

# Schweinhaut Senior Center at Forest Glen

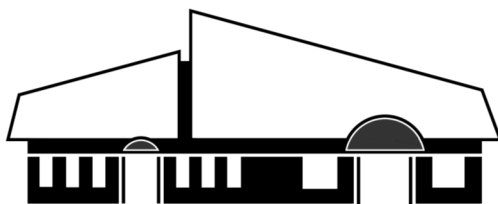
www.montgomerycountymd.gov/senior



# Happenings

## February 2018 at a Glance

Thursday, February 1 & Saturday, February 10	• 1 - 2:30 p.m.	~	Explore Tech: Introduction to Social Media
Friday, February 2	• 1 - 3 p.m.	~	Movie: "Groundhog Day"
Saturdays, February 3 - 24	• 10 a.m. - Noon	~	Memory Academy
Saturday, February 3	• 12:30 - 1:30 p.m.	~	Flutist Mammo Rossetti
Monday, February 5	• 1 - 3 p.m.	~	Movie: "Finding Neverland"
Tuesdays, February 6 - May 22	• 10:30 a.m. - 12:30 p.m.	~	Montgomery College: Just Enough Spanish
Tuesday, February 6	• 1 - 3 p.m.	~	Military History and Veteran's Discussion Group
Wednesday, February 7	• 1 - 2 p.m.	~	Financial Wellness 101
Friday, February 9	• Noon - 2:30 p.m.	~	Getting to Know You: Chinese New Year
Saturday, February 10	• 12:30 - 2:30 p.m.	~	Valentine's Day Cardmaking
Monday, February 12	• 1 - 2 p.m.	~	Opioid Overdose Prevention
Tuesday, February 13, Friday, February 16 & Tuesday, February 20	• 1- 2:15 p.m.	~	Facebook Mini Series with Senior Planet Montgomery
Tuesday, February 13	• 1:30 - 2:30 p.m.	~	Drum Circle
Wednesday, February 14	• 1 - 2 p.m.	~	A Musical Trip: Coast to Coast
Monday, February 19	• Closed in observance of Presidents Day		
Tuesday, February 20	• 1 - 2 p.m.	~	Social Action: Advocacy & Agents of Change
Wednesday, February 21	• 1 - 3 p.m.	~	Song Circle
Thursday, February 22	• 1 - 2:30 p.m.	~	Explore Tech: YouTube
Saturday, February 24	• 12:30 - 1:30 p.m.	~	MCHS: A History of Maryland Through its Gardens
Monday, February 26	• By Appointment	~	AARP Tax Aide Program
Monday, February 26	• 1 - 3 p.m.	~	Movie: "The Great Gatsby"
Tuesday, February 27	• 1 - 2 p.m.	~	Grief, Our Needs and Finding Support
Tuesday, February 27 & Friday, March 2	• 1- 2:15 p.m.	~	Twitter Mini Series with Senior Planet Montgomery
Wednesday, February 28	• 1 - 2 p.m.	~	Coffee with a Cop: Police/Criminal Justice Jeopardy



Margaret Schweinhaut Senior Center — 1000 Forest Glen Road

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

Director: Amanda DeFilippo, 240-777-8086



# Potpourri of Programs



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

**Flutist Mammo Rossetti • Saturday, February 3 • 12:30 - 1:30 p.m. • Garden Room**

Mammo Rossetti returns to the Schweinhaut Center to demonstrate his wonderful talent of playing the flute. He will be performing an assortment of songs, some you might even recognize. Mammo is 11 years old and attends Sligo Middle School, right here in our neighborhood.

**Drum Circle • Tuesday, February 13 • 1:30 - 2:30 p.m. • Garden Room**

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

**A Musical Trip: Coast to Coast • Wednesday, February 14 • 1 - 2 p.m. • Garden Room**

Take a trip with Schweinhaut's own musician, George Kelly, and listen to various romantic songs that will lead you on a journey from coast to coast!

**Song Circle • Wednesday, February 21 • 1 - 3 p.m. • Garden Room**

Come to sing or just listen, but do come to enjoy delightful songs. The song circle is about singing, not talent. Bring your grandchildren too. Co-sponsored by the Folklore Society of Greater Washington and Carpe Diem Arts.



**Wellness**—Keep your health in check with our Wellness programs!

**Wellness Wednesdays, Suburban Hospital HeartWell Nurse, Leni Barry • Library**

•“Know Your Numbers” • Wednesdays • 10 a.m. - Noon

Health counseling on vital cardiovascular health numbers (blood pressure, cholesterol, BMI and blood sugar.)

• **Diabetes Support Group • 3rd Wednesday of each month • 12:45 - 1:45 p.m.**

For those living with type 1 or type 2 diabetes, prediabetes, or those seeking help with family members.

**Memory Academy • Saturdays, February 3 - 24 • 10 a.m. - Noon • Art Room**

Having problems remembering names? Hate that “tip of the tongue” feeling? Misplaced your keys again? This program from UCLA Center on Aging teaches techniques that work for everyone. Those who successfully complete the four week course will be invited to attend three free booster sessions afterward. **Pre-registration is required by visiting [www.holycrosshealth.org](http://www.holycrosshealth.org) or by calling 301-754-8800.**

**Opioid Overdose Prevention • Monday, February 12 • 1 - 2 p.m. • Garden Room**

Join the Maryland State Police to discuss the dangers of opioid overdose, how common it is, and how to prevent it.

**Grief, Our Needs and Finding Support • Tuesday, February 27 • 1 - 2 p.m. • Garden Room**

Join Anne Baker, Director of Adult Bereavement and Training at Hospice Care for an interactive session that covers some of the things that often show up with grief and some resources that can provide support.



**JCA Transportation**—Pre-Registration required for all trips!

**JCA Door-to-Door Daily Transportation - Monday through Friday**

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 and ask for the Nutrition Site Manager.

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

**White Oak Shopping Trip w/ Holly Hall • Friday, February 2 • 10 a.m. - Noon**

Leave MSSC between 9:45 - 10 a.m. Be in the lobby no later than 9:45 a.m. Pick up from shopping at 11:30 a.m.

**Silver Spring Library • Wednesday, February 7 • 10 a.m. - Noon • Lobby**

Leave MSSC between 9:45 - 10 a.m. Be in the lobby no later than 9:45 a.m. Pick up at the library at 11:45 a.m.

**Dollar Tree Quick Trip • Wednesday, February 14 • 10 a.m. - Noon • Lobby**

Leave MSSC between 9:45 - 10 a.m. Be in the lobby no later than 9:45 a.m. Pick up from shopping at 11:30 a.m.

**Amish Market Quick Trip • Friday, February 16 • 10 a.m. - Noon • Lobby**

Leave MSSC between 9:45 - 10 a.m. Be in the lobby no later than 9:45 a.m. Pick up from shopping at 11:15 a.m.



**Movies**—Featuring an exciting selection of movies each month!

**“Groundhog Day” • Friday, February 2 • 1 - 3 p.m. • Garden Room**

An acknowledged classic of American comedy, “Groundhog Day” concerns TV weatherman Phil Connors, who is forced to live the same day over and over again until he gains some karmic -- and comic -- insight into his life.

**“Finding Neverland” • Monday, February 5 • 1 - 3 p.m. • Garden Room**

The movie details the experiences of “Peter Pan” author J.M. Barrie, which led him to write the children's classic. Drawing from his experience with four children who have no father, he writes a story about children who don't want to grow up.

**“The Great Gatsby” (1974) • Monday, February 26 • 1 - 3 p.m. • Garden Room**

Nick Carraway, a young Midwesterner now living on Long Island, finds himself fascinated by the mysterious past and lavish lifestyle of his neighbor, the nouveau riche Jay Gatsby. He is drawn into Gatsby's circle, becoming a witness to obsession and tragedy.



# Technology—Brought to us by Senior Planet Montgomery & TeenWorks!

## Senior Planet Montgomery Spring Training Courses

Senior Planet Montgomery is planning to bring more technology based courses in the Spring of 2018 but they want your input! **Options:** iPad Basics, Beyond the Basics: Internet as a Daily Resource, Social Media, and Money Matters

Tell us which courses you are interested in taking this spring by completing the survey at <https://www.surveymonkey.com/r/mssc2018>.

### Tech Connect • Dates and Times Vary

Need tech help? Call or stop by the front desk to make an appointment to have a one-on-one tech help session with our very own TeenWorks Tech Connect Expert, Michelle! Appointments are 45 minutes.

**Explore Tech: Intro to Social Media • Thursday, Feb. 1 & Saturday, Feb. 10 • 1 - 2:30 p.m. • Garden Room**  
Social media makes it easy to share content and connect with others online. In this presentation, you'll get a general introduction to social media and learn about popular social media sites like Facebook, Twitter and LinkedIn.

### Facebook Mini Series • February 13, 16 & 20 • 1 - 2:15 p.m. • Daisy Room

A three part mini series 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. **Pre-registration required.**

### Explore Tech: YouTube • Thursday, February 22 • 1 - 2:30 p.m. • Garden Room

This presentation will give an overview of the free content available on YouTube and show you how to navigate the site with ease. You'll also get tips for viewing and sharing others' videos and learn about uploading your own.

### Twitter Mini Series • Tuesday, February 27 & Friday, March 2 • 1 - 2:15 p.m. • Garden Room

A two part mini series offers an overview of Twitter's important features, like accessing breaking news without an account, as well as the social importance the service has gained over the last ten years. **Pre-registration required.**

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

### Montgomery College: Just Enough Spanish • Tuesdays, February 6 - May 22 • 10:30 a.m. - 12:30 p.m. • Daisy Room

Beginner course for anyone who has no experience with Spanish and wants a basic introduction including pronunciation, basic grammar in the present tense, and vocabulary - just enough for everyday conversational exchanges. **Fee: \$124 for seniors. Register through the Montgomery College website.** (No class: 2/13, 3/6, 3/13, or 4/10.)

### The Military History & Veterans Discussion Group • Tuesday, February 6 • 1 - 3 p.m. • Garden Room

Dr. Sheldon, a retired U.S. Air Force Lt. Colonel will discuss his recently published book, "From Disarmament to Rearmament: The Reversal of U.S. Policy Toward West Germany, 1946-1955".

### Financial Wellness 101 • Wednesday, February 7 • 1 - 2 p.m. • Garden Room

Join Andrew Phillips from Foresters Financial Services for an overview of general financial topics aimed at reducing stress in your life. Presentation covers cash management strategies, Social Security strategies, retirement income planning, and more.

### Getting To Know You: Chinese New Year • Friday, February 9 • Noon - 2:30 p.m. • Auditorium

A Chinese New Year Celebration Lunch. Entertainment including our own Li-Ly Chang on piano and the Splendid Rockville Dancers. There will be door prizes and a special menu. **Pre-register at the Front Desk by February 1.**

### Valentine's Day Cardmaking • Saturday, February 10 • 12:30 - 2:30 p.m. • Art Room

Cindy Boccucci returns to the Schweinhaut Center to teach us how to make Valentine's Day cards! Use a wide variety of materials and accessories to find out how best to transform your feelings into art! **Material fee is \$5.00. Pre-register at the Front Desk.**

### Social Action: Advocacy and Agents of Change • Tuesday, February 20 • 1 - 2 p.m. • Garden Room

Dr. Annie Brown, associate professor (retired) from Howard University's School of Social Work and co-author of the book, "Social Action: Advocacy and Agents of Change". Using a case study approach, this book examines the people, the institution and the processes which sought to use the curriculum of the school to respond to the demands for changes in social work education at HUSSW.

### MCHS: A History of Maryland Through its Gardens • Saturday, February 24 • 12:30 - 1:30 p.m. • Garden Room

Barbara Glickman from MCHS will come to the Center and speak in detail about the history and horticultural highlights of approximately 11 gardens and their homes and owners.

### AARP Tax Aide Program • Monday, February 26 • By Appointment • Garden Room

Retirement and other life changes making taxes complicated? Our IRS-certified volunteers offer free tax preparation assistance for taxpayers unable to afford a tax preparation service. **Pre-register at the Front Desk.**

### Coffee with a Cop: Police/Criminal Justice Jeopardy • Wednesday, February 28 • 1 - 2 p.m. • Garden Room

Join Officer Melissa Coligan for police and criminal justice themed jeopardy.

# **Exercise Classes**

The Schweinhaut Center provides a variety of fun exercise classes that will keep you moving.

Please check out Announcements section on Page 7 for No Class Dates.

<b>Activity</b>	<b>Time</b>	<b>Description</b>	<b>Contact</b>	<b>Fee</b>
<b>Senior Fit</b> Sponsored by Holy Cross Health & Kaiser Permanente	Mon./Wed./Fri. at 8:30 a.m. & 9:30 a.m. Tues. at 9 a.m. Sat. at 9:30 a.m.	An exercise class designed especially for seniors, focusing on increasing strength and muscle endurance while improving balance and flexibility.	<b>301-754-8800</b> Call to register. Physician's consent form required.	Free!
<b>Better Bones</b> Sponsored by Holy Cross Health	Mon. & Thurs. at 2 p.m.	This course focuses on reducing the rate of bone loss and improving balance, flexibility, and enhancing well being.	<b>301-754-8800</b> Call to register. Physician's consent form required.	Free!
<b>Line Dancing</b>	Mon. at 10:45 a.m. Sat. at 10:30 a.m.	Join Myung Anderson (Mon.) and Jo Ann Eng (Sat.) for fun dancing that will keep you moving!	<b>Drop In</b>	Free!
<b>Weight Training</b> Sponsored by Suburban Hospital	Tues. at 10 a.m. Current Session 1/02 - 3/27	Designed to increase muscular strength, endurance, range of motion and balance. <b>Bring a mat and hand-held weights.</b>	<b>301-896-3939</b> Call to register or for more info.	\$40 Fee
<b>Senior Shape Stability Ball Exercise</b> Sponsored by Suburban Hospital	Tues. at 11 a.m. Current Session 1/02 - 3/27	Exercise on a stability ball, engaging core muscles and building balance.	<b>301-896-3939</b> Call to register or for more info.	\$40 Fee
<b>Zumba Gold with Tony Bryan</b>	Wed. at 10:30 a.m. Current Session 1/24 - 3/14	A modified Zumba class at a lower intensity with a focus on balance, range of motion, muscle conditioning and coordination.	<b>Pre-register at the Front Desk.</b> Minimum of 10 participants to hold session.	\$50 Fee or \$8 Drop in
<b>Ballroom Dance</b>	Wed. Lessons at Noon Let's Dance at 1 p.m.	Bill Goldberg and Ellen Moran provide free dance lessons followed by fun dancing!	<b>Drop In</b>	Free!
<b>Baby Boomer Boogie</b> Sponsored by Holy Cross Health	Thurs. at 9 a.m.	A high-energy creative cardio that combines basic dance steps with diverse musical styles!	<b>301-754-8800</b> Call to register or for more info.	\$40 Fee
<b>Tai Chi Chuan</b>	Thurs. at 10 a.m. Fri. at 1:30 p.m.	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance and coordination.	<b>Drop In</b>	Free!
<b>Square Dancing</b>	Fri. Beginner at 1 p.m. Advanced at 2 p.m.	Want to join the fun? It's easier than you think. Come learn to square dance with instructors Al and Betsy Taylor.	<b>Drop In</b>	Free!
<b>Qi Gong</b>	Sat. at Noon	Qi Gong aims to relax your body, calm your mind and refresh your heart with easy exercises.	<b>Drop In</b>	Free!





# Expand Your Horizons

**Art**—Express your creativity in the medium that best suits you.

<b>Ceramics</b>	Tues. & Thurs. at 9:30 a.m.	A creative class where bisque and greenware become art. You can purchase pieces or bring your own. <b>\$20/month.</b>
<b>Coloring Day</b>	Saturdays at 1 p.m.	Join us for relaxation, socialization, and coloring with friends. <b>\$2 for materials or bring your own supplies.</b>
<b>Collage Meet Up</b>	Mon., February 12 from 1 - 3:45 p.m.	Work on your projects with others who share the same interest. <b>Bring your own supplies.</b>
<b>Fun with Art</b>	Wed. & Fri. at 10 a.m.	Discover a new talent with Sylvia Nicholson. Drawing, watercolor, acrylic, pastel, etc. <b>Bring your own supplies.</b>
<b>Learn to Knit</b>	Fri. at 1 p.m.	Learn to knit from members of our RSVP Yarners.
<b>Origami</b>	Monday, February 5 at 1 p.m.	Learn the Japanese art of paper folding.
<b>Quilting Bee</b>	1st & 2nd Thurs. from 1 - 3 p.m.	Just bring your goodwill and come tie a charity quilt with friends.
<b>RSVP Yarners</b>	Wed. at 1 p.m.	Come create, get ideas, and meet creative people.
<b>Wood Carving</b>	Tues. at 11 a.m.	Come in & transform simple pieces of wood into beautiful shapes. <b>Bring your own supplies.</b>



## Games

—Find a favorite social game and join in on the fun!

<b>BINGO!</b>	Mon. & Thurs. at 10:30 a.m.	Win prizes and have fun! <b>\$1 for 2 bingo cards.</b>
<b>Bocce Ball</b>	Wed. & Sat. at 11 a.m.	Relaxed, but strategic game with an ancient lineage.
<b>Duplicate Bridge</b>	Tues. & Thurs. at 12:30 p.m.	Play in an ACBL sanctioned game. Open to all seniors. <b>\$5/session</b>
<b>Game On!</b>	Tues. & Fri. at 10 a.m.	Play a variety of board games with other participants.
<b>Mah Jongg</b>	Tues. at 10 a.m.	Individuals of all skills are welcome. Please bring your set.
<b>Pool Room</b>	Center Hours	Come on in and shoot some pool. Pool Room is open to everyone.
<b>Wii Bowling</b>	Wed. at 10:30 a.m.	Pick up the controller and knock down the pins.
<b>Pickleball</b>	Mon. at Noon Fri. at 10:30 a.m.	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Mondays intermediate and Fridays beginner.
<b>Ping Pong</b>	Mon. at Noon Fri. at 10:30 a.m.	A sport in which two or four players hit a lightweight ball back and forth across a table using paddles. Beginners welcome.



## Interests

—Get together with friends, sit back and further explore your interests!

<b>Antiques &amp; Collectibles</b>	2nd & 4th Mon. at 10 a.m.	February 12: President's Day collectibles February 26: Water pitchers and powder puffs
<b>Book Discussion</b>	Thursday, February 22 at 1 p.m.	"Hillbilly Elegy" by J.D. Vance. A personal account of the poor working class in post-war America.
<b>Computer Help</b>	Sat. from 10 a.m. - 1 p.m.	Satish Shah will teach basic computer skills. By appointment only.
<b>Getting to Know You</b>	Fri., February 9 at Noon	The Getting to Know You series presents a Chinese New Year Celebration with lunch & entertainment. <b>Sign up early to attend.</b>
<b>Italian Language</b>	Wed. at 1 p.m.	Learn the Italian language as you explore its beautiful culture. <b>Note: Participants must have a working knowledge of Italian.</b>
<b>Military History and Veterans Group</b>	1st Tues. at 1 p.m.	"From Disarmament to Rearmament: The Reversal of U.S. Policy Toward West Germany, 1946-1955".
<b>Non-Shakespearean 17th Century</b>	Wed. at 10 a.m.	Review of Chaucer's "Canterbury Tales".
<b>Seasoned Players</b>	4th Wed. at 2:30 p.m.	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers in the metropolitan area.
<b>Shakespeare Book Club</b>	3rd Thurs. at 1 p.m.	"Much Ado About Nothing" based on essay by Eve Best in the book, "Living With Shakespeare", by Susannah Carson.
<b>Song Circle</b>	3rd Wed. at 1 p.m.	Sing along with this fun, casual group. All are welcome.
<b>Writer's Workshop</b>	Tues. at 10:15 a.m.	Enjoy expressing yourself through writing? Listening to authors read their prose? Join the Writer's Workshop.

# Special Services



## Nutrition Program

**Socialize, Mix 'n' Mingle and enjoy a healthy and appetizing meal.**

**Monday through Friday • Noon • Almost Café**

For persons age 60 or older, or a spouse of any age a voluntary contribution is requested. The full cost of the meal is \$5.72. Guests, including caregivers, under age 60 pay full cost. 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.**



## Services

### Fun Facilities

We've got our Pool Room, Work-Out Room, and Network Niche (computers) available for all to come and use. Join a game of pool, put together a puzzle, use a computer and get some exercise!

### Senior Services in Montgomery County • 2nd Tuesday • 10:30 - 11:30 a.m. • Library

Call Anita Joseph at 240-777-1062 to **make an appointment** for information about senior services, assistance in obtaining services & benefits, and education about offerings available to seniors.

### Mobile Post Office • Wednesdays • 11:30 a.m. - 12:30 p.m. • Outside

Purchase stamps, send a package, mail your letters and more.



## Need Assistance?

### The Journey • Tuesdays • \*NEW TIME\* 1 - 2 p.m. • Daisy Room

A group discussion about navigating the journey of life. Learn techniques of meditation, mindfulness, guided imagery and relaxation. Journey with Jamie. All are welcome.

### Maximizing You! • Thursdays • 11 a.m. - Noon • Daisy Room

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. Facilitated by Edie Mahlmann, LCSW.

### Hospice Caring Spousal/Partner Loss Support Group • Mondays • 1 - 2:30 p.m. • Daisy Rm

This group provides bereavement support and understanding for people who have lost a spouse/partner. **To register, call Anne Baker, Director of Adult Bereavement at 301-990-0854.**



## Community Organization Meetings at MSSC

Meeting	Date, Time and Room
<b>Chic Red Hatters of Merryland</b>	Wednesday, February 21, 2:15 - 3:30 p.m., Art Room
<b>Coin Club</b>	Tuesday, February 13, 7 - 9 p.m., Garden Room
<b>Deaf Seniors of Maryland</b>	Thursday, February 15, 10:30 a.m. - 3:30 p.m., Social Hall
<b>The Military History &amp; Veterans Discussion Group</b>	Tuesday, February 6, 1 - 3 p.m., Garden Room
<b>Montgomery County Senior Services</b>	Tuesday, February 13, 10:30 - 11:30 a.m., Library, <b>By Appointment</b>
<b>South 4 Corners</b>	No meeting in February.
<b>Montgomery County Stroke Association</b>	No meeting in February.
<b>Stamp Club</b>	Tuesday, February 27, 7:15 - 8:45 p.m., Art Room
<b>Trout Club</b>	Wednesday, February 21 6:45 - 9:15 p.m., Garden Room
<b>Wheaton NARFE</b>	Thursday, February 8, 1 - 3 p.m., Garden Room
<b>REIMW</b>	Wednesday, February 28, 7:15 - 9:45 p.m., Garden Room



# Stay in the Know!

## Announcements

- **Inclement Weather Policy**

**Updated 1/5/2018.** When Montgomery County Public Schools (MCPS) are closed, all senior classes and programs, including lunch and daily transportation, will be CANCELED. If MCPS has a delayed opening, all classes or events scheduled to begin before 10:00 a.m. will be canceled. The center will open at 10:00 a.m. with lunch and daily transportation canceled. During inclement weather, please listen to your radio (WTOP 103.5 FM) or television news for possible school closings or delayed openings. If in doubt, please call the Center at 240-777-8085 for further information. Please note that staff members may not be able to reach the Center due to hazardous conditions. Another great way to stay in the know is by signing up for Rec Alert at <http://montgomerycountymd.gov/OEMHS/AlertMontgomery/index.html> and selecting the Department of Recreation option.

- **Yarn and Quilting Material Donations:**

The RSVP Yarners are in need of yarn and fabric 45" x 1 yard. The Quilting Bees are in need of quilting fabric, batting and notions. Please make sure all donations are clean and/or washed. We accept donations year round at our front desk.

- **BINGO Caller Needed:**

We are currently missing a regular BINGO caller on Thursdays. If anyone would like to volunteer, please let us know!

- **Seniors with Disabilities:**

The County complies with the Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6870, TTY 240-777-6974.

- **Center Closings:**

The center will be closed Monday, February 19, in observance of President's Day.

- **Additional No Class Dates:**

No Pickleball, Ping Pong, or Square Dancing on Friday, February 9.

- **Support The Friends of Margaret Schweinhaut Senior Center:**

Consider donating to the Friends of MSSC, Inc. during this giving season. We are currently accepting tax deductible charitable donations. Checks or money orders are made payable to Friends of MSSC and can be submitted to the main office.



## 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 Reception 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!



## We want your input!

Do you have a program, class or entertainment suggestion?

We would love to hear from you!  
Please use the suggestion box in the lobby.



# Featured Program

## Getting To Know You: Chinese New Year

Friday, February 9 • Noon - 2:30 p.m. • Auditorium

The Getting to Know You series presents a Chinese New Year Celebration including lunch and entertainment. Entertainment presented by our own Li-Ly Chang on piano and the Splendid Rockville Dancers. There will be door prizes and a special menu.

Pre-registration is required. Price for lunch is \$5.72 for 55-60, donations requested for 60+.



## Save the Date

Date	Time	Program
Thursday, March 1	• 1 - 2:30 p.m.	~ Explore Tech: Cloud Storage
Friday, March 2	• 2 - 3 p.m.	~ Mammo Rossetti, Flutist
Monday, March 5 - Sunday, March 11		~ Center Closed for Cleaning
Monday, March 12	• 1 - 2 p.m.	~ Medication Safety Talk
March 13, 16, & 20	• 1 - 2:15 p.m.	~ Instagram & Pinterest Mini Series
Tuesday, March 13	• 1:30 - 2:30 p.m.	~ Drum Circle
Saturday, March 17 & 31	• 10 a.m. - Noon	~ Memory Academy Booster Class
Saturday, March 17	• 1 - 2 p.m.	~ Young at Heart Tap Dancers Performance
Monday, March 19	• 10 a.m. - 3:30 p.m.	~ AARP Safe Driving Course
Monday, March 19	• 1 - 3 p.m.	~ Movie: "Superman"
Tuesday, March 20	• 1 - 2 p.m.	~ Swing Intro Jazz with Christina Drapkin
Wednesday, March 21	• 1 - 3 p.m.	~ Song Circle
Thursday, March 22	• 1- 2:30 p.m.	~ Explore Tech: Job Searching in a Digital Age
Monday, March 26	• By Appointment	~ AARP Tax Aide Program
Monday, March 26	• 1 - 3 p.m.	~ Movie: "Jaws"
Wednesday, March 28	• 1 - 2 p.m.	~ Just that Simple: Spring Cleaning
Friday, March 30	• By Appointment	~ Tech Connect: One-on-One Help Bar
Saturday, March 31	• 8 a.m. - 2 p.m.	~ Indoor Yard Sale

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.



## Partnerships

Community Partnerships Make Wonderful Things Happen!

The Margaret Schweinhaut Senior Center thanks the following organizations...

AARP, Alzheimer's Association, Beacon Newspapers, Carpe Diem Arts, Encore Creativity for Older Adults, The Folklore Society of Greater Washington, Holy Cross Health, Kaiser Permanente, Montgomery County Volunteer Center: RSVP Program, Sante Affiliated, Senior Planet Montgomery, South Four Corners Citizens Association, Suburban Hospital, U.S. Postal Service, and Woodmoor Pastry Shop .

Our center is continuously seeking new partners to provide more enriching programs and services for our community.