



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

June 2024



Senior Prom

**Wednesday, June 5
at 6 pm**

Join us for a special Casino themed night with music from the Night & Day Band and celebrate Senior Prom!

Pre-registration required.

Older Adult Safety Forum A Longevity-Ready Community

WEAAD 2024

Tuesday, June 11, 10-2pm



Pre-registration is required for the event



Juneteenth Social

**Monday, June 17
at 1 pm**

Join us for a special musical performance with Orleans Express to celebrate Juneteenth!

Pre-registration required.

Father's Day Celebration

**Thursday, June 13
at 1 pm**

Let's celebrate with music from Steve Flynn & light refreshments!

Pre-registration required.



**Center Closing: Wednesday, June 19
in observance of Juneteenth,
and on Thursday, July 4 for
Independence Day**

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

www.mocorec.com

Center Hours:

Monday thru Friday 9:00 a.m. - 4:00 p.m.
April thru Sept. Wednesday 9:00 a.m. - 8:00 p.m.



Special Hi-Lites Events & Activities

World Elder Abuse Awareness Day Event

**Tuesday, June 11
10-2pm**



Presentations by State's Attorney's Office, Law Enforcement, Office of Consumer Protection and Adult Protective Services. Learn about County Resources, watch original Senior Safety Skits and participate in interactive Q&A sessions.
Pre-registration required for the event.

4th of July Celebration

Get ready to celebrate Independence Day with a special live music program with Tom Delaney.



Tuesday, July 2 at 1PM

Pre-registration Required.



Let's Get Ready for the Olympics Ice Cream Social

Thursday, July 11 at 1PM

Pre-registration Required.

First Aid and CPR Basics

Monday, July 29 at 1PM

By popular demand, join Lt. Smith of FRS for a brief overview of basic First Aid and CPR procedures.



Wednesday Evenings — Special Events

**June 12th,
5:00pm**

Bocce Tournament



June 17th, 5:00pm

Outdoor Fitness Orientation

Wednesday Evenings — Special Events and Activities

June 5: 6-7pm

Senior Prom Join us for a night of music by the Night & Day band at Holiday Park's Casino themed Senior Prom. Come in your best prom clothes to dance the evening away.
Light Refreshments will be served.
Pre-registration Required.

June 12: 5-7pm

Bocce Tournament

Join us to play or watch.
Pre-registration Required.

The Center will be closed on June 19 in observance of Juneteenth.

June 26: 6-7pm

Smartphone Workshop

Senior Smart is an impactful and beneficial workshop where local teens and seniors unite through a technology driven learning experience. These sessions are conducted in one-on-one or small groups and work to bridge the generational gap and empower seniors with technological skills while nurturing connections with youth.

Wednesday Evenings — Nights at the Park

Special Events & Activities

A Book & A Movie: June 26

Book discussion on “*Eye of the Needle*” by Ken Follett at 4:30pm; movie at 5:30pm.

Caregiver Wellness: Nurturing Hearts, Healing Souls

Every Wednesday: July 10,17, 24, and 31 at 6:30pm

Join Ruth Kershner to learn how to improve and understand caregiver needs. Each session includes a mix of education, interactive exercises, group discussions, and practical tools to support caregivers in nurturing their mental health throughout their caregiving journey. **Drop-ins are welcome.**

A Book & A Movie: July 24

Book discussion on “*The Glass Castle*” by Jeanette Walls at 4:30pm; movie at 5:30pm.

Table Tennis Tournament: August 7

Bring your competitive side out in this table tennis tournament!

Smartphone Workshop: August 7

Senior Smart is an impactful and beneficial workshop where local teens and seniors unite through a technology driven learning experience. These sessions are conducted in one-on-one or small groups and work to bridge the generational gap and empower seniors with technological skills while nurturing connections with youth.

A Book & A Movie: August 21

Book discussion on “*Midnight in the Garden of Good and Evil*” by John Berendt at 4:30pm; movie at 5:30pm.

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

Evening Classes

Belly Dancing: New June dates being added! Please inquire at the Front Desk.

Sponsored by HSPI and taught by Asala. Egyptian oriental dance or “belly dance”, is a low impact, full body activity that builds strength and endurance. These beginners level lessons will focus on isolated movements, steps and applications of the rhythms found in classical and modern Arabic music. Wear comfortable clothes and flexible footwear or go barefoot for ease of movement.

Every Body's Yoga:

Taught by Regine and sponsored by HPSI. A yoga class to increase flexibility, give you a sense of energy and well-being while a guided relaxation activity will help promote a good night's sleep.

Wed	6/26-8/28	6-7pm	\$35
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Music and Art Experience:

Sponsored by HPSI and taught by Mehrnaz. 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 without any prior instruction. The class is centered around abstract art, and creating several beautiful canvases.

Wed	5/8--6/26	6-7:45pm	\$30
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NIA Dance: New time: 5-6pm!

Sponsored by HSPI and taught by Smita. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts. Appropriate for all levels.

Wed	6/5-8/28	5-6pm	\$50
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Classes and Drop-in Activities

Please register at the Front Desk. Summer registration begins on Monday, Jun. 13.

DANCE

BALLROOM: INTERMEDIATE

Current session will end 6/5.

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

Rhythm: Cha-Cha & West Coast Swing.

Smooth	Wed	6/26-8/28	2:30-3:20pm	\$45	10 wks
Rhythm	Wed	6/26-8/28	3:30-4:20pm	\$45	10 wks

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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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	6/26-7/31	11-11:50am	Free	6 wks
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HULA INTERMED. CHOREOGRAPHY

Ran by volunteers 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	6/17-8/26	1-1:50pm	Free	10 wks
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INTERNATIONAL FOLK DANCING

Current session will end 6/7.

Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience needed. No partner required. **No class 7/5.**

Fri	6/21-7/26	11-11:50am	\$15	5 wks
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TAP DANCING (BEG.)

Current session will end 6/5. Taught by Denise and sponsored by HPSI. Designed for students who are completely new to tap dance or those returning for a review. A scaffold of basic tap skills is introduced at this level (such as balance, body alignment and a series of tap techniques and terms). **No class 7/31.**

Wed	6/26-8/28	12-12:50 pm	\$50	10 wks
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TAP DANCING (INT.)

Current session will end 6/5.

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. **be covered. No class 7/31.**

Wed	6/26-8/28	1-1:50 pm	\$50	10 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

Current session will end 6/6.

Taught by Matt and sponsored by HPSI. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights and mats are used. Please bring your own weights to the class. **No class 7/4.**

Beg.	Thur	6/20-8/29	12-12:50pm	\$40	10 wks
Adv.	Thur	6/20-8/29	11-11:50am	\$40	10 wks

CHAIR PILATES

Sponsored by HSPI and taught by Ayanna.

This class is designed to teach the basic exercises of Classical Pilates. It focuses on core strength training and muscle control to help participants with correcting posture and stability to enhance mobility and flexibility.

Fri	5/31-7/19	2-2:50pm	\$30	8 wks
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EASY FIT DANCING

Current session will end 6/3 & 6/5.

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.

Mon	Cancelled for Summer, Returning in Fall			
Wed	6/26-8/28	11-11:50am	\$35	10 wks

FITNESS EQUIPMENT ORIENTATION —INDOOR

Taught by Tony and sponsored by HPSI. Learn the basics of how to safely use the equipment in the gym. Limit 5 people per session.

Thur	7/11	11-11:50 am	\$5 each	1 time class
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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

Current session will end 6/4 & 6/6.

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 7/4.**

Tue	6/18-8/27	2-2:50pm	\$45	11 wks
Thur	6/20-8/29	10-10:50am	\$40	10 wks

MOVE AND GROOVE DANCE FITNESS

Current session will end 6/3 & 6/5.

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. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com with code R07012.**

Mon	6/17-8/26	2:30-3:20pm	Free	11 wks
Wed	6/26-8/28	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
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SENIOR SHAPE—STABILITY BALL

Sponsored by Suburban Hospital. An exercise class that will tone and define your core muscles and help build better balance. Hand-held weights required.

Register at: <https://events.suburbanhospital.org/>

Mon	4/1-6/24	12-12:45 pm	\$40 paid to Suburban
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TAI CHI BEGINNERS

Taught by Milan.

Learn the basics of this ancient, Beautiful and relaxing form of exercise. **No class on 6/19.**

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

Current session will end 6/6.

Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones. **No class on 7/4.**

Thur	6/20-8/29	2-3pm	\$30	10 wks
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ZUMBA FOR ALL

Current session will end 6/3. Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength.

Mon	6/17-8/26	9-9:50am	\$35	11 wks
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ZUMBA GOLD ADVANCED

Current session will end 6/5.

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

Wed	6/26-8/28	10-10:50am	\$40	10 wks
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ZUMBA GOLD TONING

Current session will end 6/7.

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

Fri	6/21-8/30	10-10:50am	\$45	11 wks
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YOGA

EVERY BODY'S YOGA

Current session will end 6/5.

See Wednesday Evening Class listings for more details!

HATHA YOGA FOR ALL

Current session will end 6/4 & 6/7.

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	6/18-8/27	9-9:50am	\$45	11 wks
In Person	Fri	6/21-8/30	9-9:50am	\$45	11 wks

Classes and Drop-in Activities

Please register at the Front Desk. Summer registration begins on Monday, Jun. 13.

YOGA FOR BALANCE

Current session will end 6/4.

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	6/18-8/27	10-10:50am	\$45	11 wks
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YOGA (CHAIR)

Current session will end 6/4.

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	6/18-8/27	11:10-12:00pm	\$45	11 wks
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YOGA (CHAIR) IN SPANISH

Current session will end 6/6.

Taught by Karen and sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish. **No class 7/4.**

Thur	6/20-8/29	11:00-11:50pm	\$25	10 wks
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ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Current session will end 6/6.

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

Thur	7/11-8/29	1—3pm	\$80	8 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. **No class on 6/19.**

Wed	Ongoing	10-11:30am	Free
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WATERCOLOR & DRAWING (Hybrid)

Current session will end 6/4.

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor. This class will be a hybrid of in-person and virtual alternating every other week, starting in-person.

RETURNING IN FALL.

WATERCOLOR (In-Person)

Current session will end 6/3.

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

RETURNING IN FALL.

WATERCOLOR (Virtual)

Current session will end 6/4.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **Register for the virtual watercolor class by emailing: HolidayParkSeniors@gmail.com.**

RETURNING IN FALL.

WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Drop-in.

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.

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

EVERYDAY ENGLISH (BASIC)

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

Tue	Ongoing	9-9:45am	Free
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FRENCH: BEGINNER

Current session will end 6/5.

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

Wed	7/17-8/26	9-9:50am	\$15	7 wks
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FRENCH: INTERMEDIATE

Current session will end 6/5.

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

Wed	7/17-8/26	10-10:50am	\$15	7 wks
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Classes and Drop-in Activities

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

FRENCH: CONVERSATION

Current session will end 6/5.

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

Wed	7/17-8/26	11-11:50am	\$15	7 wks
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SPANISH (BASIC)

Current session will end 6/3.

Taught by Jairo, MC Recreation. Learn basic conversational skills in Spanish including greetings, introductions, everyday words, numbers and more.

RETURNING IN THE FALL.

SPORTS

BOCCE BALL COURT

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	9am-4pm	Free
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OPEN GYM—FITNESS ROOM

Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation for closed times.

Daily	Ongoing	All day	Free
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GAMES

GAME ROOM

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

Daily	Ongoing	All day	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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SCRABBLE

Ray hosts this drop-in game with 3-5 games at a time. **No session on 6/19.**

Wed	Ongoing	starts at 1:00pm	Free
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BRIDGE

BRIDGE FOR BEGINNERS III

Current session will end 6/4.

Taught by Rochelle and sponsored by HPSI.

RETURNING IN FALL.

BRIDGE INTERMEDIATE III

Current session will end 6/6.

Taught by Rochelle and sponsored by HPSI.

RETURNING IN FALL.

SUPERVISED BRIDGE

Led by Rochelle and sponsored by HPSI.

Join these sessions to play, compare and review pre-dealt hands. Anyone at any level will enjoy and benefit from this hands-on experience.

Tue	6/18-7/30	1-3pm	\$35	7 wks
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BRIDGE (Duplicate)

Allen hosts. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required.

Wed	Ongoing	12:30-4pm	Free
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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

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

Mon	Ongoing	10-11:25am	Free
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The 1:00 PM Holiday Park Daily Show – June 2024

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

Sounder Sleep with Allison

Mon. Jun. 3

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

Movie: Troop Zero (2019) 97 min.

Tue. Jun. 4

A misfit girl who dreams of visiting outer space enters a national competition with a troupe of Birdie Scouts to achieve her goal.

Cooking Demo with Nikki: Summer No Cook Recipes

Wed. Jun. 5

Too hot outside to turn on your oven? You're invited into Nikki's Kitchen to learn some shortcuts on how to create a couple of delicious and nutritious no cook recipes for summer. Alexandra will share valuable nutrition tips, and Nikki will demonstrate some tasty summer recipes for you to recreate at home in your own kitchen.

Folk Singing with Michael

Thu. Jun. 6

Like to Sing? Come to our folk song sing-along. Lyric books and instrumental accompaniment will be provided.

Dance Club Friday with DJ Tyzer 1-3pm

Fri. Jun. 7

Another fun afternoon to dance and listen to great music with your friends. *Light refreshments served.*

The Power and Joy of Friendship and Laughter in Caregiving

Mon. Jun. 10

Presented by Ruth Kershner, LCSW-C, Caregiving Support Program Manager
Caregiving is like being a superhero- except, instead of fighting crime, you're fighting stubborn pill bottles and runaway walkers. This presentation will share ways to enjoy your life. When intertwined with the role of caregiving friendship and laughter can take on a transformative power, nurturing hearts and bodies. We will discuss ways to make and sustain friends, cope with the responsibilities of being a caregiver and use humor to laugh as we learn.

World Elder Abuse Awareness Day Event, 10-2pm.

Tue. Jun. 11

Presentations by State's Attorney's Office, Law Enforcement, Office of Consumer Protection and Adult Protective Services. Learn about County Resources, watch original Senior Safety Skits and participate in interactive Q&A sessions.

Lunch available.

The Hero of Two Worlds: The Story of the Marquis de Lafayette and the 2024 – 2025 Bicentennial of his American Farewell Tour, presented by Patricia Maclay, MD

Wed. Jun. 12

Lafayette's Farewell Tour saw the last surviving major general of the American Revolution triumphantly return from his home country of France to the United States, the new nation he loved. From August 15, 1824 to September 9, 1825, Lafayette covered over 6,000 miles by carriage, stagecoach, canal barge, and steamboat, traveling to all 24 existing states and "Washington City." Patricia Maclay will cover the details of Lafayette's Farewell Tour of America, how it will be celebrated in 2024 – 2025, and how everyone will have the opportunity to get involved. Get ready to celebrate Lafayette, the Hero of Two Worlds.

Father's Day Celebration with Steve Flynn

Thu. Jun. 13

Join us to celebrate all the fathers and grandfathers with music and some light refreshments.
Pre-registration required.

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

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

Dance Club Friday with Mike Surratt 1-3pm

Fri. Jun. 14

Mike will make your toes dance to his fun and popular tunes, and great personality!
Light refreshments served.

Juneteenth Social with Orleans Express

Mon. Jun. 17

Join us for a special musical performance with Orleans Express to celebrate Juneteenth!
Light refreshments served. Pre-registration required

Hospice: Myths and Facts presented by JSSA in partnership with Suburban Hospital

Tue. Jun. 18

Join us for a conversation about the most common misconceptions about hospice care. Find out who qualifies for hospice, the best time to enter hospice and what hospice care consists of for patients dealing with chronic disease. Debunk longstanding hospice myths so you can help make better care decisions for you or your loved one.

CENTER CLOSED — Happy Juneteenth!

Wed. Jun. 19

Movie: “Elsa and Fred” 2014, 97 min

Thu. Jun. 20

In New Orleans, a feisty retiree (Shirley MacLaine) and her new neighbor, an uptight widower (Christopher Plummer), discover that it's never too late for true love and romance.

Dance Club Friday with Take Two 1-3pm

Fri. Jun. 21

Donna and Russ are back to delight everyone with their wonderful tunes and fun music!
Light refreshments served.

Travelogue: Egypt and Northern Ireland with Steve Schrier

Mon. Jun. 24

Join Steve as he presents a slide show of his recent trip to Egypt and Northern Ireland.

Sheldon Lehner presents: Ellis Island... History and Lessons

Tue. Jun. 25

We will explore how immigration began in America and its history, lessons and many parts of the story that isn't commonly told. For a learning and exciting experience, come join us.

“The Invisible Men—Harry Warren and Frank Loesser” with Mike Suser

Wed. Jun. 26

We'll look at two of the best songwriters who are virtually unknown. Although they were the invisible men (compared to the likes of Irving Berlin and Cole Porter), their production of wonderful hit songs puts them in the upper echelon of songbook composers. When you see the list of their songs, you'll probably feel like I did: Did he write that one too? For Harry Warren the tunes include *At Last*, *I Only Have Eyes for You*, and *An Affair to Remember*; and for Frank Loesser, *Luck be a Lady*, *Two Sleepy People*, and *Heart & Soul*.

Tech Thursday: Intro to Gaming

Thu. Jun. 27

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

Dance Club Friday with Night & Day Band 1-3pm

Fri. Jun. 28

Mike and the band are back to get the weekend started, so get your dancing shoes on and let's dance! *Light refreshments served.*

Classes and Drop-in Activities

Please register at the Front Desk. Summer registration begins on Monday, Jun. 13.

BOOK CLUB

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

June 26: "Eye of the Needle" by Ken Follett

July 24: "The Glass Castle" by Jeanette Walls

August 21: "Midnight in the Garden of Good and Evil" by John Berendt

Wed	4:30pm book talk	5:30pm movie	Free
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JOURNALING CLUB

Led by Carol and sponsored by HPSI. *This program will be taking a break for the summer and return in the Fall.*

MINDFULNESS MEDITATION

Led by volunteers Doug & Li. Meditate for 10-15 minutes at the start and end of the class, between, talk about ways to be mindful in our daily life. People Jun. bring in articles, books and videos to discuss.

Fri	Ongoing	11-11:50 am	Free
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PHOTOGRAPHY CLUB

Led by Bill. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month. **No session on 6/19.**

Wed	6/5	10-12 pm	Free
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TELL US YOUR STORY

Taught by Laura. If you've always wanted to write about the most meaningful events and people in your life, this class series is just for you. All experience levels are welcome! You'll learn to write compelling stories through creative writing exercises, lectures and discussions. **You must pre-register with a member of County Staff or online using code R07058 at ActiveMontgomery.com**

Tue	6/18-8/6	2-3:30pm	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	10-11:25am	Free
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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	6/3, 7/1	2-3 pm	Free
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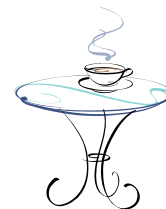
TECHNOLOGY

PRIVACY & SECURITY PRIMER

This series meets twice a week for five weeks and will include lectures and hands-on sessions that explore how to create strong passwords and identify scams, how ad-targeting works online, tips for managing privacy settings, and more! Prerequisites: Participants should be comfortable navigating the internet and have an email address that they use.

Tue & Thur	5/14-6/13	10-11:15am	Free
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The Café



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

Multicultural Programs



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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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)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	9:45-10:55am	Gratis
Ju	Seguido	9:45-10:55am	Gratis

Gramática Inglesa para personas de habla Hispana

Con David. Unase a este grupo para aprender algunos trucos y consejos gramaticales para hablar bien inglés.

Lu & Mi	Seguido	10-10:50am	Gratis
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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	11-11:55 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.

Ju	4/4-6/6	11-11:50 am	\$20
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ASIAN CORNER

Active Golden: Meet & Greet

Join this South East Asian group and make some new friends!

Tue & Fri	Ongoing	9:15-10:30 pm	Free
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Active Golden: Zumba Senior 55+

Taught by Rita. **Registration required.**

Join this upbeat exercise class that will help you with your balance, your coordination and your posture! *Space is limited for both sessions!*

Tue	Ongoing	10:30-11:20 am	Free
Tue	Ongoing	11:30-12:20 pm	Free

Active Golden: Bingo

Registration required.

Join us for some fun games of bingo!

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

Active Golden: Karaoke

Registration required.

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

Active Golden: Basic English for Vietnamese Speakers new

Taught by Van. **Registration required.**

Basic English to help Vietnamese speakers get a foundation of English. Sign-up in the Red Book if you are interested in this class. More information coming soon!

Active Golden: English Conversation new

Taught by Van. **Registration required.**

Basic English Conversation. More information coming soon!

Health and Wellness Programs

BLOOD PRESSURE SCREENING -
Monday and Thursday 10-12pm

COPING WITH CHANGE -

Thursdays 10:30am—11:30 am.

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

For questions, call 301-332-0462.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE -

Tuesdays 10:30—11:25 am.

Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

Medical Equipment Loan Closet

MEDICAL EQUIPMENT LOAN CLOSET -
Wheelchairs, walkers, some canes and commodes are usually available, free for short term loan. However, wheelchairs require a \$50.00 refundable deposit.

Check with our Reception Desk staff for availability of equipment.

Coffee and Conversations

Coffee with a Cop

Wed., 6/5 & 7/3, 10:30 am

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



PLANT ROOM NEWS

- Remove spent blossoms from shrubs like lilacs, rhododendrons.
- Pinch blossoms of fall-blooming plants like mums and asters to make the plant fuller and less leggy.
- Prune azaleas before July 4 but NOT afterwards or you will affect next spring's blossoms.
- Water newly-planted shrubs and trees regularly until they are very well established. Avoid mulch "volcanoes" by applying no more than 2-3 inches of mulch around a tree or shrub but be sure to keep mulch away from the trunk of the tree or stems of shrubs.

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 (\$7.99). Please make your reservation one week in advance and cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.

Please bring exact change to make your donation!!



On Tuesdays, the lunch program will be split into two seatings: 11:45am & 12:30pm. Please arrive 15 minutes early to check in.

OUR PARTNER NEWS



Holiday Park Seniors, Inc.

HPSI is a non-profit organization supporting programs, classes and services at Holiday Park Senior Center.

HPSI Memberships are only \$10.00 per year.

Your membership is good for one year from the time you register and it allows you to vote in 2024 for the Directors of the HPSI Board!

Your membership also provides you with entry into a raffle for a chance to win one of three individual gift certificates for classes sponsored by HPSI. They are worth \$100, \$75 and \$50.

The Consignment & Gift Shop

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

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



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!

Are you interested in learning, playing or sponsoring these activities?

- Pinochle
- Chess
- Sign Language
- Others!



Stop by the Front Desk to note your interest!

NARFE Meetings

There is no NARFE meeting this month.

Check back next month!

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).



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

Please see Judy or Marco!

The Plant Room



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

INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:00 pm Monday thru Friday**, when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

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

Center & County Services

General Information and Policies

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

HPSI SCHOLARSHIPS

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6197.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Joseph. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.



SHIP – STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Call 301-255-4250 for an appointment.

This program assists with Medicare insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

Information for YOU!

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

You can also view it online: Go to 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 under the screen in the lobby, across from the Front Desk, that is always on display!

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

**Holiday Park
Senior Center Directory:**

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:

Cecilia Altamirano
Younna Badr
Amy Clemmer
Arthur Clemmer
Maria Mercedes Diaz
Jairo Gomez
Gail Jacobson
Sandra Johnson
Alice Karaca
Kur Kur
Kamarr Louissaint
Dizzi Mungo
Ashley Ramos
Debbie Scholz
William Song
Corinne Verard-Eppley
India Wilson

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

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:

Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

***Look What is Coming in July 2024...
A sampling of Holiday Park 1:00 pm Programs***

- Jul. 1, M. Bingo
- Jul. 2, T. 4th of July Celebration with Tom Delaney
- Jul. 3, W. Learning about Waste and Recycling, with Barbara Fonseca from Dept. of Environmental Protection
- Jul. 4, Th. CENTER CLOSED for Independence Day
- Jul. 5, F. Dance Club Friday with Gary Brown
- Jul. 8, M. Acupressure for Joints & Arthritis with Alison
- Jul. 9, T. NASA Presentation with Lisa Millani
- Jul. 10, W. Relaxation Art Exhibition
- Jul. 11, Th. Olympic Games Social — **Pre-registration required**
- Jul. 12, F. Dance Club Friday with Mike Surratt
- Jul. 15, M. Nutrition Lecture with Rhonda Brandes, RD with SNP
- Jul. 16, T. Home Improvement Scams with the Office of Consumer Protection
- Jul. 17, W. Live Music with Mike Suser: George and Ira Gershwin
- Jul. 18, Th. Camp and Fire Safety with Jim Resnick from FRS
- Jul. 19, F. A 50's Dance Party with The Colliders
- Jul. 22, M. Drawing a Landscape
- Jul. 23, T. Health Talk with Suburban Hospital
- Jul. 24, W. Movie
- Jul. 25, Th. Tech Thursday: Gardening Tech at a Glance
- Jul. 26, F. Dance Club Friday with Tim Amann
- Jul. 29, M. First Aid and CPR Basics with Lt. Smith from FRS
- Jul. 30, T. How To Talk To Your Loved One About Driving with Shawn Brennan from HHS
- Jul. 31, W. Vita Drawing Therapy

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

Follow us on Facebook @HolidayParkSeniors

Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership has resumed. This \$10.00 a year card allows you to be entered in a raffle for various prizes. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

THE REC CARD

Have you requested your card yet? We just updated our system so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE.** Sign-up at the reception desk.

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