



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

January 2025

TET Lunar New Year Celebration

Friday, January 3, 1pm

Join us to celebrate the year of the Snake! A diverse cultural event characterized by traditional rituals, floral decorations, music and dance performances, and red festive attire.

Light refreshments served.

Pre-registration required.



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White North Social

**Thursday, January 9,
1 pm**



Join this winter themed White North Social with Janet and Youmna and enjoy Walter singing and delighting us with his songs.

Light refreshments served.

Pre-registration required.

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

**Wednesday,
January 1, 2025 for
New Year's Day**

and

**Monday, January 20 for Martin Luther
King, Jr. 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



Registration
Information

Registration for Winter classes started Wed. Nov. 13. Stop by the Front Desk today to register for all your favorite classes before they fill up!

A 50's Dance Party with The Colliders



Friday, January 17, 1-3pm

The 50's are back with The Colliders playing our favorite 50's music. Get your 50's clothes from the closet and join the dance!
Light refreshments served.

Pre-registration required.

A 60's Sing-Along Karaoke Party

Tuesday, January 7, 1pm



Join us for a fun afternoon of singing and dancing with Paul, to all our favorite 60's songs. Get your 60's clothes out and join the party. Everyone is welcome to sing-along and dance in this Karaoke Party!

February Closings:

The Center will be closed on:

- Mon., Feb. 17: Presidents' Day

thank you

For nominating
Holiday Park Senior Center
on "Best of Montgomery County 2024" in
Montgomery Magazine as :



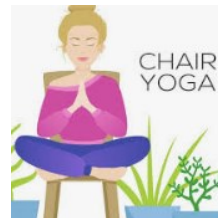
**One of the
BEST SENIOR CENTERS!!**

We could not do this without you!

NEW CLASS!!

CHAIR YOGA (IN SPANISH)

**Mondays, 1/27-3/10, 11-11:50am,
6 weeks. No class 2/17. Fee: \$20**



Taught by Karen and
sponsored by HPSI.

See page 5 or 10 for details.

Fire Safety Conversations One Cup of Cocoa At a Time



Tuesday, January 21,
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.

Save the Date: Special Hi-Lites Events & Announcements

Valentine's Day Party with Mike Surratt

Fall in love this Valentine's day
with Mike's great music!



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 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.

Chinese Social & Dance



Tuesday, February 4, 1 pm

Pre-registration required.

Indonesian Festival with Julia

**Friday, February 7, 1
pm**



Join us and enjoy traditional
Balinese dancing with our
very own Julia, and her
wonderful dancers.

Pre-registration required.

Black History Social with Chyp Davis



Tuesday, February 11, 1 pm

Enjoy Chyp's soulful tunes while Janet and Youmna host this special social in honor of Black History Month.

Pre-registration required.

Mardi Gras with Orleans Express



Friday, February 21, 1 pm

Pre-registration required.

Classes and Drop-in Activities

Registration for Winter classes began Wed., Nov. 13. For more information call: 240-777-4999

DANCE

BALLROOM: INTERMEDIATE

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Foxtrot & Quickstep. Rhythm: Cha-Cha & Salsa.**

Smooth	Wed	1/8-3/12	2-2:50pm	\$45	10 wks
Rhythm	Wed	1/8-3/12	3-3:50pm	\$45	10 wks

BELLY DANCING

Taught by Kalayla and 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.



Tue.	1/7-3/11	2-2:50pm	\$45	10 wks
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CHINESE FOLK DANCING - Beginner

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

Fri	Ongoing	11-11:50am	Free
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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. Additional terminology will be discussed along with the use of Hula implements.

No class 1/20 & 2/17.

Mon	1/6-3/10	1-1:50pm	\$30	8 wks
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INTERNATIONAL FOLK DANCING

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

No class 2/14.

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

PERSIAN DANCE

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

Wed	1/15-3/12	2-3pm	Free	9 wks
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TAP DANCING (INT.)

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

Wed	1/15-3/12	1-1:50am	\$45	9 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

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

Big.	Thur	1/9-3/13	12-12:50pm	\$40	10 wks
Adv.	Thur	1/9-3/13	11-11:50am	\$40	10 wks

EASY FIT DANCING

Taught by Marcia and sponsored by HPSI. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights.

No class 1/20 & 2/17.

Mon	1/6-3/10	11-11:50am	\$25	8 wks
Wed	1/8-3/12	11-11:50am	\$30	10 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.	1/9	10-11am	\$5	1 session
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GENTLE & FUN EXERCISE

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



Wed	1/8-3/12	3-3:50pm	\$35	10 wks
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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.

Thur	1/9-3/13	2-2:50pm	\$45	10 wks
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MOVE AND GROOVE DANCE FITNESS

Taught by Carla. This class will not be held in the winter season. **Back in the Spring.**

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
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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. **No class 1/20 & 2/17.**

Mon	Ongoing	2:30-3:25pm	Free
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YOUR BODY IS MEANT TO MOVE

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

Thur	1/9-3/13	2-2:50pm	\$35	10 wks
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ZUMBA FOR ALL

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. **No class 1/20 & 2/17.**

Mon	1/6-3/10	9-9:50am	\$30	8 wks
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ZUMBA GOLD ADVANCED

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

Wed	1/8-3/12	10-10:50am	\$40	10 wks
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ZUMBA GOLD TONING

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

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

HATHA YOGA FOR ALL

Taught by Debbie and sponsored by HPSI. This class focuses on posture, balance, strength, flexibility, breathing, and meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class.

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

Virtual	Tue	1/7-3/11	9-9:50am	\$40	10 wks
In Person	Fri	1/10-3/14	9-9:50am	\$40	10 wks

YOGA FOR BALANCE

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

Tue	1/7-3/11	10-10:50am	\$45	10 wks
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YOGA (CHAIR)

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

Tue	1/7-3/11	11:10-12:00pm	\$45	10 wks
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YOGA WITH LINDA

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

Thur	1/9-3/13	10-10:50am	\$45	10 wks
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YOGA (CHAIR) IN SPANISH

Taught by Karen and sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish. **No class 2/17**



Mon	1/27-3/10	11-11:50am	\$20	6 wks
Thur	1/9-3/13	11-11:50am	\$30	10 wks

ARTS AND CRAFTS

CHINESE BRUSH PAINTING

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

Thur	1/9-2/20	1—3pm	\$70	7 wks
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Classes and Drop-in Activities

Registration for Winter classes began Wed., Nov. 13. 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.
May return in the Spring.

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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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.	1/15-2/5	10:30am-12pm	\$40	4 wks
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WATERCOLOR & DRAWING

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

Tue	1/7-3/11	1—3pm	\$100	10 wks
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WATERCOLOR (Adv.) Virtual

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

Tue	1/7-3/11	10am-12pm	\$100	10 wks
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WATERCOLOR (Intermediate)

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **No class 1/20 & 2/17.**

Mon	1/6-3/10	10am-12pm	\$80	8 wks
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WOODCARVING

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

Fri	Ongoing	1-2:55pm	Free
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LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Greg. Vocabulary and conversational English to help you get comfortable in everyday conversation. **Class resumes: 1/23/2025**

Tue	Class resumes 1/23	9:50-10:40am	Free
Thur	Class resumes 1/23	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.

Beginner	Wed	Ongoing	11-11:50am	Free
Very Beg.	Wed	Starts 1/8	10-10:50am	Free

FRENCH (VIRTUAL)

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

Beginner	Wed	1/8-3/26	9-9:50am	\$35	12 wks
Interm.	Wed	1/8-3/26	10-10:50am	\$35	12 wks
Intro. to French	Wed	1/8-3/26	12-12:50pm	\$35	12 wks

FRENCH: CONVERSATION

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

Virtual	Wed	1/8-3/26	11-11:50am	\$35	12 wks
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SPORTS

BOCCE BALL COURT—PETANQUE

Outside our back door. 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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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
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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
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AMERICAN MAH JONGG

Donna hosts. Drop-in and enjoy playing with friends. **No meeting on 1/20 & 2/17.**

Mon.	Ongoing	1—4 pm	Free
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RUMMIKUB

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

Daily	Ongoing	starts at 1:00 pm	Free
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RUMMIKUB with Evelyn

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

Tue.	Ongoing	11—2 pm	Free
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SCRABBLE

Ray hosts this drop-in game with 3-5 games at a time.

Wed	Ongoing	starts at 1:00pm	Free
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BRIDGE

BRIDGE FOR BEGINNERS II

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	1/7-3/11	1-3pm	\$100	10 wks
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BRIDGE INTERMEDIATE II

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.	1/9-3/13	1-3pm	\$100	10 wks
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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
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BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

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

BEHIND THE HEADLINES

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

No meeting on 1/20 & 2/17.

Mon	Ongoing	10-11:25am	Free
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BOOK CLUB

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

January 22: "*The Innocent Man*" by John Grisham.

Wed	3pm book talk	Free
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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	1/21, 2/18, 3/18	2:15-3:45	Free
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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
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PHOTOGRAPHY CLUB

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

Wed	1/15	10-12 pm	Free
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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
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The 1:00 PM Holiday Park Daily Show – January 2025

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

Wed. Jan. 1

CENTER CLOSED

Movie: Hearts of Winter (2020) 83 min.

An interior designer brings new life to the house of a widower and his daughter and finds love in the process.

Thu. Jan. 2

TET: New Year Celebration

Please join us to celebrate the year of the Snake! This Lunar new year celebration is a vibrant and diverse cultural event characterized by traditional rituals, floral decorations, music and dance performances, and red festive attire. *Light refreshments served.*

Pre-registration required

Fri. Jan. 3

Learning about “Yalda” night with Mehrnaz

Yalda has ancient roots in Iranian culture and represents unity and hope. It is the longest night of the year, and is celebrated on the last night of autumn. This night symbolizes the end of darkness and the beginning of light. Iranians honor it by gathering with family, reading poetry, enjoying traditional foods like watermelon and pomegranate, and sharing conversations. Learn all about "Yalda Night".

Mon. Jan. 6

A 60’s Sing-Along Karaoke Party with Paul

Come and have fun with your friends. Join this 60’s themed sing-along Karaoke party where everyone is welcome to sing-along and dance to their favorite 60’s songs!

Tue. Jan. 7

Craft Day: Relaxing while Coloring

Relax and have fun with your friends while coloring and exploring your creative side. Templates from a coloring book will be available for free.

Wed. Jan. 8

White North Social with Walter

Join this winter themed White North Social with Janet and Youmna and enjoy Walter singing and delighting us with his songs. *Light refreshments served.*

Pre-registration required

Thu. Jan. 9

Dance Club Friday with DJ Tyzer 1-3PM

DJ Tyzer is back to get the party started, and to celebrate the first Dance Club Friday of 2025!

Fri. Jan. 10

Bingo

Join us as the numbers are called to win prizes and have fun!

Mon. Jan. 13

Folk Sing-Along with Michael

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

Tue. Jan. 14

Night & Day Duo: The Music Of Washington’s Own Duke Ellington!

Please join the *Night & Day* duo (Charlene Cochran and Michael Suser) for our presentation on the great Duke Ellington. He was a Washington D. C. native, and Duke was one of the most remarkable figures in the history of American music. His career spanned more than half a century, and he composed thousands of songs for the stage, screen and contemporary songbook. We’ll look at the history of some of his very best songs, such as *Take the A Train* and *Satin Doll*, and will then perform them for you.

Wed. Jan. 15

Travelogue with Steve

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.

Thu. Jan. 16

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

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

A 50's Dance Party with The Colliders

The 50's are back and The Colliders will be here to make us dance to our favorite 50's songs. *Light refreshments served.*

Pre-registration required

Fri. Jan. 17

Mon. Jan. 20

CENTER CLOSED

Health Talk with Suburban: Sick Day Care

Amy Bocala BSN, RN, CDCES will discuss "Sick Day Care," planning ahead to have what you need on hand, tips for nourishment and hydration when feeling poorly, meds that should not be taken while dehydrated, blood sugar & ketone monitoring and when to reach out to the doctor.

Tue. Jan. 21

Climate Change with Lisa Milani from NASA Goddard Space Flight Center

Climate change is one of the big challenges of our time. But what is actually climate change? Satellite observations help scientists observe and monitor the Earth system to understand even the slightest changes. Lisa will present the state of the art of satellite observations dedicated to Earth science and what we can understand about the climate from satellite data.

Wed. Jan. 22

Tech Thursday: Getting Started with the iPhone Health App with Senior Planet

In this hands-on workshop, you'll get started using the iPhone's built-in health app. Learn to add health details to your profile, set up your medical ID, and add emergency contact info. Please bring your iPhone to this workshop.

Thu. Jan. 23

Dance Club Friday with Tim Amann 1-3PM

Tim is back with his upbeat tunes and popular songs!

Fri. Jan. 24

Acupressure for Winter, Immune System Support! with Alison

Winter can bring lethargy and illness. Simple acupressure points can bring relief. Join us to learn a gentle acupressure sequence for self-care designed to support your immune system and more! Anyone can learn this simple, effective sequence. Please wear comfortable clothing and bring two balls of thick, rolled up socks. ***Disclaimer:** The presenter makes no promises or guarantees to heal specific health challenges.

Mon. Jan. 27

Sheldon presents: Norman Rockwell's Treasured Legacy

Norman Rockwell was one of the great, creative artists of the 20th Century. This presentation will demonstrate Rockwell's power of presentation, visionary leadership, ingenuity, resourcefulness and flair for nostalgia as he did his many celebrated works. Rockwell's desire to demonstrate America's Democratic Ideals in his illustrations will make this a Story to hear. Audience questions are always encouraged.

Tue. Jan. 28

Recycling and Waste Reduction with Dept. of Environmental Protection

Barbara will present and bring awareness to the County's waste reduction and recycling initiatives to help keep our land, air and water clean, here in Montgomery County.

Wed. Jan. 29

The Library of Congress with Larry

Join Larry to learn about some of the best kept secrets of the Library of Congress!

Thu. Jan. 30

Dance Club Friday with The Metropolitan 1-3PM

The Metropolitan will get your feet tapping and dancing to start the weekend!

Fri., Jan. 31

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	1/6; 2/3; 3/3	2-3:45 pm	Free
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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	1/13, 2/10 & 3/10	2-3:45 pm	Free
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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
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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 1/20 & 2/17.**

Lu	Seguido	10-10:50 am	Gratis
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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
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Conversación en Inglés (Everyday English) (vea la página 6).

Ma	Seguido a partir de 1/23	9:50-10:40am	Gratis
Miér.	Seguido	11:00-11:50am	Gratis
Ju	Seguido a partir de 1/23	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
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Toma de tensión arterial:

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

Lu	Seguido	10-12 pm	Gratis
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Yoga (en Silla) en Español:

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

Lu	1/27-3/10	11-11:50 am	\$20
Ju	1/9-3/13	11-11:50 am	\$30



Multicultural Programs



ASIAN CORNER

Active Golden: Meet & Greet

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

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

Active Golden: Zumba Senior 55+

Taught by Rita. **Class ended 11/26. Continue checking the newsletter for upcoming dates.** Join this upbeat exercise class that will help you with your balance, coordination and posture!

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 new

Taught by Van. **Registration required.**

Basic English to help get a foundation of English.

Tue	1/7-3/11	10am-12pm	Free
Thu	TBA	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
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Active Golden: Music and Fun Exercise new

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.	1/7-1/28	10:30-11:15am	Free
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CHINESE FOLK DANCING - Beginner

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

Fri	Ongoing	11:00-11:50am	Free
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Plant Room Tips



- Try winter sowing! Some seeds can be planted outdoors now in recycled plastic containers.
- However, do not start vegetable garden seeds indoors yet.
- Start looking at seed catalogues to plan for spring planting.

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 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.

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

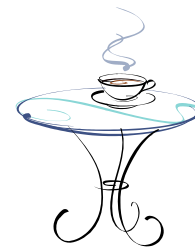
Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$8.26). Please make your reservation one week in advance 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.*

The Gift Shop will be reopening Tuesday, Jan. 7th.



NARFE News

Wandering: Understanding, Prevention, and Preparedness

Most of us have older family members who have dementia or younger ones with developmental disabilities or autism. It helps to know what to do before they act out or wander. Our first presenter, Laurie Reyes, from the Montgomery County Police, will describe the new program to help families who have members with Autism, Intellectual and Developmental Disabilities, Alzheimer's or Dementia.

Organizing/Downsizing Tips & Professional Services

Do you need to organize your home and/or downsize? After a break with refreshments, our second speaker, Jeanne Alston, a professional organizer, will provide tips on organizing and downsizing and also explain professional services available to help.

Join us for this double-feature: **Tuesday, January 28, starting at 1 PM.**

Mark your calendars, tell your friends, ask your questions, and enjoy refreshments!

Attend in person at Holiday Park Senior Center, or online via Zoom using the link:

<https://us06web.zoom.us/j/84654406850?wd=Ky4PTu0RMENxbV8bxHDF9dGA1OQ0y.1>

Meeting ID: 846 5440 6850 Passcode: 307663

Coffee and Conversations

Fire Safety one Cup of Cocoa at A Time

Tue., 1/21, 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, 1/8 & 1/22, 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  rard-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 February 2025...
A sampling of Holiday Park 1:00 pm Programs***

- Feb. 3, M. Nutrition Talk with Rhonda
- Feb. 4, T. Chinese Social & Dance -**Pre-registration required**
- Feb. 5, W. Montgomery County's Little-Known Rosenwald Schools with Montgomery County's Historical Society
- Feb. 6, Th. Craft for Valentine
- Feb. 7, F. Indonesian Festival with Julia—**Pre-registration required**
- Feb. 10, M. Trivia with Emmy
- Feb. 11, T. Black History Social with Chyp Davis—**Pre-registration required**
- Feb. 12, W. Movie
- Feb. 13, Th. Live Music: Violin with Caterina
- Feb. 14, F. Valentine's Day Party with Mike Surratt—**Pre-registration required**
- Feb. 17, M. Center Closed—Presidents' Day
- Feb. 18, T. Health Talk with Suburban
- Feb. 19, W. Home improvement fraud with Office of Consumer Protection
- Feb. 20, Th. Happiness with Chocolate with Nikki from Senior Nutrition
- Feb. 21, F. Mardi Gras with Orleans Express —**Pre-registration required**
- Feb. 24, M. Craft Day: Mardi Gras Masks
- Feb. 25, T. Housing with Kim Persaud from Housing Council
- Feb. 26, W. Sheldon Presents...
- Feb. 27, Th. Tech Thursday
- Feb. 28, F. Dance Club Friday with Night & Day Band



**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.