

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

May 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

Mother's Day Angklung Performance #R07107-345 Tuesday, May 7 • 11:00am - 12:00pm

Join us to celebrate Mother's Day and the woman in our lives past and present. The Angklung performers will be dressed in gowns and party dresses and will model them for the audience after their performance.

Comedy Show "Alan Ames Thinks He's Funny" #R07107-339

Monday, May 13 • 10:00 – 11:00am

Ames has been telling jokes and stories his whole life, but he first tried performing stand-up comedy as a bucket list idea. Alan will be performing his unique brand of "Boomer Humor" and will also discuss his journey into standup comedy which started at age 70. Alan comes to us from Massachusetts and is excited to perform at our center. Registration is required as space is limited.

Summer Registration

Registration for summer programs opens on **Monday, May 13.**

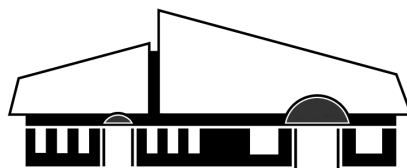
Register for our programs at the front desk or online at activemontgomery.org. If the program has an activity number the class requires registration.

Closures, Class Cancellations or Changes

No Open Pickleball on Tuesday May 14 for Election Day

No Open Pickleball May 17 & 18th

No Open Beginner Pickleball May 17th



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 - #R07088-303

Friday, May 3, 10, 17, 24 and 31 • 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. **May 3** – Black Panther (2018) **May 10** – Moana (2016) **May 17** – Jungle Cruise (2021) **May 24** – Big (1988) **May 31** – Beauty and the Beast (2017) The listed movies are subject to change.

Senior Planet: Exploring Smartphone Apps #R07105-328 (10 Sessions)

Weekly on Tuesday & Thursday, April 9 until May 14 • 1:00pm - 2:15pm • Garden Room

Exploring Smartphone Apps: In this 10-session series, you'll learn to make the most out of your smartphone with apps! We'll start by going over basic smartphone functions and learning to search for and download apps. From there, we'll explore useful and fun apps that are relevant to the group, such as messaging apps, entertainment apps, fitness apps, and more! The series includes lectures and hands-on sessions and is open to both iPhone and Android users.

Veterans Discussion "Negative Stigma on Mental Health" #R07312-301

Wednesday, May 1 • 1:00pm - 2:00pm • Garden Room

Mental health stigma refers to negative beliefs people may hold about those with mental illness, which can lead to stereotypes, prejudice, and discrimination. Public awareness and literacy have increased substantially. We will discuss the effects negative stigma has on our military past and present.

Mini-Trip: Heyser Farms #R07101-351

Friday, May 10 • 9:30am - 12:00pm • Lobby

Heyser Farm is a 3rd generation family farm and market established in 1946. They are open year-round with fresh fruit and vegetables, sweet cider, baked goods, flowers, local milk, eggs, bread, ice cream, honey, jams and more!

Bocce Tournament #R07124-303

Saturday, May 11 • 10:00am - 12:00pm • Bocce Court Outside

Come join your peers at Margaret Schweinhaut Senior Center for a day of Bocce Ball! This will be a fun day for everyone to play some Bocce Ball and compete against their peers! Whether you are a beginner or experienced player, all are welcome to join!

Stroke Awareness Presentation by Elaine Perraco #R07105-331

Wednesday, May 8 • 12:30pm - 2:00pm • Garden Room

Join us for an educational presentation on stroke awareness by Elaine Perraco of the Montgomery County Stroke Association. Elaine will give an hour presentation on Signs, Symptoms, Risk Factors and Prevention of strokes. There will be time at the end for Q & A.

Akhmedova Ballet Presents "Peter and the Wolf" #R07094-311

Saturday, May 11 • 1:00pm - 2:30pm • Auditorium

"Peter and the Wolf" presented by the Akhmedova Ballet Academy dancers is the story of a young boy named Peter who disobeys his grandfather and climbs over the fence and goes into the meadow. When he encounters a wolf, with quick thinking and the help of his friends – a bird, a duck and a cat – Peter captures the wolf and takes him to the zoo. The music was composed by famous composer Sergey Prokofiev in 1936 and teaches the important lesson to be brave while facing a challenge. It was because of Peter's bravery the town was freed of the wolf.

Mini-Trip: National Museum of Art #R07101-344

Wednesday, May 15 • 9:30am - 2:00pm • Lobby

Embark on an enriching journey to the National Museum of Art, where creativity and culture converge. Immerse yourself in a world of artistic masterpieces spanning various periods and styles. From timeless classics to contemporary expressions, the museum offers a captivating exploration of human creativity. Registration is required and lunch is on your own.

Special Programs

Mini-Trip: National Museum of Art #R07101-344

Wednesday, May 15 • 9:30am - 2:00pm • Lobby

Embark on an enriching journey to the National Museum of Art, where creativity and culture converge. Immerse yourself in a world of artistic masterpieces spanning various periods and styles. From timeless classics to contemporary expressions, the museum offers a captivating exploration of human creativity. Registration is required and lunch is on your own.

Motown Music with Walter Ware #R07106-317

Tuesday, May 21 • 1:00pm - 2:30pm • Garden Room

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.

Mini-Trip: Kaldi's Social House #R07101-352

Wednesday, May 29 • 9:30am - 12:00pm • Lobby

This trendy neighborhood cafe/lounge has a New York feel in downtown Silver Spring. There are tabletops, bar, sofas and an atmosphere that is inviting; and the food is amazingly good for the prices.

Senior Scams by Office of Consumer Protection #R07105-332

Wednesday, May 29 • 1:00pm - 2:00pm • Garden Room

We are barraged by scams each and every day. Whether through the phone, email, texts, in-game chats, mail, or online through social media, consumers need to be hyper vigilant and not let down their guard. Today's scammers are adaptive, creative, and smart. They have found ways to challenge us with well-prepared traps. This presentation provides you with the strategy and techniques to detect and avoid these traps to stay scam free.

Schweinhaut Announcements

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

Coffee + Staff with Advisory Board Members (FOMSSC)

May 16th • 9:00am - 10:00am

Our FOMSSC (Friends of Margaret Schweinhaut Senior Center) will meet with staff and participants to discuss ways their mission can help our center thrive. The members are looking forward to meeting you!

Free Art Giveaway

June 19th • 9:00am - 11:00am

Come and check out art work that the center is wanting to giveaway to a good home. First come, first served.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-306 <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.	Free
	Card Making Activity #R07095-310 <i>Instructor: Cindy Boccucci</i>	1st 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 #R07052-303 <i>Facilitator: Barbara Hunter</i>	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 #R07096-302 <i>Facilitator: Lois Dicker</i>	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 #R07003-305	Wed. & Fri. 1:00pm - 3:00pm	Come join friends to create a variety of beautiful knitted and crocheted items for charities in the community.	Free
EDUCATIONAL	Schweinhaut Book Discussion Activity #R07065-305 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	May's book, "Pox Americana" by Elizabeth Fenn, traces smallpox's spread across North America, emphasizing its transmission through civilian protests, soldier interactions, Native American trade, plantation life, and other gatherings. This is a virtual class contact Karen at KarenMaxin@montgomerycountymd.gov to join.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-310	3rd Thurs. 9:00am - 9:45am	Share a cup of coffee or tea with us as we engage in an open discussion. Your input on preferred programs/activities at MSSC is valuable, and we'll address any concerns you may have.	Free
	Italian Class Activity #R07021-302 <i>Instructor: Nina Baccanari</i>	Weds. 1:00pm - 2:30pm	This class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. Participants should have a working knowledge of the Italian language.	Free
	Beginner Spanish Class Activity #R07015-305 <i>Facilitator: Rocio Torresano</i>	Thurs. 9:30am - 10:30am	Come and learn the 2nd most spoken language in the entire world with Rocio's beginner Spanish class! This spring 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 #R07015-306 <i>Facilitator: Rocio Torresano</i>	Thurs. 10:30am - 11:30am	This spring 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 #R07058-312 <i>Facilitators: Beverly Moss</i>	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 #R07312-300	1st Weds. 1:00pm - 2:00pm	We will discuss the effects negative stigma on mental health has on our military past and present	Free

Activity	Day & Time	Description & Contact	Fee
Basic Functional Balance Exercise Activity #R07030-300 <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 #R07050-301 <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 #R03010-319	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: R07032-307 <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 #R07012-322 <i>Instructor: Georgia Martin</i>	Mon. 9:30am - 10:30am	A popular style of dance fitness class is cardio dance. This type of dance fitness class is what many people associate with dance fitness. This category includes classes like Zumba®, hip hop and more. All of these classes focus on cardio exercise, but many also incorporate strengthening and toning techniques.	Free
Kickboxing Activity #R07060-308 <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 #R07011-308 <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 #R07060-310 <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 #R07025-301 <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 #R07059-305 <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 #R07085-302 Facilitator: Linda Disharoon	Mon. & Thurs. 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	Free
	Pinochle Card Game Activity #R07099-305 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
	Scrabble Tips & Tricks Activity #R07073-302 Facilitator: Marcia Bowens	Mon. 10:30am - 12:00pm	Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player Marcia Bowens will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters!	Free
	Chess Club Activity #R07110-303 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	Nutrition 101 Activity #R07024-308 (Tues) Activity #R07024-309 (Thurs) 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 #R07108-319 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	Mon. 10:30am - 12:30 pm	For more info, call 301-261-5747 or visit www.encorecreativity.org .	
	Seasoned Players Activity #R07056-302 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 #R07080-307 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 #R07109-304 Instructor: 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!

<p>Bocce Ball Play Activity #R07124-304 <i>Facilitator: Cathy Fisher</i></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 #R07091-300 (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 #R07103-306 M-F Activity #R07103-307 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 #R07097-308 Fri Activity #R07097-309 (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 #R07091-310 <i>Instructor: Brad Paleg</i></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 #R07091-312 <i>Instructor: Coach Brad Paleg</i></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 #R07091-313 <i>Instructor: Coach Brad Paleg</i></p>	<p>Thurs. 3:00pm - 4:00 p.m.</p>	<p>You have developed a strong pickleball foundation. You understand the importance of coming up to the non-volley zone (NVZ) line and can effectively play from that area. The class, using instruction, drills, and recreational play will help you as you advance both your skills and your strategies.</p>	Free

Nutrition Program - *Socialize while enjoying a healthy meal!*

Monday through Friday • Noon • Almost Café

The cost of the meal is \$7.99. For people age 60 or older, or a spouse of any age and a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$3.00. Cancel or change your reservations for lunch, Monday through Friday, at least 72 hours in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager, Lisa Buchsbaum.

Daily Transportation— *Door to Door Transportation*

Monday through Friday • Pick ups start at 8am • Departs the center at 2pm

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call Evelyn Kittrell at 301-255-4214.

Changes or cancellations, call 301-255-4214.



Community Partnerships Make Wonderful Things Happen! Thank you to the following organizations...

- AARP
- Adventist Health Care
- Affiliated Sante Group
- Akhmedova Ballet Academy
- Beacon Newspapers
- Brooke Grove Retirement Village
- Encore Creativity for Older Adults
- The Folklore Society of Greater Washington
- FOMSSC
- Holy Cross Health
- Senior Planet
- United Health Care & Integral Health Care
- U.S. Postal Service

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

Announcements

Encore Chorale

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

Pickleball

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

Have Our Newsletter Emailed

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

Sewing & Mending

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

Upcoming Programs – Look at what is coming in June



Tuesday, June 11	Mini-Trip: US Capitol Tour
Tuesday, June 11	World Elder Abuse Awareness Screen
Wednesday, June 12	MCFRS Presentation
Wednesday, June 19	Free Art Giveaway
Tuesday, June 25	ABC&D's of Medicare with Chris Farmer

Please note that the above programs are tentative and changes could be made. We will make every effort to relay any changes as they occur. Keep an eye out for additional programs at our information area.



Check out the recreation website at MOCOREC.COM

Register for programs at Activemontgomery.org

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs. Register for programs at Activemontgomry.org