



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

March 2023

St. Patrick's Day Party With Tom Delaney



Thursday, 3/16, 1pm

Light refreshments served.

Pre-registration required.

Wednesday Evenings will be returning in April! Check out page 3 for more details on the events and classes!

Catch A Falling Star with Alan Rubinstein

This new series is an interactive program featuring music from your favorite musicals and films. Join us to perform with your friends and get to know many well-known productions!

More details on Page 2.

Sing Along with Bonnie Jazz



Join Franklyn as he leads us in singing a variety of popular songs from different genres and decades.

More details on Page 9.

The Spring registration is open and classes will begin the week of Monday, 3/20!



Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906

Phone: (240) 777-4999

www.mocorec.com

Center Hours:

Monday thru Friday 9:00 a.m. - 4:00 p.m.



UPCOMING SERIES

CATCH A RISING STAR

Catch a Rising Star is an interactive program featuring music from your favorite musicals and films. Presented by Alan Rubinstein. Sing, share feelings and be inspired by great music and the inside scoop behind the productions!

Pre-register at Holiday Park
or online with these codes:

R07106-303 for Music Theater
Wed. 4/26; 1pm

R07106-304 for Film Music
Tue. 5/9; 1pm

R07106-305 for Interactive Music
Theater
Wed. 6/7; 1pm

R07106-306 for Lights, Camera, Action
Wed. 6/21; 1pm

PLANT ROOM NEWS

- Cut down old perennials and over-wintering ornamental grasses to within 2 inches and remove plant debris from flower beds.
- Although it's best to plant grass in the fall, if your lawn needs seeding, do it now.
- This is a good time to repot and divide houseplants. Use lightweight, well-drained soilless potting mixes that contain ingredients such as peat moss, vermiculite, and perlite.
- March is the beginning of the planting and transplanting season for trees and shrubs. Don't work or walk on wet soil-- wait until the soil dries out.
- Prune roses starting in mid-March to maintain their shape and size.
- Divide perennials. Pull weeds and apply a two-inch layer of mulch to prevent weed seeds from germinating.

Come and visit the Plant Room on Tuesday and Friday mornings. We will have vegetables and herbs available for sale when outdoor planting time arrives. Stay tuned!



The Plant Room

*Open Tuesday and Friday
from 9:00am to 12pm.*

*We have an assortment of plants
for sale at just \$1.00 each.*

Coffee with a Cop

Wed., 3/1, 9:30 am



*Enjoy conversation with Officer
Katie Beard from the
Montgomery County Police and
learn more about your community
and discuss safety concerns.*

Fire Safety, One Cup of Coffee (Or Hot Chocolate) At A Time!

Thur., 3/23, 9:30 am

*Join us to connect with Jim
Resnick as he provides info in an
informal café setting, with coffee or
hot cocoa, and snacks!*



WEDNESDAY BOOK CLUB

Wed., 3/15, 3:15 pm

March's book is "The Little Big Things" by Henry Fraser.

Free! - Monthly!



WEDNESDAY EVENINGS — COMING APRIL!

Ramadan Kareem

It will be a pleasure for us to have you at our iftar party. Come and learn about Ramadan and the traditions around our world and enjoy some Mediterranean food. *Pre-registration required.*
April 12, Presentation at 6:30pm, Food at 7:30pm; Free

Evening Book Club

Join us for a book discussion on 2020 Pulitzer Prize Winner for fiction “Nickel Boys” by Henry Fraser, a novel based on a historic Florida reform school. Watch an interview with the author before the discussion.

Pre-registration required.

April 19, 4:30pm; Free

Exercise Equipment Use—One-time Class

Taught by Noelle. Learn about how to safely use the exercise equipment at Holiday Park. The class will be held on the outdoor equipment, weather permitting, or else it will be in the gym.

Pre-registration required.

April 26, 6-7pm; Free

UPCOMING WEDNESDAY EVENINGS

Pizza and Trivia Night

Come play trivia from the 70s and 80s and grab a slice of pizza with your friends!

Pre-registration required.

May 10, 6-7pm; \$1

A Book and A Movie

Join us for a book discussion on “To Kill A Mockingbird” by Harper Lee followed by the movie, “To Kill A Mockingbird” starring Gregory Peck, John Menga and Frank Overton, so you can observe its similarities. The viewing of the movie will start at 5:45pm.

Pre-registration required.

May 17, 4:30pm; Free

WEDNESDAY EVENINGS CLASSES

Exercise Combo—Body Weight and Chair Work

Taught by Noelle. Learn how to use your own body weight to help you exercise and tone up. Chair exercises will be included. *Pre-registration required.*

May 3—June 28 (9 weeks), 6-7pm; \$20 cash/check

Yoga

Taught by Kath, who’s been teaching yoga for 14 years and has a Ph.D. in yoga. This class is a combination of chair, standing and floor yoga. An introduction to asana poses to improve strength and balance. Learn proper breathwork and take part in guided meditation. Please bring your own mat. **No class 6/21.** *Pre-registration required.*

May 3—June 28 (8 weeks), 7-8pm; \$30 cash/check

Classes and Drop-in Activities

Please Register at the Front Desk.

Spring registration began Monday, 2/13.

DANCE

BEGINNERS BALLROOM

No class on 2/6, 2/20.

The current session ends on 3/6.

Taught by Ron & Amy and sponsored by HPSI. Learn the basics of a variety of popular ballroom dances.

Couples & single students welcome. **No class on 5/29.**

Mon	3/20-6/5	2:30-3:20pm	\$45	11 wks
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BALLROOM: INTERMEDIATE

No class on 2/8.

The current session ends on 3/8.

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Quickstep & Foxtrot. Rhythm: Bolero & Mambo.**

Smooth	Wed	3/22-6/7	2:30-3:20pm	\$50	12 wks
Rhythm	Wed	3/22-6/7	3:30-4:20pm	\$50	12 wks

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming . Combines tai chi, qigong, ballet & expressive dance movements.

Fri	Ongoing	11-11:50am	Free
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HULA INTERMED. CHOREOGRAPHY

No class on 2/13, 2/20.

The current session ends on 3/6.

Taught by Dawn and sponsored by HPSI. This class will focus on advancing the techniques learned in the beginner Hula course. Additional terminology will be discussed along with the use of Hula implements.

No class on 4/10, 4/17, 5/29.

Mon	3/20-6/5	1-1:50pm	\$30	9 wks
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INTERNATIONAL FOLK DANCING

No class on 2/17.

The current session ends on 3/10.

Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience is needed. No partner required.

No class on 4/7 & 5/26.

Fri	3/24-6/9	11-11:50am	\$30	10 wks
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LINE DANCE- PARTY FAVORITES

The current session ends on 3/9.

Taught by Robin and sponsored by HPSI. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise.

Lv I	Thur	3/23-6/8	11-11:50am	\$40	12 wks
Lv II	Thur	3/23-6/8	10-10:50am	\$40	12 wks

TAP DANCING (BEG.)



Taught by Denise and sponsored by HPSI. Designed for students who are completely new to tap dance or those returning for a review. A scaffold of basic tap skills is introduced at this level (such as balance and body alignment, along with a series of tap techniques and terminology). Learn creative rhythmic patterns and timely beats in an exciting, fun atmosphere.

Tue	3/21-6/6	1-1:50 am	\$60	12 wks
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TAP DANCING (INT.)

Taught by Denise and sponsored by HPSI. Designed for students who have taken one or more beginners tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations and rhythms will be taught in a fun atmosphere. Occasional discussion on the historical tap dance world will be covered.

Wed	3/22-6/7	1-1:50 am	\$60	12 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

The current session ends on 3/9.

Taught by Matt and sponsored by HPSI. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights and mats are used. Please bring your own weights to the class.

Beg.	Thur	3/23-6/8	12-12:50pm	\$50	12 wks
Adv.	Thur	3/23-6/8	11-11:50am	\$50	12 wks

Classes and Drop-in Activities

Please Register at the Front Desk. For more information call: 240-777-4999

BIODANZA

The current session ends on 3/10.

Taught by Luisa and sponsored by HPSI. Biodanza offers a set of natural and very simple movements, such as walking, accompanied by music and carried out in a group setting. It's suitable for everyone and you don't need to know how to dance.

Fri	4/14-6/9	10-10:50 am	\$25	8 wks
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EASY FIT DANCING

No class on 2/20.

The current session ends on 3/13 & 3/15.

Taught by Marcia and sponsored by HPSI. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights. **No class on 5/29.**

Mon	3/20-6/5	11-11:50am	\$35	11 wks
Wed	3/22-6/7	11-11:50am	\$40	12 wks

EVERY BODY'S YOGA

The current session ends on 3/8.

Taught by Regine and sponsored by HPSI. A yoga class to increase flexibility, give you a sense of energy and well-being while a guided relaxation activity will help promote a good night's sleep.

Wed	3/22-6/7	3:00-3:50pm	\$40	12 wks
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FITNESS EQUIPMENT ORIENTATION

Taught by Tony and sponsored by HPSI. Learn the basics of how to safely use the equipment in the exercise room. Limit 5 people per session.

Wed	4/26	11-11:50 am	\$5	1 time class
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HATHA YOGA FOR ALL

The current session ends on 3/7 & 3/10.

Taught by Debbie and sponsored by HPSI. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength, bone strength, flexibility, breathing and some meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class.

Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.

Virtual	Tue	3/21-6/6	9-9:50am	\$50	12 wks
In Person	Fri	3/24-6/9	9-9:50am	\$50	12 wks

LATIN RHYTHM CARDIO FITNESS

The current session ends on 3/7 & 3/9.

Taught by Tony and sponsored by HPSI. Let's have fun dancing together! This low impact but high energy class of combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. The music is hot, and the moves are fun to get a great workout.

Tue	3/21-6/6	2-2:50pm	\$50	12 wks
Thur	3/23-6/8	10-10:50am	\$50	12 wks

MEDITATION

No class on 2/24.

The current session ends on 3/10.

Taught by Patrick and sponsored by HPSI. Meditation is a mainstream practice for stress reduction and mental concentration.

Fri	3/24-6/9	11-11:50am	Free
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NIA DANCE FITNESS

The current session ends on 3/9.

Taught by Smita and sponsored by HPSI. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts (such as yoga). Students will move to joyful, uplifting and soothing music. Appropriate for all levels.

Thur	5/11-6/8	9-9:50am	\$20	5 wks
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SENIOR SHAPE—STABILITY BALL

Sponsored by Suburban Hospital. An exercise class that will tone and define your core muscles and help build better balance. Hand-held weights required.

Register at: <https://events.suburbanhospital.org/>

Mon	1/9-3/27	12-12:45 pm
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TAI CHI BEGINNERS

No class on 2/15.

Taught by Milan. Learn the basics of this ancient, beautiful and relaxing form of exercise.

Wed	Ongoing	9:30-10:20am	Free
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TAI CHI EXERCISES

No class on 2/14.

Taught by Milan. Join this relaxing form of exercises.

Tue	Ongoing	9:30- 10:20am	Free
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Classes and Drop-in Activities

Please Register at the Front Desk.

Spring registration began Monday, 2/13.

TAI CHI SWORD

No class on 2/6, 2/13.

Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword.

Mon	Ongoing	2:30-3:25pm	Free
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TOTAL BODY FITNESS

The current session ends on 3/7.

Taught by Tony and sponsored by HPSI. Total body fitness involves cardio, light weights, lunges, squats and core work for a total body workout.

Wed	3/29-6/13	10-10:50am	\$50	12 wks
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YOGA FOR BALANCE

The current session ends on 3/7.

Taught by Linda and sponsored by HPSI. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	3/21-6/6	10-10:50am	\$50	12 wks
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YOGA (CHAIR)

The current session ends on 3/7.

Taught by Linda and sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses.

Tue	3/21-6/6	11:15-12:05pm	\$50	12 wks
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YOUR BODY IS MEANT TO MOVE

Taught by Sonia and sponsored by HPSI.

Exercise to music from the 60s and 70s with movements that work the muscles which strengthens the bones, with music to motivate you to relax and enjoy the exercise even more.

No class on 5/25 & 6/1.

Thur	3/23-6/8	2-2:50am	\$30	12 wks
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ZUMBA FOR ALL

The current session ends on 3/8.

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength.

Tue	3/21-6/6	11-11:50am	\$45	12 wks
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ZUMBA GOLD ADVANCED

The current session ends on 3/8.

Taught by Mitzi and sponsored by HPSI. The original dance-fitness party.

Wed	3/22-6/7	10-10:50am	\$45	12 wks
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ZUMBA GOLD TONING

The current session ends on 3/10.

Taught by Mitzi and sponsored by HPSI. Incorporates Gold workout with light weight training.

Fri	3/24-6/9	10-10:50am	\$45	12 wks
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ARTS AND CRAFTS

ARABIC CALLIGRAPHY WORKSHOP

Taught by Ahmad and sponsored by HPSI. In this workshop we will cover the history of Arabic Calligraphy, go over the steps of learning how to hold a calligraphy pen, form the alphabet and put together phrases.



Wed	4/12	1:30-3:30om	\$5	1 time class
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CHINESE BRUSH PAINTING

The current session ends on 3/9.

Taught by Nicki and sponsored by HPSI. Learn the basics and explore how to paint flowers, birds and small animals.

Thur	3/23-6/8	1:00-3:00om	\$110	12 wks
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DRAWING (BASIC)

The current session ends on 3/7.

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing.

Virtual	Tue	3/21-6/6	1:00-3:00om	\$120
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KNIT & CROCHET WORKSHOP

Led by Shirley and Carma. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

WATERCOLOR (INT. & ADV.)

No class on 2/20.

The current session ends on 3/6.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. This class will be a hybrid of in-person and virtual alternating every other week, starting in-person on 3/20.

Mon	3/20-6/5	10:00-12:00pm	\$110
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WATERCOLOR (INT. & ADV.)

The current session ends on 3/7.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique.

Virtual	Tue	3/21-6/6	10:00-12:00pm	\$120
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WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Drop-in.

Fri	Ongoing	1-2:55pm	Free
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LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Deb. Vocabulary and conversational English to help you get comfortable in everyday conversation.

Tue	Ongoing	10-10:55am	Free
Thur	Ongoing	10-10:55am	Free

FRENCH: BASIC & INTERMEDIATE

The current session ends on 3/15.

Taught by Gilles and sponsored by HPSI. Learn and practice your French. Prior knowledge required for the Intermediate level. **No class 5/17 & 5/24.**

Basic	Wed	4/12-6/7	9- 9:50am	\$15	7 wks
Int.	Wed	4/12-6/7	10-10:50am	\$15	7 wks

FRENCH (CONVERSATION)

The current session ends on 3/15.

Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required for conversing.

No class on 5/17 & 5/24.

Wed	4/12-6/7	11-11:50am	\$15	7 wks
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INTRO. TO HINDI

No class on 2/20.

The current session ends on 3/6.

Taught by Uma and sponsored by HPSI. Learn basic conversational skills in Hindi including greetings, introductions, everyday words, numbers and much more. **No class on 5/29.**

Mon	3/20-6/5	11-11:50am	Free
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SPANISH (BASIC)

No class on 2/20.

Taught by Jairo, MC Recreation. Learn basic conversational skills in Spanish including greetings and introductions, everyday words, numbers and much more.

Spanish 101	Mon	3/20-6/5	11-11:50am	Free
Advanced	Mon	3/20-6/5	10-10:50am	Free

GAMES

BRIDGE FOR BEGINNERS III

The current session of Beginners II ends on 3/7.

Taught by Rochelle and sponsored by HPSI. Continue learning the basics of bridge with short lessons followed by supervised practice.

No class on 4/11 & 5/9.

Tue	3/21-6/6	1- 3pm	\$90	9 wks
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BRIDGE INTERMEDIATE III

The current session of Intermediate II ends on 3/9.

Taught by Rochelle and sponsored by HPSI. If you've taken Basic Bridge classes or been playing bridge for a year or two, then this series will enable you to hone your bridge skills at the table. It will include a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. Each class includes interactive lecture, exercises and supervised play.

No class on 4/6, 4/13 & 5/27.

Thur	3/23-6/8	1- 3pm	\$110	11 wks
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BRIDGE DROP-IN

Have fun playing with other Bridge players. Partners not required. Led by a Holiday Park volunteer.



Tue	Ongoing	10-12pm	Free
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The 1:00 PM Holiday Park Daily Show – March 2023

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Nutrition Lecture with Rhonda Brandes, RD, LDN

Wed. Mar. 1

March is National Nutrition Month. Join us to find out all you need to know about National Nutrition Month and sample a healthy snack!

Sip & Paint

Thur. Mar. 2

Drinks, paint and friends are a guaranteed recipe for fun. Enjoy a relaxing afternoon and make some colorful memories with us.

Pre-registration required.

Dance Club Friday with Night & Day

Fri. Mar. 3

Come hear Night & Day play all your favorites!

Light refreshments served.

Souder Sleep System with Alison

Mon. Mar. 6

Join us for a relaxing hour of the Souder Sleep System! In this informative, interactive program participants will learn simple, gentle movements designed to bring one from an alert state to a place of deep calm. The movements will be done sitting in your chair. Please wear comfortable clothing and bring a small pillow or blanket for your lap.

World Plant Power Day with Bonita Condon

Tue. Mar. 7

Bonita Condon, Master Gardener, and volunteer in the Holiday Park Plant room will discuss and demonstrate how to grow six easy to grow house plants, what to look for when acquiring a new plant, and how to care for your plants.

Irish Coffee Talk

Wed. Mar. 8

Let's be Irish for the day! If you find the four leaf clover you'll get good luck. Come and try our mock Irish coffee and have some fun with Carol, Janet & Youmna.

Live Music: Lyrical Leading Ladies with Steffi Phelan

Thur. Mar. 9

Come listen to Steffi perform some of the 20th century's classic songs made popular by singers such as Doris Day, Barbara Streisand, Patsy Cline and more.

Dance Club Friday with Mike Surratt

Fri. Mar. 10

Mike joins us for another dance with his smooth music and tunes!

Light refreshments served.

Louisa May Alcott with Candace Ridington

Mon. Mar. 13

Using her own script, Candace Ridington portrays Louisa May Alcott, daughter of the controversial Bronson Alcott and author of Little Women and Hospital Sketches, abolitionist, and nurse in Washington D.C. during the Civil War. Learn about the challenges and rewards of Alcott's life.

Tunes of Hollywood Legends with Mike Suser

Tue. Mar. 14

The Academy Award for Best Original Song has been given since the 7th Academy Awards in 1935. Many incredible songs have been awarded over the 88 years it has existed, but we'll concentrate from 1935 to 1975. This was a Golden Age for Hollywood and songwriters.

My Career with Katie Beard

Wed. Mar. 15

Officer Beard will talk about how she joined the Montgomery County Police force, about her training and about the many different work responsibilities she has had over the years.

The 1:00 PM Holiday Park Daily Show – March 2023

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

St. Patrick's Day Party with Tom Delaney

Thur. Mar. 16

Join us and have a laugh as musical comic Tom Delaney delights us with his St. Paddy's Day jokes! *Light refreshments served.*

St. Patrick's Dance Club Friday with Dale Jarrett

Fri. Mar. 17

Join Dale for another fun Holiday Celebration with his great tunes and wear green to avoid getting pinched! *Light refreshments served.*

Movie: "Irish Jam" (2006) - 94 mins.

Mon. Mar. 20

Upon discovering that their town is up for sale, crafty Irish villagers scheme to raise the money to prevent the buy-out. They hold a poetry contest with a tempting grand prize -- the deed to their local pub. But what could happen when a duplicitous American rapper emerges as the best poet around? Starring Dudley Sutton, Tom Georgeson and Anna Friel.

Mood and Food with Suburban Hospital

Tue. Mar. 21

Are the winter blues getting you down? Learn how the food and beverages we consume can affect mental health, and find out which nutrient we may need more of during the winter months.

Abraham Lincoln Part 1 with Sheldon Lehner

Wed. Mar. 22

Come join us and learn the latest research as to why "Honest Abe" earned his status as one of the very best U.S. Presidents.

Tech Thursday: Mobile Health Apps

Thur. Mar. 23

Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone's built-in app and the Google Fit app. You'll learn about using the app's step counter, as well as integrating information from other popular health and fitness apps. You'll also learn the benefits of saving your medical ID.

Dance Club Friday with the Retro Rockets

Fri. Mar. 24

Let's dance the afternoon away with the Retro Rockets for a fun-filled Dance Club Friday! *Light refreshments served.*

Movie: "A Meowy St. Patrick's Day" (2020) - 32 mins.

Mon. Mar. 27

Decades ago Wally's father upset a leprechaun. Today that leprechaun has returned to curse Wally. He switches bodies with the one who loves him the most: his cat, Whiskers. Now Whiskers must find the leprechaun to save Wally. Starring Ben Dietels and Kayla Elizabeth.

Sing Along with Bonnie Jazz

Tue. Mar. 28

Join Franklyn and your friends to sing popular songs from different genres and decades while he plays the horn.

Abraham Lincoln Part 2 with Sheldon Lehner

Wed. Mar. 29

Abraham Lincoln and Frederick Douglass—Two Civil War Heroes in Search of Saving America. Learn how Frederick Douglass became a key influence for President Lincoln.

Steve's Travel Tales

Thur. Mar. 30

Join us to hear our own Steve Schrier talk about his travels in Vietnam, Thailand and Cambodia and the history, beauty and tragedy of these wonderful countries!

Dance Club Friday with Tim Amann

Fri. Mar. 31

Come bring your dancing shoes and enjoy an afternoon of toe tapping along with your favorite songs! *Light refreshments served.*

Classes and Drop-in Activities

Please Register at the Front Desk.

Spring registration began Monday, 2/13.

BRIDGE (Duplicate)

Allen hosts. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required.

Wed	Ongoing	12:30-4pm	Free
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BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
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GAME ROOM

On our second floor. Several tables to enjoy a good game with a friend. Open daily. Drop-in.

Daily	Ongoing	All day	Free
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MAH JONGG

Drop-in and enjoy playing with friends.

Mon	Ongoing	starts at 1:00 pm	Free
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RUMMIKUB

Elsa hosts. Drop-in and enjoy playing with friends.

Daily	Ongoing	starts at 1:00 pm	Free
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SCRABBLE

Ray hosts this drop-in board game with 3-5 games at a time.

Wed	Ongoing	starts at 1:00pm	Free
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SPORTS

BOCCE BALL COURT

Outside our back door. Enjoy a good match with a friend. Drop-in. **Coming Soon!**

Daily	Ongoing	All day	Free
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BILLIARD/POOL ROOM

Open daily. Keep your attention sharp and your accuracy skills on target as you enjoy a game with other players.

Daily	Ongoing	All day	Free
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OPEN GYM—FITNESS ROOM

Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation and Fitness Room Strength Training for closed times.

Daily	Ongoing	9am-4pm	Free
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TABLE TENNIS LEAGUE

On our second floor. Try your best to move up the rankings in Table Tennis at Holiday Park. A fun, social and competitive league that guarantees opponents at the designated times. Open play available outside these times.

Tue & Thur	1/24-3/9	2:00-3:30pm	Free
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SHUFFLEBOARD

Play this beachy game even when the weather is cold. Enjoy a good time with other players. Drop-in.

Mon & Wed	Ongoing	2:30pm-3:30pm	Free
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SPECIAL INTERESTS

BEHIND THE HEADLINES

Gerald and other volunteers facilitate this drop-in discussion on current events.

Mon	Ongoing	10-11:25am	Free
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BOOK CLUB

Led by Carol & Ethylyn. Join us monthly to discuss the current month's book and relevant topics. See Page 2 for monthly book listings.

Wed	3/15	3:15-4:00pm	Free
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JOURNALING CLUB

Led by Carol & Ethylyn and sponsored by HPSI. Join us monthly to work on your journal and learn how to start a journal and express your creativity and feelings. Bring your own journal.

Tue	3/14	2:15-3:45	Free
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

PHOTOGRAPHY CLUB

Led by Alan. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month.

Wed	3/1 & 3/15	10-12 noon	Free
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TELL US YOUR STORY

Taught by Laura. If you've always wanted to write about the most meaningful events and people in your life, this new class series is just for you. All experience levels are welcome! You'll learn to write compelling stories through creative writing exercises, lectures and discussions. You'll build skills and confidence in writing and get to know your classmates in a lively, welcoming class. **No class on 6/8.**

Pre-registration required.

Thur	4/13-6/15	2-3:30pm	Free
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WRITING GROUP

Writing group led by Ray where you can share your written work with other peers. Drop-in.

Fri	Ongoing	10-11:25am	Free
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TECHNOLOGY

CHROMEBOOK ESSENTIALS

Presented by Senior Planet Montgomery. This 5-week course will cover the essentials of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. By the end of the course, you'll have a foundation for using the device to navigate the internet. You'll also learn to send and receive email. Please bring your Chromebook to the class. If you don't have one let us know and we will secure one for you.

Tue & Thur	3/7-4/6	10-11:15 am	Free
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TECH 101: Smartphone Essentials

Taught by Jairo, MC Recreation. Learn the essentials of your cell phone and discover many of its features. Limited spaces available.

Wed	3/8	10:30-11:20am	Free
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TECH 101: Computer Essentials

Taught by Jairo, MC Recreation. Learn the essentials of your computer and discover many of its features. Limited spaces available.

Wed	3/22	10:30-11:20am	Free
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Inclement Weather Policy

Holiday Park follows Montgomery County Schools for closures:

- If county schools are closed, all activities are cancelled including the lunch program and the center bus will not run. The Center will be open for non-instructor led activities.
- If county schools close early, the center will also close early.
- If county schools are on a delayed opening schedule, the Center opens at 10am, there will be no lunch program and the center bus will not run. Call the Center before you leave your home to make sure staff is in the building and the building is open.

Please call the main line 240-777-4999 for a recorded update of the center's operating hours and/or check your Local News for Alerts. You can also get messages by registering with AlertMontgomery: alert.montgomerycountymd.gov

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

Multicultural Programs

LA ESQUINA LATINA



Cafecito y Amistad (Active Living in Spanish)

Con Elsa. Un grupo para charlar y compartir experiencias cotidianas para empezar bien la semana. Regístrese en la recepción.

Lu	Seguido	10-10:50 am	Gratis
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Conversación en Inglés (Everyday English)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	10-10:55am	Gratis
Ju	Seguido	10-10:55am	Gratis

Gramática Inglesa para personas de habla Hispana

Con David. Unase a este grupo para aprender algunos trucos y consejos gramaticales para hablar bien inglés.

Lu & Mi	Seguido	10-10:50am	Gratis
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Superando los Cambios: Grupo de Apoyo Emocional

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro nuevo terapeuta de Santé Group José Hernández.

Ma	Seguido	11-11:55 am	Gratis
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Tecnología 101: Telefonos & Computadoras

Con Jairo. Aprende lo esencial de tu celular y computadora y descubre muchas de sus funciones. Espacios limitados disponibles. En español.

Mi	3/15	10:30-11:20am	Gratis
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Toma de tensión arterial:

Con Gladys Para más información, comuníquese con Maria Mercedes al 240-777-4965

Lu	Seguido	10-12 pm	Gratis
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VIETNAMESE CORNER



Happy Life Vietnam Seniors Group

Join for health and fitness classes and games.

Sinh hoạt hàng tuần

Cao Niên Việt Nam

Hội Cao niên người Việt vui khỏe

Họp mặt thứ 5, từ 9-2 giờ chiều

Phòng 30

Thur	Ongoing	9-2 pm	Free
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Holiday Park Seniors, Inc Corner

CLASS REGISTRATION INFORMATION FOR HPSI SPONSORED CLASSES

Spring registration began Monday 2/13!

Registration is only available from **9:30 am to 3:30 pm Monday thru Friday** when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

To register for virtual classes, please email: HolidayParkSeniors@gmail.com

UPCOMING SPECIAL EVENT

Travel Training Helps 55+ Get Around the DMV

Tuesday, April 18th, 9am-12pm

Travel Training is a free half-day program giving adults 55+ an introduction to the local public transportation so they feel comfortable getting out and around the DMV.

The seminar combines classroom discussion with a field trip on a Ride On bus to a nearby Metro station where participants receive a fare card and take a brief train ride. Program focuses on safety, accessibility and reading maps and schedules. And we'll get you back for lunch!



Presented by the Jewish Council for the Aging.

Please Pre-register at Holiday Park Senior Center's Front Desk.

Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

You can also view it online: Go to mocrecom.com, then under the Facilities tab, go to the Senior Centers page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the Newsletter tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed under the screen in the lobby, across from the Front Desk, that is always on display!

We have made many options available. We hope you find the one that is best suited for you!

Health and Wellness Services

BLOOD PRESSURE SCREENING -

Mondays: 10—12 noon. There will be a Spanish speaker available for screenings from 10:30-12 noon on Mondays.



MEDICAL EQUIPMENT LOAN CLOSET -

Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs (\$10.00 per month with a \$50.00 refundable deposit). Check with our Reception Desk staff for availability of equipment.

SHIP – STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Call 301-255-4250 for an appointment.

This program assists with Medicare insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$7.05). Please make your reservation one week in advance and cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.

*******Please bring exact change to make your donation!! *******



Support Groups

COPING WITH CHANGE -

Thursdays 10:30am—11:30 am.

Led by social worker Stephanie Svec, LCPC. Free. Individual appointments for consultations available at 11:30 am.

Call 301-572-6585 x 2104 for appointments.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE -

Tuesdays 10:30—11:25 am.

Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.



Center & County Services

General Information and Policies

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

HPSI SCHOLARSHIPS

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6870, TTY 240-777-6974.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Joseph. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, provide housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.



The Gift Shop

*Open Tuesdays and
Wednesdays from 9:30am to
1pm, volunteers permitting.*

The Café

*Open Monday thru Friday
from 9:30am to 1pm,
volunteers permitting.*



Transportation Options For Older Adults

JCA Curb-to-curb transportation

Transportation is available Monday-Friday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call. *Leisure World residents*, please call Evelyn at 301-255-4214.

Senior Connection

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

Connect-A-Ride

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).



***Look What is Coming in April 2023...
A sampling of Holiday Park 1:00 pm Programs***

**Holiday Park
Senior Center Directory:**

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:

Youmna Badr
Arthur Clemmer
Maria Mercedes Diaz
Jairo Gomez
Gail Jacobson
Tyler Mungo
William Song
Corinne Verard-Eppley
India Wilson

**Holiday Park Seniors,
Inc. (HPSI)**

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:
Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

Apr. 3, M. Movie: "The Dog Who Saved Easter"
Apr. 4, T. Egg Coloring
Apr. 5, W. Games Galore
Apr. 6, Th. Movie: "The Passover"
Apr. 7, F. No Program

Apr. 10, M. Bingo
Apr. 11, T. Mexican Craft paper flowers
Apr. 12, W. Lafayette Lecture with the Historical Society
Apr. 13, Th. Cherry Blossom Social
Apr. 14, F. Dance Club Friday with Mike Surratt

Apr. 17, M. Laughter Yoga with Padma
Apr. 18, T. Health Talk Suburban Hospital
Apr. 19, W. Holocaust Remembrance Day with Gerald Schneider, Ph.D.
Apr. 20, T. Four Seasons Chamber Orchestra
Apr. 21, F. Line Dance Social with Robin Marshall

Apr. 24, M. Health Talk with Medstar
Apr. 25, T. Make 'Em Laugh with Sheldon Lehner
Apr. 26, W. Catch A Rising Star with Alan Rubinstein
Apr. 27, T. Tech Thursday: Zoom
Apr. 28, F. Dance Club Friday with Take Two Band

**NOTE: Please be advised that programs are subject to change. Check the daily schedule near the front door for the most current information.*

Follow us on Facebook @HolidayParkSeniors

In this issue:

Announcements & Info	2-3
Classes & Drop-in Activities	4-11
Daily 1:00 PM Programs	8-9
Multicultural Programs	12
HPSI Info & Services	13
Health & Wellness	14
Center & County Services	14-15
April Sneak Peek	16

Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership will resume later in 2023. This \$20.00 a year Card allows you to receive reduced rates for classes and programs. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

THE REC CARD

Have you requested your card yet? We just updated our system so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE.** Sign-up at the reception desk.