



# Holiday Park Hi-Lites

*It is Grand to be 55+ in Montgomery County!*

## July 2024

### 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.**

**Center Closing:  
Thursday, July 4 for  
Independence Day**

### A 50's Dance Party with The Colliders

**Friday, July 19, 1-3pm**



Light refreshments will be served



### Let's Get Ready for the Olympics Ice Cream Social

**Thursday, July 11 at 1PM**

**Pre-registration Required.**



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

[www.mocorec.com](http://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

### 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.



**Save the Date:  
Friday, August 16, 1-3PM**



**Caribbean  
Dance Party**

## Wednesday Evenings — Special Events

**July 17th, 5:00pm**

**Outdoor Fitness  
Orientation**



**Aug 7th,  
5:00pm**

**Table Tennis  
Tournament**



**Aug. 21, 6:30-7:30pm**

**Capital Accord  
Chorus  
(a Capella Group)**



**Pre-Registration Required**

**Aug 28, 7-8pm**

**Arabian Belly Dancing Party**

**Pre-Registration Required**



## Wednesday Evenings — Special Events and Activities

**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, 5-7pm**

Bring your competitive side out in this table tennis tournament!

## Wednesday Evenings — Nights at the Park

### Special Events & Activities

**Smartphone Workshop: August 7, 6-7pm**  
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.

#### **Capital Accord Chorus (a Capella Group) August 21 from 6:30 -7:30pm**

Join us for an evening with this a Capella Silver Spring chorus group with around 20 singers. *Light refreshments will be served.*

#### **Arabian Belly Dancing Party: August 28, 7-8pm**

Join us for a night of Arabian Belly Dancing Show. *Light refreshments will be served.*

**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.**

#### **A Book & A Movie: September 18**

Book discussion on “*Hope Spring Eternal*” by Stephen King at 4:30pm; movie with Rita Hayworth and the Shawshank Redemption at 5:30pm.

### Evening Classes

#### **Belly Dancing: .**

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.

Wed	6/26-8/28	7-8pm	\$40
-----	-----------	-------	------

#### **BioDanza: Biodanza is back!**



Taught by Paola and sponsored by HPSI. Biodanza offers a set of natural and very simple movements, such as walking, accompanied by music and carried out in a group setting. It's suitable for everyone and you don't need to know how to dance.

Wed	6/26-8/14	6-7:15pm	FREE
-----	-----------	----------	------

#### **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
-----	-----------	-------	------

#### **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	8/7-8/28	6-7:45pm	\$25
-----	----------	----------	------

#### **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
-----	----------	-------	------

# Classes and Drop-in Activities

Please register at the Front Desk. 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: Quickstep & Foxtrot.**

**Rhythm: Cha-Cha & West Coast Swing.**

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

### 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	<b>Free</b>	6 wks
-----	-----------	------------	-------------	-------

### HULA INTERMED. 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.

**\*\* During the Summer for existing students only for practice group. RETURNING IN FALL FOR OPEN REGISTRATION.**

Mon	6/17-8/26	1-1:50pm	<b>Free</b>	10 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. **No class 7/5.**

Fri	6/21-7/26	11-11:50am	<b>\$15</b>	5 wks
-----	-----------	------------	-------------	-------

### TAP DANCING (BEG.)

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	<b>\$50</b>	10 wks
-----	-----------	-------------	-------------	--------

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

Wed	6/26-8/28	1-1:50 pm	<b>\$50</b>	10 wks
-----	-----------	-----------	-------------	--------

## 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. **No class 7/4.**

<b>Beg.</b>	Thur	6/20-8/29	12-12:50pm	<b>\$40</b>	10 wks
<b>Adv.</b>	Thur	6/20-8/29	11-11:50am	<b>\$40</b>	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. **Cancelled for summer. RETURNING IN FALL.**

### 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.

Mon	Cancelled for Summer, Returning in Fall			
Wed	6/12-8/21	11-11:50am	<b>\$35</b>	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	<b>\$5 each</b>	1 time class
------	------	-------------	-----------------	--------------

### 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. **No class 7/4.**

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

**If you are interested in this course, pre-register with a member of County Staff or online at [ActiveMontgomery.com](http://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
-----	---------	----------	------

### 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	7/1-9/30	12-12:45 pm	\$40 paid to Suburban
-----	----------	-------------	-----------------------

### 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.

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

### 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. **No class on 7/4.**

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

### 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.

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

### ZUMBA GOLD ADVANCED

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

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

### ZUMBA GOLD TONING

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

## YOGA

### EVERY BODY'S YOGA

See Wednesday Evening Class listings for more details!

### 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](mailto:HolidayParkSeniors@gmail.com).**

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

### YOGA FOR BALANCE

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

Tue	6/18-8/27	10:00-10:50am	\$45	11 wks
-----	-----------	---------------	------	--------

### 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	6/18-8/27	11:10-12:00pm	\$45	11 wks
-----	-----------	---------------	------	--------

# Classes and Drop-in Activities

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

## YOGA (CHAIR) IN SPANISH

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

## ARTS AND CRAFTS

### CHINESE BRUSH PAINTING—NEW DATE

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

Thur	7/18-8/29	1—3pm	\$70	8 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
-----	---------	------------	------

### WATERCOLOR & DRAWING (Hybrid)

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)

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

### WATERCOLOR (Virtual)

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](mailto:HolidayParkSeniors@gmail.com).** **RETURNING IN FALL.**

### WOODCARVING

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

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

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

### FRENCH: BEGINNER

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

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

### FRENCH: INTERMEDIATE

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

### FRENCH: CONVERSATION

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

### SPANISH (BASIC)

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

### BILLIARD/POOL ROOM

Open daily. Keep your accuracy skills on target and your attention sharp as you enjoy a game with others.

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



# Classes and Drop-in Activities

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

## TABLE TENNIS ROOM

Open daily. Enjoy a good match with a friend or check the list in the room to find popular times to meet up if you need a partner.

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

## 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
-------	---------	---------	------

## 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
-------	---------	---------	------

### MAHJONG

Betty Lou hosts. Drop-in and enjoy playing with friends.



Mon.	7/1, 7/9, 7/15, 8/19	10-12 pm	Free
------	----------------------	----------	------

### RUMMIKUB

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

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

### SCRABBLE

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

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

## BRIDGE

### BRIDGE FOR BEGINNERS III

Taught by Rochelle and sponsored by HPSI. RETURNING IN FALL.

### BRIDGE INTERMEDIATE III

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

### 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
-----	---------	-----------	------

### BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

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

## SPECIAL INTERESTS

### BEHIND THE HEADLINES

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

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

### 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.

July 24: *"The Glass Castle"* by Jeanette Walls

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

September 18: *"Hope Springs Eternal"* by Stephen King

Wed	4:30pm book talk	5:30pm movie	Free
-----	------------------	--------------	------

### 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 may bring in articles, books and videos to discuss.

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

## The 1:00 PM Holiday Park Daily Show – July 2024

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

### **BINGO**

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

**Mon. July 1**

### **4th of July Celebration with Tom Delaney**

Let's get ready to celebrate 4th of July with Tom Delaney and some patriotic sorbet.

**Pre-registration required.**

**Tue. July 2**

### **Waste & Recycle with Barbara from the Dept. of Environmental Protection**

Please join us to learn about how to Reduce, Reuse and Recycle even more in Montgomery County aiming for zero waste. Learn about new County recycling requirements and initiatives. Discover and discuss County efforts to reduce waste by banning hard to recycle materials to help keep our land, air and water clean.

**Wed. July 3**

## **CENTER CLOSED — Happy 4th of July!**

**Thu. July 4**

### **Dance Club Friday with Gary Brown 1-3pm**

Gary is back to play great music and make you dance with your friends.

*Light refreshments served.*

**Fri. July 5**

### **Acupressure for Self-Care, Arthritis, and Joints with Alison**

Arthritis and stiff joints can limit daily function. Simple acupressure points can bring relief. Join us to learn a gentle acupressure sequence for self-care designed to bring ease to hands, joints, and more! Anyone can learn this simple, effective sequence. \*Please wear comfortable clothing and bring a ball of thick, rolled up socks.

**Mon. July 8**

### **NASA Presentation with Lisa Milani, research scientist at NASA Goddard Space Flight Center**

During this seminar Dr. Milani will help us understand the importance of NASA observations for the good of the general population: how much it is raining and snowing globally to understand the impacts of climate change. Also, where extreme events mostly happen, where drought persists, where precipitation trends change impacting the population and the environment is crucial for early alerts or water storage plans.

**Tue. July 9**

### **Exhibition of Relaxation Art with Mehrnaz**

Join Mehrnaz and her students to see an exhibit of the artwork they worked on during their class during the months of May and June and be amazed by their creativity and style.

**Wed. July 10**

### **Ice Cream Social**

Let's get ready for the Olympics with this fun themed Ice Cream Social.

**Pre-registration required.**

**Thu. July 11**

### **Dance Club Friday with Mike Surratt 1-3pm**

Mike will make you dance the afternoon away while he plays your favorite tunes.

*Light refreshments served.*

**Fri. July 12**

### **Nutrition Talk with Rhonda: Navigating the world of food labels**

Join Rhonda for an educational lecture that will help us read food labels, what is the nutritional value of the food we eat, and knowing the food we buy.

**Mon. July 15**

### **Home Improvement Scams and How To Report Them with the Office of Consumer Protection**

This presentation will help us identify the most common home improvement scams that are affecting our community and how to report them if you happen to fall victim to any of them.

**Tue. July 16**



## The 1:00 PM Holiday Park Daily Show – July 2024

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

### **George and Ira Gershwin with Mike Susser**

**Wed. July 17**

George & Ira Gershwin are probably the most legendary songwriters of the last century. Although they wrote their music almost 100 years ago, it has endured and is still listened to and loved. This is the true definition of a “standard”. During the presentation their lives will be reviewed and their very best tunes will be performed, including *Summertime*, *Someone to Watch Over Me* & *Our Love is Here to Stay*.

### **Tornadoes and Severe Weather: The Do’s and Don’ts with Sareem from the Office of Emergency Preparedness**

**Thu. July 18**

Join Sareem to discuss how to best prepare for tornadoes hitting our area and other severe weather, such as flash floods and severe storms, and the do’s and don’ts of these events.

### **A 50’s Dance Party with The Colliders**

**Fri. July 19**

Get ready to rock & roll, swing and for some rockabilly for this 50’s themed party. *Light refreshments served.*

### **Drawing a Landscape with Denis Clifford**

**Mon. July 22**

In the span of an hour, and with his artistic prowess, he will be transforming a blank canvas into a breathtaking landscape portrait. Relax and enjoy as we have the privilege of witnessing the creation of his artwork.

### **Effective Communication Strategies with Alzheimer’s Assoc. Nat. Capital Area Chapter in partnership with Suburban Hospital.**

**Tue. July 23**

Does communicating with your loved one frustrate you? Is there a better way to reach a person with neuro-cognitive difficulties? This program will give you real-life tools you can use as you navigate the difficulties of being a care partner.

### **Movie: “The Boys in The Boat”, (2023) 124 min**

**Wed. July 24**

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin. Directed by George Clooney.

### **Tech Thursday: Gardening Tech at a Glance**

**Thu. July 25**

Do you want to improve your green thumb or just make gardening easier? Technology may be the answer. Join us in this introductory lecture to learn about different types of gardening tech. We’ll go over some popular apps. Presented by Senior Planet Montgomery.

### **Dance Club Friday with Tim Amann 1-3pm**

**Fri. July 26**

Tim will entertain with songs from his great repertoire and make your toes dance to his fun and popular tunes, and great personality! *Light refreshments served.*

### **First Aid and CPR Basics with Lt. Smith from Fire and Rescue Service**

**Mon. July 29**

Lt. Smith will give us an overview of basic First Aid and CPR procedures to help you be prepared in case an emergency arises.

### **Driving and Beyond with Shawn from HHS**

**Tue. July 30**

Join this conversation about important issues to consider while planning your mobility, and talking with loved ones about theirs. Topics will include assessing driver skills; making adjustments to driving habits; experimenting with alternative transportation; and tactfully talking about this dicey topic.

### **Art with Vita**

**Wed. July 31**

Making art is fun and good for your health. Join Vita, a retired Art therapist to play with some art materials and connect with your inner child.

**Pre-registration is mandatory.**

## Classes and Drop-in Activities

Please register at the Front Desk.

### PHOTOGRAPHY CLUB

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

Wed	7/3 & 7/17	10-12 pm	Free
-----	------------	----------	------

### 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
-----	----------	----------	------

### 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
-----	---------	------------	------

## 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", for those who are a little more than beginners, 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	7/8 & 8/5	2-3 pm	Free
-----	-----------	--------	------

## TECHNOLOGY

### EXPLORING SMARTPHONE APPS

Taught by SeniorPlanet Montgomery instructors. Curious about downloading apps on your smartphone? In this series, you'll learn to make the most out of your smartphone with apps! We'll start by going over basic smartphone functions and learning to search for and download apps. The series is open to both iPhone and Android users. Pre-requisites: Participants should bring their smartphones to class. Please note that this series focuses on using apps on your smartphone and will not cover every smartphone question. This series meets twice a week for eight weeks and will include lectures and hands-on sessions.

Mon & Wed	7/8-8/28	10-11:15am	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.

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)

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

### 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
----	---------	-------------	--------

### 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:

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

Ju	6/20-8/29	11-11:50 am	\$25
----	-----------	-------------	------

# 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	9:00-10:00am	Free

### 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	1:00-2:30 pm	Free
Fri	Ongoing	11:00-12:00 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

### Active Golden: Basic English for Vietnamese Speakers

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!

Tue	Ongoing	TBA	Free
Thu	Ongoing	TBA	Free



### Active Golden: English Conversation

Taught by Van. **Registration required.**

Basic English Conversation. More information coming soon!

Tue	Ongoing	TBA	Free
Thu	Ongoing	TBA	Free

### Active Golden: Gentle Exercise

Led by Venus. **Registration required.**

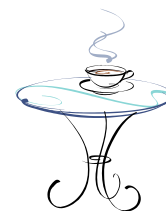
Gentle exercises that include stretching and help you gain a better balance!



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



## The Café



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

## 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., 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

Chrysanthemums and asters should be cut back halfway by mid-July to encourage fall blooming. If not trimmed they will bloom later this month and not in the fall.

- Remove the fading flower stalks of lavender plants to encourage reflowering later in the summer. Don't "overprune" lavender plants—they don't like heavy pruning.

- If you are planning to renovate your lawn in the fall, begin dethatching lawn areas now to prepare for reseeding later on.

- Prune catmint by about one-third after it has bloomed. The plant will grow back a nice-looking mound of blue-grey foliage.

## 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 meetings this Summer.**

**Returning on September 24!**

## 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](mailto: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](http://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  
Younna Badr  
Amy Clemmer  
Arthur Clemmer

Maria Mercedes Diaz  
Jairo Gomez  
Gail Jacobson  
Sandra Johnson  
Kur Kur  
Ashley Ramos  
Ryan Roach  
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 August 2024...  
A sampling of Holiday Park 1:00 pm Programs***

- Aug. 1, Th. Craft Day
- Aug. 2, F. Dance Club Friday with Rearview Mirror
- Aug. 5, M. Nutrition Talk with Rhonda from SNP
- Aug. 6, T. Accessible Gardening with Bonita from the Plant Room
- Aug. 7, W. Film Festival: Comedy
- Aug. 8, Th. Sex is Fun but Safe Sex is Better with Anna Maria Izquierdo, MD
- Aug. 9, F. Dance Club Friday with Mike Surratt
- Aug. 12, M. Taking Care of You, Taking Care of Me with Ruth
- Aug. 13, T. Tell Us Your Story with Laura
- Aug. 14, W. Film Festival: Comedy
- Aug. 15, Th. Fun Wig Day
- Aug. 16, F. Caribbean Dance Party
- Aug. 19, M. Learn about Feldenkrais with Alison
- Aug. 20, T. Wii Bowling
- Aug. 21, W. Film Festival: Comedy
- Aug. 22, Th. Tech Thursday
- Aug. 23, F. Dance Club Friday with Take Two
- Aug. 26, M. Game Day
- Aug. 27, T. High Blood Pressure with MedStar Health
- Aug. 28, W. Film Festival: Comedy
- Aug. 29, Th. End of Summer Social— **Pre-registration required**
- Aug. 30, F. Dance Club Friday with Night & Day Band

*\*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.

**In this issue:**

Special Events and Evenings	2-3
Classes & Drop-in Activities	4-10
Daily 1:00 PM Programs	8-9
Multicultural Programs	10-11
Health & Wellness	12
Other News & Services	13-15
July Sneak Peek	16