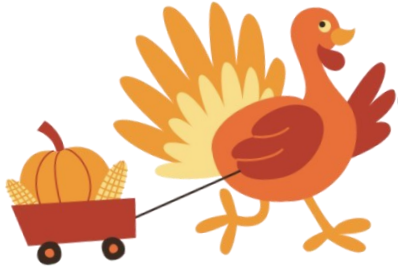


Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

November 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

Calling all Veterans

If you are a Veteran, we would like to Thank You for your service. Please give our front desk staff your name, phone number and the branch of service in which you were enlisted. We would like to acknowledge our appreciation for your service to our country. We will also enter your name into a raffle for a chance to win a prize.

Winter Registration

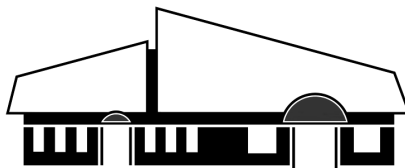
Winter registration for all programs 55+ activities starts Wednesday, November 13th at 9am.

Class Announcements

English Conversation with Linda Winter will meet at 1pm - 2:30pm on Mondays. We will also have a Beginner Italian Class from 1pm - 2pm, followed by an Intermediate Italian Class.

Closures, Class Cancellations or Changes

- No Dance Fitness with Georgia on November 4th.
- No Tai Chi Chuan with Glenn Moy on November 5th.
 - No Bingo Thursday on November 7th.
 - Closed November 11 for Veterans Day.
- Closed November 28 and 29 for Thanksgiving.



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 #R07088-104

Fridays, November 1, 8, and 22 • 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.

Nov 1 – Halloweentown (1998)

Nov 8 – Inside Out 2 (2024)

Nov 22 – West Side Story (2021)

Movies are subject to change.

French Conversation with Kodjovi Abotchi #R07019-103

Saturday, November 9th and 23rd • 1:00pm - 2:30pm • Daisy Room

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. This class will be held the 2nd and 4th Saturdays of the month.

"Medicare Changes" Appointments with Chris Farmer

Tuesdays Starting November 5 thru 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.

Mini Trip: WWII Memorial #R07101-194

Wednesday, November 6 • 9:30am - 2:00pm • Lobby

November In-person discussion group is cancelled as we will be doing a mini-trip to visit the WWII Memorial in Washington, D.C. Dan Breitenbach a retired US Army veteran and is now a volunteer docent with the National Park Service will be answering questions and educating participants on the Memorial and the US role in the Second World War

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.*

Mini-Trip: Laurel Dutch Country Market #R07101-197

Wednesday, November 13 • 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.

Special Programs

Flu & Covid Vaccine Clinic by Giant Pharmacy #R07108-115

Friday, November 15 • 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.

Diabetes Management Basics Education #R07028-126

Tuesday, November 19 • 9:30am - 12:00pm • Garden Room

Holy Cross Health will offer a free diabetes management education for adults living with type 1 or 2 diabetes. This class is taught by a registered Nurse or Registered Dietician from Holy Cross Health. Topics include: healthy eating and nutrition, understanding your blood sugar numbers, problem solving, physical activities and managing a healthy lifestyle.

Cardio Drumming with Everest Wellness #R07060-144

Wednesdays, November 20 - 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.

Motown Classics with Walter Ware #R07106-105

Wednesday, November 27 • 1:00-2:30pm • Garden Room

Walter hopes to inspire dancing while singing Motown Classics from the greats such as Chubby Checker, Lou Armstrong, The Temptations, and more. Light refreshments will be served. Register online or at our front desk.

Schweinhaut Announcements

“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!

Coffee w/ Staff

Thursday, November 21 • 9:30am - 10:15am

Meet with staff and other MSSC participants to discuss new ideas for programs, mini trips and more. We value your input and hope to see you there.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-105 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 #R07095-151 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 #R07052-105 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 #R07096-103 Facilitator: Lois Dicker	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 #R07003-106	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 #R07065-105 Facilitator: Marjorie Hoffman	2nd Tues. 1:00pm - 2:30pm	November Book: "Main Street by Sinclair Lewis" This is a virtual class; contact Karen at Karen.Maxin@montgomerycountymd.gov to join.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-108	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 #R07058-108 Facilitators: Beverly Moss	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. Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link or to see the groups Anthology.	Free
	Military Discussion Group Activity #R07101-194	Wed Nov 6 9:30am - 2:00pm	November In-Person group is cancelled as we will have a mini-trip to visit the World War II Memorial with retired US Army Veteran Dan Breitenbach who is now a volunteer docent for the National Park Service. Registration opens Nov 1st.	Free
FITNESS	Basic Functional Balance Exercise Activity #R07030-104 Instructor: Julien Elie	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 #R07050-110 Instructors: Ellen Moran & William Goldberg	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 #R03010-119	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 #R07012-136 Instructor: Georgia Martin	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: #R07032-113 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 #R07060-132 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 #R07011-110 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 #R07060-133 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: 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. Register online by emailing seniorfit@holycrosshealth.org	Free
	Tai Chi Chuan Activity #R07025-113 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 #R07059-103 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 #R07085-112 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
	Pinochle Card Game Activity #R07099-104 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 #R07086-105	Mon. 12:30pm - 2:00pm	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.	Free
	Chess Club Activity #R07110-104 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 #R07024-106 (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
	Blood Pressure Screening Activity #R07108-113 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 #R07019-103
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 #R07019-103
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 #R07021-107
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 #R07021-107
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 #R07015-111
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 #R07015-112
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

10:30am - 12:30 pm

For more info to join the group, call 301-261-5747 or visit www.encorecreativity.org.

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Seasoned Players Activity #R07056-102
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 #R07080-128
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 to join on Zoom.

Free

Angklung Music Lesson Activity #R07109-103
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


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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

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<p>Bocce Ball Play Activity #R07124-100 Facilitator: Cathy Fisher</p>	<p>Tues. & 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>Open Pickleball Activity #R07091-115 (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 #R07103-106 M-F Activity #R07103-107 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 #R07097-107 Fri Activity #R07097-108 (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 #R07091-112 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>	Free
<p>Advanced Beginner Pickleball Activity #R07091-113 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 NVZ play and resetting skills.</p>	Free
<p>Intermediate Beginner Pickleball Activity #R07091-114 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 strategies.</p>	Free
<p> Shuffleboard & Horseshoes</p>	<p>TBD</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

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

Announcements

Vaccine Clinic

We will be having a vaccine clinic here on Friday, Dec 18th.

Registered for Programs

If you register for a program or trip, please notify us asap if you can't attend. 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

Open Pickleball Play schedule are posted at the center. We can email it to you call, 240-777-8085 to get on the list.

Upcoming Programs and Closures



Tuesday, December 3	Skin Care using Essential Oils with Adrienne Hausman
Saturday, December 7	Akhmedova Ballet Presents "Nutcracker Show"
Thursday, December 12	Sports Day with Matt Connolly
Wednesday, December 18	Flu & Covid Vaccine Clinic by Giant Pharmacy
Wednesday, December 18	Cardio Drumming with Everest Wellness
Friday, December 20	Winter Concert by Encore Chorus
Tuesday, December 24	No Bone Builders Class
Wednesday, December 25 –Jan 1	Closed for Maintenance

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