



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

February 2025

“Love Is In The Air” Valentine’s Social with Caterina

Friday, February 14, 1pm

Caterina will delight us with her violin, playing the most famous love songs of the 50’s, 60’s, and 70’s. Join your friends and let’s celebrate Valentine’s Day together.

Light refreshments served.

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

Mardi Gras with Orleans Express

**Friday,
February 21, 1 pm**

Let’s celebrate Mardi Gras with the fun music of Orleans Express, and don’t forget to wear your green, purple and gold!

Light refreshments served.

Pre-registration required.



Celebrating Black History Month with Chyp Davis

Tuesday, February 11, 1 pm

Enjoy Chyp’s soulful tunes, as we honor Black History Month.

Sorry... **WE'RE
CLOSED**

**Monday, Feb. 17:
Presidents’ 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.



Save the Date: Special Hi-Lites Events & Announcements



Save the Date: Registration for Spring classes will start **Mon., March 3rd.** Check out the newsletter for information about all your favorite classes!



Indonesian Festival with Julia

Friday, February 7, 1pm

Come and enjoy this fun festival with your friends, featuring Balinese dancing, Dayak dance and Indonesian popular music. With a special Bonus music performance of The Music of the Night from The Phantom of The Opera.

Light refreshments served.
Pre-registration required

Lunar New Year Festival presented by Happy Dancers



Tuesday, February 4, 1pm

Join us to celebrate the year of the Snake! This Lunar new year festival will feature dances, music, tai chi, and red festive attire.

Light refreshments served.
Pre-registration required

Live Music with Dale Jarrett



Thursday, February 13, 1 pm

Dale is back after a long absence and we cannot be more excited to welcome him back to Holiday Park, to listen to his great songs, share his enthusiasm and greet him with open arms.

Light refreshments served.
Pre-registration required

NEW CLASS ALERT!

**SPANISH FOR BEGINNERS
TAP DANCING FOR BEGINNERS
FABRIC PAINTING
MUSIC AND ART EXPERIENCE**

FREE TAX PREPARATION SERVICES BY AARP Tax-Aide Volunteers



From February 3– April 15, 2025
Schedule appointments online at
www.taxaidemc.info or

Call: 240-777-2577; Mon-Fri 9am—4pm

Calling All Performers



For this year's World Elder Abuse Awareness Day (WEAAD), we need performers for skits.

If you are interested, please see Marco or Dolors for more information on dates and topics.
Thank you!

Save the Date: Special Hi-Lites Events & Announcements

Cuatro de Marzo

Tuesday, March 4, 1 PM

Join us for this live music program that combines different spring flavors.



Pre-registration required.

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. We also encourage you to register for Rec Alerts from AlertMontgomery.

Women's Day with Christiana Drapkin's Jazz Trio



Friday, March, 7, 1 pm

Pre-registration required.

Folk Sing-Along with Michael Bloom and friends

Monday, March 10, 1 pm



Join Michael and friends for this folk favorites sing-along program.

Live Music with Dale Jarrett

Monday, March 24, 1 pm



Let's get together to enjoy spending time with Dale and his wonderful tunes.

St. Patrick's Day with Tom Delaney

Thursday, March 13, 1 pm

Wear your green and dance a jig as we start celebrating St. Patrick's day.



Pre-registration required.

Classes and Drop-in Activities

Registration for Spring classes starting Mon., March 3rd. For more information call: 240-777-4999

DANCE

BALLROOM: INTERMEDIATE

Winter classes end 3/13.

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Tango & Waltz. Rhythm: Rumba & Hustle. Spring: No class: 4/9 & 4/16.**

Smooth	Wed	3/26-6/4	2-2:50pm	\$45	9 wks
Rhythm	Wed	3/26-6/4	3-3:50pm	\$45	9 wks

BELLY DANCING—New info coming soon!

Sponsored by HPSI. This is a low impact, full body activity that builds body strength and endurance. Dance to the rhythms found in classical and modern Arabic music. All level dancers welcome.

CHINESE FOLK DANCING - Beginner

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

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

HULA (INT. CHOREOGRAPHY)

Winter class ends 3/10. No class 2/17; 5/12 & 5/26.

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.

Mon	3/24-6/2	1-1:50pm	\$35	9 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. New dates in March newsletter.

Fri	1/10-3/14	11-11:50am	\$30	9 wks
-----	-----------	------------	------	-------

LINE DANCE— PARTY FAVORITES

Taught by Robin and sponsored by HPSI. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise.

No class 2/20 & 3/20.

I	Thu	1/30-5/1	11-11:50am	\$45	12 wks
II	Thu	1/30-5/1	10-10:50am	\$45	12 wks

TAP DANCING (INT.)

Winter class ends 3/12.

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.

Wed	3/26-6/4	1-1:50pm	\$55	11 wks
------------	----------	----------	------	--------

TAP DANCING (BEG.)



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.

Wed	3/26-6/4	12-12:50pm	\$55	11 wks
------------	----------	------------	------	--------

FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

Winter classes end 3/13.

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.

Beg.	Thur	3/27-6/5	12-12:50pm	\$50	11 wks
Adv.	Thur	3/27-6/5	11-11:50am	\$50	11 wks

EASY FIT DANCING

Winter classes end 3/10 & 3/12. No class 2/17.

Monday class is cancelled for Spring.

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	3/26-6/4	11-11:50am	\$35	11 wks
------------	----------	------------	------	--------

FITNESS ORIENTATION-INDOOR GYM

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.

Thu.	4/10	10-11am	\$5	1 session
-------------	------	---------	-----	-----------

GENTLE & FUN EXERCISE

Winter class ends 3/12.

Taught by Evan from Spirit Club and sponsored by HPSI. Join us for a light exercise class with gentle stretches and movements.

Wed	3/26-6/4	3-3:50pm	\$45	11 wks
------------	----------	----------	------	--------

LATIN RHYTHM CARDIO FITNESS

Winter class ends 3/13.

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 5/1.

Thur	3/27-6/5	2-2:50pm	\$45	10 wks
-------------	----------	----------	------	--------

Classes and Drop-in Activities

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

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 5/26.

Mon	3/31-6/9	2:30-3:20pm	Free	8 wks
Wed	4/2-6/11	2:30-3:20pm	Free	10 wks

SELF DEFENSE — TAE KWON DO

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

Fri	Ongoing	2-2:50pm	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 2/17.**

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

YOUR BODY IS MEANT TO MOVE

Winter class ends 3/13. Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones.

Thur	3/27-6/5	2-2:50pm	\$45	11 wks
------	----------	----------	------	--------

ZUMBA FOR ALL

Winter class ends 3/10. No class 2/17. Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. No class 5/26.

Mon	3/24-6/2	9-9:50am	\$45	10 wks
-----	----------	----------	------	--------

ZUMBA GOLD ADVANCED

Winter class ends 3/12. Taught by Karen and sponsored by HPSI. The original dance-fitness party.

Wed	3/26-6/4	10-10:50am	\$45	11 wks
-----	----------	------------	------	--------

ZUMBA GOLD TONING

Sponsored by HPSI. Incorporates Gold workout with light weight training. Spring dates in March newsletter

Fri	1/10-3/14	10-10:50am	\$40	10 wks
-----	-----------	------------	------	--------

YOGA

HATHA YOGA FOR ALL

Winter classes end 3/11 & 14. 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.

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

Virtual	Tue	3/25-6/3	9-9:50am	\$50	11 wks
In Person	Fri	3/28-6/6	9-9:50am	\$45	10 wks

YOGA FOR BALANCE

Winter class ends 3/11. 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	3/25-6/3	10-10:50am	\$50	11 wks
-----	----------	------------	------	--------

YOGA (CHAIR)

Winter class ends 3/11. Taught by Linda and sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis, and weak muscles. Students focus on fall prevention using balancing poses.

Tue	3/25-6/3	11:10-12:00pm	\$50	11 wks
-----	----------	---------------	------	--------

YOGA WITH LINDA

Winter class ends 3/13. Taught by Linda and sponsored by HPSI. Relaxing exercise to improve flexibility and strengthen muscles.

Thur	3/27-6/5	10-10:50am	\$50	11 wks
------	----------	------------	------	--------

YOGA (CHAIR) IN SPANISH

Winter classes end 3/10 & 3/13. No class 2/17.

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

Mon	3/24-6/2	11-11:50am	\$40	11 wks
Thur	3/27-6/5	11-11:50am	\$40	11 wks

ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Winter class ends 2/20.

Taught by Nicki and sponsored by HPSI. This is a continuing class for students who have prior experience in Chinese Brush painting. No class 4/24.

Thur	3/27-6/5	1—3pm	\$100	10 wks
------	----------	-------	-------	--------

Classes and Drop-in Activities

Registration for Spring classes starting Mon., March 3rd. For more information call: 240-777-4999

FABRIC PAINTING

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.	4/2-4/23	10am-12pm	\$45	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
-----	---------	------------	------

MUSIC AND ART EXPERIENCE

Taught by Mehrnaz and sponsored by HPSI. Would you like to experience tranquility? Do you wish to let the colors dance in a creative and serene environment? In this class, you can delve into this beautiful experience. No art experience required. The class is centered around abstract art, and creating several beautiful canvases.

Wed.	5/7-5/28	10:30am-12pm	\$50	4 wks
------	----------	--------------	------	-------

WATERCOLOR & DRAWING

Winter class ends 3/11. Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor.

Tue	3/25-6/10	1—3pm	\$120	12 wks
-----	-----------	-------	-------	--------

WATERCOLOR (Interm./Adv.) Virtual

Winter class ends 3/11. Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique.

Tue	3/25-6/10	10am-12pm	\$120	12 wks
-----	-----------	-----------	-------	--------

WATERCOLOR (Interm./ Adv.)

Winter class ends 3/10. No class 2/17. Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. No class 5/26.

Mon	3/24-6/9	10am-12pm	\$110	11 wks
-----	----------	-----------	-------	--------

WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Accepting new participants now.

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

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

FRENCH

Winter class ends 3/26. No class 2/17. Taught by Gilles and sponsored by HPSI. Learn and practice your French.

Beginner	Wed	4/30-6/4	9-9:50am	\$15	6 wks
Interm.	Wed	4/30-6/4	10-10:50am	\$15	6 wks

FRENCH: CONVERSATION

Winter class ends 3/26. No class 2/17. Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required.

Wed	4/30-6/4	11-11:50am	\$15	6 wks
-----	----------	------------	------	-------

SPANISH FOR BEGINNERS

Taught by Karen and sponsored by HPSI. An introductory Spanish language class for those who want to learn and practice basic Spanish.

Tue	3/25-6/3	10:30-11:20am	\$30	11 wks
-----	----------	---------------	------	--------

SPORTS

BOCCE BALL COURT—PETANQUE

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

Classes and Drop-in Activities

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

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

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

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

AMERICAN MAH JONGG

Donna hosts. Drop-in and enjoy playing with friends. **No meeting on 2/17.**

Mon.	Ongoing	1—4 pm	Free
------	---------	--------	------

RUMMIKUB

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

Daily	Ongoing	starts at 1:00 pm	Free
-------	---------	-------------------	------

RUMMIKUB with Evelyn

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

Tue.	Ongoing	11—2 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 II

Winter class ends 3/11. 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	3/25-6/3	1-3pm	\$110	11 wks
-----	----------	-------	-------	--------

BRIDGE INTERMEDIATE II

Winter class ends 3/13. Taught by Rochelle and sponsored by HPSI. It will include a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. Each class will include an interactive lecture, exercises, and supervised play.

Thu.	3/27-6/5	1-3pm	\$110	11 wks
------	----------	-------	-------	--------

BRIDGE (Duplicate)

Led by Ernie. 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	12-4pm	Free
-----	---------	--------	------

BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
-----	---------	--------------------	------

SPECIAL INTERESTS

BEHIND THE HEADLINES

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

No meeting on 2/17.

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

BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. .

February 19: "*No Two Persons*" by Erica Bauermeister.

March 17: "*Encounter in Rendlesham Forest*" by Nick Pope.

Wed	3pm book talk	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.

Tue	2/18 & 3/18	2:15-3:45	Free
-----	-------------	-----------	------

MINDFULNESS MEDITATION

Led by Doug & Li. We meditate for about 10 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 Waller. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month.

Wed	2/5 & 2/19	10-12 pm	Free
-----	------------	----------	------

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

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

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

Nutrition Talk with Rhonda from Senior Nutrition Program: Food Safety At Home Mon. Feb. 3

Understanding the importance of keeping you and the food we eat safe.

Lunar New Year Festival presented by Happy Dancers Tue. Feb. 4

Join us to celebrate the year of the Snake! This Lunar new year festival will feature dances, music, tai chi, and red festive attire. *Light refreshments served.*

Pre-registration required

Montgomery County's Little-Known Rosenwald Schools presented by Montgomery County's Historical Society Wed. Feb. 5

Rosenwald schools are an inspiring chapter in the dark days of segregation. They were public schools for Black students built all over the South in the early 20th century with funding from Julius Rosenwald, sometimes called "the biggest philanthropist you've never heard of." Montgomery County once had 17 Rosenwald schools. Learn about the schools' remarkable impact and importance, along with then-and-now photos of the five buildings that survive.

Movie: Valentine's Day (2010) 65 min. Thu. Feb. 6

In a series of interconnected stories, various Los Angeles residents wend their way through the highs and lows of love during a single day.

Indonesian Festival with Julia Fri. Feb. 7

Come and enjoy this fun festival with your friends, featuring Balinese dancing, Dayak dance and Indonesian popular music. With a special Bonus music performance of The Music of the Night from The Phantom of The Opera. *Light refreshments served.*

Pre-registration required

Trivia (Baby Boomers Era) with Emmy Vickers Mon. Feb. 10

Come and have a blast with your friends. Test your knowledge of the Baby Boomers Era. Trivia will include basic trivia, music tunes, and dances from this era. Come and see how many "smart pops" you can earn and why.

Feel free to dress up in your 40s-50s-60s outfit.

Live Music: Celebrating Black History Month with Chyp Davis Tue. Feb. 11

Enjoy Chyp's soulful tunes, as we honor Black History Month.

Travelogue with Steve Wed. Feb. 12

Steve will take us on a photo journey of his trip to Alaska's Denali National Park and cruise down the Alaska Inner Passage Way to Vancouver and onto Portland, Oregon.

Live Music with Dale Jarrett Thu. Feb. 13

Dale is back after a long absence and we cannot be more excited to welcome him back to Holiday Park, to listen to his great songs, share his enthusiasm and greet him with open arms. **Pre-registration required**

"Love Is In The Air" Valentine's Social with Caterina Fri. Feb. 14

Caterina will delight us with her violin, playing the most famous love songs of the 50's, 60's, and 70's. Join your friends and let's celebrate Valentine's Day together. *Light refreshments served.*

Pre-registration required

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

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

Mon. Feb. 17

CENTER CLOSED

Health Talk: Hearing Health: Understanding Hearing Loss and Improving Communication presented by Suburban Hospital

Tue. Feb. 18

Dr. Rebecca Kamil and Dr. Alexandra Yu will discuss the different types and causes of hearing loss, how it affects communication, and strategies for managing it in daily life.

Home Improvements with the Office of Consumer Protection

Wed. Feb. 19

Learn how to prepare for using home improvement contractors and avoid the scams of "Woodchucks" in Montgomery County, with the Office of Consumer Protection.

Happiness With Chocolate for National Heart Health Month with Nikki from Senior Nutrition Program

Thu. Feb. 20

Come Celebrate National Heart Health Month With Us! February is a time when everyone is encouraged to focus on heart health. Heart disease is the #1 killer of Americans, but there are steps you can take to reduce your risk! Join us in Nikki's Kitchen as we learn a couple of heart healthy recipes that feel indulgent but contain ingredients that promote heart health.

Mardi Gras with Orleans Express

Fri. Feb. 21

Let's celebrate Mardi Gras with the fun music of Orleans Express, and don't forget to wear your green, purple and gold! *Light refreshments served.*

Pre-registration required

Craft Day: Mardi Gras Masks

Mon. Feb. 24

Get ready for Mardi Gras and make your own mask with your friends during this fun craft day!

Pre-registration required

SPILLING The TEA

Tue. Feb. 25

Join EPIC of Montgomery County for tea & cookies as we learn & discuss Montgomery County's potential new housing policies: Thrive 2050 and Attainable Housing Strategies Initiative (AHSI). What they are and how they will impact you. Game, prize and light refreshments will be offered.

Sheldon Presents: "My Life... In Story and Song"

Wed. Feb. 26

Writing a personal biography sketch or book has become more popular lately. Your Storyteller for this particular program has decided to combine "life" events and relevant Songs into a creative way of presenting memorable, touching moments into biographical messaging. Hope you join us for this "My Life... in Story and Song" premiere.

Tech Thursday: Testing Tech Session

Thu. Feb. 27

An instructor and Zoe Byington from Senior Planet will come and have participants test technology and gather feedback.

Pre-registration required

Dance Club Friday with Night and Day Band 1-3PM

Fri. Feb. 28

Night & Day Band is back with their tunes and popular songs to dance into the weekend!

Classes and Drop-in Activities

Please register at the Front Desk.

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	2/3; 3/3	2-3:45 pm	Free
-----	----------	-----------	------

PRACTICE PIANO

Led by Emmy Vickers. This is a class to improve your skills. Limited to Piano Club members only. Pre-registration required. See group leader.

Mon	2/10 & 3/10	2-3:45 pm	Free
-----	-------------	-----------	------



TECHNOLOGY

SMARTPHONE PHOTOGRAPHY

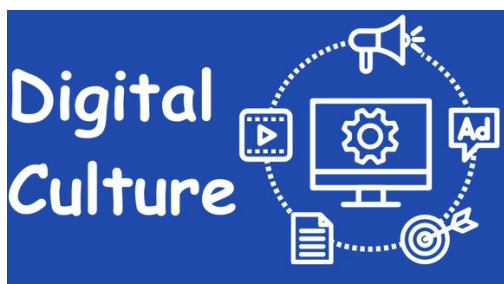
Taught by Senior Planet Montgomery. This 5-week course explores the basics of using your smartphone's digital camera. You'll learn how to take pictures, where they're stored on your device, and how to delete them. You'll also go over tips for taking selfies, recording videos, and sharing your photos!

Tue & Th	1/14—2/13	10-11:15 am	Free
----------	-----------	-------------	------

INTRO. TO DIGITAL CULTURE

Taught by Senior Planet Montgomery. This 5-week course explores from communications to staying healthy. Learn about exploring safely online and using social media. Explore your interests and passions.

Tue & Th	4/8-5/8	10-11:15 am	Free
----------	---------	-------------	------



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. **No hay grupo el 2/17.**

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

Charla con Arte

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

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

Conversación en Inglés (Everyday English) (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	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:

La sesión de invierno termina marzo 10 y 13.

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

Lu	3/24-6/2	11-11:50 am	\$40
Ju	3/27-6/5	11-11:50 am	\$40

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: Bingo

Registration required.

Led by Dieu & Si Cuong. 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 2/18, 2/25 & 3/4. New Thursday classes added!**

Tue	2/4 & 2/11	10am-12pm	Free
Thu	Starting in March!	TBA	Free

Active Golden: Gentle Exercise

Led by Venus. **Registration required.**

Gentle exercises that include stretching and to help you gain better balance!

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

CHINESE FOLK DANCING - Beginner

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

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

Plant Room Tips



Houseplants are beginning to show signs of new growth so it is time to start fertilizing them.

If your houseplants are losing leaves or the leaves are turning yellow, it could be they are not getting enough light or because the plant has been attacked by spider mites.

- The best time to prune a Christmas cactus is immediately after it has finished blooming. If you are pruning for size and shape, allow for sufficient air flow and sunlight. If you want to make new plants from your Christmas cactus, stop by the Plant Room and we'll show you how.

- Be sure your garden tools are clean and sharpened and ready to use as soon as weather permits outdoor gardening.

- Spring bulbs (e.g., anemone, allium, crocus, tulip, narcissus (daffodils), and scilla) can still be planted if the ground is not frozen, although they may not bloom as profusely as those planted in the fall.

If you need help or have questions, visit us in the Plant Room. Open Tuesday and Friday mornings.

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.

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!

Senior Nutrition Program

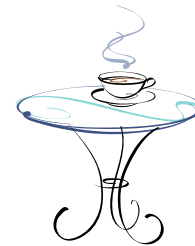
Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$8.26). Please make your reservation one week in advance 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 and Fridays, the lunch program will be split into two seatings: 11:45am & 12:30pm. Please arrive 15 minutes early to check in.



The Café



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

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.**

The Gift Shop

Open Tuesdays from 9:30am to 12:30 pm, and Wednesdays from 9:30am to 12:30pm, volunteers permitting.



Both Jewelry and Household Goods accepted on Wednesdays.
Clothing is never accepted.

*Come in for your next great gift or decoration!
Open Tuesdays and Wednesdays from
9:30 am to 12:30 pm.*

NARFE News

TWO PRESENTATIONS: “Cybercrime” AND “Enhancing Life Using the Internet Safely”
Fraud, scams, and financial cybercrime victimize over 30 million Americans every year losing Billions of dollars. At the same time, we are being asked to use the computer and smart phones more--to order theater tickets, respond to doctors, renew licenses, etc. Artificial Intelligence (AI) both good and bad is everywhere. How can we protect ourselves and still use the internet to make our lives better? Come to our next Big Event meeting and find out.

First presenter, Bill Peyser, MC Police liaison, will discuss cybercrime. Our second presenter, Teri Mumm, Digital Navigation Manager, MD U., Extension—Marylanders Online, will explain AI and life enhancement using the internet safely. Marylanders Online will also have people at tables during intermission answering your questions about computer use.

Join us at the Big Event meeting: Tuesday, February 25, starting at 1 PM.

Online, access via Zoom. Meeting ID: 846 5440 6850 Passcode: 307663

By phone, call 301-715-8592 and follow prompts.

Coffee and Conversations

Fire Safety one Cup of Cocoa at A Time

Tue., 2/18 & 3/18 at 10:00 —11:30 am



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

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)

with Anita Joseph. Wednesday, 2/5 & 2/19, 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.

Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

You can also view it online: Go to mcorec.com, 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
Kelly Arroliga
Youmna Badr
Arthur Clemmer
Maria Mercedes Diaz
Gail Jacobson
Sandra Johnson
Ryan Roach
Debbie Scholz
William Song
Corinne V erard-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 March 2025...
A sampling of Holiday Park 1:00 pm Programs***

- Mar. 3, M. Nutrition Talk with Rhonda
- Mar. 4, T. Live Music: Cuatro de Marcho -**Pre-registration required**
- Mar. 5, W. Early Stages of Dementia with Coleen Kemp, JCA
- Mar. 6, Th. Craft Day
- Mar. 7, F. Live Music: Women’s Day “Jazz Standards and show tunes” with Christiana Drapkin’s Jazz Trio—**Pre-registration required**
- Mar. 10, M. Folk Singing with Michael Bloom
- Mar. 11, T. Nowruz Festival with Mehrnaz—**Pre-registration required**
- Mar. 12, W. Drawing Therapy-**Pre-registration required**
- Mar. 13, Th. Live Music: St. Patrick’s Day with Tom Delaney—**Pre-registration required**
- Mar. 14, F. Dance Club Friday with Rearview Mirror
- Mar. 17, M. Bingo
- Mar. 18, T. Health Talk with Suburban
- Mar. 19, W. Live Music: Night & Day Duo
- Mar. 20, Th. Sheldon Presents...
- Mar. 21, F. A 60’s Dance & Sing-Along with Paul and Quyen
- Mar. 24, M. Live Music with Dale Jarrett
- Mar. 25, T. Everyone’s Got a Story with Steve
- Mar. 26, W. Are You Ready? with Office of Emergency Management
- Mar. 27, Th. Tech Thursday
- Mar. 28, F. Dance Club Friday with Tim Amann
- Mar. 31, M. My Storytelling with Margarete Levy



**Follow us on Facebook
@HolidayParkSeniors**

***NOTE:** Please be advised that programs are subject to change. Check the daily schedule near the front door for the most current information.*

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.** 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.