

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

June 2024

Schweinhaut Staff

Center Director:

Karen Maxin

Asst. Center Director:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

Sena Alemu

Hilda Ampaw

JoAnn Charles

Emmett Cochetti

Brenda Harding

Gerry Olson

Jennifer Posner

Katelynn Wilson

Kyra Winthrop-Gery

WEAAD Skits (World Elder Abuse Awareness Day) #R07107-527

June 11th • 10:00am - 11:30am

Join us to watch videos of our centers Senior Safety Skits, get up-to-date information provided by Montgomery County public officials, and learn about county resources. Staying safe and keeping you informed is our goal. Light refreshments will be served.

Free Art Giveaway

June 19th • 9:00am - 11:00am

MSSC will be giving away FREE artwork to a good home. This will be on a first come, first served basis.

ABC&D's of Medicare with Chris Farmer #R07107-528

Tuesday, June 25 • 1:00 – 3:00pm

Turning 65 or retiring soon and have questions about Medicare? Join us for our educational seminar with Chris Farmer and team as they guide you through the ABCD's of Medicare. Get answers to your questions so that you feel empowered to make the best decision for your healthcare!

Fire Safety Check with Jim Resnick #R07028-530

June 12th • 11:00am - 12:00pm

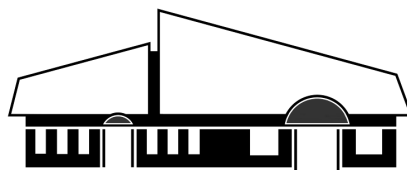
Consider a FREE Home Safety Check from the Montgomery County Fire and Rescue Service (MCFRS). They will inspect your smoke and carbon monoxide alarms, and if needed, may install new ones at no cost. Learn more during this presentation.

Closures, Class Cancellations or Changes

No Blood Pressure Screenings this month

Closed June 19th for Juneteenth

No Book Discussion July + August



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 #R07088-501

Friday, June 7, 14, 21 and 28 • 12:30pm - 2:00pm • Garden Room

Join us Friday for a movie presentation in the Garden Room. Check the bulletin board for a poster and synopsis of each week's designated film. **June 7** – 101 Dalmations (1996) **June 14** – Bridge To Terabithia (2007) **June 21** – Cheaper by the Dozen (2003) **June 28** – National Treasure (2004). The listed movies are subject to change.

Rummikub Play #R07086-504

Mondays, June 10 - July 22nd • 12:30pm - 2:00pm • Garden Room

Rummikub is a classic tile-based game combining elements of rummy and mahjong. Suitable for 2 to 4 players, the objective is to be the first to use all your tiles by forming runs and sets on the table. Players draw and play tiles, using strategy and a bit of luck to rearrange the board and outsmart opponents. With simple rules but deep strategic possibilities, Rummikub is a game of skill, cunning, and fun for all ages. We will be having a tournament on July 29th. Prizes will be awarded for first place winners.

Veterans Discussion "Open Discussion Group" #R07312-500

Wednesday, June 5 • 1:00pm - 2:00pm • Garden Room

We will gather to discuss past and present issues, concerns and just have a general conversation about our experiences in the service. You don't have to be a Veteran to attend this group. All are welcome and encouraged to join.

Mini-Trip: Laurel Dutch Country Market #R07101-550

Friday, June 7 • 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.

WEAAD Skits (World Elder Abuse Awareness Day) #R07107-527

Tuesday, June 11 • 10:00am - 11:30am • Garden Room

Join us to watch videos of our centers Senior Safety Skits, get up-to-date information provided by Montgomery County public officials, and learn about county resources. Staying safe and keeping you informed is our goal. Light refreshments will be served.

Fire Safety Check-Up with Jim Resnick #R07028-530

Wednesday, June 12 • 11:00am - 12:00pm • Garden Room

You probably get a regular health check-up for your health; your home deserves the same care and attention. Please consider having a FREE Home Safety Check by a representative from the Montgomery County Fire and Rescue Service (MCFRS). They will come to your house on an appointment basis and will check your existing smoke and carbon monoxide alarms. If they are missing or otherwise not working, they might be able to install new alarms at no cost. Learn more about a free safety check during this presentation.

Mini-Trip: US Capitol Tour #R07101-548

Thursday, June 13 • 9:30am - 2:00pm • Garden Room

Join us for a live tour of the Capitol. The tour includes the Crypt, Rotunda, the Gallery and a Q & A with Senator Van Hollen. Wear comfortable clothing and shoes as there is walking involved. Bring a lunch and water as there are no restaurants nearby.

Special Programs

ABC&D's of Medicare with Chris Farmer #R07107-528

Tuesday, June 25 • 1:00pm - 3:00pm • Garden Room

Turning 65 or retiring soon and have questions about Medicare? Join us for our educational seminar with Chris Farmer and team as they guide you through the ABCD's of Medicare. Get answers to your questions so that you feel empowered to make the best decision for your healthcare!"

Stress Management & Self Care with Elaine Perraco- #R07028-529

Wednesday, June 26 • 12:30pm - 2:00pm • Garden Room

We will discuss the causes of stress, tips and tricks for coping. Elaine will demonstrate some stress management techniques.

Mini-Trip: College Park Diner #R07101-551

Wednesday, June 26 • 9:30am - 12:00pm • Lobby

College Park Diner has been a staple of College Park for many years. We have a large menu serving breakfast, lunch and dinner at all times, as well as a weekday special.

Nepal & Ethiopia Presentation #R07022-504

Thursday, June 27 • 12:30 – 1:30pm • Garden Room

Nalini and Tsedale will share their life experiences from their countries of Nepal & Ethiopia. Learn about their traditions and the culture of these countries. Light refreshments will be served.

Rummikub Tournament #R07086-505

Monday, July 29 • 12:30 - 2:30pm • Garden Room

Come and compete in this fun and challenging tournament of Rummikub. Prizes will be awarded for the first - place winners.

Schweinhaut Announcements

Our Advisory Board (FOMSSC) will be holding a silent auction in the Fall. Their goal is to raise funds to support our programs and events. We are looking for donations of items for the auction. See or call Karen or Michelle with any questions on how to donate! Date of auction TBD.

Coffee w/ Staff + Advisory Board Members (FOMSSC)

June 16th • 9:30am - 10:15am *NEW TIME

Our FOMSSC (Friends of Margaret Schweinhaut Senior Center) will meet with staff and participants to discuss ways their mission to help our center thrive.

Senior Adventure Camp #R07104-407

Tuesday, July 30 through Thursday, August 1 • 9:00am - 3:00pm


Come and enjoy a 3-day camp for Senior's aged 55+ to make connections with fun activities while also exploring enjoyable places in the community. Sessions include lunch, theme days, musical entertainment, guest lectures, and trips on a coach bus.

Registration is required and space is limited-cost of camp is \$25.00.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-502 Instructor: Yvonne Roberts	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
	Card Making Activity #R07095-525 Instructor: Cindy Boccucci	2nd Sat. 11:30am - 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 #R07052-504 Facilitator: Barbara Hunter	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
	Origami Activity #R07096-503 Facilitator: Lois Dicker	1st Mon. 1:00pm - 3:00pm Extra Session 6/17	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 #R07003-504	Wed. & Fri. 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 #R07065-504 Facilitator: Marjorie Hoffman	2nd Tues. 1:00pm - 2:30pm	June book is "Better to Have Gone". It's the late 1960s, and two lovers converge on an arid patch of earth in South India. John Walker is the handsome scion of a powerful East Coast American family. Diane Maes is a beautiful hippie from Belgium. They have come to build a new world—Auroville, an international utopian community for thousands of people. This is a virtual class contact Karen at KarenMaxin@montgomerycountymd.gov to join.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-507	3rd Thurs. 9:00am – 9:45am	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
	Italian Class Activity #R07021-506 Instructor: Nina Baccanari	Weds. 1:00pm - 2:30pm	This class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. Participants should have a working knowledge of the Italian language.	Free
	Beginner Spanish Class Activity #R07015-508 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 #R07015-509 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
	Writer's Group Activity #R07058-508 Facilitators: Beverly Moss	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 groups Anthology.	Free
	Veterans Discussion & Support Group Activity #R07312-500	1st Weds. 1:00pm - 2:00pm	We will gather to discuss past and present issues, concerns and just have a general conversation about our experiences in the service.	Free

Activity	Day & Time	Description & Contact	Fee
Basic Functional Balance Exercise Activity #R07030-500 <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 in having a well-balanced body.	Free
Ballroom Dance Activity #R07050-504 <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 #R03010-505	Tues. & Thur. 10:30am - 11:30am	The program aims to maintain or increase bone density, preventing osteoporosis. Classes focus on balance, strength training, and posture, using dumbbells and ankle weights to stimulate bone growth.	Free
Yin Yoga Activity: R07032-517 <i>Instructor: Adina Crawford</i>	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 joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
Dance Fitness with Georgia Activity #R07012-533 <i>Instructor: Georgia Martin</i>	Mon. 9:30am - 10:30am	A popular style of dance fitness class is cardio dance. This type of dance fitness 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
Kickboxing with Julien Activity #R07060-515 <i>Instructor: Julien Elie</i>	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 every offensive and defensive move in kickboxing.	Free
Line Dancing Activity #R07011-511 <i>Instructor: Jo Ann Eng</i>	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 #R07060-516 <i>Instructor: Julien Elie</i>	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 <i>Instructor: Mike Werle</i>	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. Register online by emailing seniorfit@holycrosshealth.org	Free
Tai Chi Chuan Activity #R07025-504 <i>Instructor: Glenn Moy</i>	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 #R07059-505 <i>Instructors: Mike Kornely & Julia Schuker</i>	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 #R07085-502 <i>Facilitator: Linda Disharoon</i>	Mon. & Thurs. 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	Free
	Pinochle Card Game Activity #R07099-503 <i>Facilitator: George Kelly</i>	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 #R07086-504	Mon 12:30pm - 2:00pm 6/10 - 7/22	Rummikub is a 2-4 player game combining the elements of the card game Rummy and Mahjong. We will have a tournament on July 29th to highlight our skills.	
	Chess Club Activity #R07110-503 <i>Facilitator: Clifford DuThinh</i>	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 #R07024-503 <i>(Facilitator: Josephine Tsoigni Djoukeng, Ph.D.)</i>	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
	Blood Pressure Screening Activity #R07108-512 <i>Facilitator: Bernadette Denis</i>	Fri. 1:00pm - 2:00pm	Come get your blood pressure checked for free by Bernadette every Friday inside Schweinhaut's library room.	Free
M U S I C	Encore Chorale <i>Facilitator: Kathryn Harsha</i>	Mon. 10:30am - 12:30 pm	For more info, call 301-261-5747 or visit www.encorecreativity.org .	
	Seasoned Players Activity #R07056-503 <i>Facilitator: Helen Cothran</i>	1st & 3rd Wed. 1:30pm - 3:30 pm	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.	Free
	<i>Folklore Society of Greater Washington Presents</i> Song Circle Activity #R07080-528 <i>Facilitator: Fred Stollnitz</i>	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 to join on Zoom.	Free
	Angklung Music Lesson Activity #R07109-504 <i>Instructor: Ari Peach</i>	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 <i>Facilitator: Anita Joseph</i>		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

"It's Your Life"

After insightful presentations from a beekeeper and a professional dancer, we're excited to shift the spotlight to you! Share your stories as part of our monthly program designed to showcase and connect with each member of our community. Visit the main office to sign up for a program. We're here to assist with slideshows, pictures, and more to ensure your time takes center stage!

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<p>Bocce Ball Play Activity #R07124-501 Facilitator: Cathy Fisher</p>	<p>Tues. & Thur. 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>Open Pickleball Activity #R07091-502 (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>	Free
<p>Billiards Activity #R07103-507 M-F Activity #R07103-508 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>	Free
<p>Table Tennis Mon Activity #R07097-507 Fri Activity #R07097-508 (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>	Free
<p>Newbies +Beginner Pickleball Activity #R07091-513 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! Space is limited, so sign up early!</p>	Free
<p>Advanced Beginner Pickleball Activity #R07091-514 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 advance your pickleball skills, including NVZ play and resetting skills.</p>	Free
<p>Intermediate Beginner Pickleball Activity #R07091-515 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 non-volley zone (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 your strategies.</p>	Free

Nutrition Program - Socialize while enjoying a healthy meal!

Monday through Friday • Noon • Almost Café

The cost of the meal is \$7.99. For people age 60 or older, or a spouse of any age and 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 • Departs 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 area, please call Evelyn Kittrell at 301-255-4214.

Changes or cancellations, call 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

Encore Chorale

Join the spring music experience with the Encore Chorale of Schweinhaut! No audition needed, just a passion for singing. For adults 55+, the ensemble meets every Monday, 10:30 AM - 12:00 PM. Explore a diverse repertoire and improve your health in a welcoming community. Learn more and register at <https://encorecreativity.org/sing-with-us>.

Pickleball

Copies of Open Pickleball Play schedule are posted at the center. We can also email it to you.

Have Our Newsletter Emailed

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

Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems? Call Elaine Hughes at 301-920-0009 or email at Hughes2113@gmail.com and get your clothes mended, free of charge.

Upcoming Programs – Look at what is coming in July



Wednesday, July 3	Independence Day Celebration with Howard Feinstein
Wednesday, July 3	Veterans Discussion with Army Veteran Wayne Stinchcomb of Veterans Affairs
Tuesday, July 24	DIY Floral Centerpieces
Wednesday, July 29	Rummikub Tournament
Tuesday, July 30 - Aug 1st	Senior Adventure Camp

Please note that the above programs are tentative and changes could be made. 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.org

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 Activemontgomry.org