



# Happenings

## February 2025

### Schweinhaut Staff

**Center Director:**

Karen Maxin

**Asst. Center Director:**

Michelle Riemer

**Nutrition Manager:**

Lisa Buchsbaum

**Recreation Assistants:**

Sena Alemu

Hilda Ampaw

JoAnn Charles

Jairo Gomez

Brenda Harding

Gerry Olson

Jennifer Posner

Kyra Winthrop-St. Gery

### Black History Celebration with Howard Feinstein Monday, February 10 • 1:00 - 2:00pm

Join us for our annual Black History Month program featuring veteran civil rights attorney, author, and professor Howard Feinstein, who will perform music from the civil rights struggle and share insights from his memoir.  
See details on page 2

### Valentine's Tea with Lily Chang Friday, February 14 • 1:00 - 2:00pm

Join us for a relaxing Valentine's Tea with soothing music by Lily Chang. Bring your favorite teacup or mug, enjoy light refreshments, and reserve your spot, space is limited.  
See details on page 3

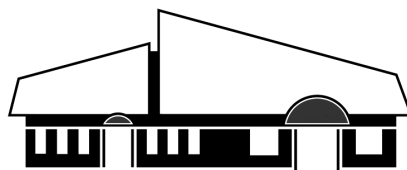
### Spring Registration

Wednesday, February 19 • 9:00am

Senior program registration will begin at 9 a.m. on Feb. 19.  
Non-County resident registration will begin Friday, Feb. 21.

### Closures, Class Cancellations or Changes

- 2/17 Closed in observance of Presidents' Day



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, February 7, 14, 21, and 28 • 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.

Feb 7 **Nim's Island**; Feb 14 **A Star is Born**; Feb 21 **Hairspray**; Feb 28 **Green Lantern**.

## **NEW Indoor Shuffleboard #R07113-202**

**Tuesdays, February 4, 11, 18, and 25 • 12:30pm - 2:00pm • Auditorium**

Whether you're a seasoned player or a beginner learn the basics of Shuffleboard or sharpen your skills.

Everyone is welcome to play and have a great time!

## **Cardboard Boat Regatta Build Meeting #R07107-230**

**Fridays, February 7- March 7 • 10:30am - 12:00pm • Daisy Room**

Come and represent your center and be a part of the design and build team for this year's Cardboard Boat Regatta! Each boat is to be made of cardboard boxes, duct tape, and garbage bags only. No sealants or other materials allowed. We will compete on March 12th at MLK Indoor Pool.

## **Senior Planet: "Exploring AI" #R07106-225**

**Tuesdays and Thursdays, February 4 - March 7 • 1:00pm - 2:00pm • Garden Room**

Artificial Intelligence (AI) is a hot topic, and for good reason! AI technology is rapidly developing and increasingly impacting our lives. This multi-week series will explain the AI tools that have been part of everyday life for a while and also explore cutting edge applications of the technology. We'll look at ways we can use AI tools to help with a variety of tasks from writing emails to creating artistic images. You'll also learn tips for identifying AI-generated content, best practices for using AI, and how to stay safe.

## **Mini-Trip: Army Museum in Fort Belvoir #R07101-254**

**Wednesday, February 5 • 9:30am - 2:00pm • Lobby**

The National Museum of the United States Army celebrates over 245 years of Army history and honors our nation's soldiers - past, present and future - The regular Army, the Army Reserve and the Army National Guard. We will have a guided tour with docents Keith June and Bob Fano. Enjoy lunch on your own at the museum cafe before returning to the center.

## **Akhmedova Ballet Presents a Valentine's Show "For the Love of Dance"**

**Saturday, February 8 • 1:00pm - 2:30pm • Auditorium**

Celebrate Valentine's Day with a magical presentation "For the Love of Dance" by the Akhmedova Ballet dancers. Experience the grace and elegance of ballet, the innovation and emotion of contemporary masterpieces, and the vibrant energy of character dance, all in one breathtaking afternoon.

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

**Tuesday, February 12 • 10:30am - 11:30am • Garden Room**

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

## **Dance Party with Walter Ware #R07106- 226**

**Wednesday, February 12 • 1:00pm- 2:30pm • Garden Room**

Walter hopes to inspire dancing while singing romantic songs from the 40's 50's, 60's, and 70's. His performance will include songs sung by such artists as Frank Sinatra, Elvis Presley, Nat King Cole, Chubby Checker, Lou Armstrong and more. Light refreshments will be served. Register online or at our front desk.

## **Black History Month Celebration with Howard Feinstein #R07022-200**

**Monday, February 10 • 1:00pm - 2:00pm • Auditorium**

Join us for our annual Black History Month program. Veteran civil rights attorney, author, and college professor Howard Feinstein performs music from the civil rights struggle which he was involved in and wrote a memoir on. We will also discuss what is next for the movement for dignity and equality as we greet a new national administration: will the arc of the moral universe still bend toward justice?

# Special Programs

## **Valentine's Day Tea with Lily Chang #R07089-241**

**Friday, February 14 • 1:00pm - 2:00pm • Auditorium**

Join us for a relaxing Valentines Tea while enjoying soothing music by Lily Chang. To add some fun, bring your favorite teacup or mug from home to use. Light refreshments will be served. Space is limited.

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

**Third Wednesdays, February 19 - June 19 • 10:30am - 11:30am • Almost Cafe**

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 meets the third Wednesday of the month and has been extended through June.**

## **Treating Pain & Inflammation with Oils by Adrienne Hausman #R07028-218**

**Wednesday, February 19 • 10:30am - 11:30am • Daisy Room**

Learn how Lavender and sweet marjoram can help with arthritis. Join Adrienne to learn more about essential oils that can help treat our pain in a very beneficial way.

## **The Feast of the Epiphany #R07089-239**

**Friday, February 21 • 1:00pm - 3:00pm • Auditorium**

Rescheduled from Jan 6. The Christmas festivities in Italy come to a fitting close with the arrival of the La Befana, the world's most famous old lady, who flies over Italy on her broomstick to fill stockings hanging in homes all over the country. You will learn about the history and origins of the La Befana, the meaning of Epiphany and experience the traditions linked to this mysterious and fascinating character. Light refreshments will be served.

## **Fire Safety Presentation by Jim Resnick MCFRS #R07028-220**

**Monday, February 24 1:00pm - 2:00pm • Garden Room**

Many of the fire deaths that occurred in the last 12 months involved people whose clothing caught on fire, sustaining burn injuries causing their deaths. Based upon many factors, we stand by the same message that we have been pushing for years. "If there is a fire, JUST GET OUT. Do not look to see what is on fire. Do not attempt to fight a fire. JUST GET OUT. Once you are away from the danger, then call "911. "

## FOMSSC Board Members

"Friends of the Margaret Schweinhaut Senior Center" (FOMSSC)? It is a nonprofit organization formed to assist and enhance the programs of the Center. The members are Peter Reiss, President; Donald Lewis, Vice President; Clifford Du Thinh, Treasurer; Margaret Dohman, Secretary; Denise Aston-Player, Bernadette Denis, Bette Eberly-Hill, Andrea McCombs, Jacki Rams, and Tsedale Yigezu, and Janet Therrien.

To help pay for these services FOMSSC also organizes fundraisers and accept donations. If donating, checks should be made out to FOMSSC and given to any member. All are welcome to attend monthly meetings on the third Thursday of the month at 2:30 pm. FOMSSC is always looking for new members.

# 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. There is a limit of 4 pieces per month.	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. 10:30am - 12:00pm	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>Book Discussion</b> Activity #R07065-203 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	Our book for February is <i>The Moviegoer</i> by Walker Percy. The book is described in the NYT Book Review as a novel by a brilliant breathtaking writer. A young Southerner searches for meaning in the midst of the Mardi Gras.	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 Tues. 10:00am - 12:00pm	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	1st Wed. 1:00pm - 2:00pm	Mini-Trip to the Army Museum in Fort Belvoir. Bus will leave the center by 9:30 and return at 2:00pm. Space is limited.	Free
FITNESS	<b>Basic Functional Balance Exercise</b> Activity #R07030-205 <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 - 1:30pm	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</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</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</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: Catarina Lindall	Tues. & Thurs 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 before. 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	As a 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



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

Mon. & Thurs.  
1:00pm - 2:30pm

This group offers an opportunity for conversation if you can read English but are not sure about speaking English. Try to speak slowly with this group so that everyone can understand. It is also a chance to meet people from other countries. We look forward to meeting you.

Free

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

2nd, 4th & 5th  
Saturdays  
10:30am - 12:00pm

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**  
Facilitators: 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**  
Facilitators: 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: Mauricio Burgos

Thurs.  
9:30am - 10:30am

Come and learn the 2nd most spoken language in the entire world with Mauricio'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 - 12:30pm

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

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

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

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

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**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.

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<b>Indoor Shuffleboard</b> <b>Activity #R07121-203</b> <i>Facilitator: Cathy Fisher</i>	<p style="text-align: center;">Tues. 1:00pm - 2:00pm</p>	<p>Whether you're a seasoned player or a beginner learn the basics of Shuffleboard or sharpen your skills. Everyone is welcome to come play and have a great time!</p>	Free
<b>Open Pickleball</b> <b>Activity #R07091-200</b> <b>(Subject to Change)</b>	<p style="text-align: center;">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>	Free
<b>Billiards</b> <b>Activity #R07103-203 M-F</b> <b>Activity #R07103-204 Sat.</b>	<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>	Free
<b>Table Tennis</b> <b>Activity #R07097-203 Mon.</b> <b>Activity #R07097-204 Fri.</b> <b>(Subject to Change)</b>	<p style="text-align: center;">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>	Free
<b>Newbies + Beginner Pickleball</b> <b>Activity #R07091-212</b> <i>Instructor: Coach Brad Paleg</i>	<p style="text-align: center;">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>	Free
<b>Advanced Beginner Pickleball</b> <b>Activity #R07091-213</b> <i>Instructor: Coach Brad Paleg</i>	<p style="text-align: center;">Thurs. 2:00pm - 3:00pm.</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>	Free
<b>Intermediate Beginner Pickleball</b> <b>Activity #R07091-214</b> <i>Instructor: Coach Brad Paleg</i>	<p style="text-align: center;">Thurs. 3:00pm - 4:00pm.</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>	Free

## **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.

**For 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

## (NEW) 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.

- If the County is open but MCPS closes: All programs and classes are cancelled, but Aquatics, Rec Centers, and Senior Centers will open at 9AM for drop-in activities, and Senior Transportation and Meals are cancelled.
- If the County is open but MCPS has a 2-hour delay: Aquatics, Rec Centers, and Senior Centers will open at 9AM, programs/classes before 10AM are cancelled, and Senior Transportation and Meals are cancelled
- If the County is open but MCPS has an early dismissal: Programs/classes starting at 2PM or later are cancelled. Facilities remain open for drop-in after 2PM.
- If the County is closed, we are closed.
- If the County has a delayed opening, we open at that time, and all programs before that are cancelled.

## Program Registration

Registration is required for all programs with an activity number. 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.

## Senior Adventures Camp

Schweinhaut will once again host a Senior Adventures Camp! Save the dates: July 29, 30, 31. Registration will open May 13.

## Upcoming Programs and Closures



Wednesday, March 12

Cardboard Boat Regatta

Wednesday, March 19

Dance Party with Walter Ware

Monday, March 17

Classic Irish Folk Songs with Tim Briceland

Wednesdays, March 5 - May 28

Superpower Dance Circle

*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 in the corridor next to front desk.*

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



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

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