



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

December 2025

Indonesian Festival with Julia



**Tuesday,
December 2,
1pm**

Pre-registration required.

In this issue:

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

Ethiopian Coffee Ceremony & Jebena Demonstration with Ayda

**Thur., December.
11, 1-3pm**

Bring your friends
and join Ayda for
this Ethiopian
coffee experience.



Pre-registration required.

The Center will be closed:

From Dec. 25
through Jan. 4

We will reopen on
Jan 5, 2026



Happy New Year!



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

Center Hours: Monday thru Friday 9:00 am - 4:00 pm



Save the Date: Special Hi-Lites Events

Winter Celebration Dance with Gary Brown

**Fri., Dec 5,
1-3 pm**



A Holiday Party with Tim Amman

Tue., Dec 9, 1pm

Join this Social with your friends to celebrate the Holidays with Tim and his selection of seasonal lively tunes.



Pre-registration required

Bethesda Brass Ensemble

Wed., Dec 17, 1pm

Join us as the Bethesda Brass Ensemble returns again to perform some Holiday favorites!



NEW CLASS Zumba Gold: Seated Dancing

**Tue., 1/6-2/24,
2:30-3:20 pm
FREE!**



new

NEW FIRE SAFETY ACADEMY

new

Join the Fire Safety Academy series that will teach you Fire Safety and Emergency Readiness basics. We will start this series this month and at the end, you will earn a Certificate of completion!

Topics include:

- basic First Aid and CPR
- how to handle an emergency and call 911
- how to treat burns and wait for help to arrive
- And more...

Brought by Jim Resnick from FRS.



Program Dates:

- *Wed., Dec. 3, 1pm*

Fire Safety one Cup of Cocoa at A Time

**Wednesday, 12/17 & 1/ 21
at 9:30 —11:00 am**



Enjoy conversation with Kristy from Fire and Rescue Service who will discuss fire safety and answer your questions and concerns.

Taught by Sharon. Dancing is designed for adults who need to use a chair for extra support or anyone looking to have fun and move a bit while sitting. Enjoy the traditional Zumba® party atmosphere: zesty international music like salsa, bossa nova and Klezmer, classic songs from our past, big band oldies and fun new rhythms with exhilarating and easy-to-follow moves. Chair dancing helps improve our physical and mental health and most of all the quality of life! The class will provide safe and slow progressions and teach participants to listen to their body! It's great for the mind, body and soul ...most of all IT IS Fun!!!

Card scanning strictly enforced!!

Policy Reminder:

All patrons must have a County-issued Rec Pass with a 2025 membership to enter the facility.

Please remember to scan your pass as you enter the building!

Any NON-County residents, please inquire for fees on membership and registration information.



Special Events & Announcements

Inclement Weather Policy

In the case of inclement weather, our policies are as follows:

If MCPS closes or has a two-hour delayed opening, transportation and senior nutrition programs are canceled. Senior Centers open at 10 a.m.

If MCPS is closed all scheduled programs and classes are canceled, the center will be open for drop-in activities only. If there is a two-hour delayed opening, programs and classes before 10 a.m. are canceled.

Early dismissal from MCPS leads to the cancellation of programs and classes starting at 2 p.m. or later. Facilities remain open for drop-in activities until closing.

If Montgomery County Government has a delayed opening, all facilities open at that time, and programs beginning earlier are canceled, often coinciding with an MCPS closure.

In the event of an early closure by Montgomery County Government, all facilities close, and programs scheduled to end after that time are canceled, often in conjunction with an MCPS closure.

Please check the Recreation website at www.mocorec.com, MCR Facebook and X for cancelations, late openings and closures. We also encourage you to register for Rec Alerts from AlertMontgomery.



The Center will be closed on

Monday, Jan 19
In Observance of
Martin Luther King Jr. Day

HAPPY
MARTIN LUTHER
KING JR. DAY
★
WE WILL BE CLOSED

**For our love of
Mike Surratt**

Fri., Jan. 9, 1-3pm

Join us for this special
Friday Dance with DJ
Paul McRoberts as we
remember and celebrate
the life of Mike Surratt.



AARP Tax Aide is coming back to Holiday Park!!

Mondays, starting in January.

Help will be provided for tax services to seniors & low income taxpayers.

Stay tuned for more information on how to schedule your appointment for tax preparation assistance.

Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration is underway.

DANCE

BALLROOM: INTERMEDIATE

Taught by Ron & Amy; sponsored by HPSI. Current sessions ends on **12/10**. The Winter classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Foxtrot & Polka. Rhythm: Hustle & Rumba.**

Smooth	Wed	1/14-4/8	2-2:50pm	\$65	13 wks
Rhythm	Wed	1/14-4/8	3-3:50pm	\$65	13 wks

BELLY DANCING

Taught by *Sophianna* and sponsored by HPSI. This is a low impact, full body activity that builds strength and endurance. These beginner level lessons will focus on isolation movements, steps and applications of musical rhythms. Wear comfortable clothing and footwear, for freedom of movement.

Tue	11/18-12/16	3-3:50pm	\$40	5 wks
-----	-------------	----------	------	-------

BIODANZA

A great exercise & dance class that incorporates simple movements, beautiful music & is good for every body. Bring your friends & have fun! **No class on 12/26 or 1/2.**

Fri	12/5-2/27	9:45-10:50am	Free	8 wks
-----	-----------	--------------	------	-------

CHINESE FOLK DANCING - Beginner

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

Fri	Ongoing	1-2pm	Free	15 wks
-----	---------	-------	------	--------

HULA (INT. CHOREOGRAPHY)

Taught by Dawn and sponsored by HPSI. Current session ends on **12/8**. **RETURNING IN THE SPRING.**

INTERNATIONAL FOLK DANCING

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

Fri	1/9-3/6	11-11:50am	\$30	9 wks
-----	---------	------------	------	-------

LINE DANCE— PARTY FAVORITES

Taught by Karen and sponsored by HPSI. Current sessions end on **12/11**. Learn classic party line dances as well as the latest contemporary favorites.

Level II—Thu	1/15-4/23	10-10:50am	\$60	15 wks
Level I—Thu	1/15-4/23	11-11:50am	\$60	15 wks

TAP DANCING (INTERMEDIATE)

Taught by Denise and sponsored by HPSI. Current session ends on **12/10**. This class is designed for students who have taken tap dance workshops previously. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations, and rhythms will be taught.

Wed	1/14-4/15	1-1:50pm	\$70	14 wks
-----	-----------	----------	------	--------

TAP DANCING (BEGINNER)

Taught by Denise and sponsored by HPSI. Current session ends on **12/10**. This class is designed for students who want to start learning how to tap dance and will go over basic steps, combinations, and rhythms.

Wed	1/14-4/15	12-12:50pm	\$70	14 wks
-----	-----------	------------	------	--------

FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

Taught by Matt; sponsored by HPSI. Current sessions end on **12/11**. A variety of exercises designed to increase muscle strength, endurance, range of motion, and balance. Hand-held weights and mats are used. Please bring your own weights to the class.

BEG.	Thu	1/15-4/23	12-12:50pm	\$60	15 wks
ADV.	Thu	1/15-4/23	11-11:50am	\$60	15 wks

EASY FIT DANCING

Taught by Marcia; sponsored by HPSI. Current sessions ends on **12/17**. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights to class.

Wed	1/14-4/29	11-11:50am	\$40	13 wks
-----	-----------	------------	------	--------

LATIN RHYTHM CARDIO FITNESS

Taught by Tony and sponsored by HPSI. Current sessions ends on **12/11**. Let's have fun dancing together! This low impact but high energy class combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton.

Thu	3/5-4/23	2-2:50pm	\$40	8 wks
-----	----------	----------	------	-------

MOVE AND GROOVE DANCE FITNESS

Taught by Carla. **RETURNING IN THE SPRING.**

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 with the Korean practice of Tae Kwon Do. Develop confidence that you can protect your personal space. Through relaxation & self-defense techniques, increase your mental alertness, flexibility, & range of motion.

Fri	Ongoing	2-3pm	Free
-----	---------	-------	------

TAI CHI BEGINNERS

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

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

TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

Tue	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. **No class on 12/8, 12/15, 12/22, 1/19 and 2/16.**

Mon	Ongoing	2:30-3:25pm	Free
-----	---------	-------------	------

YOUR BODY IS MEANT TO MOVE

Taught by Sonia; sponsored by HPSI. Current sessions ends on **12/11**. Exercise to 60s/70s music while you work the muscles which strengthen the bones.

Thu	1/15-4/23	2-2:50pm	\$60	15 wks
-----	-----------	----------	------	--------

ZUMBA FOR ALL

Taught by Lan; sponsored by HPSI. Current sessions ends on **12/8**. An all-body exercise with Latin rhythms to keep you balanced and give you strength. **No Class 1/29 & 2/16.**

Mon	1/12-4/20	9-9:50am	\$50	13 wks
-----	-----------	----------	------	--------

ZUMBA

Taught by Karen; sponsored by HPSI. Current sessions ends on **12/10**. A fun dance-based fitness class that combines Latin rhythms with easy-to-follow choreography that will help tone your muscles, and boost your overall mood.

Wed	1/14-4/22	10-10:50am	\$60	15 wks
-----	-----------	------------	------	--------

ZUMBA GOLD

Taught by Mitzi; sponsored by HPSI. Current session ends on **12/10**. The original dance-fitness party.

Tue	1/13-4/21	9-9:50am	\$65	15 wks
-----	-----------	----------	------	--------

ZUMBA GOLD TONING

Taught by Mitzi; sponsored by HPSI. Current sessions ends on **12/11**. The original dance-fitness party.

Fri	1/16-4/24	10-10:50am	\$65	15 wks
-----	-----------	------------	------	--------

YOGA

EVERYBODY'S YOGA

Current session ends on **12/10**. This class is designed to explore gentle yoga poses, breathing, and meditation techniques which will promote healthy aging. Students will work on strength-building, flexibility, coordination and balance, and cognitive function. Required: Yoga mat, blocks, and strap.

Wed	1/14-4/22	3-3:50pm	\$65	15 wks
-----	-----------	----------	------	--------

HATHA YOGA

Taught by Debbie; sponsored by HPSI. Current **IN PERSON** class ends **12/12**; **VIRTUAL** class ends **12/9**. This class focuses on posture, balance, strength, flexibility, breathing, and meditation. Please bring yoga mat, blanket, 2 blocks, & a strap to each class. **Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.**

In Person	Fri	1/16-4/24	9-9:50am	\$60	15 wks
Virtual	Tue	1/13-4/21	9-9:50am	\$60	15 wks

YOGA (CHAIR)

Taught by Linda; sponsored by HPSI. Current session ends on **12/9**. Low impact class to ward off osteoporosis, arthritis, and weak muscles. Students focus on fall prevention using balancing poses.

Tue	1/13-4/21	11-11:50am	\$70	15 wks
-----	-----------	------------	------	--------

YOGA FOR BALANCE

Taught by Linda; sponsored by HPSI. Current session ends on **12/9**. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	1/13-4/21	10-10:50am	\$70	15 wks
-----	-----------	------------	------	--------

YOGA WITH LINDA

Taught by Linda; sponsored by HPSI. Current class ends **12/11**. Relaxing exercise to improve flexibility and strengthen muscles.

Thu	1/15-4/23	10-10:50am	\$70	15 wks
-----	-----------	------------	------	--------

YOGA (CHAIR) IN SPANISH

Taught by Karen; sponsored by HPSI. Current classes end **12/11** (Thurs) and **12/8** (Mon). Join us for a session of relaxing yoga taught in Spanish. **No class on 1/19 and 2/16.**

Mon	1/12-4/20	11-11:50am	\$55	13 wks
Thu	1/15-4/23	11-11:50am	\$60	15 wks

Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration is underway.

ARTS AND CRAFTS

OIL PAINTING WITH DENIS

Taught by Denis; sponsored by HPSI. Basic oil painting techniques and a simple approach to landscape scenes. All supplies included. No prior painting experience needed.

STAY TUNED FOR FUTURE DATES!

CHINESE BRUSH PAINTING

Taught by Nicki; sponsored by HPSI. Current session ends on **12/11**. This class is designed to teach both beginning students and for students who have some experience in Chinese Brush painting.

Thur	1/15-4/23	1-3pm	\$140	15 wks
-------------	-----------	-------	--------------	--------

CRAFTS WITH MINH

Led by Minh. Join your friends and create something beautiful. Group meets every 3rd Fri. of the month.

Fri	Monthly: 12/19, 1/16	2-3:30pm	Free	
------------	----------------------	----------	-------------	--

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

DRAWING & WATERCOLOR

Taught by Steve; sponsored by HPSI. Current session ends on **12/9**. Learn the fundamentals of drawing and watercolor.

Tue	1/13-4/21	1-3pm	\$150	15 wks
------------	-----------	-------	--------------	--------

WATERCOLOR (Interm./Adv.)

Taught by Steve; sponsored by HPSI. Current session ends on **12/9**. This class is for experienced artists. Expand your knowledge of watercolor technique.

No Class on 1/19 and 2/16.

In Person -Mon	1/12-4/20	10am-12pm	\$130	13 wks
Virtual -Tue	1/13-4/21	10am-12pm	\$150	15 wks

WOODCARVERS "CARVE & CHAT"

Led by Val. A friendly group of amateur woodcarvers meets on Fridays to work on projects and chat with fellow carvers. **For existing students only.**

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 & Thu	Ongoing	9:50-10:40am	Free	
----------------------	---------	--------------	-------------	--

CONVERSATIONAL ENGLISH

Taught by Deb. Very basic English, vocabulary and conversational English to help you get comfortable in everyday conversation.

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

FRENCH—VIRTUAL

Taught by Gilles; sponsored by HPSI. Current session ends **12/10**. Virtual classes for winter session. Learn and practice your French. **No class: 2/18.**

Beg.	Wed	1/14-4/29	9-9:50am	\$45	15 wks
Int.	Wed	1/14-4/29	10-10:50am	\$45	15 wks

FRENCH: CONVERSATION (VIRTUAL)

Taught by Gilles; sponsored by HPSI. Current session ends **12/10**. This class will be Virtual in the Winter Session. Practice your French by holding conversations in French. Basic knowledge required. **No class: 2/18.**

Wed	1/14-4/29	11-11:50am	\$45	15 wks
------------	-----------	------------	-------------	--------

SPANISH: INTERMEDIATE

Taught by Karen; sponsored by HPSI. Current session ends **12/9**. A class for those who want to learn and practice Spanish.

Tue	1/13-4/21	11am-12:20pm	\$50	15 wks
------------	-----------	--------------	-------------	--------

SPANISH: CONVERSATION

Taught by Karen; sponsored by HPSI. Current session ends **12/9**. Practice your Spanish by holding conversations in Spanish. Basic knowledge required.

Tue	1/13-4/21	12:30-1:20pm	\$50	15 wks
------------	-----------	--------------	-------------	--------

SPORTS

BOCCE BALL COURT—PETANQUE

Located outside just across our back entrance. 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	
--------------	---------	---------	-------------	--

Classes and Drop-in Activities

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

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 class to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation class for closed times.

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

GAMES

GAME ROOM

Drop in on the 2nd floor. Tables available to enjoy a variety of games with a friend. Many games available.

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

AMERICAN MAH JONGG

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

Mon	Ongoing	1-4pm	Free
-----	---------	-------	------

RUMMIKUB with Elsa

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

Daily	Ongoing	1-4pm	Free
-------	---------	-------	------

RUMMIKUB with Evelyn

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

Tues	Ongoing	11am-2pm	Free
------	---------	----------	------

SCRABBLE

These 3-5 games at a time are open for all to drop in.

Wed	Ongoing	Starts at 1pm	Free
-----	---------	---------------	------

BRIDGE

BRIDGE FOR BEGINNERS II

Taught by Rochelle; sponsored by HPSI. Current session ends **12/9**. Lessons will cover the fundamentals of modern bidding, play of the hand, and some defensive principles. Each class includes interactive lecture, exercises, & supervised play.

No Class: 1/27.

Tue	1/13-4/21	1-3pm	\$150	14 wks
-----	-----------	-------	-------	--------

BRIDGE INTERMEDIATE II

Taught by Rochelle; sponsored by HPSI. Current session ends **12/11**. Includes a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. Each class will include an interactive lecture, exercises, and supervised play.

No Class: 4/2.

Thu	1/15-4-23	1-3pm	\$150	14 wks
-----	-----------	-------	-------	--------

BRIDGE: DUPLICATE

Led by Jim & John. 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	12:30-3:30pm	Free
-----	---------	--------------	------

SPECIAL INTERESTS

BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. Every 3rd Wednesday, 3-4pm
December 17th from 3-4pm

Bring a favorite book to share with the group!

January 21st from 3-4pm

"American Dirt" by Jeanine Cummins!

Every 3rd Wed	Ongoing	3-4pm	Free
---------------	---------	-------	------

MINDFULNESS MEDITATION

Led by Doug. Meditate for about 10 minutes at the beginning & end of the class. In between we talk about ways to be mindful in our daily life. Drop-in.

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

PHOTOGRAPHY CLUB

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

1st & 3rd Wed	Ongoing	10-11:50am	Free
---------------	---------	------------	------

VIEWS ON THE NEWS

Jerry and other volunteers facilitate this drop-in discussion on current events. **No class 1/19 & 2/16.**

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

The 1:00 PM Holiday Park Daily Show – December 2025

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

Movie: And So it Goes (2014) 93 minutes

Mon. Dec. 1

Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah (Diane Keaton)—but he learns how to open his heart eventually.

Indonesian Holiday Celebration with Julia

Tue. Dec. 2

Come and enjoy a performance by Julia Clifford and her Bali Jegeg dance group, featuring dances from Bali and Java islands of Indonesia. The group will also perform Indonesian pop music.
Special guest performance by the Holiday Park Tai Chi sword group.

Fire Safety Academy Presents: Basic First Aid and CPR.

Wed. Dec. 3

Join us to learn hands on only CPR and the initial care when someone experiences a medical emergency. Presented by Fire and Rescue Services.

Yoga Nidra Guided Meditation: Deep Restoration

Thu. Dec. 4

Join us for a guided meditative experience to let go of tension and find deep, restorative calm! Unlike traditional yoga, yoga nidra is done in a resting posture: sitting or lying down. Please bring paper and something to write or draw with. Please wear comfortable clothing and bring pillows and blankets. Bring a mat if you wish to lie down.

Dance Club Friday with Gary Brown

Fri. Dec. 5

Another special afternoon with the upbeat tunes of Gary Brown.

B I N G O!!*

Mon. Dec. 8

Join us as the numbers are called to win prizes and have fun together!
*Sponsored by Holiday Park Seniors, Inc. (HPSI)

Rudolph Holiday Party

Tue. Dec. 9

Get ready to jingle and mingle at our Rudolph party and get your dancing shoes on and enjoy and afternoon with Tim Amman. ***Pre-registration required.***

Travelogue with Bill to India and Sri Lanka

Wed. Dec. 10

Temples, tea, Tigers, and History! Come gain a small peek into Ancient Lands, religions, and beautiful scenery of India and Sri Lanka, the Jewels of South Asia, covering Delhi, Jaipur, Udaipur; Columbo, Kandy, and Galle!

Ethiopian Coffee Ceremony & Jebena Demonstration with Ayda

Thu. Dec. 11

Ayda is a ceramic artist and co-founder of Balè Moya, the largest platform celebrating Ethiopian food and coffee culture, with a global community of over a half million followers. Ayda will lead a cultural session featuring an Ethiopian coffee ceremony and a demonstration on how a Jebena is made. Participants will learn about the history, artistry and cultural significance of this treasured ritual from Ethiopia. ***Pre-registration required.***

Sing-A-Long with Paul for the Holidays

Fri. Dec. 12

Get your vocal chords warmed up and join Paul as he leads the group in singing many of the holiday songs of your childhood through today.

The 1:00 PM Holiday Park Daily Show – December 2025

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

Sing-a-Long with Michael Bloom & Friends

Mon. Dec. 15

Like to sing? Join Michael and friends and sing-along. Lyric books and instrumental accompaniment will be provided.

Sheldon Lerner presents..."THE BEATLES Story"

Tue. Dec. 16

A Past Event that we are pleased to repeat in closing out 2025 as is our usual routine for December. If you missed this one in the past, now's your chance to learn and see the BEATLES in action.

Live Music: The Bethesda Brass Ensemble

Wed. Dec. 17

Join the Bethesda Brass Ensemble as they help us celebrate the Holiday season with a performance of pieces sure to delight all ages and traditions. Be sure to join us for a musically good time.

TECH THURSDAY: Digital Vaults

Thu. Dec. 18

What if you could keep your most important papers safe, organized, and accessible—without a filing cabinet? Digital vaults can help! In this session, we'll explore what digital vaults are, how they differ from general cloud storage, and the kinds of documents they're designed to protect. You'll learn how they can support estate planning, emergency preparedness, and long-term peace of mind. We'll also cover key privacy and security concerns, and you'll see demos of several popular digital vault service in action.

Live Music: Night & Day Band

Fri. Dec. 19

Night & Day Band are back with their Tunes and popular songs to help you dance and celebrate the end of 2025!

Nutrition Talk with Suburban Hospital with Rhonda

Mon. Dec. 22

A surprise lecture focusing on your health and the food we're eating for the incoming holidays.

Movie: "Sappy Holiday" (2022) 90 minutes

Tue. Dec. 23

When a sous chef accidentally discovers her boyfriend is going to propose to her on Christmas Eve, she begins doubting their future together; especially when a handsome maple farmer rescues her from a snowstorm.

No Program

Wed. Dec. 24

*Center Closed
From Dec. 25 through Jan. 2.
The Center will reopen
on Mon., Jan. 5*



Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration is underway.

WRITING GROUP

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

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

MUSIC

JAM SESSION—NEW DAY!!

Are you a former rock-n-roll 60-70's protest folk musician looking for a place to Jam? Bring your own instrument of choice—Pianos will be available. Bring sheet music, write down the chords, music can be scanned and displayed so all can follow along. Come play, listen, and even sing familiar tunes. Questions? please call Dennis at: 301-526-1403

Thu	12/4, 12/18, 1/8, 1/22	2:00-3:30pm	Free
-----	------------------------	-------------	------



PIANO CLUB

Led by Jack. 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 to be informal fun (not a class or recital) with piano friends.

Mon	12/1, 1/5, 2/2	2:00-3:45pm	Free
-----	----------------	-------------	------

OPEN MUSIC ROOM

Have fun practicing on our keyboards in Room 24. We kindly request that you bring your headphones for silent practice in the mornings in order to minimize disruption to adjacent rooms. Open for all to drop in.

Daily	Ongoing	9am-4pm	Free
-------	---------	---------	------



TECHNOLOGY

SENIOR PLANET: EXPLORING AI

Current session ends 9/11.

Artificial Intelligence (AI) technology is rapidly developing and increasingly impacting our lives. This multi week series will explain AI tools that are part of everyday life and explore cutting edge applications. We'll explore ways AI can help with a variety of tasks, learn tips for identifying AI-generated content, best practices, and safety tips.

Mon	10/6 -12/15	10:00-11:15am	Free
-----	-------------	---------------	------



new

SENIOR PLANET: TECH RESOURCES FOR EVERYDAY LIFE

Digital tools and technologies have become very important and even necessary to our everyday lives. By the end of this 5-week course, you'll be able to use a variety of resources to make your life easier, from managing everyday tasks to communicating with others. You'll use the internet to explore your interests and passions, connect with others, and even contact your lawmakers. You'll also learn best practices for staying safe in the digital world and managing your privacy and security settings in the Chrome browser. This course is a great opportunity to meaningfully practice skills that you learned in a Basics or Essentials course.

Prerequisites: You should have taken a Basics or Essentials course for your device, or be familiar enough with your device to use it independently in class. You must also have an email address.

Tue & Thu	1/13-2/12	10:00-11:15am	Free
-----------	-----------	---------------	------

OUR PARTNER NEWS

Holiday Park Seniors, Inc.

HPSI is a non-profit organization supporting programs, classes, scholarships and services at Holiday Park Senior Center. **Memberships are only \$10.00 per year.**

INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30am to 3:00pm 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.).

Credit Cards are NOT accepted!

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

The Gift Shop

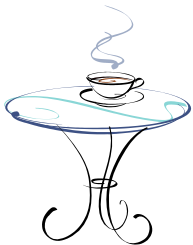
Open Tuesdays from 9:30am to 1:00pm, and Wednesdays from 9:30am to 1:00pm, volunteers permitting.

Consignment for Jewelry and Household Goods accepted on Wednesdays from 9:30am to 12:30pm only. Clothing is **NEVER** accepted.



*Come in for your next great gift or decoration!
Open Tuesdays and Wednesdays from
9:30am to 1:00pm.*

The Café



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

The Plant Room



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

Multicultural Programs

Please register at the Front Desk. HPSI Winter registration underway.



LA ESQUINA LATINA

Cafecito y Amistad (Active Living in Spanish)

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

Lu	Seguido	10-10:50 am	Gratis
----	---------	-------------	--------

Conversación en Inglés (Everyday English)

(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

Un grupo donde usted tendrá un espacio para compartir sus experiencias, sentimientos y estrategias para lidiar con problemas comunes. Llame o envíe mensaje por texto al terapeuta Sean Orban del Grupo Santé al 240-758-5345 para más información.

Ma	Seguido	11:00-11:50am	Gratis
----	---------	---------------	--------

Yoga (en Silla) en Español:

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

Lu	9/18-12/8	11-11:50 am	\$50
Ju	9/11-12/11	11-11:50 am	\$50

Taller de Manualidades:

Con Ileana, Salomé, Jeannette y Julieta; patrocinado por HPSI. Vengan y relájense aprendiendo a hacer lindos proyectos de joyería con Ileana; manualidades con Salomé y aprendan a tejer con Julieta.

Ma	Seguido	1-2:30 pm	Gratis
Ju	Seguido	1-2:30 pm	Gratis
Vi	Seguido	10am-12pm	Gratis

¿Tiene una habilidad especial? ¿Quiere compartirla con sus amistades? Hable con Mercedes o Jeanette para oportunidades de voluntariado.



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: Bingo

Registration required.

Led by Dieu & Si Cuong. Join us for some fun games of bingo!

Tue	Ongoing	1-2:30pm	Free
Fri	Ongoing	1-2:30pm	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	11:20-12:10pm	Free
Fri	Ongoing	11-12pm	Free

Active Golden: Music and Fun Exercise

Led by Quyen. Registration required.

Join this fun class to get you awake and ready to start the day! Very gentle exercises. Suitable for all.

Tue	Ongoing	10:30-11:15am	Free
-----	---------	---------------	------

Cultural and Positive English Exercises

Taught by Van. Registration required.

Basic English to help get a foundation of English.

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

Gentle Exercise with Venus

Led by Venus. Registration required.

Gentle exercises that include stretching and to help you gain better balance! **Class will change time starting in January to 11-11:50am**

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

Health and Wellness Programs

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

COPING WITH CHANGE -
Thursdays 10:30am—11:30am.

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.

SHARE AND CARE -
Tuesdays 10:30—11:25am.

A HPSI volunteer will facilitate a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. **Free.**

MOBILE HEALTH SERVICES -
Wednesday, December 17 9:30-12:30 and 1:30-3 pm

The Mobile Health Clinic provides free medical dental, and mental health services to Montgomery County residents who are **uninsured**, low income, or part of vulnerable populations. This is a walk-up clinic only, and patients are seen on a first-come, first-served basis.

Eligibility: Montgomery County residence, without commercial insurance (health and/or dental), and meet income guidelines.

*Please ask for the form at the Front Desk if you plan on using this service to expedite check-in.

Medical Equipment Loan Closet

MEDICAL EQUIPMENT LOAN CLOSET - Wheelchairs, walkers, some canes and com-modes 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.

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 72 hours in advance.

Please arrive 15 minutes early to check in and bring exact change to make your donation. Thank you!!

*****Please note that this program is currently not accepting new participants. ** ***



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!



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 email inbox. How easy is that!!

You can also view it online: Go to mocreco.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!

Plant Room Tips



- The weather has been dry so continue to water young and newly planted trees
- To keep poinsettias healthy, keep them away from dry, drafty locations and do not place them near heat vents, doorways, or drafty windows.
- If you have a live Christmas tree indoors, keep the tree stand filled with water and check the level in the reservoir daily.



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

Please see Judy or Marco!



If you are feeling sick (from cold, flu, Covid, etc.) we ask that you stay home!

Please be considerate of others, cough into your elbow, and wash your hands often!

Center & County Services

HOLIDAY PARK SENIOR CENTER

Holiday Park is open to adults aged 55 and over, and adheres to the mission statement of Montgomery County Recreation: **“to provide high quality, diverse, and accessible programs, services and facilities that enhance the quality of life for all ages, cultures and abilities”.**

REC PASS All patrons must have a Rec Pass and allow to have their photo taken. A 2025 membership is required to access the facility. This is free to all County residents. For non- County residents inquire for fee.

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)

with Anita Joseph. 1st and 3rd Wednesday of the month , 9-3pm.

Appointments available. 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.

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 to medical appointments, errands, grocery store trips and more. Call 301-962-0820 or email info@seniorconnectionmc.org for more information.

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).



Metro and Capitol Bike Share SMART TRIP CARDS Registration

The MoCo Department of Transportation provides information about transportation options (Metro bus route schedules, Metro and Capitol Bike Share). Get your SmartTrip card reloaded, Learn about flex, Flash, & Ride On. Transportation bus will be at Holiday Park every other Friday from 10-1

**Holiday Park
Senior Center Directory:**

Center Director
Dolors Ustrell,

Assistant Center Director
Marco D'Ottavi

Staff:

Younna Badr
Arthur Clemmer
Curtis Colston
Maria Mercedes Diaz
Gail Jacobson
Sandra Johnson
Ryan Roach
Debbie Scholz
Lenworth Smith
William Song
Corinne V  rard-Eppley
India Wilson

**Holiday Park Seniors, Inc.
(HPSI)**

Administrator
Judy Houseknecht

Treasurer
Merle Biggin

Board Members
Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

***Look What is Coming in January 2026...
A sampling of Holiday Park 1:00 pm Programs***

Jan. 1, T.	Center Closed
Jan. 2, F.	Center Closed
Jan. 5, M.	How to Plan your Trip with Steve
Jan. 6, T.	Card Board Regatta
Jan. 7, W.	Sheldon Lerner presents...Magical Music Moments Series, Show Tunes
Jan. 8, Th.	Poetry Day with a Vintage Tea Time
Jan. 9, F.	DCF: In Memory of Mike Surratt with Paul McRobert
Jan. 12, M.	Wii Sports with Matt
Jan. 13, T.	Tax Presentation
Jan. 14, W.	Sheldon Lerner Presents...Magical Musical Moments Series, Soulful Songs
Jan. 15, Th.	Tech Thursday: TBD
Jan. 16, F.	Celebrate Puerto Rico: Fiestas de la Calle San Sebastian with DJ Danny
Jan. 19, M.	Center Closed
Jan. 20, T.	Suburban Hospital Presents...
Jan. 21, W.	Sheldon Lerner Presents...Magical Musical Moments Series, Blues and Doo-wop Songs
Jan. 22, Th.	Cultural Experiences: Bosnia
Jan. 23, F.	DCF: with Tim Amman
Jan. 26, M.	Nutrition Talk with Rhonda
Jan. 27, T.	Movie: TBD
Jan. 28, W.	Ruth presents: How Seniors Can Accept Help
Jan. 29, Th.	Recycling Updates with MDEP
Jan. 30, F.	Sheldon Lerner Presents...Dance Dance Dance! Big Band, Classical Instruments & Musicals (<i>pre-registration required</i>)

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

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 for County residents.** Sign-up at the reception desk.

HPSI MEMBERSHIP

Membership has resumed. Membership is \$10.00 a year. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs, classes, and scholarships at HPSC. Available to persons 55 and over.