

# Happenings

## April 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

### Encore Chorus Spring Concert #R07107-338

**Thursday, April 25 • 11:00am - 12:00pm**

Join the Encore Chorale of Schweinhaut Senior Center for a concert to celebrate the warmth of spring! With an uplifting repertoire of music, from B.E. Boykin's *Music of Life* to a choral medley of favorites from *The Sound of Music*, the Encore Chorale of Schweinhaut will sing in harmony and delight audiences with the joy that singing brings. The concert is free and open to the community.

### Spring Fashion Show at Long Branch

**Wednesday, April 24 • 10:30am - 1:00pm**

Have you ever dreamed of being on the runway? Here is your chance to be a model for the annual Long Branch Spring Fashion Show. We have limited model positions open.

See page 7 for details to sign up.

Registration for the Event #R07089-320

Registration for transportation and Event #R07107-346

### Register for Activities

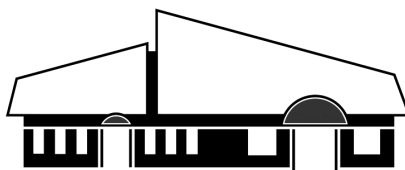
Registration for programs is required. Register at the front desk or online at [activemontgomery.org](http://activemontgomery.org). If the program has an activity number the class requires registration to participate.

### Closures, Class Cancellations or Changes

No Open Pickleball on Friday the 5th & 12th (AARP Tax Program)

Extra session of Origami on Monday 4/15

Bingo canceled Thursday 4/25



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***

## **AARP Tax Aide Program**

**Friday, April 5 and April 12 • 9:00am - 2:00pm • Auditorium**

Free tax preparation assistance is being offered at MSSC for Montgomery County residents from low-to-moderate income through AARP Tax Aide Program by appointment only. To schedule an appointment online at [www.taxaidemc.info](http://www.taxaidemc.info) or call 240-777-2577 M-F 9am-4pm.

## **Afternoon Cinema Fridays - #R07088-303**

**Friday, April 5, 19 and 26 • 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. **April 5** – Alice Through the Looking Glass (2016) **April 19** – Iron Man (2008) **April 26** – The Finest Hours (2016). 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.

## **Essential Oils for Everyday Use #R07028-329**

**Tuesday, April 2 • 11:00am - 12:00pm • Daisy Room**

Learn tips and recipes for safe cleaning using essential oils. Safe and natural replacements for cleaning, disinfecting and air freshening room sprays using oils such as lemon, grapefruit, mandarin, and orange.

## **Mini-Trip: National Museum of Health & Medicine #R07101-340**

**Wednesday, April 3 • 9:30am - 12:00pm • Lobby**

The museum aims to preserve and educate on the history, research, and progress of military and civilian medicine using top-notch collections, digital tools, and public involvement. Its exhibits will highlight the challenges and breakthroughs in military medicine, covering trauma, pathology, and surgery through authentic human remains, models, images, and artifacts. Tour begins at 10:00.

## **JCA Travel Training Seminar - Sign up thru JCA**

**Tuesday, April 9 • 9:00am - 12:00am • Lobby**

Travel Training is a free three-hour workshop/field trip that helps 50+ seniors get confident and comfortable taking public transit. This program combines a classroom segment with trips on a Ride On bus and a Metro train for a fun seminar that truly helps seniors get out and about. Participants learn about reading the Metro map, loading a fare card, finding station safety and accessibility features, using Metro and Ride On apps to plan a trip, and more. A stop at our new Silver Spring Recreation Aquatic Center will be included in this program. Call JCA 301-738-3252 to reserve your spot as space is limited.

## **Free Diabetic Shoes by Medicare #R07028-330**

**Tuesday, April 9 • 10:00am - 2:00pm • Daisy Room**

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

## **Mini-Trip: Laurel Dutch Country Market #R07101-346**

**Friday, April 12 • 9:30am - 12:00pm • Lobby**

Dutch Country Market sells homemade food, baked goods, and sandwiches since 1997 in their 5,700-square foot market. They make and sell quality food based on Amish County recipes and flavors.

## DIY Floral Centerpiece #R07113-300

**Tuesday, April 16 • 10:00am - 12:00pm • Garden Room**

Join Karen, Michelle & Chris Farmer to make a lovely floral centerpiece in time for Spring. Get creative and make a one-of-a-kind centerpiece to take home to enjoy. Registration is required and space is limited.

## Basketball Skills Competition at White Oak SC #R07122-302

**Wednesday, April 17 • 9:30am - 12:00pm • Lobby**

Join your peers at White Oak Senior center, as we take part in a basketball skills competition. We will have various skills competitions for everyone to take part in! All are welcome to join in on the fun! Transportation will be provided, limited to 20.

## Supplemental Nutrition Assistance Program Presentation #R07028-339

**Monday, April 22 • 11:00am - 12:00pm • Garden Room**

This presentation educates individuals aged 55+ on SNAP benefits, eligibility, application process, approved foods, and available resources. It aims to empower seniors to make informed nutritional choices and access support for a healthy diet.

## It's Your Life Presentation: "Eritrea" by Will Amatruda #R07307-300

**Tuesday, April 23 • 1:00pm - 2:00pm • Garden Room**

Take a visit through the stories of Will's time spent in Eritrea when it was a part of Ethiopia. His focus will be mainly on the country and the local people (mostly Italians and Italo Eritreans) he got to know during his time there from 1964-1965. He will share his memories and his photos of Eritrea.

## Wise Cities Research Project #R07105-300

**Wednesday, April 24 • 11:30am - 3:00pm • Garden Room**

WISE Cities is a UMD student-led project. Our new website helps you find local resources, activities, and opportunities. If you are 60 or older attend this upcoming research event to test and provide feedback on our service! Space is limited to the first 9 signups. Lunch will be provided, and a \$10.00 gift card will be given for your feedback.

## Mini-Trip: U.S. Capitol and Senator Van Hollen #R07101-347

**Tuesday, April 30 • 9:30am - 2:00pm • Lobby**

Join us for a live tour of the Capitol. The tour includes the Crypt, Rotunda, National Statuary Hall, the Old Supreme Court Chamber, and the Old Senate Chamber. There will be time to sit in the gallery to watch U.S. Congress in Session and meet with Senator Van Hollen.

# Recurring Activities

A R T	Activity	Day & Time	Description & Contact	Fee
	<b>Ceramics</b> <b>Activity #R07098-306</b> <i>Instructor: Yvonne Roberts</i>	Tues. & Thurs. 9:30am - 1:00pm	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	Free
	<b>Card Making</b> <b>Activity #R07095-310</b> <i>Instructor: Cindy Boccucci</i>	2st 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
	<b>Fun with Art</b> <b>Activity #R07052-303</b> <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
	<b>Origami</b> <b>Activity #R07096-302</b> <i>Facilitator: Lois Dicker</i>	1st Mon. 1:00pm - 3:00pm <b>Extra Session 4/15</b>	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
	<b>MSSC Knitting Corner</b> <b>Activity #R07003-305</b>	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

Activity	Day & Time	Description & Contact	Fee
<b>Basic Functional Balance Exercise</b> <b>Activity #R07030-300</b> <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
<b>Ballroom Dance</b> <b>Activity #R07050-301</b> <i>Instructors: Ellen Moran &amp; 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
<b>Bone Builders</b> <b>Activity #R03010-319</b>	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
<b>Yin Yoga</b> <b>Activity: R07032-307</b> <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
<b>Dance Fitness with Georgia</b> <b>Activity #R07012-322</b> <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
<b>Kickboxing</b> <b>Activity #R07060-308</b> <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
<b>Line Dancing</b> <b>Activity #R07011-308</b> <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
<b>Low Impact Exercise</b> <b>Activity #R07060-310</b> <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 &amp; Kaiser Permanente Present</i> <b>Senior Fit</b> <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. <b>Register online by emailing <a href="mailto:seniorfit@holycrosshealth.org">seniorfit@holycrosshealth.org</a></b>	Free
<b>Tai Chi Chuan</b> <b>Activity #R07025-301</b> <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
<b>Qi Gong</b> <b>Activity #R07059-305</b> <i>Instructors: Mike Kornely &amp; 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

# Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
E D U C A T I O N A L	<b>Schweinhaut Book Discussion Activity #R07065-305</b> <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	April book will be Upstairs at the Whitehouse by J.B. West. The White House Ushers in from nearly three decades offers a behind-the-scenes look at American's first families. This is a virtual class contact Karen at KarenMaxin@montgomerycountymd.gov to join.	Free
	<b>Coffee &amp; Conversation with MSSC Staff Activity #R07092-310</b>	3rd Thurs. 9:00am – 9:45am <b>Canceled 4/18</b>	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
	<b>Italian Class Activity #R07021-302</b> <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. <b>Participants should have a working knowledge of the Italian language.</b>	Free
	<b>Beginner Spanish Class Activity #R07015-305</b> <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
	<b>Beginner Plus Spanish Class Activity #R07015-306</b> <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
	<b>Writer's Group Activity #R07058-312</b> <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. <b>Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link or to see the groups Anthology.</b>	Free
H E A L T H	<b>Veterans Discussion &amp; Support Group Activity #R07312-300</b>	1st Weds. 1:00pm - 2:00pm	April 3rd discussion is canceled as we are doing a tour of National Museum of Health + Medicine #R07101-340	Free
	<b>Nutrition 101 Activity #R07024-308 (Tues) Activity #R07024-309 (Thurs)</b> <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	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
	<b>Blood Pressure Screening Activity #R07108-319</b> <i>Facilitator: Bernadette Denis</i>	Fri. 1:00pm - 2:00pm	Come get your blood pressure checked for free by Bernadette every Friday inside Schweinhaut's library room.	Free
S E R V I C E S	<b>Senior Services in Montgomery County</b> <i>Facilitator: Anita Joseph</i>		Call 240-777-1062 to <b>make an appointment</b> to meet with Anita at MSSC for information about senior services, assistance in obtaining services/benefits, and education on offerings available to seniors.	Free

## GAMES

<b>BINGO!</b> <b>Activity #R07085-302</b> <i>Facilitator: Linda Disharoon</i>	Mon. & Thurs. 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	Free
<b>Pinochle Card Game</b> <b>Activity #R07099-305</b> <i>Facilitator: George Kelly</i>	Wed. 1:00pm - 3:00pm	Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.	Free
<b>Scrabble Tips &amp; Tricks</b> <b>Activity #R07073-302</b> <i>Facilitator: Marcia Bowens</i>	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
<b>Chess Club</b> <b>Activity #R07110-303</b> <i>Facilitator: Clifford DuThinh</i>	Mon. 10:30am - 1:00pm	Chess, a classic board game, is played by two opponents on a checkered board with the goal of capturing the opponent's king. Beginners are encouraged to join!	Free

## MUSIC

<b>Encore Chorale</b> <i>Facilitator: Kathryn Harsha</i>	Mon. 10:30am - 12:30 pm	For more info, call 301-261-5747 or visit <a href="http://www.encorecreativity.org">www.encorecreativity.org</a> .	
<b>Seasoned Players Activity</b> <b>#R07056-302</b> <i>Facilitator: Helen Cothran</i>	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> <b>Song Circle</b> <b>Activity #R07080-307</b> <i>Facilitator: Fred Stollnitz</i>	<b>In Person or Zoom</b> 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 <a href="http://FSGW.org/song-circles">FSGW.org/song-circles</a> for information to join on Zoom.	Free
<b>Angklung Music Lesson</b> <b>Activity #R07109-304</b> <i>Instructor: Ari Peach</i>	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

## SPORTS

<b>Open Pickleball</b> <b>Activity #R07091-300</b> (Subject to Change)	Fri. See monthly schedule	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure. Sign up for the email schedule.	Free
<b>Billiards</b> <b>Activity #R07103-306 M-F</b> <b>Activity #R07103-307 Sat.</b>	M-F 8:00am - 4:00pm Sat. 9:00am - 3:00pm	Come in and join us for a game of Billiards. The Pool Room is open to everyone during center hours.	Free
<b>Table Tennis</b> <b>Mon Activity #R07097-308</b> <b>Fri Activity #R07097-309</b> (Subject to Change)	Mon. 12:00pm - 2:00pm Fri. from 10:30am - 12:00pm	Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles. See front desk for equipment.	Free
<b>Newbies +Beginner Pickleball</b> <b>Activity #R07091-310</b> <i>Instructor: Brad Paleg</i>	Thurs. 1:00pm - 2:00pm	This class is for beginners or those starting to learn pickleball. No prior experience needed. Learn rules, gameplay, strokes, and court skills in a safe, fun, social setting. Limited space, early sign-up recommended! Space is limited, so sign up early!	Free
<b>Advanced Beginner Pickleball</b> <b>Activity #R07091-312</b> <i>Instructor: Coach Brad Paleg</i>	Thurs. 2:00pm - 3:00 p.m.	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.	Free
<b>Intermediate Beginner Pickleball</b> <b>Activity #R07091-313</b> <i>Instructor: Coach Brad Paleg</i>	Thurs. 3:00pm - 4:00 p.m.	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.	Free



## ***Upcoming at Schweinhaut***

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### **Spring Fashion Show at Long Branch Wednesday, April 24 • 10:30am - 1:00pm**

Join us for a fabulous day of fashion, showcasing outfits from Chicos. If you would like to be a model for the show wearing a Chicos Spring outfit, contact Karen (240-777-8082 or Michelle (240-777-8086) to get entered as space is limited. Models will be chosen by lottery drawing and notified by 4/10/24. You may wear your own Spring outfit and sign up to model the day of the event. This is a show you won't want to miss. Lunch will be provided but registration is a must to order a meal. Bus Leaves MSSC at 9:45am.

Registration for the Event #R07089-320  
Registration for transportation and Event #R07107-346

### **Comedy Show "Alan Ames Thinks He's Funny" #R07107-339 Monday, May 13 • 10:00am - 11:00am**

Ames has been telling jokes and stories his whole life, but he first tried performing stand-up comedy in April 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 all the way from Massachusetts and is excited to perform at our center. Registration is required as space is limited.

### **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.

### **"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!

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

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### **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***

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### **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](mailto:Hughes2113@gmail.com) and get your clothes mended, free of charge.

## Upcoming Programs – Look at what is coming in May



Wednesday, May 8

Stroke Prevention Presentation

Saturday, May 11

Akhmedova Ballet Presents "Peter and the Wolf"

Saturday, May 11

Bocce Tournament with MCR's Matt Connolly



Monday, May 13

Comedy Show "Alan Ames"

Tuesday, May 14

Motown Music with Walter Ware

Wednesday, May 15

Mini-Trip: National Museum of Art

*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](http://MOCOREC.COM)

Register for programs at [Activemontgomery.org](http://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 [Activemontgomery.org](http://Activemontgomery.org)