

# Schweinhaut Senior Center at Forest Glen



# Happenings

*September 2015*

## September at a Glance

Tuesday, September 1 • 10:00 a.m. – 12:00 p.m.	---	Mahjong
Tuesday, Sept. 1 & Wednesday, Sept. 2	---	Go4Life Month Kick-Off
Thursday, September 3 • 12:00 – 2:00 p.m.	---	End of Summer Luau
Thursday, September 3 • 2:00 – 3:00 p.m.	---	Adventurer's Group: Alaska
Friday, September 4 • 10:30 a.m. – 3:45 p.m.	---	Active Montgomery Registration Party
Wednesday, September 9 • 10:00 a.m. – 12:00 p.m.	---	Non-Shakespearian English Verse
Wednesday, September 9 • 1:00 – 3:45 p.m.	---	Financial Planning for Alzheimer's
Friday, September 11 • 9:00 a.m. – 12:00 p.m.	---	Flu Shot Clinic
Friday, September 11 • 1:00 – 2:30 p.m.	---	Fall Prevention Program
Monday, September 14 • 10:00 a.m. – 12:00 p.m.	---	Jewelry and Gems
Monday, September 14 • 1:00 – 3:00 p.m.	---	Monday Movie: The Butler
Wednesday, Sept. 16 & Thursday, Sept. 17	---	Senior Olympics Billiard Tournament
Wednesday, September 16 • 1:00 – 3:00 p.m.	---	Song Circle
Saturday, September 19 • 11:30 a.m. – 5:00 p.m.	---	Mini-Trip: Bluebird Blues Festival
Monday, September 21 • 1:00 – 2:00 p.m.	---	Team Trivia
Friday, September 25 • 1:00 – 2:00 p.m.	---	Jesse Palidofsky: One Man Band
Monday, September 28 • 1:00 – 3:00 p.m.	---	Monday Movie: Gravity
Tuesday, September 29 • 1:00 – 2:00 p.m.	---	Music Therapy
Wednesday, September 30 • 1:00 – 2:00 p.m.	---	Senior Preparedness Seminar



1000 Forest Glen Road, Silver Spring MD 20901, 240-777-8085  
[www.montgomerycountymd.gov/senior](http://www.montgomerycountymd.gov/senior)

Center Hours: Monday - Friday: 8:15am to 4:00pm, Saturday: 9:00am to 3:00pm

The Center will be closed on Saturday, Sept. 5 & Monday, Sept. 7 to observe Labor Day



MONTGOMERY COUNTY  
**Recreation**

# Potpourri of Programs

An Eclectic Array of Mind-Expanding Experiences Featuring Lifestyles, Music, Film, Literature, Safety, Health, and more!



## Music

*Enjoy musical shows that you'll love to listen, dance, and tap your toes to!*

### **End of Summer Luau • Thursday, September 3 • 12:00 – 2:00 p.m. • Auditorium**

As the summer is quickly coming to an end, what better way to celebrate than with a luau! Break out the grass skirts and floral t-shirts. Lunch provided by the Nutrition Program. Entertainment by Northern Virginia Ukulele Society. **Pre-registration is required by Monday, August 24<sup>th</sup>.**

### **Song Circle • Wednesday, September 16 • 1:00 - 3:00 p.m. • Garden Room**

Co-sponsored by Carpe Diem Arts and The Folklore Society of Greater Washington, the monthly song circle is about the joy of singing, not about talent. Come for informal group singing or just to listen, but do come to enjoy delightful songs! Words will be provided; no need to read music. For info or to suggest songs in advance, e-mail Fred Stollnitz at [fstollnitz@comcast.net](mailto:fstollnitz@comcast.net).

### **Jesse Palidofsky: One Man Band • Friday, September 25 • 1:00 – 2:00 p.m. • Garden Rm**

Join Jesse for a fun-filled hour of your favorite tunes. From Ellington to Nat King Cole and beyond, his soulful vocals, guitar and harmonica arrangements will get your heart singing and your soul swinging!

### **Music Therapy • Tuesday, September 29 • 1:00 – 2:00 p.m. • Auditorium**

Come join the sounds of Riderwood with our music therapist Samantha. Get ready to hear some wonderful music that makes you move!



## Movies

*Each month, an exciting selection of movies, for free! Sponsored by the Advisory Board.*

### **The Butler • Monday, September 14 • 1:00 – 3:00 p.m. • Garden Room**

Starring Forrest Whitaker, Oprah Winfrey, John Cusack, Jane Fonda, Cuba Gooding, Jr., Vanessa Redgrave and Robin Williams. After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines (Whitaker) gets the opportunity to work as a butler in The White House.

### **Gravity • Monday, September 28 • 1:00 – 3:00 p.m. • Garden Room**

Starring Sandra Bullock and George Clooney. Dr. Ryan Stone (Bullock) is a medical engineer on her first shuttle mission. Her commander (Clooney) is helping his last flight before retirement. Their shuttle is destroyed leaving them stranded in deep space. As fear turns to panic they realize the only way home may be to venture further into space.



## Mini-Trip

*Ready for some adventure? Sign up for our exciting Mini-Trips every quarter!*

### **Prince George's Community College Bluebird Blues Festival**

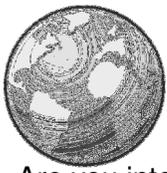
**Saturday, September 19 • 11:30 – 5:00 p.m. • Lobby • Cost is \$12 per person**

The bus will leave for the Festival at 11:30 a.m. sharp.

A fun filled day with music by nationally acclaimed blues players, arts, and food & craft vendors!

**Lunch is on-your-own. Please pack a lunch or bring money to purchase one. Also, bring your own chair.**

**Pre-registration required and begins September 1<sup>st</sup>. Space is limited.**



# New Recurring Programs

## **Jewelry and Gems (JAGs) • Mondays • 10:00 – 12:00 noon • Art Room**

Are you interest in exploring the world of jewelry, gems, and beads? Bring any items (beads, tools, etc.) with you.

## **Mah Jong • Tuesdays • 10:00 – 12:00 noon • Garden Room**

Individuals of all skills are welcome. If you own a Mahjong set, please bring it with you.

## **Non-Shakespearian 17th Century English Verse**

### **2nd, 3rd and 4th Wednesdays • 10:00 – 12:00 noon • Daisy Room**

A line-by-line explication of leading poets between the time of Shakespeare and Milton.

**Cycling Club • Meets Weekly** • For details about their next riding day and time, contact Donald Lewis at [dressforlessmensclothing@gmail.com](mailto:dressforlessmensclothing@gmail.com) or call the center at 240-777-8085.



## Wellness

### **Wellness Wednesdays with our HeartWell Nurse, Leni Barry**

#### **Wednesdays • Sponsored by Suburban Hospital/Johns Hopkins Medicine**

• **“Know Your Numbers” • 10:00 a.m. - 12:00 p.m.** • Health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.)

• **Heartwell in Action: Sweet Dreams • 1st Wednesday • 12:45-1:45 p.m.** •

Learn how sleep can impact your health.

• **Recipe Rounds • 2nd Wednesday • 12:45-1:45 p.m.** •

Quick recipes and tips for living a healthier lifestyle.

• **Diabetes Support Group • 3rd Wednesday • 12:45-1:45pm** •

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

• **Brain Teasers • 4th Wednesday • 12:45-1:45pm** •

Get your brain juices following with a great discussion and fun teasers!

## ... And More!

### **Go4Life Month Kick-Off • Tuesday, September 1 and Wednesday, September 2**

Celebrate active aging! 1<sup>st</sup> Annual Go4Life Month, in collaboration with the White House Conference on Aging. Pick up one of our flyers at the center for all the details.

### **ActiveMontgomery Registration Party • Friday, September 4 • 11:00–4:00 p.m. • Auditorium**

Want to learn more about ActiveMontgomery? Need help registering? We will be here to help! Participants that create an account prior to or at our Party will be entered into a raffle.

### **Legal & Financial Planning for Alzheimer's • Wednesday, Sept. 9 • 1:00 – 3:45 p.m.**

A workshop for anyone who would like to know more about legal and financial issues to consider & put in place.

### **Bathroom Safety for Falls Prevention • Friday, September 11 • 1:00 – 2:30 p.m. • Garden Rm**

Presented by Ashok Kapur. Learn tips on making your bathroom safer to prevent falls.

### **Flu Shot Clinic • Friday, September 11 • 9:00 a.m. – 12:00 noon • Garden Room**

Provided by Kmart Pharmacy. Free for adults 60+ with a Medicare Part B Card. Fee for those without card.

### **Team Trivia • Monday, September 21 • 1:00 – 2:00 p.m. • Garden Room**

Sponsored by Home Care Assistance. Team up and work together to answer trivia questions of varying difficulty.

### **Senior Preparedness • Wednesday, September 30 • 1:00 – 2:00 p.m. • Garden Room**

Presented by Montgomery County's Office of Emergency management and Homeland Security.



# Work-Out!



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

Activity	Time	Description	Contact	Fee
<b>Senior Fit -</b> 	Mon/Wed/Fri at 8:30 & 9:30, Tues at 9:00, Sat at 9:30	<b>Sponsored by Holy Cross Hospital and Kaiser Permanente.</b> An exercise class designed especially for seniors, focusing on increasing strength and muscle endurance, while improving balance and flexibility.	<b>301-754-7895</b> Call to register. Physician's Consent Form required.	Free!
<b>Better Bones -</b> 	Mon/Thurs at 2:00	<b>Sponsored by Holy Cross Hospital</b> This course focuses on reducing the rate of bone loss and improving balance and flexibility, enhancing wellbeing.	<b>301-754-7895</b> Call to register. Physician's Consent Form required.	Free!
<b>Line Dancing</b>	Mon at 10:45 Sat at 10:30	Join Myung Anderson (Mon) and Jo Ann Eng (Sat) for fun dancing that will keep you moving!	<b>Drop In</b>	Free!
<b>Tai Chi Chuan</b>	Thurs at 10:00 Fri at 1:30	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	<b>Drop In</b>	Free!
<b>Qi Gong</b>	Sat at Noon Fri at 1:30	Qi Gong aims to relax your body, calm your mind, and refresh your heart with easy to learn exercises.	<b>Drop In</b>	Free!
<b>Weight Training</b> Sponsored by Suburban Hospital	Tues at 10:00 Session runs from 7/7-10/6	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	\$30 Fee
<b>Ballroom Dance:</b> Free Dance Lessons	Wed at Noon	Bill Goldberg and Ellen Moran provide free dance lessons.	<b>Drop In</b>	Free!
<b>Ballroom Dance:</b> Let's Dance!	Wed at 1:00	Join Bill Goldberg and Ellen Moran for some fun dancing!	<b>Drop In</b>	Free!
<b>Ball Exercise</b> 	Tues at 11:00 Session runs from 7/7-10/6	<b>Sponsored by Suburban Hospital</b> Exercise on a stability ball, engaging core muscles and building balance.	<b>301-896-3939</b> Call to register	\$30 Fee
<b>Baby Boomer Boogie</b> 	Thurs at 9:00 Session Runs 9/10-10/29	A high-energy creative cardio that combines basic dance steps with diverse musical styles!	<b>301-754-7895</b> Call to register	\$30 for 6 sessions
 <b>Yoga with Hugs</b>	Thurs at 11:00 Session runs from 8/13-10/1	Join Juliet Verdi for a beginner's gentle Yoga class, consisting of gentle movement & stretching.	<b>Register at the Reception Desk</b>	\$24 for 8 or \$5/ session

# Expand Your Horizons

 **Art** Join us to express your creativity in a variety of different ways.

Activity	Time	Description
Ceramics	Tues & Thurs at 9:30am	A creative class where bisque and greenware become art! You can purchase pieces, or bring your own. <b>Fee: \$20 per month.</b>
Fun With Creative Art	Wed & Fri at 10:00am	Discover a new talent with Sylvia Nicholson. Drawing, Watercolor, Acrylic, Pastel, etc.
Woodcarving	Tues at 11:00am	Come in and transform simple pieces of wood into beautiful shapes.
Origami	Mon at 1:00pm	The Japanese art of paperfolding. <b>This month, Origami will be on Thursday, September 10 from 1:00 - 2:30 p.m.</b>

 **Games** Lots of social games are played here regularly, be sure to come and join the fun!

Activity	Time	Description
BINGO!	Mon & Thurs	Win prizes, and have fun! 10:30-11:30am. <b>\$1 for 2 Bingo cards.</b>
Duplicate Bridge	Tues & Thurs at 12:30pm	Play in an ACBL sanctioned game open to all seniors. Please bring a partner and work together to win! <b>Fee: \$5 per day.</b>
 Bocce Ball	Wed & Sat at 11:00am	Relaxed but strategic game with an ancient lineage. Beginners welcome.
Game Day	Tues & Fri	Game on! 10:00am-12:00pm on Tuesdays, 10:00am-3:30pm on Fridays.
Pool Room & Pool League	Center Open Hours	Come on in and shoot some pool! 8-ball Leagues play on Tuesdays. Pool Room is open to everyone, beginners welcome.
 Wii Bowling	Wed at 10:30am	All you need to do is pick up the controller and knock the pins down!

 **Interests** Get together with friends, sit back and further explore your interests.

Activity	Time	Description
Antiques & Collectibles	Mon at 10:00am	On September 14: Copper items and pill boxes. On September 28: Pet related items and pottery/stoneware.
Italian Club	Wed at 10:00am	A wonderful group of paisanos share their Italian culture.
Italian Language	Wed at 1:00pm	Learn about the spoken Italian language as you explore its beautiful culture. <b>Note: Participants must have a working knowledge of Italian.</b>
Encore Chorale	Mon at 10:30am	For more info call 301-261-5747 or visit <a href="http://www.EncoreCreativity.org">www.EncoreCreativity.org</a>
RSVP Yarners	Wed at 1:00pm	Come create a favorite project. Get ideas and meet creative people.
Computer Classes	Sat at 12:00 noon	Satish Shah will teach basic computer skills by appointment. Free. Register at the Reception Desk.
Writer's Workshop	Tues at 10:15am	Do you enjoy expressing yourself through writing? Listening to authors read their prose? Then be sure to join the Writer's Workshop!
Book Discussion	Thurs at 9:45am	3rd Thursday of each month. Facilitated by Brenda Rosa.
 Walking Wednesdays	Wed from 9:30-10:00am	Join Gene Luttenberg for a 30 minute stroll. Bring a hat, water, and walking shoes. Meet in the Lobby.
 Adventurer's Group	1st Thurs at 1:00pm	Share your trip ideas, trips you have taken or trips you would like to take. Meets on the first Thursday of each month. <b>Topic is Alaska.</b>
 Current Events	Sat at 10:30am	Join Cecelia Chambers in 'Cece's Current Events' discussions.
 Song Circle	9/16 at 1:00pm	Sing along with this fun, casual group! All skill levels are welcome.

# Special Schweinhaut Services

The Center features services that are designed with your needs in mind



## Nutrition Program

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

**Monday through Friday, 12:00 noon.**

For persons age 60 or older, or a spouse of any age, a voluntary contribution is requested. The full cost of the meal is \$5.49. Guests (including caregivers) under age 60 pay full cost. Please make or cancel your reservations for the bus and/or lunch at Schweinhaut Senior Center- Monday - Friday, by noon a day in advance.

**Call 240-777-8085 and ask for Nutrition Site Manager.**

The new lunch program features a hot or cold meal, special holiday menus, and monthly sub & baked potato bar! For more information call 240-777-3810.



## Services

**JCA Bus Transportation - Monday Through Friday**

A JCA bus to the Center is available in the neighborhood. For more information, please call 240-777-8085 and ask for the Nutrition Site Manager.

**Friday Shopping Trip • Fridays, 9:00 - 11:00 a.m. • Meet in Lobby**

Take a trip with the Holly Hall Seniors to the Hillandale or White Oak Shopping Centers. The bus will be returning to the Center at 11:00 a.m. **Two Bags Per Person Maximum.**



**Wednesday Library Trip • Wednesdays, 9:30 - 11:10 a.m. • Meet in Lobby**

Take the JCA bus down to the fantastic new Silver Spring Library! The bus will leave at 9:30 sharp and return to the Center at 11:10 a.m.



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

Call Anita Joseph at 240-777-3000 to make an appointment for information about senior services, assistance in obtaining services and benefits, and education about offerings available to seniors.

## Fun Facilities

We've got our Pool Room, Work-Out Room, Library 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!

**Mobile Post Office • Wednesdays, 11:30 - 12:30 p.m. • Lobby**

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



## Need Assistance?

**Coping With Change • Tuesdays, 1:00 - 2:00 p.m. • Library**

A discussion group on dealing with life changes and positively coping with them. Facilitated by Jamie Lomison from Sante Affiliated. **For more info, call 301-741-7764.**

**Maximizing You! • Thursdays, 11:00 - 12:00 p.m. • 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.

**Widowed Persons Support Group • Mondays, 1:00 - 2:00 p.m. • Daisy Room**

Co-sponsored by the AARP Widowed Persons Service. This group provides support and understanding for people who have lost a spouse during the last two years. **To register, call 301-949-7398.**

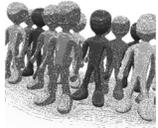


# Announcements



**Go4Life**, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life.

We are pairing up with Holy Cross and Suburban Hospital to feature our wonderful programs for Go4Life Month. Stop by and pick up our flyer to view all the details for Go4Life Kick-Off on Tuesday, September 1<sup>st</sup> and Wednesday, September 2<sup>nd</sup>.



## Community Organization Meetings at MSSC

<b>Meeting</b>	<b>Date and Time</b>
<b>Chic Red Hatters of Maryland</b>	Wednesday, September 16, 2:15 - 3:30 p.m.
<b>Coin Club</b>	Tuesday, September 15, 7:00 - 9:00 p.m.
<b>Deaf Seniors of Maryland</b>	Thursday, September 18, 10:00 - 3:30 p.m.
<b>Military History &amp; Veterans Discussion Group</b>	Tuesday, September 8, 1:00 - 3:00 p.m.
<b>Montgomery County Senior Services</b>	Tuesday, September 8, 10:30 - 11:30 a.m. By Appointment Only, see page 6.
<b>REIMW</b>	Wednesday, September 30, 7:30 - 9:30 p.m.
<b>South 4-Corners</b>	Monday, September 21, 7:00 - 9:00 p.m.
<b>Stamp Club</b>	Tuesday, September 22, 7:30 - 8:30 p.m.
<b>Stroke Club</b>	Tuesday, September 8, 1:30 - 3:30 p.m.
<b>Trout Club</b>	Wednesday, September 16, 7:00 - 9:00 p.m.
<b>Wheaton NARFE</b>	Thursday, September 11, 1:00 - 3:00 p.m.

## How do you want your 'Happenings'?

*It's important to stay in the loop! With a variety of ways to receive our monthly newsletter, you can choose depending on your needs.*



**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** E-mail our Director at [amanda.defilippo@montgomerycountymd.gov](mailto:amanda.defilippo@montgomerycountymd.gov) about being added to the newsletter mailing list in order to receive Happenings in your inbox each month.

**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!

## The Suggestion Box

Do you have a Mini-Trip, program, class, or entertainment suggestion?  
We would love to hear from you! Please use the suggestion box in the lobby.



# Save the Date

Mark your calendar for the following programs...

## OCTOBER

Harvest Fest	October 5, 12:00 p.m.
Heartwell Topic: Brain Teasers	October 7, 12:45 p.m.
Healthy Eating for One	October 9, 10:30 a.m.
Fire Prevention Month Comes to MSSC	October 12, 10:30 a.m.
Name that Tune - Sponsored by Home Care Assistance	October 19, 1:00 p.m.
AARP Smart Driver Course	October 19, 10:00 a.m.
Nancy Sings	October 27, 1:00 p.m.
Regent Healthcare presents: Virtual Dementia Tour	October 28, 1:00 p.m.

## NOVEMBER

Living Options As I Grow Older	November 6, 1:00 p.m.
Veterans Day Remembrance	November 10, 1:00 p.m.
Hand Bells & Drum Circle - Sponsored by Home Care Assistance	November 16, 1:00 p.m.
Effective Communication Strategies	November 18, 1:00 p.m.
Good Times Show Band	November 30, 1:00 p.m.

## DECEMBER

The Nutcracker - Presented by Akhmedova Ballet	December 12, 1:00 p.m.
AARP Smart Driver Course	December 21, 10:00 a.m.
Encore Chorale Holiday Program	December 21, 1:00 p.m.

*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.*



**SAVE the DATE**

**Beacon 50+ expo** Sunday, October 18  
Noon - 4 p.m.

Informative Exhibitors & Resources  
Health Screenings • Flu Shots  
Live Music • Giveaways • Door Prizes

Silver Spring Civic Center • Silver Spring, MD  
One Veteran's Place • Silver Spring, MD 20910

To exhibit, volunteer, or for more information, call 301-949-9766.

Beacon MONTGOMERY NEWS-POSTER  
MONTGOMERY RECREATION

### Community Partnerships Make Wonderful Things Happen!

**Schweinhaut Senior Center at Forest Glen thanks the following organizations...**

Beacon Newspapers, Woodmoor Pastry Shop, U.S. Postal Service, Holy Cross Hospital, Kaiser Permanente, Suburban Hospital, The Folklore Society of Greater Washington, and AARP