



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

May 2024

Asian American & Pacific Islander Heritage Month Celebration

Tuesday, May 22, 1:00pm

Enjoy a fashion show of traditional costumes from different Asian countries; a Tai Chi Sword demonstration; and traditional dances from Bali, Hawaii and China.

Pre-registration required.

Save the date for WEAAD 2024

June 11, 10-2pm



Pre-registration is required for the event and also the lunch.

Let's celebrate Older Americans Month

Thursday, 5/30, 1:00pm

Join us as Walter Ware plays his usual wonderful melodies and celebrate Older Americans Month.

Pre-registration required.

Summer HPSI class registration will begin on Monday, May 13th.

Mothers' Day

Tuesday, May 14, 1pm

Join us for a Mothers' Day celebration with music from Christiana Drapkin and her band.



Pre-registration required.

**Center Closing: Monday, May 27
In observance of Memorial Day**

Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
Phone: (240) 777-4999

www.mocorec.com

Center Hours:

Monday thru Friday 9:00 a.m. - 4:00 p.m.
April thru Sept. Wednesday 9:00 a.m. - 8:00 p.m.



Special Hi-Lites Events & Activities

AARP Safe Driving Class

Monday, May 13, 10-3pm



Pre-registration required.

Info on page 14.

Let's celebrate Asian American & Pacific Islander Month

Wednesday, 5/22, 1:00pm

Join us for a fashion show; a Tai Chi Sword demonstration; and traditional dances from Bali, Hawaii and China.

Light refreshments served.

Pre-registration required.

Wednesday Evenings — Special Events

May 1, 6pm

Spring in Paris



May 29, 6pm

Line Dance Under the Stars



June 5, 6pm

Senior Prom



June 12, 5pm

Bocce Tournament



Wednesday Evenings — Special Events and Activities

May 1: 6-7pm

Spring in Paris with Christiana Drapkin and her band Socialize with your friends, dance and listen to beautiful French music and enjoy hot or cold tea and French desserts.

May 8: 6-7pm

Acupressure for Arthritis and Joints
Join us to learn a gentle acupressure sequence for self-care, and more! *Please wear comfortable clothing and bring a ball of rolled up thick socks.

May 15: 6-7pm

Acupressure for Lungs, Heart and Chest
Join us to learn a gentle acupressure sequence for self-care, and more!

A Book & A Movie

Book discussion on "The Lovely Bones" by Alice Sebold at 4:30pm; movie at 5:30pm.

May 22 : 6-7pm

Acupressure for Deep Relaxation
Join us to learn a gentle acupressure sequence for self-care, and more!

Wednesday Evenings — Nights at the Park

Special Events & Activities

May 29: 6-7:30pm

Line Dance Under the Stars with Robin Dancing will be held outside under the stars, weather permitting. Drinks and munchies will be served from 6-6:30pm and dancing will be held from 6:30-7:30pm.

June 5: 6-7:30pm

Senior Prom Join us for a night of music by the Night & Day band at Holiday Park's Casino themed Senior Prom. Come in your best prom clothes to dance the evening away. *Light refreshments will be served.*

Pre-registration required.

June 12: 5-7pm

Bocce Tournament

Join us to play or watch. Please pre-register if you want to play in the tournament.

The Center will be closed on June 19 in observance of Juneteenth.

June 26: 6-7pm

Smartphone Workshop

Senior Smart is an impactful and beneficial workshop where local teens and seniors unite through a technology driven learning experience. These sessions are conducted in one-on-one or small groups and work to bridge the generational gap and empower seniors with technological skills while nurturing connections with youth.

A Book & A Movie

Book discussion on "Eye of the Needle" by Ken Follett at 4:30pm; movie at 5:30pm.

Don't forget that the Billiard Room, Outdoor and Indoor Fitness Rooms, Library, Table Tennis, and Bocce Court are open for use while we are open in the evenings.

Evening Classes

Belly Dancing: May 1-22; 7-8pm; \$20

Egyptian oriental dance or "belly dance", is a low impact, full body activity that builds strength and endurance. These beginners level lessons will focus on isolated movements, steps and applications of the rhythms found in classical and modern Arabic music. Wear comfortable clothes and flexible footwear or go barefoot for ease of movement. Sponsored by HSPI and taught by Asala.

Every Body's Yoga: June 26-Aug. 28; 6-7pm; \$35

Current session will end 6/5.

Taught by Regine and sponsored by HPSI. A yoga class to increase flexibility, give you a sense of energy and well-being while a guided relaxation activity will help promote a good night's sleep.

Music and Art Experience:

May 8-June 26; 6-7:45 pm; \$30

Would you like to experience tranquility? Do you wish to let the colors dance in a creative and serene environment? In this class, you can delve into this beautiful experience without any prior instruction. The class is centered around abstract art, and creating several beautiful canvases.

Sponsored by HPSI and taught by Mehrnaz.

NIA Dance: June 5-Aug. 28; 6-7pm; \$50

NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts. Appropriate for all levels. Sponsored by HSPI and taught by Smita.

Classes and Drop-in Activities

Please register at the Front Desk. Summer registration begins on Monday, May 13.

DANCE

BALLROOM: INTERMEDIATE

Current session will end 6/5.

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Quickstep & Foxtrot.**

Rhythm: Cha-Cha & West Coast Swing.

Smooth	Wed	6/26-8/28	2:30-3:20pm	\$45	10 wks
Rhythm	Wed	6/26-8/28	3:30-4:20pm	\$45	10 wks

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming. Combines tai chi, qigong, ballet & expressive dance movements.

Fri	Ongoing	11-11:50am	Free
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PERSIAN DANCE

Taught by Mehrnaz and sponsored by HPSI. Dance varies depending on the historical period or place of origin, culture, and language of the local people, and can range from sophisticated reconstructions of refined court dances to energetic folk dances.

Wed	6/26-7/31	11-11:50am	Free	6 wks
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HULA INTERMED. CHOREOGRAPHY

Current session will end 6/3. No class on 5/27.

Taught by Dawn and sponsored by HPSI. This class will focus on advancing the techniques learned in the beginner Hula course. Additional terminology will be discussed along with the use of Hula implements.

RETURNING IN FALL.

INTERNATIONAL FOLK DANCING

Current session will end 6/7.

Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience needed. No partner required. **No class 7/5.**

Fri	6/21-7/26	11-11:50am	\$15	5 wks
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TAP DANCING (BEG.)

Current session will end 6/5. Taught by Denise and sponsored by HPSI. Designed for students who are completely new to tap dance or those returning for a review. A scaffold of basic tap skills is introduced at this level (such as balance, body alignment and a series of tap techniques and terms). **No class 7/31.**

Wed	6/26-8/28	12-12:50 pm	\$50	10 wks
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TAP DANCING (INT.)

Current session will end 6/5.

Taught by Denise and sponsored by HPSI. Designed for students who have taken tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations and rhythms will be taught. **No class 7/31.**

Wed	6/26-8/28	1-1:50 pm	\$50	10 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

Current session will end 6/6. No class on 5/16.

Taught by Matt and sponsored by HPSI. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights and mats are used. Please bring your own weights to the class. **No class 7/4.**

Beg.	Thur	6/20-8/29	12-12:50pm	\$40	10 wks
Adv.	Thur	6/20-8/29	11-11:50am	\$40	10 wks

CHAIR PILATES

Sponsored by HSPI and taught by Ayanna.

This class is designed to teach the basic exercises of Classical Pilates. It focuses on core strength training and muscle control to help participants with correcting posture and stability to enhance mobility and flexibility.

Fri	5/31-7/19	2-2:50pm	\$30	8 wks
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EASY FIT DANCING

Current session will end 6/3 & 6/5.

No classes on 5/13, 5/15, 5/20, 5/22, 5/27 & 5/29.

Taught by Marcia and sponsored by HPSI. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights.

Mon	Cancelled for Summer, Returning in Fall			
Wed	6/26-8/28	11-11:50am	\$35	10 wks

FITNESS EQUIPMENT ORIENTATION —INDOOR

Taught by Tony and sponsored by HPSI. Learn the basics of how to safely use the equipment in the gym. Limit 5 people per session.

Thur	5/9 & 7/11	11-11:50 am	\$5 each	1 time class
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

LATIN RHYTHM CARDIO FITNESS

Current session will end 6/4 & 6/6. No class on 5/16.
 Taught by Tony and sponsored by HPSI. Let's have fun dancing together! This low impact but high energy class combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. **No class 7/4.**

Tue	6/18-8/27	2-2:50pm	\$45	11 wks
Thur	6/20-8/29	10-10:50am	\$40	10 wks

MOVE AND GROOVE DANCE FITNESS

Current session will end 6/3 & 6/5.
No class on 5/20 & 5/27.

Taught by Carla. This class is for students who want modified dance fitness with a focus on balance, range of motion, and coordination, this low-impact dance fitness class is taught to introduce simple movements. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com with code R07012.**

Mon	6/17-8/26	2:30-3:20pm	Free	11 wks
Wed	6/26-8/28	2:30-3:20pm	Free	10 wks

SELF DEFENSE — TAE KWON DO

Taught by Larry. Learn self-defense through the practice of Tae Kwon Do, a Korean martial art. Develop confidence in the knowledge that you can protect your personal space. Through relaxation and self-defense techniques, increase your mental alertness, flexibility, and range of motion.

Fri	Ongoing	2-2:50pm	Free
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SENIOR SHAPE—STABILITY BALL

Sponsored by Suburban Hospital. An exercise class that will tone and define your core muscles and help build better balance. Hand-held weights required. **Register at: <https://events.suburbanhospital.org/>**
No class on 5/27.

Mon	4/1-6/24	12-12:45 pm	\$40 paid to Suburban
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TAI CHI BEGINNERS

Taught by Milan. Learn the basics of this ancient, beautiful and relaxing form of exercise.

Wed	Ongoing	9:30-10:20am	Free
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TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

Tue	Ongoing	9:30-10:20am	Free
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TAI CHI SWORD

Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword.

Mon	Ongoing	2:30-3:25pm	Free
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YOUR BODY IS MEANT TO MOVE

Current session will end 6/6.
 Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones. **No class on 7/4.**

Thur	6/20-8/29	2-3pm	\$30	10 wks
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ZUMBA FOR ALL

Current session will end 6/3. No class on 5/27.
 Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength.

Mon	6/17-8/26	9-9:50am	\$35	11 wks
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ZUMBA GOLD ADVANCED

Current session will end 6/5.
 Taught by Mitzi and sponsored by HPSI. The original dance-fitness party.

Wed	6/26-8/28	10-10:50am	\$40	10 wks
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ZUMBA GOLD TONING

Current session will end 6/7.
 Taught by Mitzi and sponsored by HPSI. Incorporates Gold workout with light weight training.

Fri	6/21-8/30	10-10:50am	\$45	11 wks
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YOGA

EVERY BODY'S YOGA

Current session will end 6/5.
See Wednesday Evening Class listings for more details!

HATHA YOGA FOR ALL

Current session will end 6/4 & 6/7.
 Taught by Debbie and sponsored by HPSI. This class focuses on posture, balance, strength, flexibility, breathing and meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class.

Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.

Virtual	Tue	6/18-8/27	9-9:50am	\$45	11 wks
In Person	Fri	6/21-8/30	9-9:50am	\$45	11 wks

Classes and Drop-in Activities

Please register at the Front Desk. Summer registration begins on Monday, May 13.

YOGA FOR BALANCE

Current session will end 6/4.

Taught by Linda and sponsored by HPSI. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	6/18-8/27	10-10:50am	\$45	11 wks
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YOGA (CHAIR)

Current session will end 6/4.

Taught by Linda and sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses.

Tue	6/18-8/27	11:10-12:00pm	\$45	11 wks
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YOGA (CHAIR) IN SPANISH

Current session will end 6/6.

Taught by Karen and sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish.

No class 7/4.

Thur	6/20-8/29	11:00-11:50pm	\$25	10 wks
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ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Current session will end 6/6.

Taught by Nicki and sponsored by HPSI. This is a continuing class for students who have prior experience in Chinese Brush painting.

Thur	7/11-8/29	1—3pm	\$80	8 wks
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KNIT & CROCHET WORKSHOP

Led by Shirley and Carma. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
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WATERCOLOR & DRAWING (Hybrid)

Current session will end 6/4. No class 5/27.

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor. This class will be a hybrid of in-person and virtual alternating every other week, starting in-person.

RETURNING IN FALL.

WATERCOLOR (In-Person)

Current session will end 6/3.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique.

RETURNING IN FALL.

WATERCOLOR (Virtual)

Current session will end 6/4.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **Register for the virtual watercolor class by emailing: HolidayParkSeniors@gmail.com.**

RETURNING IN FALL.

WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Drop-in.

Fri	Ongoing	1-2:55pm	Free
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LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Greg. Vocabulary and conversational English to help you get comfortable in everyday conversation.

Tue	Ongoing	9:50-10:40am	Free
Thur	Ongoing	9:50-10:40am	Free

EVERYDAY ENGLISH (BASIC)

Taught by Deb. Vocabulary and basic English to help you get comfortable in everyday conversation.

Tue	Ongoing	9-9:45am	Free
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FRENCH: BEGINNER

Current session will end 6/5. No class on 5/15.

Taught by Gilles and sponsored by HPSI. Learn and practice your French.

Wed	7/17-8/26	9-9:50am	\$15	7 wks
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FRENCH: INTERMEDIATE

Current session will end 6/5. No class on 5/15.

Taught by Gilles and sponsored by HPSI. Learn and practice your French. Prior knowledge required.

Wed	7/17-8/26	10-10:50am	\$15	7 wks
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

FRENCH: CONVERSATION

Current session will end 6/5. No class on 5/15.

Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required.

Wed	7/17-8/26	11-11:50am	\$15	7 wks
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SPANISH (BASIC)

Current session will end 6/3. No class on 5/27.

Taught by Jairo, MC Recreation. Learn basic conversational skills in Spanish including greetings, introductions, everyday words, numbers and more.

RETURNING IN THE FALL.

SPORTS

BOCCE BALL COURT

Outside our back door. Enjoy a good match with a friend. Drop-in.

Daily	Ongoing	All day	Free
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BILLIARD/POOL ROOM

Open daily. Keep your accuracy skills on target and your attention sharp as you enjoy a game with others.

Daily	Ongoing	All day	Free
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TABLE TENNIS ROOM

Open daily. Enjoy a good match with a friend or check the list in the room to find popular times to meet up if you need a partner.

Daily	Ongoing	9am-4pm	Free
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OPEN GYM—FITNESS ROOM

Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation for closed times.

Daily	Ongoing	All day	Free
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GAMES

GAME ROOM

On our second floor. Several tables available to enjoy a good game with a friend. Open daily. Drop-in.

Daily	Ongoing	All day	Free
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RUMMIKUB

Elsa hosts. Drop-in and enjoy playing with friends.

Daily	Ongoing	starts at 1:00 pm	Free
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SCRABBLE

Ray hosts this drop-in game with 3-5 games at a time.

Wed	Ongoing	starts at 1:00pm	Free
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BRIDGE

BRIDGE FOR BEGINNERS III

Current session will end 6/4.

Taught by Rochelle and sponsored by HPSI.

RETURNING IN FALL.

BRIDGE INTERMEDIATE III

Current session will end 6/6.

Taught by Rochelle and sponsored by HPSI.

RETURNING IN FALL.

SUPERVISED BRIDGE

Led by Rochelle and sponsored by HPSI.

Join these sessions to play, compare and review pre-dealt hands. Anyone at any level will enjoy and benefit from this hands-on experience.

Tue	6/18-7/30	1-3pm	\$35	7 wks
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BRIDGE (Duplicate)

Allen hosts. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required.

Wed	Ongoing	12:30-4pm	Free
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BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
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SPECIAL INTERESTS

BEHIND THE HEADLINES

Gerald and other volunteers facilitate this drop-in discussion on current events.

Mon	Ongoing	10-11:25am	Free
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The 1:00 PM Holiday Park Daily Show – May 2024

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Cooking with Nikki—Mothers’ (and Grandmothers’) Day Sweets and Treats With Mother’s Day right around the corner, let’s come together and enjoy some decadent (but healthy!) goodies to celebrate you and those around you! Representatives from the Senior Nutrition Program will give a presentation on how to indulge in treats while also managing nutrition and healthfulness. This presentation will include a demonstration and tasting of (seemingly) indulgent treats ahead of Mother’s Day. Pre-registration required.	Wed. May 1
Karaoke with Buu Luong Join us to sing along with your friends to some classic karaoke hits!	Thur. May 2
Dance Club Friday with Tim Amann Tim will make your toes dance to his fun and popular tunes! <i>Light refreshments served.</i>	Fri. May 3
Nutrition Lecture with Rhonda Brandes EAT THIS NOT THAT – A Guide to Healthy Choices Learn what should be on your plate! Hear how you can dine out healthfully and also get a seasonal guide to fruits and vegetables.	Mon. May 6
Fiesta del Cinco De Mayo Join us for a Cinco de Mayo Fiesta with music from a 6-man mariachi band! <i>Light refreshments served.</i> Pre-registration required to be admitted to the event, however registration is now full!	Tue. May 7
Live Music with Violinist Caterina Vannucci Joins us to hear Caterina play songs from some of your favorite classic films and series.	Wed. May 8
Flower Making with Connie Enjoy the nice spring weather and make some paper flowers with Connie!	Thur. May 9
Dance Club Friday with Mike Surratt The fabulous Mike is back again to play to the delight of everyone! <i>Light refreshments served.</i>	Fri. May 10
Bingo—Free! Join us to play a few rounds of bingo and win some household prizes!	Mon. May 13
Mother’s Day Celebration with Christiana Drapkin Join us for a special musical performance from Christiana Drapkin and her band to celebrate everyone’s mothers and grandmothers! Pre-registration required.	Tue. May 14
Sheldon Lehner presents: Leadership’s Various Views Whether in workplace or personal situations, evaluate the speaker’s examples with <u>your</u> reaction as to how you have handled it. We provide a variety of familiar expert recommendations on critical areas of leadership, together with Sheldon’s thoughts.	Wed. May 15
Tech Thursday: AI Image Generators Do you envision something in your mind’s eye but struggle to bring it to life? There’s an AI tool for that! This lecture will explain how artificial intelligence can turn your words into stunning realistic and imaginative images in seconds. We’ll demonstrate an AI image generator and the wide range of visual and artistic styles it can produce. You’ll also learn tips for getting the most out of this new and exciting technology so you can get started!	Thur. May 16

The 1:00 PM Holiday Park Daily Show – May 2024

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Dance Club Friday with Retro Rockets

Fri. May 17

Dance the afternoon away with the rocking beats of the Retro Rockets!

Light refreshments served.

Stroke Lecture with Mary Mallow from Adventist HealthCare

Mon. May 20

Every 40 seconds someone in the US has a stroke. Every 3.5 minutes someone dies of stroke. This presentation will help you to identify what a stroke is and the types. In addition, the risk factors of stroke will be discussed and how to reduce your risk. Lastly, what to do if you suspect a stroke.

Health Talk with Suburban Hospital

Tue. May 21

Summer is around the corner! Come to learn how to support your body and mind during the summer season. Dr. Kimberly Coleman PhD, BSN, LAc, RN, registered nurse and doctor of acupuncture, will discuss the best diets and lifestyle adaptations for what is known as the fire season in Traditional Chinese Medicine (TCM).

Asian American & Pacific Islander Heritage Month Celebration

Wed. May 22

Join us to celebrate Asian American & Pacific Islander heritage month. Enjoy a fashion show of traditional costumes from different Asian countries; a Tai Chi Sword demonstration; and traditional dances from Bali, Hawaii and China.

Light refreshments served. Pre-registration required.

No 1pm Program Volunteer Recognition Program

Thur. May 23

Asian American & Pacific Islander Heritage Dance with Island Breeze

Fri. May 24

Join us while we celebrate Asian American & Pacific Islander heritage month with beachy tunes played by Island Breeze! *Light refreshments served.*

CENTER CLOSED — Happy Memorial Day!

Mon. May 27

Movie: “The Story of Lunch” (2010) — 50 mins.

Tue. May 28

A London publisher recounts a lunchtime reunion with a former lover, in poetic monologue. Starring Alan Rickman and Emma Thompson.

Tell Us Your Story Presentation

Wed. May 29

Join us to hear funny, heartfelt, engaging stories from a brave, talented group of local writers who took the Tell Us Your Story class. Learn how they wrote such powerful work, based on their life experiences. You may just be inspired to write some memories of your own!

Live Music with Walter Ware for Older Americans Month

Thur. May 30

Join us for a lovely afternoon of Walter’s smooth rhythms as we celebrate Older Americans Month! **Pre-registration required.**

Dance Club Friday with Gary Brown

Fri. May 31

Gary is here again, making you dance the afternoon away to his great beats.

Light refreshments served.

Classes and Drop-in Activities

Please register at the Front Desk. Summer registration begins on Monday, May 13.

BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. During the summer we offer A Book and A Movie, where the group discusses the book and follows by watching the movie adaptation. Book discussion begins at 4:30pm and the movie is shown at 5:30pm.

May 15: "The Lovely Bones" by Alice Sebold

June 26: "Eye of the Needle" by Ken Follett

July 24: "The Glass Castle" by Jeanette Walls

Wed	4:30pm book talk	5:30pm movie	Free
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JOURNALING CLUB

Led by Carol and sponsored by HPSI. Join us monthly to work on your journal and learn how to start a journal and express your creativity and feelings. Bring your own journal.

Tue	5/14	2:15-3:45	Free
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MINDFULNESS MEDITATION

Led by volunteers Doug & Li. Meditate for 10-15 minutes at the start and end of the class, between, talk about ways to be mindful in our daily life. People may bring in articles, books and videos to discuss.

Fri	Ongoing	11-11:50 am	Free
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PHOTOGRAPHY CLUB

Led by Bill. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month.

Wed	5/1 & 5/15	10-12 pm	Free
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TELL US YOUR STORY

Taught by Laura. If you've always wanted to write about the most meaningful events and people in your life, this class series is just for you. All experience levels are welcome! You'll learn to write compelling stories through creative writing exercises, lectures and discussions. **You must pre-register with a member of County Staff or online using code R07058 at ActiveMontgomery.com**

Wed	6/18-8/6	2-3:30pm	Free
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WRITING GROUP

Writing group led by Ray where you can share your written work with other peers. Drop-in.

Fri	Ongoing	10-11:25am	Free
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MUSIC

PIANO CLUB

Led by Jack Calman. Have fun taking turns playing and singing with others simple tunes that you know how to play. A "Piano Show and Tell", at the level of a little more than beginner, to practice and get used to playing in front of people, and to get feedback and help from other players. Intended just to have informal fun (not a class or recital) with piano friends.

Mon	5/6, 6/3	2-3 pm	Free
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TECHNOLOGY

iPAD BASICS

This series meets twice a week for five weeks and will cover the essentials of how to use the Apple iPad, how to navigate the internet, and how to send and receive email. Prerequisites: A Gmail address. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495. Participants are encouraged to bring their own device.

Mon & Wed	4/22-5/22	10-11:15am	Free
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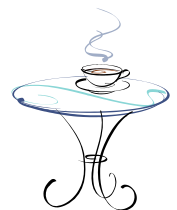
PRIVACY & SECURITY PRIMER

This series meets twice a week for five weeks and will include lectures and hands-on sessions that explore how to create strong passwords and identify scams, how ad-targeting works online, tips for managing privacy settings, and more! Prerequisites: Participants should be comfortable navigating the internet and have an email address that they use.

Tue & Thur	5/14-6/13	10-11:15am	Free
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The Café

**Open Monday thru Friday
9:30am to 1pm,
volunteers permitting.**



Multicultural Programs



LA ESQUINA LATINA

Cafecito y Amistad (Active Living in Spanish)

Con Elsa. Un grupo para charlar y compartir experiencias cotidianas para empezar bien la semana. Regístrese en la recepción.

Lu	Seguido	10-10:50 am	Gratis
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Charla con Arte

Tenga una conversación entre amigos mientras pinta o escucha música. Las conversaciones són en Español.

Lu	Seguido	11-11:50 am	Gratis
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Conversación en Inglés (Everyday English)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	9:45-10:55am	Gratis
Ju	Seguido	9:45-10:55am	Gratis

Gramática Inglesa para personas de habla Hispana

Con David. Unase a este grupo para aprender algunos trucos y consejos gramaticales para hablar bien inglés.

Lu & Mi	Seguido	10-10:50am	Gratis
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Superando los Cambios:

Grupo de Apoyo Emocional

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro terapeuta de Santé Group José Hernández.

Ma	Seguido	11-11:55 am	Gratis
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Toma de tensión arterial:

Con Gladys Para más información, comuníquese con Maria Mercedes al 240-777-4965

Lu	Seguido	10-12 pm	Gratis
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Yoga (en Silla) en Español:

Impartido por Karen y patrocinado por HPSI. Vengan y relájense haciendo yoga.

Ju	4/4-6/6	11-11:50 am	\$20
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ASIAN CORNER

Active Golden: Meet & Greet

Join this South East Asian group and make some new friends!

Tue & Fri	Ongoing	9:15-10:30 pm	Free
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Active Golden: Zumba Senior 55+

Taught by Rita. **Registration required.**

Join this upbeat exercise class that will help you with your balance, your coordination and your posture! *Space is limited for both sessions!*

Tue	Ongoing	10:30-11:20 am	Free
Tue	Ongoing	11:30-12:20 pm	Free

Active Golden: Bingo

Registration required.

Join us for some fun games of bingo!

Tue	Ongoing	1-2:30 pm	Free
Fri	Ongoing	10:30-11:45	Free

Active Golden: Karaoke

Registration required.

Join us for a fun afternoon of singing to classic karaoke songs!

Tue	Ongoing	2:30-3:30 pm	Free
Fri	Ongoing	1-1:45 pm	Free

Health and Wellness Programs

BLOOD PRESSURE SCREENING -
Monday and Thursday 10-2pm

COPING WITH CHANGE -

Thursdays 10:30am—11:30 am.

Led by Yasaman Alavi, LCPC a therapist from Affiliated Sante Group. A support group to help you to overcome the challenges of aging. Free.

For questions, call 301-332-0462.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE -

Tuesdays 10:30—11:25 am.

Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

Medical Equipment Loan Closet

MEDICAL EQUIPMENT LOAN CLOSET -
Wheelchairs, walkers, some canes and commodes are usually available, free for short term loan. However, wheelchairs require a \$50.00 refundable deposit.

Check with our Reception Desk staff for availability of equipment.

Coffee and Conversations

Coffee with a Cop

Wed., 5/1, 10:30 am



Enjoy conversation with Officer Katie Beard from the Montgomery County Police and learn more about your community and discuss safety concerns.

PLANT ROOM NEWS

- After the last frost: plant warm-season annuals, including annual herbs like basil; plant tomatoes, peppers, and other warm weather vegetables
- You can bring houseplants outside once the nights are consistently above 60° F. Place them in a shaded area to gradually introduce them to more sunlight.
- Leave grass clippings on the lawn when you mow the lawn.
- Consider applying for a FREE tree to plant in your yard. Contact Tree Montgomery (<https://treemontgomery.org>) for more information.
- Consider planting shrubs that thrive in the shade like Winterberry, Summersweet, Leucothoe.

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$7.99). Please make your reservation one week in advance and cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.

Please bring exact change to make your donation!!



On Tuesdays, the lunch program will be split into two seatings: 11:45am & 12:30pm. Please arrive 15 minutes early to check in.

OUR PARTNER NEWS



Holiday Park Seniors, Inc.

HPSI is a non-profit organization supporting programs, classes and services at Holiday Park Senior Center.

HPSI Memberships are only \$10.00 per year.

Your membership is good for one year from the time you register and it allows you to vote in 2024 for the Directors of the HPSI Board!

Your membership also provides you with entry into a raffle for a chance to win one of three individual gift certificates for classes sponsored by HPSI. They are worth \$100, \$75 and \$50.

HPSI Elections run from April 29 thru May 3, from 10-2

The ballot box will be in the café. Information on those running for the HPSI Board will be posted on the bulletin board across from the café.

The Consignment & Gift Shop

Open Tuesdays from 9:30am to 1pm, and Wednesdays from 9:30am to 1pm, volunteers permitting.

*Both Jewelry and Household Goods accepted on Wednesdays.
Clothing is never accepted.*



NARFE Meetings

Decisions--This Way or That Way?

Do you want honest, reliable, and better information to answer the question, “Who are the best people to earn my vote to run the Country?” The Voters’ Guide produced, by the League of Women Voters, provides reliable, non-partisan information on folks running for office and about the questions on the ballot. How does the League do it and how can we be sure of the information? The League of Women Voters of Montgomery County will present information about its election work at our May 21st meeting. Speakers will describe the preparation of the Voters’ Guide and its online version, VOTE411.org. They will also discuss League’s advocacy in favor of voting rights at the national, state and local levels.

Tuesday, May 21, 1pm

This meeting will be held in person and online via Zoom using the link below.

<https://us06web.zoom.us/j/82848562302?pwd=all0d3BBMXF5Y1NGRnpwNFZ2S0J4UT09>

Meeting ID: 828 4856 2302 Passcode: 236762

Transportation Options

JCA Curb-to-curb transportation

Transportation is available Monday-Friday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call.

Leisure World residents, please call Evelyn at 301-255-4214.

Senior Connection

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

Connect-A-Ride

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).



AARP Safe Driving Class

Monday, May 13, 10-3pm

This class is designed to help refresh your safe driving knowledge. There will be a break for lunch. Check with your insurance provider to find any discount from the certificate earned in this class.

Register at the Front Desk. \$20 for AARP members and \$25 for non-members. Pay to Instructor Ken Ow.

The Plant Room



*Open Tuesday & Friday
from 9am to 12pm. We have
an assortment of plants for
sale at just \$1.00 each.*

INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:00 pm Monday thru Friday**, when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

To register for virtual classes, please email: HolidayParkSeniors@gmail.com

Center & County Services

General Information and Policies

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

HPSI SCHOLARSHIPS

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6197.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Joseph. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.



SHIP – STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Call 301-255-4250 for an appointment.

This program assists with Medicare insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

You can also view it online: Go to mcorec.com, then under the Facilities tab, go to the Senior Centers page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the Newsletter tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed under the screen in the lobby, across from the Front Desk, that is always on display!

We have made many options available. We hope you find the one that is best suited for you!

Holiday Park Senior Center Directory:

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:

Cecilia Altamirano
Younna Badr
Arthur Clemmer
Maria Mercedes Diaz
Jairo Gomez
Gail Jacobson
Alice Karaca
Kur Kur
Kamarr Louissaint
Dizzi Mungo
Ashley Ramos
William Song
Corinne Verard-Eppley
India Wilson

Holiday Park Seniors, Inc. (HPSI)

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:

Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

**Look What is Coming in June 2024...
A sampling of Holiday Park 1:00 pm Programs**

- Jun. 3, M. Sounder Sleep Lecture
- Jun. 4, T. Movie
- Jun. 5, W. Cooking with Nikki — **Pre-registration required**
- Jun. 6, Th. Sing Along
- Jun. 7, F. Dance Club Friday with DJ Tyzer

- Jun. 10, M. Caregivers Lecture with Ruth
- Jun. 11, T. WEAAD — **Pre-registration required**
- Jun. 12, W. Nutrition Lecture with Rhonda Brandes
- Jun. 13, Th. Fathers' Day Celebration — **Pre-registration required**
- Jun. 14, F. Dance Club Friday with Mike Surratt

- Jun. 17, M. Juneteenth Social with Orleans Express — **Pre-registration required**
- Jun. 18, T. Health Lecture with Suburban Hospital
- Jun. 19, W. CENTER CLOSED for Juneteenth
- Jun. 20, Th. Vita Drawing Therapy
- Jun. 21, F. Dance Club Friday with Take Two

- Jun. 24, M. Everyone's Got A Story
- Jun. 25, T. Sheldon Lehner presents: "Pop"ular Music through the Years
- Jun. 26, W. Live Music with Mike Suser
- Jun. 27, Th. Tech Thursday
- Jun. 28, F. Dance Club Friday with Night & Day

**NOTE: Please be advised that programs are subject to change. Check the daily schedule near the front door for the most current information.*

Follow us on Facebook @HolidayParkSeniors

Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership has resumed. This \$10.00 a year card allows you to be entered in a raffle for various prizes. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

THE REC CARD

Have you requested your card yet? We just updated our system so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE.** Sign-up at the reception desk.

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