

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

July 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-St. Gery

Independence Day Celebration with Howard Feinstein

Wednesday, July 3rd • 10:00am - 12:30pm

Join us for a Independence Day Celebration, Howard will perform some traditional patriotic songs, that the audience can sing along to. During his performance he will discuss what people see as the meaning of patriotism. Come enjoy the show and stay for lunch at 11:30. Register with R07089-551 online or at front desk.

Coffee with A Cop

Wednesday, July 10 • 11:00am - 12:00pm

Please join us for a cup of coffee and have a discussion with Montgomery County Police Officer Glenda Franco. Learn ways to stay safe and ask questions of concerns you might have. Light refreshments will be served. Register with #R07092-509

TeenWorks Students are Back!

June 24 - Aug 16

Students will be available for tech help for phones, laptops, and tablets. They will be available Mon, Wed, and Fri. from 9am - 3pm.

See Cory or Stephen for an appointment for tech help!

They will be doing a presentation on July 17 on how to avoid phishing scams. See page 2 for details.

Closures, Class Cancellations or Changes

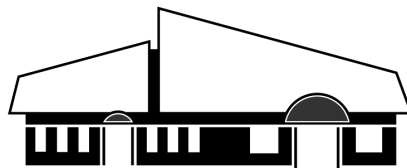
Closed July 4th in observance of Independence Day

No Book Discussion July & Aug

No Beginner Spanish Class or Beginner Plus Spanish Class in July

No Italian Class in July

No Dance Fitness with Georgia in July & Aug. Super Dance Circle will substitute.



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

Fridays, July 5, 12, 19 and 26 • 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. **July 5 – Cars (2006) July 12 – Wall-E (2008) July 19 – The Incredibles (2004) July 26 – Finding Dory (2016)** The listed movies are subject to change.

Rummikub Play #R07086-504

Mondays, July 1 through July 22 • 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. Come join the fun.

Let's Play Virtually #R07313-502

Mondays, July 8 through Aug 26th • 10:00am - 11:30am • Garden Room

Step into a world of endless possibilities with our Virtual Reality Adventure Program! This experience allows participants to explore immersive virtual environments using state-of-the-art VR headsets. Whether you're interested in interactive games or breathtaking virtual tours our program offers something for everyone.

Veterans Discussion with Army Veteran Wayne Stinchcomb #R07312-500

Wednesday, July 3 • 1:00pm - 2:00pm • Garden Room

Army Veteran, Wayne Stinchcomb of the Silver Spring Veteran Center will do a presentation on the organization and their mission of the Department of Veterans Affairs as well as on the local activities here in Silver Spring.

Mini-Trip: Kharis Lavendar Fields #R07101-532

Tuesday, July 9 • 9:30am - 2:00pm • Lobby

Join us for a relaxing day at the Kharis Lavender Farm. We'll take a 30-minute tour of the fields, then enjoy your lunch with your friends on the grounds of the farm. Browse the gift shop and join the activity to make lavender sachets to take home for the cost of \$10 + tax. Registration is required as space is limited. Bring your own lunch as there is no food sold on the premises.

Coffee with a Cop (Glenda Franco) #R07092-509

Wednesday, July 10 • 11:00am - 12:00pm • Garden Room

Please join us for a cup of coffee and have a discussion with Montgomery County Police Officer Franco. Learn ways to stay safe and ask questions of concerns you might have. Light refreshments will be served.

Self-Care for Hot Weather by Elaine Parreco #R07028-534

Tuesday, July 16 • 12:30pm - 2:00pm • Garden Room

Hot weather is here, and Elaine will share tips on clothing and drinks to help keep you cool during these hot summer months. These tips will help keep you hydrated, refreshed and cool on the hottest of days.

Teenworks Students Present "Avoiding Phishing Scams" #R07105-524

Wednesday, July 17 • 10:30am - 12:00pm • Garden Room

Phishing is the fraudulent practice of sending emails or other messages purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers: Join our Teenworks Students to learn how to spot these scams and avoid being hacked.

Mini-Trip: Downtown Silver Spring #R07101-556

Friday, July 19 • 9:30am - 2:00pm • Lobby

Downtown Silver Spring combines a vibrant, laid-back atmosphere with an eclectic mix of dining, shopping, and entertainment for the Silver Spring area. Enjoy the day out with your friends.

Special Programs

The Fundamentals of Estate Planning #R07105-525

Wednesday, July 23 • 11:00am - 12:00pm • Garden Room

The attorneys from the Hill Law Group will provide an overview of what estate planning is and why it is important to you and your family. They will highlight the types of documents that should be included in a solid estate plan.

Senior Planet: Chrome Essentials #R07105-523

Tuesday, July 23 - Aug 23 • 1:00pm - 2:15pm • Garden Room

This 5-week course will cover the essentials of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. Chromebooks are fast, secure, and cost-effective computers that run the Google Chrome operating system. By the end of the course, you'll have a foundation for using the device to navigate the internet. You'll also learn to send and receive email.

DIY "Hedgehog Book" Folding with Dottie Patch #R07113-501

Tuesday, July 23 • 1:00pm - 3:00pm • Daisy Room

Book folding is the process of folding the pages of a book (which you don't need or intend to read again) so that it becomes like a piece of paper sculpture. In this case, we will fold and decorate a softcover or hardcover book into the form of a fanciful hedgehog! Materials are included.

DIY "Floral Centerpiece" #R07113-500

Wednesday, July 24 • 10:00am - 12:00pm • Garden Room

If you missed our first class please join us to make a lovely floral centerpiece for your home. Get creative and make a one-of-a-kind centerpiece to take home to enjoy. Registration is required and space is limited.

Rummikub Tournament #R07086-505

Monday, July 29 • 9:30am - 12:00pm • Garden Room

Come and compete in this fun and challenging tournament of Rummikub. A prize will be awarded for the first place winner.

Mini-Trip: Lemon Slice Cafe #R07101-555

Tuesday, July 30 • 9:30am - 2:00pm • Lobby

At Lemon Slice Café in Silver Spring, everyone is welcomed with love and served food, cooked with love. All dishes are made from scratch, using fresh and seasonal ingredients. Whether you're vegetarian, vegan, paleo, sugar or gluten free, we make sure that it is simple, fresh and delicious.

The Advisory Board (Friends of Margaret Schweinhaut Senior Center) will be holding a silent auction in the Fall. Their goal is to raise funds to support our programs and events. They are looking for donations of items for the auction. If you have with any questions or would like to donate contact FOMSSC Treasurer Clifford Duthinh at cuongdzu@aol.com. Date of auction TBD.

***NEW TIME**

Coffee w/ Staff & Advisory Board Member

July 18th • 9:30am - 10:15am

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

Senior Adventure Camp #R07104-40

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


Come and enjoy a 3-day camp for Senior's aged 55+! Make connections, do fun activities and 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	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. 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	No July or Aug Class 2nd Tues. 1:00pm - 2:30pm	September Book: "Everyone in this Room will Someday be Dead" This is a virtual class contact Karen at KarenMaxin@montgomerycountymd.gov to join.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-507	3rd Thurs. 9:30am – 10:15am *NEW TIME	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 Facilitator: Nina Baccanari	No July Class Wed. 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	No July Class 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	Free
	Beginner Plus Spanish Class Activity #R07015-509 Facilitator: Rocio Torresano	No July Class 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 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 Facilitator: Linda Disharoon	Mon. & Thurs. 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	Free
	Pinochle Card Game Activity #R07099-503 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 #R07086-504	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 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 #R07024-503 (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 #R07108-512 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
M U S I C	Encore Chorale Facilitator: Kathryn Harsha	Back in Sept. 10:30am - 12:30 pm	For more info, call 301-261-5747 or visit www.encorecreativity.org .	
	Seasoned Players Activity #R07056-503 Facilitator: Helen Cothran	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 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 #R07109-504 Facilitator: Ari Peach	Sat. 12:00pm - 2:00pm	Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument crafted from bamboo. You will then get the opportunity to perform at various events in the community.	Free
S E R V I C E S	Senior Services in Montgomery County Facilitator: Anita Joseph		Call 240-777-1062 to make an appointment to meet with Anita at MSSC for information about senior services, assistance in obtaining services/benefits, and education on offerings available to seniors.	Free

"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 \$8.26. 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

Announcements

End of Summer

We are sad to inform you that we will not be having a BBQ Bonanza this year. We will have an end of the summer party at our center on September 4th with fun activities & food.

Pickleball

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

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.

Coming Soon Farmers Market Coupons

Look out for more information about when registration for farmers market coupons will begin. Winners will be drawn from a lottery of applicants.

Upcoming Programs – *Look at what is coming in August*



Tuesday, August 13

The Fundamentals of Estate Planning

Wednesday, August 14 and 21

Bocce Tournament with MCR Matt Connelly

Friday, August 23

Jazz on the Terrace at White Oak

Tuesday, August 27

ABC&D's of Medicare with Chris Farmer

Date TBD

Patrick Smith on Acoustic Guitar

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.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 Activemontgomry.org

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