



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

March 2026

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Celebrate St. Patrick's Day with Tom Delaney Thursday, March 12th, 1PM

Wear your green colors and dance the jig as we celebrate St. Patrick's Day on the dance floor!

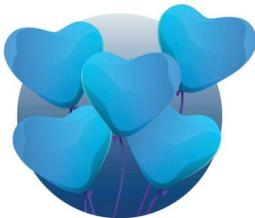
Pre-registration Required.



National Blue Day Party with music by Gina and the Moaners

Friday, March 6th, 1-3 PM

Join us for as Gina and company play a mix of crowd pleasing, upbeat dance music for the National Blue Day Party



African Drum Circle with Adruma



Tuesday, March 24th, 1 PM

Join us for an uplifting experience where we trade worries for rhythms! This interactive presentation introduces the joy of group drumming—a fun, low-impact activity designed for all that will focus on the “universal heartbeat” that connects us all, regardless of musical background.

Pre-registration required.



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

NEW CLASS:



American Sign Language (ASL) Thursdays, March 5th to April 23rd 1-2:30 PM; \$60

Sponsored by HPSI; taught by Meredith.
Learn to communicate with your hands and better communicate with the hard of hearing.
Learn the ABC's, numbers and basic words for a conversation. You will learn some of the ASL through songs.



FIRE SAFETY ACADEMY

Continue to join the Fire Safety Academy and participate in their Fire Safety and Emergency Readiness basics training and continue the certificate program. Topics include:

- Tuesday, March 3rd, 1pm—Chemical Safety and Spring Cleaning
- Monday, April 27th, 1pm—CPR Part 2



Brought by Jim Resnick from FRS.

Card scanning strictly enforced!!

Policy Reminder:

All patrons must have a County-issued Rec Pass with a 2026 membership to enter the facility.

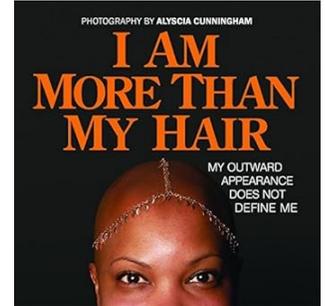
Please remember to scan your pass as you enter the building!

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



You are More than your Hair! Thursday, April 23rd, 1 PM

Join Alyscia Cunningham as she provides information from her empowering book and film that challenges conventional beauty standards. It highlights stories of over 50 women, focusing on self-worth beyond outward appearance and hair loss. "You are more than your hair" is an empowering message that affirms a person's worth, beauty, and identity are not defined by their hair, or lack thereof. This concept combats narrow beauty standards and encourages self-acceptance.



Dance Club Fridays in March, 1-3 PM

On Fridays in March, grab your dancing shoes, a partner and let's hit the dance floor and enjoy the afternoon with dancing, good music & friends!



- 3/13—Tim Amann
- 3/20—Metropolitan
- 3/27—Rearview Mirror

Fire Safety One Cup of Cocoa at A Time

Wednesday, 3/18, 4/16,
5/20 & 6/17
at 9:30 —11:00 am



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

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 9 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.

Be Tax Year 2025 Ready!



Attention Holiday Park Seniors: Get Your Taxes Done Early and for Free!

This year, AARP Tax Aide is offering free tax services at the Holiday Park Senior Center on Mondays.

Appointment Scheduling:

- Schedule your appointment by calling the Tax Aide at 240-777-2577 during our operating hours: Monday-Friday, 9:00AM to 4:00 PM.
- **Online Option:** Self-schedule your appointment at your convenience through the website: www.taxaidemc.info.

Free Help for tax preparation services available to all seniors.

Remember, our free tax preparation service is available to everyone regardless of age. Let your friends and family know!

SAVE THE DATE: Thursday, April 9th, 1PM

Ballet of Maryland presents... *La Esmeralda*

Join us as we get a condensed presentation of the Ballet of Maryland's premiere of *La Esmeralda*! This romantic ballet follows the noble-hearted Esmeralda as she defies the wicked Archdeacon Claude Frollo to protect herself and her love, Captain Phoebus and is based on the 1831 novel "The Hunchback of Notre Dame" by Victor Hugo.

Pre-registration Required.



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. The Winter classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Foxtrot & Polka. Rhythm: Hustle & Rumba.**

Smooth	Wed	1/14-4/15	2-2:50pm	\$65	13 wks
Rhythm	Wed	1/14-4/15	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	2/10—4/21	3:10-4:00pm	\$80	11 wks
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BIODANZA

A great exercise & dance class that incorporates simple movements, beautiful music & is good for every body. Bring your friends & have fun!

Fri	3/6-4/17	9:45-10:50am	Free	7 wks
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CHINESE FOLK DANCING - Beginner

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

Fri	Ongoing	1-2pm	Free	15 wks
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HULA (INT. CHOREOGRAPHY)

Taught by Dawn and sponsored by HPSI. This class will focus on advancing the techniques learned in the beginner Hula Course. **No Class 5/11 and 5/25.**

Mon	4/13-6/8	1-1:50pm	\$30	7 wks
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INTERNATIONAL FOLK DANCING

Taught by Sharon; sponsored by HPSI. Easy and fun dances from around the world. No previous experience needed. No partner required. **No Class 4/3 and 5/22).**

Fri	1/9-3/13	11-11:50am	\$30	9 wks
NEW! Fri	3/20-6/12	11-11:50am	\$45	11 wks

LINE DANCE— PARTY FAVORITES

Taught by Karen and sponsored by HPSI. Learn classic party line dances as well as the latest contemporary favorites.

Level II—Thu	1/15-5/7	10-10:50am	\$60	15 wks
Level I—Thu	1/15-5/7	11-11:50am	\$60	15 wks

TAP DANCING (INTERMEDIATE)

Taught by Denise and sponsored by HPSI. 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
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TAP DANCING (BEGINNER)

Taught by Denise and sponsored by HPSI. 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
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

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

BEG.	Thu	1/15-4/30	12-12:50pm	\$60	15 wks
ADV.	Thu	1/15-4/30	11-11:50am	\$60	15 wks

EASY FIT DANCING

Taught by Marcia; 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 to class.

Wed	1/14-4/29	11-11:50am	\$40	12 wks
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GENTLE EXERCISE WITH VENUS

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

Fri	Ongoing	10:30-11:20am	Free
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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.

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

Taught by Milan. Join this relaxing form of exercises.

Tue	Ongoing	9:30-10:20am	Free
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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
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YOUR BODY IS MEANT TO MOVE

Taught by Sonia; sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones.

Thu	1/15-4/30	2-2:50pm	\$60	15 wks
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ZUMBA FOR ALL

Taught by Lan; sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength.

Mon	1/12-5/4	9-9:50am	\$50	13 wks
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ZUMBA

Taught by Karen; sponsored by HPSI. 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	1/14-4/29	10-10:50am	\$60	15 wks
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ZUMBA GOLD

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

Tue	1/13-5/5	9-9:50am	\$65	15 wks
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ZUMBA GOLD TONING

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

Fri	1/16-5/1	10-10:50am	\$65	15 wks
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ZUMBA SEATED DANCING

Taught by Sharon. Designed for adults who need to use a chair for extra support or anyone looking to have fun and move a bit while sitting. **No Class 4/3 and 5/22.**

Tue	3/3-6/6	2:30-3:20pm	Free	16 wks
NEW! Fri	3/20-6/12	9:30-10:20am	Free	13 wks

YOGA

EVERYBODY'S YOGA

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

Wed	1/14-4/29	3-3:50pm	\$65	15 wks
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HATHA YOGA

Taught by Debbie; sponsored by HPSI. 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	1/16-5/1	9-9:50am	\$60	15 wks
Virtual	Tue	1/13-4/21	9-9:50am	\$60	15 wks

Classes and Drop-in Activities

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

YOGA (CHAIR)

Taught by Linda; sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis, and weak muscles. Students focus on fall prevention using balancing poses.

Tue	1/13-4/28	11-11:50am	\$70	15 wks
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YOGA FOR BALANCE

Taught by Linda; sponsored by HPSI. Introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	1/13-4/28	10-10:50am	\$70	15 wks
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YOGA WITH LINDA

Taught by Linda; sponsored by HPSI. Relaxing exercise to improve flexibility and strengthen muscles.

Thu	1/15-4/30	10-10:50am	\$70	15 wks
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YOGA (CHAIR) IN SPANISH

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

Mon	1/12-5/4	11-11:50am	\$55	13 wks
Thu	1/15-4/30	11-11:50am	\$60	15 wks

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. **WATCH FOR FUTURE DATES.**

CHINESE BRUSH PAINTING

Taught by Nicki; sponsored by HPSI. This class is designed to teach both beginning students and for students who have some experience in Chinese Brush painting.

Thu	1/15-5/7	1-3pm	\$140	15 wks
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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
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DRAWING & WATERCOLOR

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

Tue	1/13-4/21	1-3pm	\$150	15 wks
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WATERCOLOR (Interm./Adv.)

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

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.**

Wed	Ongoing	11-11:50am	Free
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LANGUAGE CLASSES

EVERYDAY ENGLISH

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

Tue & Thu	Ongoing	9:50-10:40am	Free
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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
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FRENCH—VIRTUAL

Taught by Gilles; sponsored by HPSI. Virtual classes for winter session. Learn and practice your French.

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. This class will be Virtual in the Winter Session. Practice your French by holding conversations in French. Basic knowledge required.

Wed	1/14-4/29	11-11:50am	\$45	15 wks
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Classes and Drop-in Activities

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

SIGN LANGUAGE



(AMERICAN; ASL) Sponsored by HPSI; taught by Meredith. Learn to communicate with your hands and better communicate with the hard of hearing. Learn the ABC's, numbers and basic words for a conversation. You will learn some of the ASL through songs.

Thu	3/5-4/23	1-2:30pm	\$60	8 wks
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SPANISH: INTERMEDIATE

Taught by Karen; sponsored by HPSI. A class for those who want to learn and practice Spanish.

Tue	1/13-4/28	12:30-1:20pm	\$50	15 wks
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SPANISH: CONVERSATION

Taught by Karen; sponsored by HPSI. Practice your Spanish by holding conversations in Spanish. Basic knowledge required.

Tue	1/13-4/28	11:30am-12:20pm	\$50	15 wks
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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
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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
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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
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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
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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
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AMERICAN MAH JONGG

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

Mon	Ongoing	1-4pm	Free
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RUMMIKUB with Elsa

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

Daily	Ongoing	1-4pm	Free
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SCRABBLE

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

Wed	Ongoing	Starts at 1pm	Free
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BRIDGE

BRIDGE FOR BEGINNERS II

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

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

Taught by Rochelle; sponsored by HPSI. 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	1/15-4/30	1-3pm	\$150	14 wks
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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
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The 1:00 PM Holiday Park Daily Show – March 2026

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

Movie: Meet the Parents (2000; 108 minutes) Mon. Mar. 2

Chicago male nurse and chronic under-achiever Greg Focker (Ben Stiller) meets his charming teacher girlfriend Pam Byrnes' parents Jack (Robert Di Niro) and Dina (Blythe Danner) before proposing, but suspicious Jack is an overprotective former CIA agent - every date's worst nightmare.

Chemical Safety and Spring Cleaning with MoCo Fire & Rescue Service and MDEP Tues. Mar. 3

Spring is finally coming! It's time to finally clean up the basement, the shed, the garage, or under the kitchen sink. Join us as we have a very important conversation about keeping yourself and your home clean and safe with our MoCo Fire & Rescue Service Hazardous Materials Team and the MD Department of Environmental Protection Zero Waste Programs Division.

Painting/Drawing with Vita Wed. Mar. 4

Come and have an hour of fun and relaxation. We will playfully work with art materials and you will create your own art.

Celebrate Women's Day with Caterina—"The Pen of the Women of the 20th Century" Thu. Mar. 5

We honor women like Emily Dickenson, Ella Wheeler Wilcox, and Alice Dunbar-Nelson through the writings of these important female poets of the 20th century. Music will accompany their most famous verses.

National Blue Day Party with Gina and the Moaners (1-3PM) Fri. Mar. 6

Join us for as Gina and company play a mix of crowd pleasing, upbeat dance music for the National Blue Day Party (*Pre-registration required*)

The Better Angels: Five Women who Changed –and Were Changed by– The American Civil War by Mo Co Historical Society Mon. Mar. 9

A presentation about five remarkable women who made important contributions to the Union cause at various stages before, during and after the critical years of the Civil War.

Tips to Declutter and Organize this Spring with Jocelyn Tues. Mar. 10

With Spring approaching, are you feeling motivated to clean and declutter but not sure how or where to start? Join this lively discussion on how to **declutter** and **organize** in time for Spring with a Professional Organizer.

Let's Mend our Clothes and Avoid Waste Wed. Mar. 11

Montgomery County's Department of Environmental Protection (MCDEP) will discuss "How to Aim for Zero Waste by Mending Textiles." As part of this event, participants are welcome to bring one item of clothing with a rip or tear to practice visible mending techniques. All other items will be provided by the Department. Hope to see you there.

St. Patrick's Day Party with Tom Delaney (*Pre-registration required*) Thu. Mar. 12

Wear your green and dance the jig as we start celebrating St. Patrick's Day with Tom and his Irish themed tunes

Dance Club Friday with Tim Amann (1-3PM) Fri. Mar. 13

Listen to Tim with your friends. Great music to get you dancing for another fabulous Dance Club Friday.

St. Patrick's Day B.I.N.G.O. Mon. Mar. 16

Sponsored by HPSI. Join your friends and get your bingo cards ready. Don't miss it!

The 1:00 PM Holiday Park Daily Show – March 2026

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

Health Talk with Suburban Hospital: Strategies to Manage Knee & Hip Arthritis with Sandesh Rao, M.D. Tue. Mar. 17

Relief from joint stiffness, swelling, and arthritic pain can come through various options. Sandesh Rao, M.D., an orthopedic surgeon specializing in hip and knee care will explain the strategies one can take to manage knee and hip arthritis.

Live Music: Night & Day Duo presents...Rodgers and Hart—American Songwriter/Composers Wed. Mar. 18

Richard Rodgers and lyricist Lorenz Hart were one of America's most successful composer/lyricist teams in the golden age of American songwriting. They created some of the most beloved of American songs for their shows, including "My Funny Valentine," "The Lady is a Tramp," "Blue Moon," & "Bewitched, Bothered and Bewildered" to name a few.

TECH THURSDAY: Video Chats Thu. Mar. 19

In this lecture, you'll find out about some commonly-used, no or low-cost video chat apps, learn about their features, and explore video chat tips so you can present your best self when on a video chat to connect with family, friends, coworkers, and others no matter where you are.

Dance Club Friday with The Metropolitan (1-3PM) Fri. Mar. 20

Get your groove on dancing and twirling for another Dance Club Friday event with the great sound and music from Metropolitan.

Travelogue with Steve: Northern Lights in Norway Mon. Mar. 23

Norway is a land of snow-covered landscapes dotted with rugged mountains and steep fjords. Join Steve as he shares his experience cruising Norway's beautiful waterways and the magnificence of his encounters with the Aurora Borealis (Northern Lights).

African Drum Circle with Adruma (*Pre-registration required*) Tue. Mar. 24

Join us for an uplifting experience where we trade worries for rhythms! This interactive presentation introduces the joy of group drumming—a fun, low-impact activity specifically designed for all. We will focus on the "universal heartbeat" that connects us all, regardless of musical background.

Sheldon Lehner presents...Bobby Darin...Packing a Musical Lifetime into 37 Years Wed. Mar. 25

A profile of Bobby's life... including his marriage to Sandra Dee will be provided, as well as a musical selection. A "Change of Life" first publicized toward the last years of Bobby's life is shocking. Here is a story you won't want to miss!

Using Color for Advantage as you Age Thu. Mar. 26

Join Ruth Kershner (Caregiver Support Program) as she discusses using color strategically as you age offers significant benefits, including enhanced cognitive function, improved mood, and a more vibrant appearance.

Dance Club Friday with Rearview Mirror (1-3PM) Fri. Mar. 27

Let's start the weekend with the amazing sounds from Rear View Mirror that will keep you dancing the afternoon away.

Wii Sports with Matt Mon. Mar. 30

Get your competitive side going by playing in our Wii games and let the best Wii player win!

Crafting and a Cup of Tea: Soft Petals & Sweet Beginnings to Welcome Spring Tue. Mar. 31

Let's craft with cherry blossoms and embrace the beauty of Spring while enjoying a cup of tea with Youmna, Janet and Carol.

Classes and Drop-in Activities

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

BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	12:30-3:30pm	Free
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SPECIAL INTERESTS

BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. Every 3rd Wednesday, 3-4pm. **March 18th** with "*The Exiles*" by Christina Baker Kline!

Every 3rd Wed	Ongoing	3-4pm	Free
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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
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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
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VIEWS ON THE NEWS

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

Mon	Ongoing	10-11:25am	Free
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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
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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: 301-526-140.3

Thu	3/5, 3/19, 4/2, 4/16, 4/30, 5/14, 5/28, 6/4, 6/18	2:00-3:30pm	Free
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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	3/2, 4/13, 5/4, 6/1	2:00-3:45pm	Free
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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
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TECHNOLOGY

SENIOR PLANET: USING GOOGLE WORKSPACE TOOLS

Curious about the free tools from Google? Learn about some of Google's most popular productivity tools that are for personal use, as well as work-related ones. This lecture will introduce Docs, Sheets, Slides, Photos, and Drive. We'll explore some practical and creative uses and demonstrate how to make the most of Google's many free templates.

Tue & Thu	4/7-5/7	10:00-11:15am	Free
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SENIOR PLANET: TECH RESOURCES IN SPANISH

Two days only. Tuesday March 24th. Led by Maria from Senior Planet. **See page for more details/ más información en la página 12.**

Tues	3/24	11-11:50am	Free
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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 Spring 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
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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. **No hay Clase el 3/24.**

Ma	Seguido	11:00-11:50am	Gratis
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Yoga (en Silla) en Español:

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

Lu	1/12-5/4	11-11:50 am	\$55
Ju	1/15-4/30	11-11:50 am	\$60

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.

Lu	Seguido	10am-2:30 pm	Gratis
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¿Tiene una habilidad especial? ¿Quiere compartirla con sus amistades? Hable con Mercedes o Jeanette para oportunidades de voluntariado.

Introducción a teléfonos inteligentes.



24 de marzo, 11:00am a 12:00pm. Consulte el folleto para más detalles.

Ma	3/24	11:00am-12:00pm	Gratis
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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

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

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
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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

Health and Wellness Programs

BLOOD PRESSURE SCREENING -
Monday 9:30am-11:30am 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:

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. The next Mobile Health Visit will be **Wednesday, May 20th.**

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

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 mocrecom.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!

Plant Room Tips

- It's time to clean up outdoor gardens. Cut back stems, flower stalks, etc., that you may have left for insects during the winter to about 3-8 inches above ground. Allow the remaining stems for nesting sites for native bees that pollinate plants. However, resist the urge to cut back lavender that may have been battered by the winter storms (you can trim them lightly after blooming).
- Plant cool weather crops like lettuce, spinach, kale, and peas.
- Try composting to help protect the Chesapeake Bay and to supply you with a convenient source of nutrients for your garden. The county offers free bins.
- You can start to fertilize your indoor plants. As needed, repot them if the roots are growing out of the drainage hole. Consider putting them outdoors when the weather is warm enough.



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!

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

Please see Judy or Marco!



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 2026 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 SMARTRIP 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:
Youmna Badr
Arthur Clemmer
Curtis Colston
Maria Mercedes Diaz
Gail Jacobson
Sandra Johnson
Ryan Roach
Debbie Scholz
Lenworth Smith
William Song
Corinne V erard-Eppley

**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 April 2026...
A sampling of Holiday Park 1:00 pm Programs***

- Apr. 1, W. Transportation Options with Denise from DOT
- Apr. 2, Th. Nutrition Talk with Rhonda
- Apr. 3, F. No Program

- Apr. 6, M. Easter Egg Hunt
- Apr. 7, T. Dementia Friends with Jocelyn
- Apr. 8, W. Movie
- Apr. 9, Th. Ballet of Maryland presents... La Esmeralda - *Pre-registration required*
- Apr. 10, F. International Dance Day with the Wagaman's

- Apr. 13, M. BINGO!
- Apr. 14, T. Alzheimer Sing-a-long with William
- Apr. 15, W. Detox for Spring with Essential Oils with Adrienne
- Apr. 16, Th. Tech Thursday: Reddit at a Glance
- Apr. 17, F. Dancing & Rock 'N Roll Party with Sheldon - *Pre-registration required*

- Apr. 20, M. Earth Day Topic... "Recycling: Planet vs. Plastic"
- Apr. 21, T. Health Talk with Suburban Hospital
- Apr. 22, W. Sheldon Lehner presents..."Hooray for Basketball"
- Apr. 23, Th. Alyscia Cunningham presents "I Am More Than My Hair"
- Apr. 24, F. DCF: Night & Day Band

- Apr. 27, M. Fire Safety Academy series: CPR Part 2 with FRS
- Apr. 28, T. Sing-A-Long with Michael & Friends
- Apr. 29, W. Craft Day
- Apr. 30, Th. Travelogue with Bill Waller

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.