



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

September 2024

African Safari

Wednesday,
September 11,
6-7pm

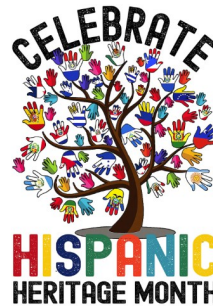
Uasuf will be playing traditional West African instruments, we will be dancing and enjoying light refreshments as you go on this safari through Africa.



Pre-registration required.

Hispanic Heritage Festival

Thursday, September 19,
1pm



Music, traditional costumes and light refreshments to celebrate Hispanic Heritage Month.

Pre-registration is required for the event

Mid-Autumn Festival

Thursday, September 12,
1-3pm

It's time to celebrate! We will enjoy a display of traditional costumes, dances, lanterns, mooncakes and more!



Pre-registration required.

End of the Season for Nights At The Park

We are finishing Wednesday Evenings at the end of the month, until they resume in the Spring. We will see you then!

Center Closed:

**Monday, September 2, 2024 in
observance of Labor Day**

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



Special Hi-Lites Events



Registration
Information

Registration for Fall classes is underway. Stop by the Front Desk today to register for all your favorite classes before they fill up!

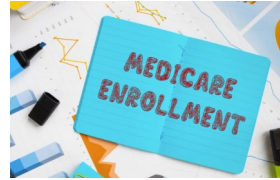
Karaoke Party with James

Tuesday,
September 3,
1pm



Sing your heart out to your favorite songs. Everybody is welcome to join as part of the chorus and have fun!

Medicare Overview



Wednesday,
September 4,
at 1pm

It's time to enroll in Medicare. Don't understand your Medicare choices yet? Learn what you need to know, the easy way. Presented by SHIP

*Sessions will also be held in Spanish and Chinese: see pages 10 and 11 for dates.

The Dances of the Jewish Holidays

Tuesday, October 1

A traditional lunch will be served at noon, followed by dancing with Sharon at 1PM.

This is a pre-registration only event: with Mr. William for lunch and at the Front Desk for the 1PM event. Pre-registration closes on Monday, 9/23 at 3pm. **Participation to both events is not required.**

End of Summer Pizza & Games Party:

Wednesday,
September 25, 5:30-
6:30pm



Join us for some fun games and pizza to end the Wednesday Evenings for the season until they restart again in the spring.

Oktoberfest German Festival with the Rockville German Band

Tuesday, October 1
at 1PM

Join us for this fun event featuring traditional Bavarian-German music and a frothy root beer!

Pre-registration required for the event.



Gift Shop: September "White Elephant" Sale

During September on Tuesdays and Wednesdays there will be a "white elephant" sale in front of the Gift Shop from 9:30 am to 12:30 pm. Sale starts Sept. 10th. Drop by to get a great deal!

Other Events

**Mini Trip:
Monday, September 30**

Active Aging Event at North Potomac Senior Center

Montgomery County is thrilled to kick off International Active Aging Week (AAW)! We warmly invite residents aged 50 and above to join us for an array of FREE programs and activities designed to help you Go, Grow, and Get Active!

We've arranged transportation from Holiday Park Senior Center to the exciting signature event at North Potomac Senior Center, and we'll even provide a delicious lunch. Engage in activities that are sure to uplift your physical and mental well-being through creativity, exercise, and socialization.

Bus departs from Holiday Park at 9:30am and will return by 1:30pm

You must pre-register with a member of County Staff or online using code R07101-171 at ActiveMontgomery.com

Lunch is provided

Wednesday Evenings: Nights at the Park

Special Events & Activities

African Safari: September 11, 6-7pm

Enjoy music, dancing and light refreshments as you go on this safari through Africa. *Light refreshments will be served.*

Pre-registration required

A Book & A Movie: September 18

Book discussion on "Rita Hayworth and the Shawshank Redemption" by Stephen King at 4:30pm; movie with Rita Hayworth and the Shawshank Redemption at 5:30pm.

Table Tennis Tournament: September 18 5:30-7:30pm

Enjoy a fun Table Tennis tournament. No prior knowledge required. Equipment provided.

End of Summer Pizza & Games Party: September 25, 5:30-6:30pm

Join us for some fun games and pizza to end the Wednesday Evenings for the season until they restart again in the spring.

Shuffleboard Tournament and Demo: September 25, 5:30-7:30pm

Enjoy a Shuffleboard tournament and Demo. No prior knowledge required. Equipment provided.

Evening Classes

Zumba



Sponsored by HSPI and taught by Karen. An all-body exercise with Latin rhythms to keep you balanced and give you strength.

Wed	9/4-9/25	5:30-6:30pm	\$15
-----	----------	-------------	------

Don't forget that the Billiard Room, Outdoor and Indoor Fitness Rooms, Library, Table Tennis, and Bocce Court are open for use while we are open in the evenings.

GET YOUR FREE CHROMEBOOK

Register by Friday, September 13th., noon

My Active Senior, in partnership with the Department of Technology and Enterprise Business Solutions (TEBS), is giving **free chromebooks** to seniors living in senior communities.



To register, call My Active Senior at 866-594-6249.

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: Tango, Two Step & Waltz. Rhythm: Rumba, Hustle and Samba.**
No Class 10/23.

Smooth	Wed	9/11-12/11	2:00-2:50pm	\$60	13 wks
Rhythm	Wed	9/11-12/11	3:00-3:50pm	\$60	13 wks

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming. Combines tai chi, qigong, ballet & expressive dance movements.
No class 11/29.

Fri	Ongoing	11:00-11:50am	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 11/11.

Mon	9/9-12/9	1-1:50pm	\$50	13 wks
-----	----------	----------	-------------	--------

INTERNATIONAL FOLK DANCING

Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience needed. No partner required. **No class 11/29.**

I	Fri	9/13-9/27	11-11:50am	\$10	3 wks
II	Fri	11/1-12/13	11-11:50am	\$20	6 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 classes on 10/24 & 11/28.**

I	Thu	9/12-12/12	11-11:50am	\$45	12 wks
II	Thu	9/12-12/12	10-10:50am	\$45	12 wks

PERSIAN DANCE

Taught by Mehrnaz and sponsored by HPSI. Dance varies depending on the historical period or place of origin, culture, and language of the local people, and can range from sophisticated reconstructions of refined court dances to energetic folk dances.

Wed	10/9-10/30	2:30-3:30pm	Free	4 wks
-----	------------	-------------	-------------	-------

TAP DANCING (INT.)

Taught by Denise and sponsored by HPSI. Designed for students who have taken tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations and rhythms will be taught.
Returning in the Winter session.

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 11/28.**

Beg.	Thur	9/12-12/12	12-12:50pm	\$50	13 wks
Adv.	Thur	9/12-12/12	11-11:50am	\$50	13 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.

Wed	9/11-12/11	11-11:50am	\$40	14 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.
More information in the October newsletter.

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. **No class 11/28.**

Tue	9/17-12/10	2-2:50pm	\$55	13 wks
Thur	9/19-12/12	10-10:50am	\$50	12 wks

MOVE AND GROOVE DANCE FITNESS

Taught by Carla. This class is 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.
No class 9/12 & 11/11.

****If you are interested in this course, register with a member of our staff in person.**

Mon	9/9-11/25	2:30-3:20pm	FULL	11 wks
Wed	9/4-11/27	2:30-3:20pm	FULL	13 wks

Classes and Drop-in Activities

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

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.

Fri	Ongoing	2-2:50pm	Free
-----	---------	----------	------

TAI CHI BEGINNERS

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

Tue	Ongoing	9:30-10:20am	Free
-----	---------	--------------	------

TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

Wed	Ongoing	9:30-10:20am	Free
-----	---------	--------------	------

TAI CHI SWORD

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
-----	---------	-------------	------

YOUR BODY IS MEANT TO MOVE

Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones. **No class 11/28.**

Thur	9/12-12/12	2-3pm	\$40	13 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 11/11.**

Mon	9/9-12/9	9-9:50am	\$50	13 wks
-----	----------	----------	------	--------

ZUMBA GOLD ADVANCED

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

Wed	9/11-12/11	10-10:50am	\$55	14 wks
-----	------------	------------	------	--------

ZUMBA GOLD TONING

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

No class 11/29

Fri	9/13-12/13	10-10:50am	\$50	13 wks
-----	------------	------------	------	--------

YOGA

HATHA YOGA FOR ALL

Taught by Debbie and sponsored by HPSI. This class focuses on posture, balance, strength, flexibility, breathing and meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class. **No class on 11/29.**

Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.

Virtual	Tue	9/10-12/10	9-9:50am	\$55	14 wks
In Person	Fri	9/13-12/13	9-9:50am	\$50	13 wks

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	9/10-12/10	10:00-10:50am	\$60	14 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	9/10-12/10	11:10-12:00pm	\$60	14 wks
-----	------------	---------------	------	--------

YOGA WITH LINDA

Taught by Linda and sponsored by HPSI. Relaxing exercise to improve flexibility, and strengthen muscles. **No class on 11/28.**

Thu	9/12-12/12	10:00-10:50am	\$55	13 wks
-----	------------	---------------	------	--------

YOGA (CHAIR) IN SPANISH

Taught by Karen and sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish. **No class 11/11.**

Thur	9/12-12/12	11:00-11:50pm	\$30	13 wks
------	------------	---------------	------	--------

YOGA (EVERY BODY'S)

Current session will end 8/28.

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 your overall wellness.

Wed	9/11-12/11	3:00-4:00pm	\$45	14 wks
-----	------------	-------------	------	--------

Classes and Drop-in Activities

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

ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Taught by Nicki and sponsored by HPSI. This is a continuing class for students who have prior experience in Chinese Brush painting.

Thur	10/3-11/7	1—3pm	\$60	6 wks
------	-----------	-------	------	-------

FABRIC PAINTING new

Taught by Mehrnaz and sponsored by HPSI. Join us to create unique artworks. The painted fabric pieces you design can be both practical and beautiful and can have a positive impact on your mood. No art experience required. All materials will be provided.

Wed	10/9-10/30	10am-12pm	\$30	4 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

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor.

Tue	9/10-12/10	1—3pm	\$140	14 wks
-----	------------	-------	-------	--------

WATERCOLOR (Adv.) Virtual

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

Tue	9/10-12/10	10am-12pm	\$140	14 wks
-----	------------	-----------	-------	--------

WATERCOLOR (Intermediate)

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **No class 10/30 & 11/11.**

Mon	9/9-12/9	10am-12pm	\$120	12 wks
-----	----------	-----------	-------	--------

WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. **THIS CLASS IS NOT ACCEPTING NEW PARTICIPANTS AT THIS TIME.**

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	9:50-10:40am	Free
Thur	Ongoing	9:50-10:40am	Free

EVERYDAY ENGLISH (BASIC)

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

Wed	Ongoing	11-11:50am	Free
-----	---------	------------	------

FRENCH: BEGINNER

Taught by Gilles and sponsored by HPSI. Learn and practice your French.

Wed	9/25-12/11	9-9:50am	\$25	12 wks
-----	------------	----------	------	--------

FRENCH: INTERMEDIATE

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

Wed	9/25-12/11	10-10:50am	\$25	12 wks
-----	------------	------------	------	--------

FRENCH: CONVERSATION

Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required.

Wed	9/25-12/11	11-11:50am	\$25	12 wks
-----	------------	------------	------	--------

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	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 for closed times.

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

Classes and Drop-in Activities

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

GAMES

GAME ROOM

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

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

MAHJONG

Betty Lou & Donna host. Drop-in and enjoy playing with friends.

Mon.	Ongoing	1—4 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
-----	---------	------------------	------

BRIDGE

BRIDGE FOR BEGINNERS I

Taught by Rochelle and sponsored by HPSI. 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.

Tue	9/10-12/10	1:00-3:00pm	\$140	14 wks
-----	------------	-------------	-------	--------

BRIDGE INTERMEDIATE I

Taught by Rochelle and sponsored by HPSI. It will include a quick review of the basis 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 10/3, 10/17, 11/28.**

Thu.	9/12-12/12	1:00-3:00pm	\$110	11 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
-----	---------	--------------------	------

SPECIAL INTERESTS

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. Join us monthly to discuss the current month's book selection. During the summer we offer A Book and A Movie, where the group discusses the book and follows by watching the movie adaptation. Book discussion begins at 4:30pm and the movie is shown at 5:30pm.

September 18: "*Rita Hayworth and the Shawshank Redemption*" by Stephen King

October 16: "*The Rent Collector: A Novel*" by Camron Wright—New time starting in October: 3pm: book discussion only.

Wed	4:30pm book talk	5:30pm movie	Free
-----	------------------	--------------	------

JOURNALING CLUB

Led by Carol and sponsored by HPSI. We will learn how to start a journal and express our creativity and feelings through journaling! This program meets monthly. Please bring your own journal.

Tue	10/15, 11/19, 12/18	2:15-3:15pm	Free
-----	---------------------	-------------	------

MINDFULNESS MEDITATION

Led by volunteers Doug & Li. We usually meditate for about 15 minutes at the beginning and end of the class. In between we talk about ways to be mindful in our daily life.

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	9/4 & 9/18	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 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 must pre-register with a member of County Staff or online using code R07058-107 at ActiveMontgomery.com**

Wed	9/4-10/23	2-3:30 pm	Free	8 wks
-----	-----------	-----------	------	-------

The 1:00 PM Holiday Park Daily Show – September 2024

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

CENTER CLOSED: LABOR DAY

Mon. Sept. 2

Karaoke Party with James

Sing your heart out to your favorite songs. James will take all your requests. Everybody is welcome to join as part of the chorus and have fun!

Tue. Sept. 3

Medicare Overview with SHIP Montgomery County

What is Medicare? Enrollment Periods, Financial Assistance, Prevent Medicare Fraud & Abuse. Run by SHIP Montgomery County.

Wed. Sept. 4

Cooking with Nikki: Celebrating Pizza Day

Let's explore creative ways to make pizza for one or two, as we celebrate Pizza Day!

Thu. Sept. 5

Dance Club Friday with Gary Brown 1-3pm

Gary is performing for all of us to enjoy!
Light refreshments served.

Fri. Sept. 6

The Sounder Sleep System with Alison

Join us for a relaxing hour of the Sounder Sleep System®! In this informative, interactive program participants will learn simple, gentle movements designed to bring one from an alert state to a place of deep rest. The Sounder Sleep System® is useful for anxiety management and sleep improvement. The movements will be done sitting in your chair. Please wear comfortable clothing and bring a pillow or blanket for your lap.

Mon. Sept. 9

Bocce Tournament or Movie in case of rain

Join Marco and enjoy a fun Bocce Tournament. This is an outdoor event. Please bring a light jacket. No prior knowledge of Bocce required. Bocce equipment will be provided.

Tue. Sept. 10

Table Tennis Tournament with Matt

Join Matt and enjoy a fun Table Tennis tournament. No prior knowledge required. Equipment provided.

Wed. Sept. 11

Mid-Autumn Festival

It's time to celebrate! The Mid-Autumn Festival event, known as Moon Festival or Mooncake Festival is a joyous celebration. We will enjoy a display of traditional costumes, dances, lanterns, mooncakes and more! Please join us to celebrate and have a good time together. **Pre-registration required.**

Thu. Sept. 12

Dance Club Friday with Mike Surratt 1-3pm

Another fun-filled afternoon with great music to jumpstart the weekend with Mike!
Light refreshments served.

Fri. Sept. 13

Learn How to Protect Yourself Against Identity Theft with the Office of Consumer Protection

An Investigator from the Office of Consumer Protection will be here to explain how to protect your Identity against theft, and what to do in case you become a victim of identity theft.

Mon. Sept. 16

Health Talk with Suburban: Fall Prevention

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.

Tue. Sept. 17

The 1:00 PM Holiday Park Daily Show – September 2024

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

Live Music with Night & Day duo: Pop Music (non-rock) of the 1950s: Much Better than you think! **Wed. Sept. 18**

Many feel that the pop music of the 1950's was weak and underwhelming. Night & Day duo are here to prove this wrong! In spite of the advent of Rock and Roll, the Great American Songbook still survived the drowsy '50s quite well.

For this show we'll discuss some of the history of 50's pop music, and then Charlene and Mike will perform some of the very best of the '50's standards, to include: *Misty*, *Que Sera*, *Mack the Knife* and *Fever*.

Hispanic Heritage Festival **Thu. Sept. 19**

Join us to celebrate Hispanic Heritage with traditional costumes and dancing.

Light refreshments served. Pre-registration required.

Country Western Dance with Robin 1-2:30pm **Fri. Sept. 20**

Wear your cowboy hat and boots and get ready for a fun country western line dance party!

Light refreshments served.

Nutrition Talk with Rhonda from Senior Nutrition Program **Mon. Sept. 23**

Understanding Dietary Supplements – This lecture will explain its benefits and risks.

World Elder Abuse Awareness Day (WEAAD) Skit viewing and Discussion **Tue. Sept. 24**

Join us for a viewing of two skits from WEAAD created by your friends followed by a lively discussion of each, facilitated by a subject matter expert. For this first session we will be viewing 2 skits both created by Holiday Park members: "The Wandering Neighbor" facilitated by Montgomery County Police, and "Isolation", facilitated by Aging and Disability Services.

Storytelling with Sheldon: "Who Sang it First?" **Wed. Sept. 25**

Many popular, celebrated American Songs are "covered" by other Artists. However, we don't always know who the FIRST, Original Singer was.

Today's Story will give a creative presentation and discussion of songs from Yester-Year.

The Audience will be asked to choose from three choices one which is the first Singer of the Popular Song. This Sentimental Journey is sure to bring fond memories... and smiles.

Music Lovers Especially, please join us.

Tech Thursday with Senior Planet Montgomery: Intro. To Gaming **Thu. Sept. 26**

Ready to level up? In this introduction to gaming we'll explore some of the basic concepts of video games and gaming. We'll review the benefits of gaming and take a look at some popular games and consoles, including Nintendo Switch, XBox, and VR headsets. We'll also demonstrate where to find free games and start playing!

Dance Club Friday with The Metropolitan 1-3pm **Fri. Sept. 27**

The Metropolitan will join us with his tunes to get your feet moving and dancing!

Light refreshments served.

Online Resources with Kensington Park Library **Mon. Sept. 30**

Robin from Kensington Park Library will be introducing all of the online resources that any of you can access from home, from your home computers such as movies, consumer reports, magazines, and more.

Classes and Drop-in Activities

Please register at the Front Desk.

WRITING GROUP

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

Fri	Ongoing	10-11:25 am	Free
-----	---------	-------------	------

MUSIC



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	9/9, 10/7, 11/4	2:00-3:00 pm	Free
-----	-----------------	--------------	------

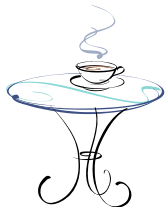
TECHNOLOGY

NEW CLASSES COMING.

See October newsletter!



The Café



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

Multicultural Programs

Please register at the Front Desk.



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.

No hay sesión el 9/9.

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

Conversación en Inglés (Everyday English) (vea la página 6).

Ma	Seguido	9:50-10:40am	Gratis
Miér.	Seguido	11:00-11:50am	Gratis
Ju	Seguido	9:50-10:40am	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 a partir del 9/10	11-11:50 am	Gratis
----	---------------------------	-------------	--------

Toma de tensión arterial:

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

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

Yoga (en Silla) en Español:

Esta sesión termina el 8/29.

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

Ju	9/12-12/12	11-11:50 am	\$30
----	------------	-------------	------

Resumen de Medicare en Español:

¿Qué es Medicare? Períodos de inscripción, asistencia financiera, prevención del fraude y el abuso de Medicare.

Lu	9/9	10:30am-12:30 pm	Gratis
----	-----	------------------	--------

Multicultural Programs



ASIAN CORNER

Active Golden: Meet & Greet

Hosted by Hung and Tuyet. Join this South East Asian group and make some new friends!

Tue.	Ongoing	9:15-10:30am	Free
Fri.	Ongoing	9:15-10:30am	Free

Active Golden: Zumba Senior 55+

Taught by Rita. **Registration required.**
Join this upbeat exercise class that will help you with your balance, your coordination and your posture!
RETURNING LATER IN THE FALL

Active Golden: Bingo

Registration required.
Join us for some fun games of bingo!

Tue	Ongoing	1:00-2:30 pm	Free
Fri	Ongoing	10:30-11:45 pm	Free

Active Golden: Karaoke

Registration required.
Led by Quyen and Buu. Join us for a fun afternoon of singing to classic karaoke songs!

Tue	Ongoing	2:30-3:30 pm	Free
Fri	Ongoing	1-1:45 pm	Free



Cultural and Positive English Exercises

Taught by Van. **Registration required.**
Basic English to help get a foundation of English. **No class on 10/15, 11,5 & 11,26**

Tue	Ongoing	10am-12pm	Free
-----	---------	-----------	------

Active Golden: Gentle Exercise

Led by Venus. **Registration required.**
Gentle exercises that include stretching and help you gain a better balance!

Fri	Ongoing	10-10:50am	Free
-----	---------	------------	------

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming. Combines tai chi, qigong, ballet & expressive dance movements.
No class 11/29.

Fri	Ongoing	11:00-11:50am	Free
-----	---------	---------------	------

MEDICARE OVERVIEW IN CHINESE

What is Medicare? Enrollment Periods, Financial Assistance, Prevent Medicare Fraud & Abuse. Run by SHIP Montgomery County.

何謂聯Medicare? 投保時間, 經濟支援, 防止聯Medicare詐欺和濫用 總結.

Mon	9/16	10:30-12:30pm	Free
-----	------	---------------	------

Save the Date: Hispanic Heritage Festival



Thursday, September 19, 1pm

Music, traditional costumes and light refreshments to celebrate Hispanic Heritage Month.

Pre-registration is required for the event



Save the Date: Mid-Autumn Festival
Thursday, September 12, 1-3pm

It's time to celebrate! We will enjoy a display of traditional costumes, dances, lanterns, mooncakes and more!

Pre-registration is required for the event

Health and Wellness Programs

BLOOD PRESSURE SCREENING -
Monday 10am-12pm and Thursday 9-11 am

COPING WITH CHANGE -

Thursdays 10:30am—11:30 am.

Led by Yasaman Alavi, LCPC a therapist from Affiliated Sante Group. A support group to help you to overcome the challenges of aging. 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.

Medical Equipment Loan Closet

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.

Coffee and Conversations



Coffee with a Cop

**Wed., 9/4 & 10/9
at 10:30 am**

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

Plant Room Tips

- If your lawn needs reseeding, now is the time to do it.
- Plant hardy mums to allow them to get well established before winter sets in. And you will enjoy their blooms in the fall.
- Cut back annuals and perennials like salvia, yarrow, marigolds, zinnias by deadheading spent blooms to encourage reblooming
- If perennials like day lilies, liriopse need dividing, not is a good time.
- Begin checking houseplants that have spent the summer outdoors for bugs. If necessary, spray them with an insecticidal soap or a mixture of 6 tablespoons of liquid detergent and 1 gallon of water.
- Transplant houseplants if they have outgrown their pots. Take cuttings from houseplants that need pruning and propagate new ones. If you need help with this, visit us in the Plant Room.
- When first bringing in houseplants, to help them transition to being indoors, place them in bright light and be careful about overwatering them.

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 (\$8.26). 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.

OUR PARTNER NEWS



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 also provides you with an entry into a raffle for a chance to win one of three individual gift certificates for classes sponsored by HPSI worth \$100, \$75 and \$50. The drawing for the gift certificate prizes for HPSI members will be held in the Café area on **Wednesday September 18th at 11:00 am**. If you can't make it we will contact you if you have won a gift certificate.



The 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 Wednesdays.
Clothing is never accepted.

During September on Tuesdays and Wednesdays there will be a “white elephant” sale in front of the Gift Shop from 9:30 am to 12:30 pm. Sale starts Sept. 10th. Drop by to get a great deal!

Note that the Shop will remain closed Tuesday, September 3rd, and reopen Wednesday Sept. 4th.



Do you have a birthday coming up soon?



Stop by the Front Desk to get your picture taken so we can post it on the Birthday Wall in the lobby!

NARFE News

Let's catch up after almost 3 months away! Paul Schwartz, our VP, the MD Federation Chair of the Legislative Committee, and candidate for National NARFE Region II VP, will brief us on the National meeting that was held in St. Louis in August. Then we'll discuss what you'd like to see in the way of presentations for this academic year—it's your time to weigh in!

Join us: Tuesday, September 24th, starting at 1 PM. Mark your calendars, tell your friends, bring your ideas, and enjoy refreshments good conversation!

How to attend this meeting:

In person, at the Holiday Park Senior Center,
Online, access the meeting via Zoom

Meeting ID: 846 5440 6850 Passcode: 307663

Audio-only using any type of phone by calling 301-715-8592. You may need to key in the meeting ID and passcode above.

Note: Meeting will be recorded and available on website.

Transportation Options

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).



We Need Volunteers Like You!



Volunteers needed to assist with a variety of programs around the center.



Are you interested in learning, playing or leading one of these activities? Pinochle, Chess, Sign Language, others!

Please see Judy or Marco, or ask at the Front Desk!

The Plant Room



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

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

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, housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.



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.

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 mocre.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 on the bulletin board that is always on display!

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

**Holiday Park
Senior Center Directory:**

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:
Cecilia Altamirano
Younna Badr
Amy Clemmer
Arthur Clemmer
Maria Mercedes Diaz
Gail Jacobson
Sandra Johnson
Ashley Ramos
Ryan Roach
Debbie Scholz
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 October 2024...
A sampling of Holiday Park 1:00 pm Programs***

- Oct. 1, T. The Dances of the Jewish Holidays with Sharon
Pre-registration required
- Oct. 2, W. Movie
- Oct. 3, Th. Downsizing and Decluttering with Santé Group
- Oct. 4, F. Dance Club Friday with Tim Amann

- Oct. 7, M. Nutrition Talk with Rhonda: Nutrition and Oral Health
- Oct. 8, T. Oktoberfest German Festival with Rockville German Band—
Pre-registration required
- Oct. 9, W. Trivia with Carol (and special prizes)
- Oct. 10, Th. WEAAD Skit viewing party and Discussion—Part 2
- Oct. 11, F. NO PROGRAM

- Oct. 14, M. Bingo
- Oct. 15, T. Health Talk with Suburban
- Oct. 16, W. Sheldon Lehrer presents...
- Oct. 17, Th. Folk Singing with Michael
- Oct. 18, F. Dance Club Friday with Retro Rockets

- Oct. 21, M. The Drama of Caregiving with Ruth
- Oct. 22, T. Halloween Cookies and Autumn Safety—**Pre-registration required**
- Oct. 23, W. Celebrating 40 years of Maryland Senior Olympics
- Oct. 24, Th. Tech Thursday
- Oct. 25, F. Halloween Dance Party with Night & Day Band

- Oct. 28, M. Tell Us Your Story with Laura
- Oct. 29, T. Italian Celebration with Movie: “Cinema Paradiso”
- Oct. 30, W. WEAAD Skit viewing party and Discussion—Part 3
- Oct. 31, Th. Hocus Pocus Halloween Magician Party—**Pre-registration required**

**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	11
Health & Wellness	12
Center & County Services	12-15
October Sneak Peek	16