: Intro to AI**

**Thur. Apr. 25**

Curious about A.I.? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how A.I. is being used today, what its current limitations are, and how it will shape the future!

### **Dance Club Friday with Take Two**

**Fri. Apr. 26**

A nice way to begin the weekend dancing and listening to the ever-popular Take Two!  
*Light refreshments served.*

### **Sham el Nessim—Egyptian Easter**

**Mon. Apr. 29**

Easter has been celebrated differently in different cultures, but for today Reham Maher will join us to focus on how the ancient Egyptians celebrated it.

**Pre-registration required.**

### **Everybody's Got A Story: Submersibles**

**Tue. Apr. 30**

Join Clarence Williams to learn about the submersible that went underwater to see the wreckage of the Titanic ship, that sank in the North Atlantic Ocean, but also sank with passengers who paid \$50k each for their fatal experience!

# Classes and Drop-in Activities

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

## BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book and relevant topics.

This month will be the first Evening Book Club, covering both the book and movie of "Water for Elephants" by Sara Gruen. Next month will cover "The Lovely Bones" by Alice Sebold.

|     |      |        |      |
|-----|------|--------|------|
| Wed | 4/17 | 3:15pm | Free |
|-----|------|--------|------|

## JOURNALING CLUB

Led by Carol 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 | 4/16 | 2:15-3:45 | Free |
|-----|------|-----------|------|

## MINDFULNESS MEDITATION

Taught by volunteers Doug & Li. Meditate for 10-15 minutes at the start and end of the class, between, talk about ways to be mindful in our daily life. People may bring in articles, books and videos to discuss.

|     |         |             |      |
|-----|---------|-------------|------|
| Fri | Ongoing | 11-11:50 am | Free |
|-----|---------|-------------|------|

## PHOTOGRAPHY CLUB

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

|     |            |          |      |
|-----|------------|----------|------|
| Wed | 4/3 & 4/17 | 10-12 pm | Free |
|-----|------------|----------|------|

## TELL US YOUR STORY

Taught by Laura. If you've always wanted to write about the most meaningful events and people in your life, this new class series is just for you. All experience levels are welcome! You'll learn to write compelling stories through creative writing exercises, lectures and discussions. You'll build skills and confidence in writing and get to know your classmates in a lively, welcoming class. **You must pre-register with a member of County Staff or online at [ActiveMontgomery.com](http://ActiveMontgomery.com) using code R07058.**

|     |          |          |      |
|-----|----------|----------|------|
| Wed | 4/3-5/22 | 2-3:30pm | Free |
|-----|----------|----------|------|

## 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 |
|-----|---------|------------|------|

## MUSIC

### HOLIDAY PARK SINGERS

Find, restore or renew your singing voice when you join this singing group.

|     |         |            |      |
|-----|---------|------------|------|
| Wed | Ongoing | 11-12 noon | Free |
|-----|---------|------------|------|

### PIANO CLUB

Led by Jack Calman. Have fun taking turns playing and singing with others simple tunes that you know how to play. A "Piano Show and Tell", at the level of a little more than beginner, to practice and get used to playing in front of people, and to get feedback and help from other players. Intended just to have informal fun (not a class or recital) with piano friends.

|     |               |        |      |
|-----|---------------|--------|------|
| Mon | 4/8, 5/6, 6/3 | 2-3 pm | Free |
|-----|---------------|--------|------|

## TECHNOLOGY

### iPAD BASICS

This series meets two times/week for five weeks and will cover the essentials of how to use the Apple iPad, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using an iPad and the internet to enrich your life. We highly recommend that you follow iPad Essentials with Introduction to Digital Culture for iPads, which will offer additional practice.

Prerequisites: A Gmail address. This course is best suited for people who have had some experience using the internet on any device. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495. Participants are encouraged to bring their own device.

|           |           |            |      |
|-----------|-----------|------------|------|
| Mon & Wed | 4/22-5/22 | 10-11:15am | Free |
|-----------|-----------|------------|------|

### PRIVACY & SECURITY PRIMER

This series meets two times/week for five weeks and will introduce to you to ways that you can safely explore the digital world. The series includes lectures and hands-on sessions that explore how to create strong passwords and identify scams, how ad-targeting works online, tips for managing privacy settings, and more! The series also includes open sessions for extra practice on the topics that are most relevant to the group. Prerequisites: Participants should be comfortable navigating the internet and have an email address that they use.

|            |           |            |      |
|------------|-----------|------------|------|
| Tue & Thur | 5/14-6/13 | 10-11:15am | Free |
|------------|-----------|------------|------|

## Updated Schedule of Health Services and Screenings

### **Monday - Friday 10AM-2PM**

Glucose, Oxygen and Blood Pressure Screening

### **Every Monday 9:30AM-11AM**

Diabetes Support Group and Dietitian Education

### **Every Tuesday 10AM-11:30 AM**

Chronic Care Management, Screening and Counseling:

Pain, Mental Health, Diabetes, Arthritis, Asthma, Back Pain, Cancer, Cardiovascular Disease, Chronic Obstructive Pulmonary, Chronic Kidney Disease and Osteoporosis

### **Every Wednesday 9AM-10:30 AM**

Bereavement and Grief Support Group/Counseling

### **Every Friday 10AM-11:30 AM**

Alzheimer's, Dementia Support Group, Resources and Counseling

### **First Tuesday and Third Thursday 9:30AM-2PM**

A1C Diabetes and Cholesterol Test/Labs

\*Results are available one week after the appointment.

### **Second/Fourth Thursday 10AM-2PM**

Vision and Hearing Test

## PLANT ROOM NEWS

- Continue to clean up the garden. Cut down tall stalks of spent flowers and use them as mulch.
- In planning a border, plant a mix of plants in groups and repeat the groups throughout the border. Plant for all seasons so that you'll have different displays throughout the year.
- Some easy-to-grow native plants for sunny gardens are: Bee Balm (*Monarda didyma*), New England Aster (*Aster novae-angliae*), Black-Eyed Susan (*Rudbeckia hirta*), Bluestar (*Amsonia tabernaemontana*), Butterfly Milkweed (*Asclepias tuberosa*), Blazing Star *Liatris spicata*), (and False Blue Indigo (*Baptisia australis*), and Purple Coneflower (*Echinacea purpurea*).
- Native shrubs for shade are: Winterberry (*Ilex verticillate*), Sweetshrub (*Calycanthus floridus*), Summersweet (*Clethra alnifolia*).
- Native shrubs for sun are: Red Chokeberry (*Photinia pyrifolia*), Dwarf Fothergilla (*Fothergilla gardenia*), Ninebark (*Physocarpus opulifolius*).
- Many spring bulbs have fully emerged and are flowering. Remove spent flowers but leave the green bulb foliage alone until it yellows and dies back naturally.

Plan on buying vegetable plants in the Plant Room.

Stop by the Plant Room on Tuesday and Friday mornings.

# 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 |
|----|---------|-------------|--------|

### Charla con Arte

Tenga una conversación entre amigos mientras pinta o escucha música. Las conversaciones són en Español.

|    |         |             |        |
|----|---------|-------------|--------|
| Lu | Seguido | 11-11:50 am | Gratis |
|----|---------|-------------|--------|

### Conversación en Inglés (Everyday English)

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

|    |         |              |        |
|----|---------|--------------|--------|
| Ma | Seguido | 9:45-10:55am | Gratis |
| Ju | Seguido | 9:45-10:55am | 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.

|         |         |            |        |
|---------|---------|------------|--------|
| Lu & Mi | Seguido | 10-10:50am | Gratis |
|---------|---------|------------|--------|

### Superando los Cambios: Grupo de Apoyo Emocional

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

|    |         |             |        |
|----|---------|-------------|--------|
| Ma | Seguido | 11-11:55 am | Gratis |
|----|---------|-------------|--------|

### Toma de tensión arterial:

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

|    |         |          |        |
|----|---------|----------|--------|
| Lu | Seguido | 10-12 pm | Gratis |
|----|---------|----------|--------|

### Yoga (en Silla) en Español:

Impartido por Karen y patrocinado por HPSI. Vengan y relájense haciendo yoga.

|    |         |             |      |
|----|---------|-------------|------|
| Ju | 4/4-6/6 | 11-11:50 am | \$20 |
|----|---------|-------------|------|

## ASIAN CORNER



### Active Golden Corner

Join this South East Asian group and make some new friends!

|     |         |         |      |
|-----|---------|---------|------|
| Tue | Ongoing | 10-2 pm | Free |
|-----|---------|---------|------|

### Active Golden — Zumba Gold / Senior

Taught by Rita. **Registration required.** Join this upbeat exercise class that will help you with your balance, your coordination and your posture!  
*Space is limited for both sessions!*

|     |         |                |      |
|-----|---------|----------------|------|
| Tue | Ongoing | 10:30-11:25 am | Free |
| Tue | Ongoing | 11:30-12:25 pm | Free |



## The Consignment & Gift Shop

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

*Both Jewelry and Household Goods accepted on Tuesdays.  
Clothing is never accepted.*



## Holiday Park Seniors, Inc.

HPSI is a non-profit organization supporting programs, classes and services at Holiday Park Senior Center.

**HPSI Memberships are only \$10.00 per year.**

Your membership is good for one year from the time you register and it allows you to vote in 2024 for the Directors of the HPSI Board!

Your membership also provides you with entry into a raffle for a chance to win one of three individual gift certificates for classes sponsored by HPSI. They are worth \$100, \$75 and \$50.

## HPSI Elections, April 29-May 3

Holiday Park Seniors Inc. is looking for Center members who would like to be considered for an open place on the HPSI Board.

Elections will take place this month.

If you are interested and would like more information about HPSI, please leave your name, phone number and email at the front desk for Judy Houseknecht, the HPSI Administrator.

HPSI Membership Meeting: Monday, April 29, from 10-11

Join us for coffee and donuts and learn more about the HPSI Board and what HPSI has to offer.

HPSI Elections run from April 29 thru May 3, from 10-2

The ballot box will be in the café. Information on those running for the HPSI Board will be posted on the bulletin board across from the café.



### The Plant Room

*Open Tuesday & Friday from 9am to 12pm. We have an assortment of plants for sale at just \$1.00 each.*

### The Café

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



## NARFE Meetings

NARFE will not hold a meeting in the month of April.

Join us again in May!

## Health and Wellness Services

### BLOOD PRESSURE SCREENING -

Mondays: 10—12 noon & Thursdays: 9—11.  
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, free for short term loan. However, wheelchairs require 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 Medicare insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

## 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 (\$7.99). 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!!**

\*\*\*\*\*



**On Tuesdays, the lunch program will be split into two seatings: 11:45am & 12:30pm. Please arrive 15 minutes early to check in.**

## Support Groups

### COPING WITH CHANGE -

Thursdays 10:30am—11:30 am.  
Led by Yasaman Alavi, LCPC. Free.  
For questions, call 301-332-0462.

### 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.

See new Diabetes, Bereavement, and Alzheimer's and Dementia support groups on page 11.

## Coffee and Conversations

### Coffee with a Cop

Wed., 4/3, 10:30 am



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

## INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:00 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](mailto:HolidayParkSeniors@gmail.com)

## 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 240-777-6197.

#### 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.



### 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 [mcorec.com](http://mcorec.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!

### 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:**

Cecilia Altamirano  
Younna Badr  
Arthur Clemmer  
Maria Mercedes Diaz  
Jairo Gomez  
Gail Jacobson  
Alice Karaca  
Kur Kur  
Kamarr Louissaint  
Dizzi Mungo  
Ashley Ramos  
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 May 2024...  
A sampling of Holiday Park 1:00 pm Programs**

May 1, W. Cooking with Nikki—**Pre-registration required.**  
May 2, Th. TBA  
May 3, F. Dance Club Friday with Tim Amann

May 6, M. Nutrition Lecture with Rhonda Brandes  
May 7, T. Fiesta del Cinco De Mayo —**Pre-registration Required.**  
May 8, W. Live Music with Violinist Caterina Vannucci  
May 9, Th. Flower Making with Connie  
May 10, F. Dance Club Friday with Mike Surratt

May 13, M. AARP Driving Class  
May 14, T. Mother's Day Celebration with Christiana Drapkin—  
**Pre-registration required.**  
May 15, W. Sheldon Lehner presents: Leadership's Various Views  
May 16, Th. Volunteer Recognition Program  
May 17, F. Dance Club Friday with Retro Rockets

May 20, M. Stroke Lecture with Mary Mallow  
May 21, T. Health Talk with Suburban Hospital  
May 22, W. AAPI Heritage Month Celebration & Health Fair  
May 23, Th. Tech Thursday  
May 24, F. Dance Club Friday

May 27, M. CENTER CLOSED  
May 28, T. Movie  
May 29, W. Tell Us Your Story Presentation  
May 30, Th. TBA  
May 31, F. Dance Club Friday with Gary Brown

*\*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**

**Two Cards Make Holiday Park Count**

**HPSI MEMBERSHIP**

Membership has resumed. This \$10.00 a year Card allows you to be entered in a raffle for various prizes. 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.

**In this issue:**

|                              |        |
|------------------------------|--------|
| Special Events and Evenings  | 2-3    |
| Classes & Drop-in Activities | 4-10   |
| Daily 1:00 PM Programs       | 8-9    |
| Multicultural Programs       | 12     |
| Health & Wellness            | 11, 14 |
| Center & County Services     | 13-15  |
| May Sneak Peek               | 16     |