

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

July 2025

Schweinhaut Staff

Center Director:

Karen Maxin

Asst. Center Director:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

Sena Alemu

Hilda Ampaw

JoAnn Charles

Jairo Gomez

Brenda Harding

Gerry Olson

Jennifer Posner

Abeale Tekele

Kyra Winthrop-St. Gery

Free Diabetic Shoes by Medicare

Tuesday, July 8 • 10:00am-2:00pm • Daisy Room

Registration is required. Check page 2 for details.

Schweinhaut Walking Club #R07035-512

Tuesdays Starting July 15th • 10:30am-11:30am

Registration is required. Check page 2 for details.

Motown with Jumpin Joe Phillips

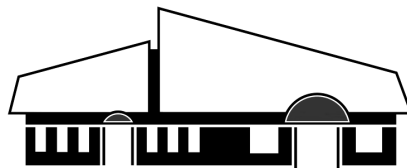
Monday, July 14 • 1:00-2:30pm • Auditorium

Join us for a fabulous Motown & Oldies show with Jumpin Joe. The music will surely make you get up and dance or groove in your seat. Light refreshments will be served. Registration is required.

Closures, Class Cancellations or Changes

July 4th & 5th, Closed for Independence Day.

Starting in July, the Veterans Program will meet on the second Wednesday of each month.



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 #R07088-503

Fridays, July 11, 18 & 25 • 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.

July 11 **Bride Wars**; July 18 **Meet Bill**; and July 25 **Café**

Billiard Lessons for Ladies #R07103-511

Tuesdays , Through July - August • 11:00am - 12:00pm • Billiards Room

Have you thought about learning how to shoot billiards? Join this fun class to learn the basics and perhaps some not so basic shots. Space is limited so please register soon. If the class is filled, please get on the waitlist as things change and spots might become available.

Superpower Dance Circle #R07012-545

Wednesdays, July 2, 9, 16, 23 & 30 • 9:00am - 10:00am • Auditorium

Join our dance party atmosphere and move to popular music, incorporating various dance styles, including: hip-hop, jazz, Latin, international, modern, scarf-drumstick (magic wands), and social line dance. The class culminates with cool-down stretches, deep breathing techniques, and guided meditation. Our program is designed to be engaging, fun, expressive and a beneficial experience. Sheer scarves will be provided.

Game Day with Staff #R07112-514

Mondays July 7 - August 25 • 12:30pm - 3:00pm • Garden Room

Join staff for hours of fun where you can choose what game you want to play. Choose from a variety of games such as Rummikub, Chess, Dominoes and more! Besides being good for your brain, this activity will be a great social time in hopes of nurturing friendships along the way.

Free Diabetic Shoes by Medicare #R07028-542

Tuesday, July 8 • 10:00am - 2:00pm • Daisy Room

Susan Karami is a Medicare Board Certified Therapeutic Fitter and will be here to take orders for diabetic shoes. You must have been diagnosed with diabetes to be seen. Medicare will pay for one pair of shoes per calendar year. Must provide doctors name & phone number, Medicare or Medicaid & other insurance cards, including UnitedHealthCare. No HMOs. No Kaiser insurance. No United Healthcare HMO. Registration is required.

The Four Chaplains by Veteran Wayne Stinchcomb #R07312-501

2nd Wednesday, July 9 • 1:00pm - 2:00pm • Garden Room

The **Four Chaplains**, also referred to as the **Immortal Chaplains** or the **Dorchester Chaplains**, were four chaplains who died rescuing civilian and military personnel as the American troop ship SS **Dorchester** sank on February 3, 1943, in what has been referred to as the one of the worst sea disasters of World War II.

Motown with Jumpin Joe Phillips #R07106-524

Monday, July 14 • 1:00pm - 2:30pm • Auditorium

Join us for a fabulous Motown & Oldies show with Jumpin Joe. The music will surely make you get up and dance or groove in your seat. Light refreshments will be served. Registration is required.

Schweinhaut Walking Club #R07035-512

Tuesday, July 15 • 10:30am - 11:30am • Lobby

Join your peers at your local senior center for a walking club. This walking program is open to walkers of all fitness levels. Participants will meet in person at the Schweinhaut lobby and will walk for 1 hour in the neighborhood. Wear comfortable clothing, proper shoes and bring a water bottle to stay hydrated. At the end of the program, join your peers in a joint center fun 1-mile walk at the Wheaton Senior Center on August 20th.

Special Programs

Cardio Drumming with Everest Wellness #R07060-526

Wednesday, July 16 • 10:30am - 11:30am • Auditorium

Cardio Drumming is designed for older adults. This unique workout uses movement with drumsticks and an exercise ball to create memorable, musical, and fun workouts!

Vaccine Clinics by Giant Pharmacy #R07108-336

Thursday July 17 • 10:00am - 1:00pm • Daisy Room

Pharmacist Rimple Gabri from Giant Food will be offering this vaccine clinic. In addition to the flu shot, he will also be providing Shingrix, Tetanus, Pneumonia, COVID, and Hepatitis B vaccines. The updated COVID vaccine for Spring 2025 will be offered, as well as the RSV+al virus vaccine. Bring your Medicare card and any secondary insurance information. No appointments are necessary, but registration is required.

Virtual Meeting: Senior Nutrition Program Update #R07028-538

Thursdays July 17 • 1:00pm - 2:30pm • Garden Room

Meet with the Director of the Senior Nutrition Program, Carol Craig. She will share information about the SNP program and discuss any questions about the new participant manual. She will offer monthly virtual opportunities for participants to ask questions and concerns they have.

Mini-Trip: Butcher's Orchard #R07101-584

Friday, July 18 • 12:30pm - 3:00pm • Lobby

Join us for a morning at Butler's Orchard to get some fresh produce, baked goods or visit the gift shop. Their produce section offers loads of seasonal favorites such as tomatoes, peaches, apples, and so much more! The produce inventory is constantly changing as seasons come and go.

Mini-Trip: Ollie's Bargain Outlet in Jessup #R07101-585

Wednesday, July 23 • 9:00pm - 12:00pm • Lobby

Ollie's is America's largest retailer of closeout merchandise and excess inventory. Our unique 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

Monthly Dance Party with Walter Ware #R07106-523

Friday, July 25 • 1:00pm - 2:30pm • Auditorium

Join us for a great time with Walter Ware. He hopes to inspire dancing while singing some Motown Classics. Enjoy music of a great era such as Marvin Gaye, The Spinners, The Temptations and many more.

Seniors Adventure Camp #R07104-425

Thursday - Friday, July 29 - 31st • 8:00am - 3:00pm • Garden Room

Currently Full. Come and enjoy a 3-day camp for Seniors aged 55+! Make connections, do fun activities and explore enjoyable places in the community. Sessions include lunch, theme days, musical entertainment, guest lectures, and trips on a coach bus.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-501 <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 #R07095-525 <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 #R07052-502 <i>Facilitator: Barbara Hunter</i>	Wed. 10:30am - 12:00pm	Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. Bring your own supplies.	Free
	Origami Activity #R07096-501 <i>Facilitator: Lois Dicker</i> Activity #R07096-503 <i>Facilitator: Debbie Pichler</i>	1st Mon. 1:00pm - 3:00pm June 23rd 10:00am - 12:00pm	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 Stitchers Activity #R07003-504 <i>Facilitator: Carol Bannerman</i>	Wed. 1:00pm - 3:00pm	Whatever needlework you prefer (knitting, crocheting or embroidery), join us to practice your craft in this friendly group. Use our donated yarn to create useful items for community charities.	Free
EDUCATIONAL	Book Discussion Activity #R07065-504 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	On Summer Break, will return September 2025	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-505	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 #R07058-505 <i>Facilitator: Beverly Moss</i>	1st & 3rd Tues. 10:00am - 12:00pm	Join fellow writers as they share essays, poems, stories, and more in this friendly, informal virtual group. Share your work or just listen—everyone is welcome! Contact Karen at karen.maxin@montgomerycountymd.gov for the Zoom link.	Free
	Military Discussion Group Activity #R07312-501	2nd Wed. 1:00pm - 2:00pm	See page 2 for description.	Free
FITNESS	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 to having a well-balanced body.	Free
	Ballroom Dance Activity #R07050-504 <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. 12:00pm - 1:30pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples are welcome. Followed by Let's Dance!	Free
	Bone Builders Activity #R03010-519 Activity #R03010-505	Tues. & Thur. 10:30am - 11:30am Mon. & Wed. 8:15am - 9:15am	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 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 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: #R07032-517 <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 body joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
	Kickboxing Activity #R07060-513 <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 offensive and defensive moves in kickboxing.	Free
	Line Dancing Activity #R07011-508 <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 Activity #R07060-512 <i>Instructor: Julien Elie</i>	2nd Fri. 9:30am - 10:30am	This class offers 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: Chatarina Lindvall</i>	Tues. & Thurs 9:15am - 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. Call 301-557-7895 or 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 exercise emphasizes relaxation, balance, and coordination.	Free
G A M E S	Qi Gong Activity #R07059-503 <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
	BINGO! Activity #R07085-502 <i>Facilitator: Linda Disharoon</i>	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 #R07099-501 <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-Fri 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 #R07110-502 <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 Tsobgni Djoukeng, Ph.D.</i>	Tues. & Thurs. 1:00pm - 2:00pm	As a Nutritionist and Certified Wellness Life Coach, Josephine will host a discussion on how to be your best healthy self.	Free
	Brewing Healthy Relationships Activity #R07111-506 <i>Facilitator: Wubet Tezera</i>	Fridays 10:30am - 12:00pm	Join us for a traditional Ethiopian coffee ritual that fosters connection and open discussion. This practice supports healthy relationships, encourages sharing everyday concerns, and offers health benefits such as improved focus, digestion, and antioxidant support. All are welcome.	Free

L A N G U A G E

English Conversation Activity #R07021-508 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. It is also a chance to meet people from other countries. We look forward to meeting you.

Free

French Conversation Activity #R07019-502 Facilitator: Kodjovi Abotchi

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

If you have knowledge of French, this class is for you. Kodjovi will cover simple conversations and grammar to help you brush up on your skills. He will include music and poems at some of the classes.

Free

Beginner Italian Class Activity #R07021-504 Facilitators: Nina Baccanari and Graziella Caminiti

On Summer break,
will resume in Sept.

This class will cover vowels, numbers, alphabet, seasons, days, months, grammar, phrases, vocabulary, and other basic principles. Knowledge of Italian Required

Free

Intermediate Italian Class Activity #R07021-506 Facilitators: Maria Goudiss and Suzan Daley

On Summer break,
will resume in Sept.

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 #R07015-508 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 #R07015-509 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

M U S I C

Seasoned Players Activity #R07056-502 Facilitator: Helen Cothran

NO JULY
PROGRAM

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 #R07080-516 Facilitator: Fred Stollnitz

In Person or Zoom
2nd Fri. of the 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 #R07109-503 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

Blood Pressure Screening Activity #R07108-505 Facilitator: Bernadette Denis

Fri.
1:00pm - 2:00pm

Come get your blood pressure checked for free by Bernadette every Friday, in our library.

Free

Senior Services in Montgomery County Facilitator: Anita Joseph

2nd Tues. of
the month

Call 240-777-1062 to **make an appointment** to meet with Anita the 2nd Tuesday of the month at MSSC. Anita will provide information about senior services, assistance in obtaining services, benefits, and education on offerings available to seniors.

Free

Indoor Shuffleboard Activity #R07121-502 <i>Facilitator: Cathy Fisher</i>	Tues. 12:30pm - 2:00pm	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!	Free
Bocce Ball Play #R07124-501 <i>Facilitator: Cathy Fisher</i>	Thurs. 1:00pm - 2:00pm	Learn the basics of Bocce Ball in this fun, hands-on session! We'll cover rules, scoring, and techniques to help you improve your game. Bring friends and enjoy this classic outdoor activity together.	Free
Open Pickleball Activity #R07091-502 (Subject to Change)	Fri. See monthly schedule	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.	Free
Billiards Activity #R07103-503 M-F Activity #R07103-505 Sat.	M-F 8:00am - 4:00pm Sat. 9:00am - 3:00pm	Come in and join us for a game of Billiards. The Pool Room is open to everyone during center hours.	Free
Table Tennis Activity #R07097-505 Mon. Activity #R07097-506 Fri. (Subject to Change)	Mon. 12:00pm - 2:00pm Fri. from 10:30am - 12:00pm	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.	Free
Newbies + Beginner Pickleball Activity #R07091-513 <i>Instructor: Coach Brad Paleg</i>	Thurs. 1:00pm - 2:00pm	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!	Free
Advanced Beginner Pickleball Activity #R07091-514 <i>Instructor: Coach Brad Paleg</i>	Thurs. 2:00pm - 3:00pm	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.	Free
Intermediate Beginner Pickleball Activity #R07091-515 <i>Instructor: Coach Brad Paleg</i>	Thurs. 3:00pm - 4:00pm	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.	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 • Pickup start at 8am • Depart the center at 2pm

Our daily bus to the center is available for pickup in our area.

For Information, cancellations or changes, or to check if you're in our pickup area, please contact Evelyn Kittrell 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

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

Have Our Newsletter Emailed

You can have our monthly newsletter emailed directly to your personal email address! 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.

Upcoming Programs and Closures



Tuesday, August 12

Mini- Trip: Senior Day at Montgomery County Fair

Friday, August 15

"Alan Ames Still Thinks He's Funny" Comedy Show

Thursday, August 21

Vaccine Clinic by Giant Pharmacy

Wednesday, August 20

Mobile Health Services Unit with Dental Services

Day, August

Ice Cream Social with performer Lily Chang

Friday, August 22

Monthly Dance Party with Walter Ware #R07106-523

*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
notice of any additional programs in the corridor next to front desk.*



Check out the recreation website at MOCOREC.COM

Register for programs at Activemontgomery.com