

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

January 2025

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

Kyra Winthrop-St. Gery

New Years Celebration with Rita Clarke

Monday, January 13 • 1:00-2:00pm • #R07089-238

Join us to celebrate the 2025 New Year with your friends and a NEW entertainer, Rita Clarke. We will have a great time dancing, enjoying light refreshments and having a toast to ring in the new year. Space is limited.

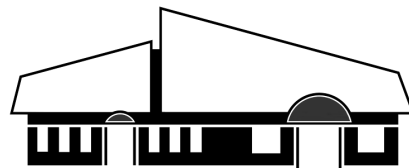
Guyana Presentation #R07105-226

Tuesday, January 14 • 1:00 - 2:00pm

Come and learn about the emerging English-speaking country of Guyana in South America. Speculate why infamous Jim Jones chose this country for his doomed commune. Hugh Holder is pleased to offer his opinions and some facts. See you then!

Closures, Class Cancellations or Changes

- Closed Jan 1st
- Senior Fit will be on Tues and Thurs starting Jan 7th
 - No Yin Yoga Jan 18th
 - Closed MLK Day Jan 20th



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, January 3, 10, 17, 24, and 31 • 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.

Jan 3 Frozen; Jan 10 Jungle Cruise; Jan 17 The Little Mermaid; Jan 24 Bedtime Stories; Jan 31 Big.

Boat Regatta Meeting #R07107-230

Fridays, January 3 - 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.

The Feast of the Epiphany #R07089-239

Monday, January 6 • 1:00pm - 3:00pm • Auditorium

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.

Mini-Trip: Ollies Outlet in Jessup #R07101-251

Friday, January 10 • 9:30am - 12:00pm • Lobby

Ollie's is America's largest retailer of closeout merchandise and excess inventory. Our semi-lovely" stores sell merchandise of all descriptions. You'll find real brands at real bargain prices in every department, from housewares to sporting goods to flooring to food.

New Year Party with Glenn Pearson Band #R07089-238

Monday, January 13 • 1:00pm - 2:00pm • Auditorium

Join us to celebrate the New Year with your friends and the Glenn Pearson Band. We will have dancing, light refreshments and a toast to bring in the new year. Space is limited.

Bingo in Spanish #R07085-214

2nd Tuesday, January 14th thru Feb 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.

Guyana Presentation by Hugh Holder #R07105-226

Tuesday, January 14 • 1:00 - 2:00pm • Garden Room

Come and learn about the emerging English-speaking country of Guyana in South America. Speculate why infamous Jim Jones chose this country for his doomed commune. Hugh Holder is pleased to offer his opinions and some facts. See you then!

Cardio Drumming with Everest Wellness #R07060-144

Wednesday, January 15 - March 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 will meet the third Wednesday of the month through March 19, 2025.

Special Programs

Seniors on Strike Bowling Day #R07101-208

Wednesday, January 22 • 9:30am - 1:30pm • Lobby

Please join your senior center and other centers around Montgomery County in a friendly competition of Bowling at Bowl America in Gaithersburg! It will be a festivity of games, prizes, pizza, and drinks! The bus will depart your senior center at 9:30 A.M (Please arrive at your center at least 15 minutes prior to the bus leaving.) The bus will arrive back at your senior center by 2:00pm. The cost is \$5.00. Your registration includes bowling, rental shoes, arcade credit, pizza, snacks, and soft drinks.

Strength & Balance Training by Adventist Healthcare #R07060-218

Wednesday, January 22 • 1:00pm - 2:00pm • Garden Room

The General Rehab Team of Adventist Healthcare will be conducting a strength and balance training program. This exercise routine is based on the OTAGO Program being used by the CDC, recognized as one of the best fall prevention programs for older adults. We will also be discussing steps for fall recovery. Everyone is welcome to join, as the program can be modified to your current level of fitness.

Mini-Trip: Laurel Dutch Country Market #R07101-252

Friday, January 24 • 9:30am - 12:00pm • Lobby

Dutch Country Market sells homemade food, baked goods, and sandwiches since 1997. In our 5,700-square foot Market, we make and sell quality food based on Amish County recipes and flavors. Our products come from Amish and Mennonite farmers and are either locally sourced or come from Lancaster County, PA.

Sing Along with Jan Gerardi #R07106-205

Monday, January 27 • 12:30pm - 1:30pm • Garden Room

Come and enjoy this fun hour sing-along with Jan and your friends. The music will be sure to inspire you to sing along or simply relax and enjoy the music.

DIY “Build A Snowman” #R07113-202

Tuesday, January 28 • 10:00am - 12:00pm • Daisy Room

Join MSSC staff to make a snowman to take home to keep you company throughout the winter months. Enjoy some hot chocolate while you work.

NEW Indoor Shuffleboard #R07121-203

Tuesdays, January 7- February 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!

Schweinhaut Announcements

We will be starting a new program at our center in hopes of getting together and talking about challenges and life situations that affect us all. We want to build a support group that will be inviting, help to build relationships and bring comfort to all members of our community.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics 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
	Card Making 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
	Fun with Art Activity #R07052-204 <i>Facilitator: Barbara Hunter</i>	Wed. 10:00am - 12:00pm	Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. Bring your own supplies.	Free
	Origami 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
	MSSC Knitting Corner 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	Schweinhaut Book Discussion Activity #R07065-203 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	Kabul by Asne Seierstad, 2002. This book is a portrait of a proud man who, through three decades and successive repressive regimes, braved persecution to bring books to the people of Kabul. This book also provides information about the plight of Afghan women and daily life in Afghanistan.	Free
	Coffee & Conversation with MSSC Staff 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
	Writer's Group Activity #R07058-205 <i>Facilitators: Beverly Moss</i>	1st & 3rd Tuesdays 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. Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link or to see the group's Anthology.	Free
	Military Discussion Group Activity #R07312-203	1st Wednesdays 1:00pm - 2:00pm	No January meeting. Group will resume the first Wednesday of February.	Free
FITNESS	Basic Functional Balance Exercise 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
	Ballroom Dance Activity #R07050-206 <i>Instructors: Ellen Moran & 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
	Bone Builders 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
	Dance Fitness with Georgia 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	Yin Yoga 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
	Kickboxing with Julien 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
	Line Dancing 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
	Low Impact Exercise with Julien 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 & Kaiser Permanente Present</i> Senior Fit 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. Register online by emailing seniorfit@holycrosshealth.org	Free
	Tai Chi Chuan 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
Qi Gong 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	BINGO! 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
	Pinochle Card Game 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
	Rummikub Play 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
	Chess Club 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	Nutrition 101 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
	Blood Pressure Screening 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 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: 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 Choral
Facilitator: Kathryn Harsha

Mon.
10:30am - 12:30pm

For more info on how to join, call 301-261-5747 or visit 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 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.

Free

Indoor Shuffleboard Activity #R07121-203 <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
Open Pickleball Activity #R07091-200 (Subject to Change)	<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
Billiards Activity #R07103-203 M-F Activity #R07103-204 Sat.	<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
Table Tennis Mon Activity #R07097-203 Fri Activity #R07097-204 (Subject to Change)	<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
Newbies + Beginner Pickleball Activity #R07091-212 <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
Advanced Beginner Pickleball Activity #R07091-213 <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
Intermediate Beginner Pickleball Activity #R07091-214 <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

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

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, 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, February 4 - March 6	Senior Planet "Exploring AI"
Wednesday, February 19	Treating Pain & Inflammation with Essentials Oils by Adrienne Hausman
Wednesday, February 12	Music & Dancing with Walter Ware
Monday, February 10	Black History Month Celebration with Howard Feinstein
Friday, February 14	Valentine's Day Tea with Lily Chang

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

Register for programs at 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