

# Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



# Happenings

## December 2024

### Schweinhaut Staff

**Center Director:**

Karen Maxin

**Asst. Center Director:**

Michelle Riemer

**Nutrition Manager:**

Lisa Buchsbaum

**Recreation Assistants:**

Sena Alemu

Hilda Ampaw

JoAnn Charles

Brenda Harding

Gerry Olson

Jennifer Posner

Katelynn Wilson

Kyra Winthrop-St. Gery

### Multi - Center Holiday Bash #R07107-246

Friday, December 6th • Event from 10:00am - 1:00pm

Here Ye, Here Ye! You are cordially invited to our annual Holiday Bash at White Oak Senior Center! Join friends from other centers as we celebrate the holiday season in class and style. Live Music, Sing-along, holiday meal and more! Hope to see you there! JCA Bus leaves the center at 9:30am

### Swingville Jazz Band #R07106-203

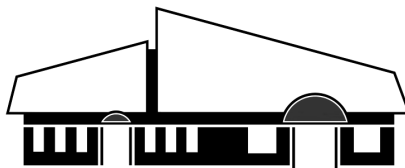
Tuesday, December 17 • 12:30pm - 2:00pm

Come and experience this band for its first time at MSSC. Jazz style music will be played on acoustic instruments with a repertoire centered on French manouche played from 1930-1950 and best known as played by Django Reinhardt's "Hot Club de France."

See page 3 for details.

### Closures, Class Cancellations or Changes

- Center is closed December 25 and will reopen January 2. The following centers will be open for lunch, exercise classes, and drop-in programs: Silver Spring, Wheaton, and White Oak.
  - No Yin Yoga Dec 7th + Jan 18th
- Senior Fit will be on Tues and Thurs starting Jan 7th



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085 Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, select MCGuest.



MONTGOMERY COUNTY  
**Recreation**

# ***Special Programs***

## **Afternoon Cinema Fridays #R07088-205**

**Fridays, December 6, 13, and 20 • 12:30pm - 2:00pm • Garden Room**

Join us on Fridays for a movie presentation in the Garden Room. Check the bulletin board for a poster and synopsis of each week's designated film. Movies are subject to change.

Dec 6: Home Alone; Dec 13: The Polar Express; Dec 20: It's a Wonderful Life

## **"Medicare Changes" Appointments with Chris Farmer**

**Tuesday, December 3 • 10:00am - 2:00pm • Library**

There are big changes to Medicare this coming year and Chris Farmer will be returning for weekly appointments. Get fair and accurate info about your options, discuss timelines, or even get advice to plan for a future retirement. To schedule an appointment call Chris Farmer at 443-915-8126.

## **Skin Care using Essential Oils with Adrienne Hausman #R07028-213**

**Tuesday, December 3 • 11:00am - 12:00pm • Daisy Room**

Create a lovely, lemon hand scrub after exploring the therapeutic applications of essential oils (concentrated plant extracts) for healthy skin. These oils can address dryness, inflammation, and skin tone. We will learn about carrier oils such as jojoba, sweet almond, and coconut for diluting the essential oils and providing nourishment to the skin. Using simple, clean products can be fun and cost-effective with excellent results.

## **Mini-Trip to At Home Decor #R07101-247**

**Thursday, December 5 • 9:30am - 12:00pm • Lobby**

Discover At Home, The Home Decor and Holiday Superstore of Gaithersburg, MD, with must-have pieces ranging from modern to traditional styles. Shop home goods, furniture, outdoor decor, and so much more at affordable prices, all in one place. Wearing comfortable shoes is suggested.

## **Senior Planet: Chrome Essentials #R07105-133**

**Tuesdays and Thursdays, November 5 thru Dec 10 • 1:00pm - 2:15pm • Garden Room**

This 5-week course covers the basics of using a Chromebook, a user-friendly laptop ideal for internet browsing. You'll learn to navigate the web and manage email. We recommend following this course with "Introduction to Digital Culture for Chromebooks" for more practice.

Prerequisites: *A Gmail address. It's best for those with some internet experience. For help setting up a Gmail account, call the Senior Planet hotline at 888-713-3495.*

## **Akhmedova Ballet Presents "The Nutcracker"**

**Saturday, December 7 • 1:00pm - 2:30pm • Auditorium**

Akhmedova Ballet Academy dancers present the Mini-Nutcracker. Get ready to be enchanted by the timeless tale of Marie and her Nutcracker. Immerse yourself in a magical world filled with dazzling costumes, breathtaking performances, and mesmerizing music.

## **Bingo in Spanish #R07085-214**

**2nd Tuesday, December 5 • 9:30am - 12:00pm • Daisy Room**

Let's have fun with Bingo in Spanish! We will learn our numbers and some small phrases in Spanish.

## **DIY Holiday Frame #R07113-201**

**Tuesday, December 10 • 10:00am - 12:00pm • Garden Rom**

Enjoy making a holiday frame to decorate your home or give as a gift. We will have options on frame sizes and decorations to make your project one of a kind. Space is limited.

## **Sports Day with Matthew Connolly #R07107-244**

**Wednesday, December 11 • 9:00am - 2:00pm**

Join us for a day of fun and friendly competition with Matt Connolly! Open to all skill levels, this event features classic games that promote camaraderie. The day starts with shuffleboard where you can slide pucks and aim for high scores. Next, test your tossing skills in cornhole. The day concludes with billiards, offering a great opportunity for players to showcase their skills. Bring your lunch or order one here at MSSC three days ahead of the program date.

# Special Programs

## **Mini Trip: Mormon Temple Lights & Handbell Choir #R07101-249**

**Friday, December 13 • 4:30pm - 8:00pm • Lobby**

We will attend a free concert by The Capital Carillon Handbell Choir. The group serves the metropolitan Washington area as an advanced English handbell ensemble. Their mission is to educate, enlighten, and entertain national capital area audiences through the art of ringing with musical excellence. The choir performs mostly on 82 English handbells. After the show we will go outside to see the Festival of Lights. Bus will leave the center at 4:30pm. Dress warmly and wear comfortable shoes.

## **Swingville Jazz Band #R07106-203**

**Tuesday, December 17 • 12:30pm - 2:00pm • Garden Room**

Jazz style music will be played on acoustic instruments with a repertoire centered on French manouche jazz played from about 1930-1950 and best known as played by Django Reinhardt's "Hot Club de France." They will also do more modern tunes as well as some jazz standards.

## **Flu & Covid Vaccine Clinic by Giant Pharmacy #R07108-205**

**Wednesday, December 18 • 10:00am - 2:00pm • Garden Room**

Pharmacist Rimple Gabri from Giant Pharmacy will be offering this Vaccine clinic. Besides the Flu shot they will also be providing Shingrix, Tetanus, Pneumonia, Covid and Hepatitis B vaccines. The updated Covid vaccine for the Fall 2024-2025 will be offered, and the RSV (Respiratory Syncytial Virus). Bring your Medicare card and any secondary insurance information. No appointments necessary but registration is required before receiving the vaccine(s).

## **Cardio Drumming with Everest Wellness #R07060-144**

**3rd Wednesday, December 18 - March 19 • 10:30am - 11:30am • Auditorium**

Cardio Drumming is designed for older adults. This unique workout uses movement through drumsticks and an exercise ball to create memorable, musical and fun workouts! This class will meet the third Wednesday of the month through March 19, 2025.

## **Mini-Trip: Westfield Wheaton Mall #R07101-250**

**Friday, December 23 • 9:30pm - 2:00pm • Lobby**

Join your friends for an outing at Costco or shop at Westfield Mall that is at the entrance to Costco. This will be a great day to do last minute shopping for the holidays and have a leisurely lunch with your friends. Check out the Dept. of Recreation decorated tree located near Costco.

## **Winter Concert by Encore Chorale #R07094-212**

**Friday, December 20 • 11:00am - 12:00pm • Auditorium**

Join the Encore Chorale of Schweinhaut Senior Center for a performance to light up the winter with joy! This free community performance for the Schweinhaut Senior Center promises to set the season in motion with familiar choral classics and holiday favorites in four-part harmony, conducted by Kathryn Harsha.

# Schweinhaut Announcements

MSSC will be closed December 25 and will reopen January 2nd. The following centers will be open for lunch, exercise classes, and drop-in programs: Silver Spring, Wheaton, and White Oak. Reach out to the centers for hours of operation and details, or check them out online at [mocre.com](http://mocre.com).

# Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	<b>Ceramics</b> Activity #R07098-204 <i>Instructor: Yvonne Roberts</i>	Tues. & Thurs. 9:30am - 1:00pm	A creative class where bisque becomes art! You can bring your own pieces or select from our supply.	Free
	<b>Card Making</b> Activity #R07095-227 <i>Instructor: Cindy Boccucci</i>	2nd Sat. 9:30am - 2:30pm	Allow your creativity to flow as you make unique and personalized greeting cards under the instruction of Cindy Boccucci.	Free
	<b>Fun with Art</b> Activity #R07052-204 <i>Facilitator: Barbara Hunter</i>	Wed. 10:00am - 12:00 pm	Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. Bring your own supplies.	Free
	<b>Origami</b> Activity #R07096-202 <i>Facilitator: Lois Dicker</i>	1st Mon. 1:00pm - 3:00pm	Learn the Japanese art of paper folding. Join others to create fun creations to take home or put on display in our library display case.	Free
	<b>MSSC Knitting Corner</b> Activity #R07003-205	Wed. 1:00pm- 3:00pm	Come join friends to create a variety of beautiful knitted and crocheted items for charities in the community.	Free
EDUCATIONAL	<b>Schweinhaut Book Discussion</b> Activity #R07065-203 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	December Book is The Lady in Gold by Anne-Marie O'Connor. The true story of how The Klimt painting came to hang in the Neue Gallery in New York.	Free
	<b>Coffee &amp; Conversation with MSSC Staff</b> Activity #R07092-206	3rd Thurs. 9:30am – 10:15am	Share a cup of coffee or tea with us as we engage in an open discussion. Your input on preferred programs/activities at MSSC is valuable, and we'll address any concerns you may have.	Free
	<b>Writer's Group</b> Activity #R07058-205 <i>Facilitators: Beverly Moss</i>	1st & 3rd Tuesdays 10:00am - 12:00pm Sept 17 In-Person	Join people who like to write as they read their essays, poems, novel excerpts, commentaries, and other written works. It's a friendly, informal group where lively discussion always ensues. Come to share or to listen, all are welcome. This is a virtual class. <b>Contact Karen at <a href="mailto:karen.maxin@montgomerycountymd.gov">karen.maxin@montgomerycountymd.gov</a> for Zoom link or to see the group's Anthology.</b>	Free
	<b>Military Discussion Group</b> Activity #R07312-203	Wed Dec 4 1:00pm - 2:00pm	We will discuss the Vietnam war and its various stages, and particularly the domestic pressures resulting in a loss of public support for the war effort. We will explain the history of the Vietnam Veterans Memorial, its construction, and its relevance today.	Free
FITNESS	<b>Basic Functional Balance Exercise Activity #R07030-205</b> <i>Instructor: Julien Elie</i>	1st & 4th Fri. 9:30am – 10:30am	Light exercise, focused on building posterior musculature and developing core strength that is critical to having a well-balanced body.	Free
	<b>Ballroom Dance</b> Activity #R07050-206 <i>Instructors: Ellen Moran &amp; William Goldberg</i>	Wed. 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples are welcome. Followed by Let's Dance!	Free
	<b>Bone Builders</b> Activity #R03010-219	Tues. & Thur. 10:30am - 11:30am	The program aims to maintain and increase bone density, preventing osteoporosis. Classes focus on balance, strength training, and posture, using dumbbells and ankle weights to stimulate bone growth.	Free
	<b>Dance Fitness with Georgia</b> Activity #R07012-241 <i>Instructor: Georgia Martin</i>	Mon. 9:30am - 10:30am	A popular style of dance fitness class is cardio dance. This type of class is what many people associate with dance fitness. This category includes classes like Zumba®, hip hop and more. All of these classes focus on cardio exercise, but many also incorporate strengthening and toning techniques.	Free

	Activity	Day & Time	Description & Contact	Fee
F I T N E S S	<b>Yin Yoga</b> Activity: #R07032-211 Instructor: Adina Crawford	Sat. 9:15am - 10:15am	This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical body joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
	<b>Kickboxing with Julien</b> Activity #R07060-204 Instructor: Julien Elie	3rd Fri. 9:30am - 10:30am	Kickboxing classes can be a little intimidating for beginners but don't worry, you can move at your own pace. Learn the proper mechanics of offensive and defensive moves in kickboxing.	Free
	<b>Line Dancing</b> Activity #R07011-207 Instructor: Jo Ann Eng	Sat. 10:30am - 12:00pm	Learn how to line dance to your favorite songs under the instruction of Jo Ann.	Free
	<b>Low Impact Exercise with Julien</b> Activity #R07060-205 Instructor: Julien Elie	2nd Fri. 9:30am - 10:30am	Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than in our traditional exercise classes.	Free
	<i>Holy Cross Health &amp; Kaiser Permanente Present</i> <b>Senior Fit</b> Instructor: Mike Werle	Sat. 9:30am - 10:15am Tues. 9:30am - 10:15am	Holy Cross Health and Kaiser Permanente offer Senior Fit, a 45-minute exercise class designed for adults 55+ to improve strength, flexibility, endurance and balance. Classes are ongoing. <b>Register online by emailing <a href="mailto:seniorfit@holycrosshealth.org">seniorfit@holycrosshealth.org</a></b>	Free
	<b>Tai Chi Chuan</b> Activity #R07025-207 Instructor: Glenn Moy	Tues. 2:00pm - 3:00pm	An ancient system of physical and mental harmony. This is an exercise which emphasizes relaxation, balance, and coordination.	Free
<b>Qi Gong</b> Activity #R07059-204 Instructors: Mike Kornely & Julia Schuker	Sat. 12:00pm - 1:00pm	Qi Gong has been a part of traditional Chinese medicine for centuries. This gentle and meditative form of exercise is perfect for seniors looking to increase their strength, balance, and reduce stress.	Free	
G A M E S	<b>BINGO!</b> Activity #R07085-212 Facilitator: Linda Disharoon	Mon. & Thurs. 10:30am - 11:30am	Join us to have a fun filled hour playing BINGO with your friends or friends you haven't met. One winner per game.	Free
	<b>Pinochle Card Game</b> Activity #R07099-205 Facilitator: George Kelly	Wed. 1:00pm - 3:00pm	Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.	Free
	<b>Rummikub Play</b> Activity #R07086-203	Mon. 12:30pm - 2:00pm	Rummikub is a 2-4 player game combining the elements of the card game Rummy and Mahjong.	Free
	<b>Chess Club</b> Activity #R07110-204 Facilitator: Clifford DuThinh	Mon. 10:30am - 1:00pm	Chess, a classic board game, is played by two opponents on a checkered board with the goal of capturing the opponent's king. Beginners are encouraged to join!	Free
H E A L T H	<b>Nutrition 101</b> Activity #R07024-204 (Facilitator: Josephine Tsobgni Djoukeng, Ph.D.)	Tues. & Thurs. 1:00pm - 2:00pm	Nutritionist and Certified Wellness Wave Life Coach, Josephine will host a discussion on how to be your best healthy self.	Free
	<b>Blood Pressure Screening</b> Activity #R07108-204 Facilitator: Bernadette Denis	Fri. 1:00pm - 2:00pm	Come get your blood pressure checked for free by Bernadette every Friday inside Schweinhaut's library room.	Free

L  
A  
N  
G  
U  
A  
G  
E



**English Conversation  
Activity #R07021-204**  
*Facilitator: Linda Winter*

Mon.  
1:00pm - 2:30pm

This class will give you the opportunity to speak in English if you aren't sure about the language. Perhaps you might want to meet people from other countries? In this class, try to speak slowly so that others might better understand. All are invited and we look forward to meeting you.

Free

**French Conversation  
Activity #R07019-200**  
*Facilitator: Kodjovi Abotchi*

2nd & 4th Saturday  
1:00pm - 2:30pm

If you have knowledge of French, this class is for you. Kodjovi will cover simple conversations and grammar to help you brush up on your skills. He will incorporate music and poems at some of the classes.

Free



**Beginner Italian Class  
Activity #R07021-203**  
*Facilitator: Nina Baccanari and  
Graziella Caminiti*

Weds.  
1:00pm - 2:00pm

This class will cover vowels, numbers, alphabet, seasons, days, months, grammar, phrases, vocabulary, and other basic principles..

Free

**Intermediate Italian Class  
Activity #R07021-205**  
*Facilitator: Maria Goudiss and  
Suzan Daley*

Weds.  
2:00pm - 3:00pm

This is an intermediate Italian class. A working knowledge of Italian is necessary. The class focuses on speaking and reading Italian.

Free

**Beginner Spanish Class  
Activity #R07015-205**  
*Facilitator: Rocio Torresano*

Thurs.  
9:30am - 10:30am

Come and learn the 2nd most spoken language in the entire world with Rocio's beginner Spanish class! This session will cover basics such as ABCs, numbers, seasons, months, days of the week, and many more rudimentary concepts to prepare you for the next level.

Free

**Beginner Plus Spanish Class  
Activity #R07015-206**  
*Facilitator: Rocio Torresano*

Thurs.  
10:30am - 11:30am

This session will introduce simple phrases and sentences at a slow pace. Basic questions and answers about participants' surroundings, people they know, things they have, or any other familiar topics will be tried out.

Free

**Encore Chorale**  
*Facilitator: Kathryn Harsha*

Mon.  
10:30am - 12:30 pm

For more info on how to join, call 301-261-5747 or visit [www.encorecreativity.org](http://www.encorecreativity.org).

M  
U  
S  
I  
C

**Seasoned Players  
Activity #R07056-203**  
*Facilitator: Helen Cothran*

1st & 3rd Weds.  
1:30pm - 3:30 pm

Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.

Free

*Folklore Society of Greater  
Washington Presents*  
**Song Circle  
Activity #R07080-208**  
*Facilitator: Fred Stollnitz*

**In Person or Zoom**  
2nd Fri. of Month  
1:30pm - 3:30pm

Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. Contact [FSGW.org/song-circles](http://FSGW.org/song-circles) for information on how to join on Zoom.

Free

**Angklung Music Lesson  
Activity #R07109-202**  
*Facilitator: Ari Peach*

Sat.  
12:00pm - 2:00pm

Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument crafted from bamboo. You will then get the opportunity to perform at various events in the community.

Free


S  
E  
R  
V  
I  
C  
E  
S

**Senior Services in  
Montgomery County**  
*Facilitator: Anita Joseph*

Call 240-777-1062 to **make an appointment** to meet with Anita at MSSC for information about senior services, assistance in obtaining services/ benefits, and education on offerings available to seniors.

Free

**S  
P  
O  
R  
T  
S**

<p><b>Bocce Ball Play</b> Activity #R07124-200 Facilitator: Cathy Fisher</p>	<p>Tues. &amp; Thurs. 1:00pm - 2:00pm</p>	<p>Bocce Ball Play will teach you the basics of Bocce Ball. We will go over the rules, scoring, and demonstrate techniques to give you a better understanding for your own gameplay. Bring your friends to enjoy playing this great outdoor game.</p>
<p><b>Open Pickleball</b> Activity #R07091-200 (Subject to Change)</p>	<p>Fri. See monthly schedule</p>	<p>Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure. Sign up for the email schedule.</p> <p>Free</p>
<p><b>Billiards</b> Activity #R07103-203 M-F Activity #R07103-204 Sat.</p>	<p>M-F 8:00am - 4:00pm Sat. 9:00am - 3:00pm</p>	<p>Come in and join us for a game of Billiards. The Pool Room is open to everyone during center hours.</p> <p>Free</p>
<p><b>Table Tennis</b> Mon Activity #R07097-203 Fri Activity #R07097-204 (Subject to Change)</p>	<p>Mon. 12:00pm - 2:00pm Fri. from 10:30am - 12:00pm</p>	<p>Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles. See front desk for equipment.</p> <p>Free</p>
<p><b>Newbies +Beginner Pickleball</b> Activity #R07091-212 Instructor: Brad Paleg</p>	<p>Thurs. 1:00pm - 2:00pm</p>	<p>This class is for beginners or those starting to learn pickleball. No prior experience needed. Learn rules, gameplay, strokes, and court skills in a safe, fun, social setting. Limited space, early sign-up recommended!</p> <p>Free</p>
<p><b>Advanced Beginner Pickleball</b> Activity #R07091-213 Instructor: Coach Brad Paleg</p>	<p>Thurs. 2:00pm - 3:00 p.m.</p>	<p>This class is for players with at least 3 months of experience who can dink, serve, and return consistently. It will help you build a solid foundation to improve your pickleball skills, including non-volley zone (NVZ) play and resetting skills.</p> <p>Free</p>
<p><b>Intermediate Beginner Pickleball</b> Activity #R07091-214 Instructor: Coach Brad Paleg</p>	<p>Thurs. 3:00pm - 4:00 p.m.</p>	<p>You have developed a strong pickleball foundation. You understand the importance of coming up to the NVZ line and can effectively play from that area. The class, using instruction, drills, and recreational play will help you as you advance both your skills and strategies.</p> <p>Free</p>
<p> <b>Shuffleboard</b></p>	<p>Starting in the New Year</p>	<p>Whether you're a seasoned player or a beginner. Learn the basics or sharpen your skills. Everyone is welcome to play and have a great time!</p>

**Nutrition Program - Socialize while enjoying a healthy meal!**

**Monday through Friday • Noon • Almost Café**

The cost of the meal is \$8.26. For people age 60 or older and a spouse of any age, a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$3.00. Cancel or change your reservations for lunch, Monday through Friday, at least 72 hours in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager, Lisa Buchsbaum.

**Daily Transportation— Door to Door Transportation**

**Monday through Friday • Pick ups start at 8am • Depart the center at 2pm**

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up zone, please call Evelyn Kittrell at 301-255-4214.

**Changes or cancellations, call Evelyn at 301-255-4214.**



**Community Partnerships Make Wonderful Things Happen! Thank you to the following organizations...**

AARP

Adventist Health Care

Affiliated Sante Group

Akhmedova Ballet Academy

Beacon Newspaper

Brooke Grove Retirement Village

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

FOMSSC

Holy Cross Health

Senior Planet

United Health Care & Integral Health Care

U.S. Postal Service

# Announcements

## Registered for Programs

If you register for a program or trip and need to cancel, **please notify us asap. This will open up a spot so others can enjoy our programs.**

## Have Our Newsletter Emailed

You can have our monthly newsletter emailed directly to your personal email address! Emailing helps us save on paper copies and money. Sign up at the front desk or call 240-777-8085 to give us your email address.

## Pickleball

The open Pickleball Play schedule is posted at the center. We can email it to you; call 240-777-8085 to get on the list.

## Montgomery County Inclement Weather Policy

For weather-related updates, visit [www.mocorec.com](http://www.mocorec.com), MCR Facebook, or our center. Register for Rec Alerts via Alert Montgomery.

- MCPS closure: All programs and classes are canceled. Senior Centers open at 10 a.m. for drop-in activities.
- MCPS 2-hour delay: Programs before 10 a.m. are canceled. Senior Centers open at 10 a.m., but senior transport and nutrition programs are canceled.
- Early dismissal (MCPS): Programs after 2 p.m. canceled. Facilities remain open for drop-in activities.
- County Government delay, facilities will open at the delayed time; earlier programs canceled.
- County Government early closure, all facilities close, and programs after that time are canceled.

## Upcoming Programs and Closures



Tuesday, January 7

Boat Regatta Discussion Meeting

Monday, January 13

New Years Party with Glenn Pearson Band

Wednesday, January 15

Cardio Drumming with Everest Wellness

Wednesday, January 28

DIY Build A Snowman

*Please note that the above programs are tentative and changes could occur. We will make every effort to relay any changes as they occur. Keep an eye out for additional programs at our information area.*



Check out the recreation website at [MOCOREC.COM](http://MOCOREC.COM)

Register for programs at [Activemontgomery.com](http://Activemontgomery.com)

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs. Register for programs at [Activemontgomery.org](http://Activemontgomery.org)

Support The Friends of MSSC, Inc. For more details, see the main office.



