

Margaret Schweinhaut Senior Center

www.montgomerycountymd.gov/senior



Happenings

June 2018 at a Glance

Friday, June 1	•	1 - 3 p.m.	~	Father's Day Celebration
Saturday, June 2	•	11 a.m. - Noon	~	Jazz by Howard Feinstein
Saturday, June 2	•	1:30 p.m.	~	Akhmedova Ballet
Monday, June 4	•	1 - 3 p.m.	~	Movie: "Fathers' Day"
Tuesday, June 5	•	1 - 3 p.m.	~	Military History & Veterans Discussion Group
Wednesday, June 6	•	1 - 2 p.m.	~	Coffee With a Cop: Police/Criminal Justice Jeopardy
Thursday, June 7	•	9 - 10:15 a.m.	~	Coffee with the MSSC Staff
Thursday, June 7	•	1 - 2:30 p.m.	~	Explore Tech: Facebook
Friday, June 8	•	1 - 2:30 p.m.	~	Getting to Know You: Maryland Elections
Saturday, June 9	•	10 a.m. - 12:30 p.m.	~	Intergenerational Stroke Training
Saturday, June 9	•	12:30 - 2:30 p.m.	~	Cardmaking with Cindy Boccucci
Saturday, June 9	•	1 - 2:30 p.m.	~	Explore Tech: Streaming and Smart TVs
Tuesday, June 12	•	1 - 2 p.m.	~	Talking Books Program
Tuesday, June 12	•	2:30 - 3:30 p.m.	~	Stroke Association Support Group
Wednesday, June 13	•	1:30 - 2:30 p.m.	~	Drum Circle
Friday, June 15 - Sunday, June 17			~	Bridge Tournament, Check Page 8 for Class Updates
Monday, June 18	•	10 a.m. - 3:30 p.m.	~	AARP Safe Driver Course
Monday, June 18	•	1 - 2 p.m.	~	History Alive: Amelia Earhart: Flying High!
Tuesday, June 19	•	6:30 - 8:30 p.m.	~	Community Open Forum
Wednesday, June 20	•	1 - 3 p.m.	~	Song Circle
Saturday, June 23	•	1 - 2 p.m.	~	Young At Heart Tap Dancers
Monday, June 25	•	1 - 3 p.m.	~	Movie: "The Jungle Book" (1942)
Tuesday, June 26	•	All day	~	Election Day in the Auditorium
Wednesday, June 27	•	1 - 2 p.m.	~	Keeping Seniors Safe
Thursday, June 28	•	1 - 2:30 p.m.	~	Explore Tech: Crowdfunding
Friday, June 29	•	1 - 2 p.m.	~	Classic TV Shows: "Andy Griffith"



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8:15 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085

Hablamos Español

Director: Amanda DeFilippo, 240-777-8086



MONTGOMERY COUNTY
Recreation

Special Programs



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

Monday through Friday • Noon • Almost Café (Auditorium on Thursdays)

The cost of the meal is \$5.72. For people age 60 or older, or 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 \$2.00. Please make or cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance.

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



JCA Transportation - *Door-to-door daily transportation!*

Monday through Thursday

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 240-777-8085.

Changes or cancellations, call Evelyn Kittrell at 301-255-4214.



Music - *Listen, dance and tap your toes to a variety of musical programs!*

Father's Day Celebration • Friday, June 1 • 1 - 3 p.m. • Garden Room

Join us to celebrate our fathers with a fun tie contest, root beer floats, and entertainment by Seniorita Sunshine. Wear your favorite tie to be judged in three categories so be creative to win a prize. **Pre-registration is required, space is**

Jazz with Howard Feinstein • Saturday, June 2 • 11 a.m. - Noon • Garden Room

Howard Feinstein aka "Hurricane Howie" brings his versatile and high-spirited performance with a mixture of blues, gospel, country, cajun and jazz.

Drum Circle • Wednesday, June 13 • 1:30 - 2:30 p.m. • Garden Room

Join Stream Ohrstrom for our drum circle: a participatory celebration of life through rhythm.

Young at Heart Tap Dancers • Saturday, June 23 • 1 - 2 p.m. • Auditorium

Young at Heart performs dances from its extensive repertoire in both the Broadway and Rhythm tap styles choreographed by numerous local choreographers, and includes exciting costumes and accessories to liven up each number. Company members are currently all seniors themselves, ranging in age from late 50s to early 80s.



On the Big Screen - *Featuring an exciting selection each month!*

Seniors Today Weekly Broadcast • Mondays • 9:30 - 10 a.m. • Garden Room

Austin Heyman leads this show's effort to share news and information of interest to senior residents of Montgomery County.

June 4: Episode #175

County Council President Hans Riemer looks ahead at Council priorities for 2018 and representatives from The Montgomery County Volunteer Center discusses the 50+ Volunteer Network.

June 11: Episode #174

Michael Bruen learns about the local chapter of the nation's oldest and largest services organization for gay and lesbian older adults, finds out about the newly renamed Mental Health Association of Montgomery County, and interviews local activist and author Wendy Miller.

June 18: Episode #173

Learn about two organizations devoted to the concept of "life-long learning", hear from Bill Benson, an expert on issues of aging and learn about GROWS - the Grass Roots Organization for the Well-being of Seniors.

June 25: Episode #172

Learn about a State Program that provides help and information about Medicare, hear from the founder and publisher of the largest free-monthly newspaper specifically for seniors and learns about the County's Caregiver Support Program.

Movie: "Fathers' Day" (1997) PG-13. • Monday, June 4 • 1 - 3 p.m. • Garden Room

A woman cons two old boyfriends into searching for her runaway son by convincing both that they are the boy's father. 1 hr 38mins. Closed Captions.

Movie: "The Jungle Book" (1942) Unrated. • Monday, June 25 • 1 - 3 p.m. • Garden Room

A boy raised by wolves tries to adapt to human village life, to mixed results. 1 hr 48 mins.

Classic TV Show: "Andy Griffith" (1960 - 1968) • Friday, June 29 • 1 - 2 p.m. • Garden Room

Widower Sheriff Andy Taylor and his son Opie live with Andy's Aunt Bee in Mayberry, North Carolina. With virtually no crimes to solve, most of Andy's time is spent philosophizing and calming down his cousin Deputy Barney Fife. Episode runtime 30 mins.



Wellness - Keep your health in check with our Wellness programs!

Matter of Balance by Holy Cross • Saturdays, April 21 - June 16 • 10 a.m. - Noon • Art Room
Currently in session. Pre-registration was required, no new students are being taken at this time.

Intergenerational Stroke Training • Saturday, June 9 • 10 a.m. - 12:30 p.m. • Garden Room
Bring your grandkids and share this fun educational and potentially life saving learning experience with them as you all learn the signs, symptoms, and immediate actions required in the case that someone is having a stroke.
Pre-register at www.holycrosshealth.org or by calling 301-754-8800. Refreshments will be provided.



Technology - Brought to us by Senior Planet Montgomery & TeenWorks!

Explore Tech: Facebook • Thursday, June 7 • 1 - 2:30 p.m. • Garden Room
Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live or Town Hall? This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook.

Explore Tech: Streaming and Smart TVs • Saturday, June 9 • 1 - 2:30 p.m. • Garden Room
This presentation will give an introduction to streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.

Explore Tech: Crowdfunding • Thursday, June 28 • 1 - 2:30 p.m. • Garden Room
This presentation will explore crowdfunding —fundraising by gathering small amounts of money from large numbers of people— online. You'll learn the fundamentals of using a crowdfunding campaign to raise money as well as how to search for and contribute to other people's campaigns. The presentation will also discuss three popular crowdfunding platforms: GoFundMe, Kickstarter, and Indiegogo.

Senior Planet Montgomery 10-week Courses • April 10 - June 15 • Daisy Room
Currently in session. Pre-registration was required, no new students are being taken at this time.

Money Matters • Tuesdays & Fridays • 9 - 10:15 a.m.

Social Media • Fridays • 10:45 a.m. - Noon

iPad Basics • Tuesdays & Fridays • 12:45 - 2 p.m.

Beyond the Basics: The Internet as a Daily Resource • Tuesdays & Fridays • 2:30 - 3:45 p.m.

...And More! - Even more upcoming events to keep you engaged!

Akhmedova Ballet: "Paquita" • Saturday, June 2 • 1:30 p.m. • Auditorium
Watch a breathtaking performance of "Paquita" by the award-winning Akhmedova Ballet Academy.

Coffee with a Cop: Police/Criminal Justice Jeopardy • Wednesday, June 6 • 1 - 2 p.m. • Garden Room
Join Officer Melissa Coligan, Montgomery County Police, for a game of police and criminal justice themed jeopardy!

Coffee with The Staff • Thursday, June 7 • 9 - 10:15 a.m. • Garden Room
Join Amanda & Karen for a cup of coffee and conversation to share your thoughts and ideas for the center.

Cardmaking with Cindy Boccucci • Saturday, June 9 • 12:30 - 2:30 p.m. • Art Room
Come to the Schweinhaut Center to learn how to make your very own cards, for any occasion! Materials will be provided. **Pre-Registration is required. \$5 fee. Additionally, cardmaking kits are available for purchase at \$5.**

Talking Books Program • Tuesday, June 12 • 1 - 2 p.m. • Garden Room
Sponsored by the Montgomery County Stroke Association. We welcome Ashley Biggs, Outreach Librarian from the Maryland State Library for the Blind and Physically Handicapped to talk about their Talking Books Program.

Amelia Earhart: Flying High! • Monday, June 18 • 1 - 2 p.m. • Garden Room
Fly with the amazing aviation pioneer and learn about her other jobs as nurse, teacher, truck driver, and fashion designer. Portrayed by Mary Ann Jung with History Alive!

AARP Safe Driver Course • Monday, June 18 • 10 a.m. - 3:30 p.m. • Art Room
A one-day classroom safe driving course focusing on defensive driving. \$15 for AARP members, \$20 for non-members. Checks only. **Pre-registration is required, sign up at front desk.**

Community Open Forum • Tuesday, June 19 • 6:30 - 8:30 p.m. • Garden Room
Join us for a public meeting with the surrounding 55+ community to share ideas for programs, services, and activities that you want to get out of the center.

Let's Read...Gilgamesh • Thursdays • June 21, July 12 & 19, August 9 & 16 • 1 - 2:30 p.m. • Garden Room

Facilitator: Jonathan Goldstein. Read and discuss the historical king that lead us from legend into history. No homework, pure enlightenment! Books will be provide for in class reading.

Keeping Seniors Safe • Wednesday, June 27 • 1 - 2 p.m. • Garden Room
Sponsored by Montgomery County Police. This presentation covers the importance of being aware of safety issues within the senior community and provides tips and resources on how to stay safe.

Re-Occurring Activities

We are busting at the seams with all our programs, activities, and services that we provide at Schweinhaut. In an effort to fit all these great programs in our newsletter, we have restructured pages 4 - 7 to list our activities that re-occur on a regular basis. Activities are listed in order by category.

Category	Activity	Day & Time	Description & Contact	Fee
Art	Ceramics <i>Instructor:</i> Sandra Patterson	Tues. & Thurs. at 9:30 a.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	\$20 per month
	Collage Meet Up <i>Facilitator:</i> Karen Leeman	2nd Mon. from 1 - 3:45 p.m.	Work on your projects with others who share the same interest. Bring your own supplies.	Free
	Coloring Day	Sat. from 1 - 2:30 p.m.	Join us for relaxation, socialization, and coloring with friends!	\$2 for materials
	Fun with Art <i>Instructor:</i> Sylvia Nicholson	Wed. & Fri. from 10 a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
	Learn to Knit	Fri. from 1 - 3 p.m.	Learn to knit from members of our RSVP Yarners.	Free
	Origami <i>Facilitator:</i> Lois Dicker	1st Mon. from 1 - 3 p.m.	Learn the Japanese art of paper folding.	Free
	RSVP Yarners <i>Facilitator:</i> Sally Lee	Wed. from 1 - 3 p.m.	Come create, get ideas, and meet creative people.	Free
	Wood Carving	Tues. from 11 a.m. - 1 p.m.	Come in & transform simple pieces of wood into beautiful shapes. Bring your own supplies.	Free
Educational	Antiques & Collectibles <i>Facilitator:</i> Enid Hodes	2nd & 4th Mon. from 10 - 11:30 a.m.	6/11: Father's Day collectibles & travel souvenirs. 6/25: Transportation memorabilia and miniatures.	Free
	Book Discussion <i>Facilitator:</i> Karen Ray	Thurs., June 28 at 1 p.m.	BYOB – Bring your own selections to share!	Free
	Getting to Know You Series: Maryland Elections <i>Facilitator:</i> Beverly Bryce	Fri., June 8 from 1 - 2:30 pm.	Everything you will want to know—the issues, candidates, election security. Featuring the League of Women Voters and our very own Sue Bratten, former Supervisor of Elections for Montgomery County.	Free
	Great Scientist Lecture Series <i>Instructor:</i> Alan Breitler	Fri. from 10 - 11:30 a.m.	A 7-part lecture series, exploring the great scientists, including Galileo, Newton, Curie, and Einstein.	Free
	Italian Language <i>Instructor:</i> Joe D'Amico	Wed. from 1 - 2:30 p.m.	Learn the Italian language as you explore its beautiful culture. Participants must have a working knowledge of Italian.	Free
	Military History and Veterans Group <i>Facilitator:</i> Alan Lewis	1st Tues. from 1 - 3 p.m.	Barbara Lewis Burger discusses her search to put names and histories to nine anonymous African American soldiers from the 369th Infantry Regiment, the Harlem Hellfighters.	Free

Category	Activity	Day & Time	Description & Contact	Fee
Educational	Non-Shakespearean 17th Century <i>Instructor: Clarence Steinberg</i>	Wed. from 10 a.m. - Noon	Review of Chaucer's "Canterbury Tales".	Free
	Shakespeare Book Club <i>Facilitator: Marian Fielder</i>	-	No meetings until September.	-
	Writer's Workshop <i>Facilitator: Linda Winter</i>	Tues. from 10:15 - 11:30 a.m.	Enjoy expressing yourself through writing? Listening to authors read their prose? Join the Writer's Workshop!	Free
Fitness	Advanced Square Dancing <i>Instructors: Betsy & Al Taylor</i>	Fri. from 2 - 2:45 p.m.	For those who have experience with square dancing and are looking to learn more complex figures.	Free
	Ballroom Dance <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. from Noon - 1 p.m.	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
	Beginner Square Dancing <i>Instructors: Betsy & Al Taylor</i>	Fri. from 1 - 1:45 p.m.	Come learn to square dance for a little exercise while socializing and having fun!	Free
	Better Bones <i>Instructors: Karl Haddad (Mon.) & Adriene Buist (Fri.)</i>	Mon. & Thurs. from 2 - 3 p.m.	Sponsored by Holy Cross Hospital . Focus on reducing the rate of bone loss and improving balance, flexibility, and enhancing well being. Call 301-754-8800 to register. Physician's consent form required.	Free
	Chair Stretch & Strength <i>(Video, No Instructor)</i>	Wed. at 9:30 a.m. Fri. at 8:30 a.m.	This video guided class will improve your ability to be stable, balanced, and mobile. Participate at your own risk. Bring one 2-5 lb. hand weight. Drop In.	Free
	Get Moving <i>Instructor: Tony Bryan</i>	Thurs. from 9 - 10 a.m. Current Session 5/24 - 7/12	Focus on balance, range of motion, muscle conditioning and coordination through basic dance steps! Pre-register at the Front Desk.	\$40 per session
	Let's Dance <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. from 1 - 2:30 p.m.	Follows our Ballroom Dance Lessons. Offers a time to practice what you learned and to have fun doing it!	Free
	Line Dancing <i>Instructors: Myung Anderson (Mon.) & Jo Ann Eng (Sat.)</i>	Mon. from 10:45 - 11:45 a.m. Sat. from 10:30 a.m. - Noon	Learn how to line dance while having fun, these classes will keep you moving.	Free
	Senior Fit <i>Instructors: Chatarina Lindvall (Mon., Wed. & Fri.), Bette Crockett (Tues.) & Ann Johnson or Mary Sue Miranda (Sat.)</i>	Mon./Wed./Fri. at 8:30 a.m. & 9:30 a.m. Tues. at 9 a.m. Sat. at 9:30 a.m.	Sponsored by Holy Cross Hospital & Kaiser Permanente. Focus on increasing strength and muscle endurance while improving balance and flexibility. Call 301-754-8800 to register. Physician's consent form required.	Free

Category	Activity	Day & Time	Description & Contact	Fee
Fitness	Senior Shape Stability Ball Exercise <i>Instructor: Matt Rundell</i>	Tues. from 11 - 11:45 a.m. Current Session 4/3 - 6/19	<i>Sponsored by Suburban Hospital.</i> Exercise on a stability ball, engaging core muscles and building balance. Call 301-896-3939 to register.	\$40 Fee
	Senior Shape Weight Training <i>Instructor: Matt Rundell</i>	Tues. from 10 - 10:45 a.m. Current Session 4/3 - 6/19	<i>Sponsored by Suburban Hospital.</i> Designed to increase muscular strength, endurance, range of motion and balance. Bring a mat and hand-held weights. Call 301-896-3939 to register.	\$40 Fee
	Spinning Wheels <i>Instructor: Donald Lewis</i>	Wed. from 10:30 - 11:30 a.m. Current Session 4/3 - 6/19	An indoor cycling class with a focus on endurance and strength using special stationary exercise bicycles. Pre-register at the Front Desk.	Free
	Tai Chi Chuan <i>Instructors: Glenn Moy (Thurs.) & Kirk Talbott (Fri.)</i>	Thurs. from 10 - 11 a.m. Fri. from 1:30 - 2:30 p.m.	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
	Qi Gong <i>Instructor: Mike Kornely</i>	Sat. from Noon - 1 p.m.	Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free
Games	BINGO!	Mon. & Thurs. from 10:30 - 11:30 a.m.	Win prizes and have fun! Maximum two cards per person.	\$1
	Bocce Ball	Wed. from 11 a.m. - 12:30 p.m.	Relaxed but strategic game with an ancient lineage.	Free
	Card Games	Wed. at 11 a.m.	Drop in to play your favorite card games before lunch.	Free
	Duplicate Bridge <i>Facilitator: Roz Dixon</i>	Tues. & Thurs. at 12:30 p.m.	Play in an ACBL sanctioned game. Open to all seniors with or without a partner.	\$5 per day
	Game On! <i>Facilitator: Liz Brigham</i>	Tues. & Fri. from 10 a.m. - 3:45 p.m.	Play a variety of board games with other participants.	Free
	Mah Jongg	Tues. at 10 a.m.	Individuals of all skills are welcome. Please bring your set.	Free
	Wii Bowling	Wed. from 10:30 a.m. - Noon	Pick up the controller and knock down the pins or make a hole-in-one!	Free
	Health	Know Your Numbers <i>Facilitator: Leni Barry</i>	Wed. from 10 a.m. - Noon	<i>Sponsored by Suburban Hospital.</i> HeartWell Nurse provides health counseling on vital cardiovascular health numbers (blood pressure, cholesterol, BMI, and blood sugar.)
Encore Chorale		-	No meetings until September.	-
Music	Seasoned Players <i>Facilitator: Jo Ann Eng</i>	4th Wed. from 2:30 - 3:45 p.m.	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers in the metropolitan area.	Free
	Song Circle <i>Facilitator: Fred Stollnitz</i>	3rd Wed. from 1 - 3 p.m.	<i>Co-sponsored by the Folklore Society of Greater Washington and Carpe Diem Arts.</i> Come to sing or just listen, but do come to enjoy delightful songs. The song circle is about singing, not talent.	Free

Category	Activity	Day & Time	Description & Contact	Fee
Service	Mobile Post Office	Wed. from 11:30 a.m. – 12:30 p.m.	Purchase stamps, send a package, mail your letters and more.	TBD
	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>	2 nd Tues. from 10:30 – 11:30 a.m.	Call 240-777-1062 to make an appointment for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free
Sports	Pickleball	Mon. from Noon - 1:45 p.m. Fri. from 10:30 a.m. - 12:30 p.m.	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Mondays intermediate and Fridays beginner.	Free
	Ping Pong	Mon. from Noon - 1:45 p.m. Fri. from 10:30 a.m. - 12:30 p.m.	Ping Pong is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles.	Free
	Pool	Center Hours	Come on in and shoot some pool! Pool Room is open to everyone.	Free
Support Group	Coping with Change <i>Facilitator: Jamie Lomison</i>	Tues. from 1 - 2 p.m.	Facilitated by Senior Services of The Affiliated Sante Group. A supportive discussion group on dealing with life changes and positively coping with them. Call 301-741-7764 for more information.	Free
	Diabetes Support Group <i>Facilitator: Leni Barry</i>	3 rd Wed. from 12:45 - 1:45 p.m.	Sponsored by Suburban Hospital. HeartWell Nurse facilitates this support group for those living with type 1 or type 2 diabetes, prediabetes, or those seeking help with family members.	Free
	Spousal/Partner/Parent Loss Support Group <i>Facilitators: Johanna Boyer & Patrick Curtis</i>	Mon. from 1 - 2:30 p.m.	<i>Sponsored and facilitated by Hospice Caring.</i> This group provides bereavement support and understanding for people who have lost a spouse/partner or parent. To register, call Anne Baker, Director of Adult Bereavement at 301-990-0854.	Free
	Maximizing You! <i>Facilitator: Edie Mahlmann, LCSW</i>	Thurs. from 11 a.m. - Noon	Do something for yourself! Join this enlightening discussion group to discuss issues on aging. Learn to live better, be nicer to yourself and take care of yourself.	Free
	Stroke Association Support Group <i>Facilitator: Janet Gritz & Elaine Perraco</i>	2 nd Tues. from 2 - 3 p.m.	<i>Sponsored and facilitated by the Montgomery County Stroke Association.</i> This group provides a forum for learning, listening and socializing for stroke survivors and caregivers. Free and open to the public.	Free
Tech	Computer Help <i>Instructor: Satish Shah</i>	Sat. from 10 a.m. - 1 p.m.	Satish Shah will teach basic computer skills. By appointment only.	Free
	Tech Connect <i>Teenworks Teen</i>	Varies	Call the front desk to make your one-on-one appointment for technology help.	Free



Do you have a suggestion about a new activity or an idea you would like to see at the center? We would love to hear from you!

Please use the suggestion box in the lobby or email Amanda at amanda.defilippo@montgomerycountymd.gov.



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

- AARP
- Affiliated Sante Group
- Akhmedova Ballet Academy
- Alzheimer's Association
- Beacon Newspapers
- Carpe Diem Arts
- Encore Creativity for Older Adults
- The Folklore Society of Greater Washington
- Holy Cross Hospital
- Hospice Caring
- Kaiser Permanente
- Military History & Veterans Discussion Group
- Montgomery County Stroke Association
- Senior Planet Montgomery
- South Four Corners Citizens Association
- Suburban Hospital
- U.S. Postal Service
- Woodmoor Pastry Shop



Announcements

- **No Class Dates:**
No Line Dancing on Saturday, June 2 or Saturday, June 23.
No Senior Fit, Pickleball or Square dancing on Friday, June 15.
No Senior Fit or Line Dancing on Saturday, June 16.
No Senior Fit on Tuesday, June 26.
- **Yarn and Quilting Material Donations:**
The RSVP Yarners are in need of yarn and baby dolls. Please make sure all donations are clean and/or washed. We accept donations year round at our front desk.



Look What is Coming in July 2018...

Monday, July 2	Visions of Spring into Summer: From Monet to Van Gogh
Tuesday, July 3	4th of July Party
Wednesday, July 4	Center Closed for 4th of July
Thursday, July 5	Explore Tech: Digital Photography (Galaxy)
Friday, July 6	S.H.I.P. Medicare Presentation
Saturday, July 7	Nepal Program
Monday July 9	Movie
Tuesday, July 10	Rummikub Tournament
Tuesday, July 10	Stroke Program
Wednesday, July 11	It's Hot - So Learn What's Cool about Fire Prevention!
Friday, July 13	Getting to Know You Series
Saturday, July 14	Explore Tech: Facebook
Saturday, July 14	Akhmedova Ballet
Monday, July 16	HHS Caregiver
Tuesday, July 17	Rear View Mirror Performance
Wednesday, July 18	Song Circle
Thursday, July 19	Basic Nutrition 101
Friday, July 20	Tech Connect Help Bar
Monday, July 23	Movie
Tuesday, July 24	Card Sharks
Wednesday, July 25	Alzheimer's Association: Dementia Conversations
Thursday, July 26	Explore Tech: Digital Photography (iPhone)
Friday, July 27	Surprise Movie
Monday, July 30 - Sunday, August 5	Center Closed for Cleaning

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.



How do you want your Happenings?

Via Web

Visit <https://www.montgomerycountymd.gov/rec/resources/files/schweinhautnewsletter.pdf>

Alternatively, if that link is a little bit too long for your taste, you can simply google 'schweinhaut newsletter', and the link above will be the second result.

Via E-mail

Sign-up for our e-subscription service at <http://www.montgomerycountymd.gov/mcg/esubscribe.html>. Enter your email address and select the Schweinhaut Senior Center Newsletter under the Recreation Department.

Via Mail

If you would like to have the monthly Newsletter mailed to your home, please provide the front desk with six (6) self-addressed, stamped envelopes that are size 8.5x11. The required postage for each envelope is 70 cents.

Via Foot

We always have newsletters at the center, so come on in and grab a copy!

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