

# Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



# Happenings

## February 2023

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### AARP Foundation Tax-Aide Program

**Tuesdays starting February 7th • 8:00am - 4:00pm • Auditorium**  
The AARP Foundation Tax-Aide Program is the nation's largest **free**, volunteer-run tax preparation service. Volunteers in this program prepare taxes for low and moderate income taxpayers, with special attention to seniors. Call 240-777-2577 for an appointment.

### February is Black History Month

It is a time for all Americans to reflect on both the history and teachings of African Americans and to focus on the progress, richness, and diversity of African American achievements.

Come and enjoy retired civil rights prosecutor Howard Feinstein's music on February 6th from 1:00 - 2:30pm where you will be able to view civil rights memorabilia from his days in the south as a prosecutor.

### Valentine's Day Tea with Li-Ly

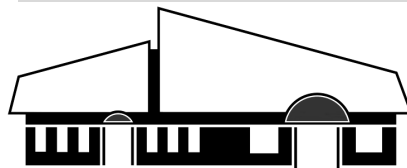
**Monday, February 13th • 1:00pm - 2:30pm • Auditorium**  
Enjoy a relaxing afternoon tea for Valentine's while listening as Li-Ly Chang plays Romantic music.

### Kim Murray Studio Musical Performance

**Saturday, February 25th • 10:00 - 11:00am • Auditorium**

### Class Cancellations or Changes

CLOSED Monday, February 20th for President's Day  
Thursday, February 16th: Beginner Pickleball CANCELED  
Thursday, February 16th: Intermediate Pickleball CANCELED  
Open Ping Pong moved to **Thursdays 12pm - 2pm**



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, just select MCGuest.



MONTGOMERY COUNTY  
**Recreation**

# Special Programs

## **Free Diabetic Shoes by Medicare R07028-206**

**Wednesday, February 1st • 1:00pm - 3:00pm • Garden Room**

Susan Karami, a Certified Therapeutic Fitter, will give each individual with diabetes a foot exam and check for neuropathy. All Diabetics with Medicare are entitled to 1 FREE pair of shoes per year. You will be able to pick from several catalogs.

## **Wii Bowling with James Berardi of our Senior Team - R07130-202**

**Wednesday, February 1st • 11:00am - 12:00pm • Garden Room**

Try your hand at Wii Bowling with Senior Program Coordinator, James Berardi. This social game simulates the thrill of the bowling alley. Strikes, spares and gutter balls are all welcome!

## **Aging Process with Jewish Social Services Association (JSSA) R07028**

**Thursday, February 2nd • 1:00pm - 2:00pm • Garden Room**

Talking about the aging process and long term health insurance with Jewish Social Services.

## **Black History Music & Memorabilia by Howard Feinstein R07022-201**

**Monday, February 6th • 1:00pm - 2:30pm • Auditorium**

Come and celebrate Black History Month with music, history and enjoy Howard's collection of civil rights memorabilia. Howard is a well-known civil rights activist and will share stories from his days of being a Civil Rights Prosecutor and Civil Rights Activist.

## **Movie: The Other Guys R07088-201**

**Wednesday, February 8th • 12:30pm - 2:00pm • Garden Room**

Misfit NYPD detectives Gamble (Will Ferrell) and Hoitz (Mark Wahlberg) are two mismatched New York City detectives who seize an opportunity to step up like the city's top cops, whom they idolize, only things don't quite go as planned as they try to solve one of the biggest crimes of the year.

## **Tax Aide Service**

**Tuesdays, February 7th, 14th, 21st & 28th • 8:00am - 4:00pm • Auditorium**

The AARP Foundation Tax-Aide Program is the nation's largest **free**, volunteer-run tax preparation service. Volunteers in this program prepare taxes for low and moderate income taxpayers, with special attention to seniors. Call 240-777-2577 for an appointment. Please sign up in advance. Space is limited

## **Akhmedova Ballet Presents "For the Love of Ballet" R07094-203**

**Saturday, February 11th • 1:00pm - 2:30pm • Auditorium**

"For the Love of Ballet" performance is a show you will not want to miss. You will enjoy an afternoon watching young talented dancers preparing to take their places in major dance companies around the world.

## **Valentine's Day Tea with Li-Ly Chang-Pianist R07089-212**

**Monday, February 13th • 1:00pm - 2:30pm • Auditorium**

Enjoy a relaxing afternoon tea for Valentine's while listening as Li-Ly Chang plays Romantic music from Chopin, Schumann, Liszt, MacDowell, popular show tunes, jazz, blues treats and original music by Li-Ly Chang.

## **Nutrition 101 by Senior Nutrition Program Manager**

**Thursday, February 16th • 1:00pm - 2:00pm • Garden Room**

Join Rhonda Brandes to learn the basics about good nutrition, how to read a food label and choose the right foods for overall good health.

## **Estate Planning for Senior Life (PSL) R07105-203**

**Tuesday, February 21st • 1:00pm - 2:00pm • Garden Room**

PSL is a network of vetted and trusted professionals who cater to seniors and work together to maximize client outcomes. It is a collaborative presentation concerning multiple aspects of estate planning, and includes Ben Chernow, an elder law attorney, a financial planner, and a life insurance agent and Estate planning workshop.

## **Kim Murray Studio Musical Performance R07094-204**

**Saturday, February 25th • 10:00am - 11:00am • Auditorium**

Students from the Kim Murray Studio will be here performing using clarinets, flutes, and piano. This is a performance you won't want to miss.

# February Pickleball Open Play



Thursday, February 2, Open Pickleball, 10:30am – 12:00pm  
 Friday, February 3, Open Pickleball, 10:30am – 1:00pm  
 Monday, February 6, Open Pickleball, 10:30am – 12:00pm  
 Wednesday, February 8, Open Pickleball, 1:30 – 3:30pm  
 Thursday, February 9, Open Pickleball, 10:30am – 12:00pm  
 Friday, February 10, Open Pickleball, 10:30am – 1:00pm  
 Monday, February 13, Open Pickleball, 10:30am – 12:00pm  
 Friday, February 17, Open Pickleball, 10:30am – 1:00pm  
 Monday, February 20, Open Pickleball, 10:30am – 12:00pm  
 Monday, February 20, Open Pickleball: Intermediate Pickleball, 12:00 – 2:00pm  
 Wednesday, February 22, Open Pickleball, 1:30 – 3:30pm  
 Thursday, February 23, Open Pickleball, 10:30am – 12:00pm  
 Friday, February 24, Open Pickleball, 10:30am – 1:00pm  
 Monday, February 27, Open Pickleball, 10:30am – 12:00pm  
 Monday, February 27, Open Pickleball: Intermediate Pickleball, 12:00 – 2:00pm



## Recurring Activities

Activity	Day & Time	Description & Contact	Fee
<b>Ceramics</b> <b>Activity #R07098-303</b> <i>Instructor: Yvonne Roberts</i>	Tues. & Thurs. from 9:30a.m. - 1:00p.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	Free
<b>Card Making</b> <i>Instructor: Cindy Boccucci</i>	2nd Sat. from 11:30am - 2:30pm	Learn how to make unique cards.	\$5
<b>Art Group</b> <b>Activity #R07095-318</b> <i>Facilitator: Clare Wilson</i>	2nd Mon. from 1:00p.m. - 3:30p.m.	Discover your creative talents and join the group making collages, personal art books, and creative origami. Beginners are welcome, so come and get inspired by others. Bring your project or begin a new one. Some materials are provided.	Free
<b>Fun with Art</b> <b>Activity #R07052-306</b> <i>Facilitator: Barbara Hunter</i>	Wed. & Fri. from 10:00a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
<b>Origami</b> <b>Activity #R07096-301</b> <i>Facilitator: Lois Dicker</i>	1st Mon. from 1:00p.m. - 3:00p.m.	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>Anne's Knitting Corner</b> <b>Activity #R07003-305</b> <i>Facilitator: Peggy Margaret Safa</i>	Wed. from 1:00p.m. - 3:00p.m.	The Knitters make a variety of knitted and crocheted items for area charities.	Free

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Activity	Day & Time	Description & Contact	Fee
<b>Basic Functional Balance Exercise</b> <b>Activity #R07039-311</b> Instructor: Julien Elie	3rd Monday from 8:30am – 9:30am	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 #R07011-313</b> Instructors: Ellen Moran & William Goldberg	Wed. from 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
<b>Chair Stretch &amp; Strength Exercise (Video)</b> <b>Activity #R07042-303</b>	Tues., Wed., Thurs. from 9:30am - 10:30am	Gain flexibility and strength in this low impact seated exercise class.	Free
<b>Let's Dance</b> <b>Activity #R07011-314</b> Instructors: Ellen Moran & William Goldberg	Wed. from 1:00pm - 1:30pm	Offers a time for practice and fun after our Ballroom Dance class!	Free
<b>Chair Yoga</b> <b>Activity #R07032-312</b> Instructor: Joy Bartholomew	Tues. from 10:00am - 11:00am	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
 <b>Chair Zumba Gold</b> <b>Activity #R07012-320</b> Instructor: Georgia Martin	Wed. from 9:30am - 10:30am	All the benefits of Zumba Gold with a seated class.	Free
<b>Kickboxing</b> <b>Activity #R07060-317</b> Instructor: Julien Elie	1st & 3rd Wed. from 11:00am - 12:00pm	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 #R07011-315</b> Instructor: Jo Ann Eng	Sat. from 10:30am - 12:00pm	Learn how to line dance while having fun. These classes will keep you moving.	Free
<b>Low Impact Exercise</b> <b>Activity #R07060-306</b> Instructor: Julien Elie	1st Monday from 8:30am - 9:30am	Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than our traditional exercise classes.	Free
<i>Holy Cross Hospital &amp; Kaiser Permanente Present</i> <b>Senior Fit</b> Instructor: Mike Werle	Sat. from 9:30am - 10:15am  Tues. from 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>Call 301-754-8800 to register.</b> <b>Must complete form prior to participating.</b>	Free
<b>Tai Chi Chuan</b> <b>Activity #R07025-316</b> Instructors: Glenn Moy (Tues.) & Kirk Talbott (Fri.)	Tues. & Fri. from 1:30pm - 2:30pm	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
<b>Qi Gong</b> <b>Activity #R07059-304</b> Instructors: Mike Kornely & Julia Schuker	Sat. from 12:00pm - 1:00pm	Qi Gong is back. Please Join Us - Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free
<b>Walking Group</b> <b>Activity #R07035-312</b>	Tues. + Fri. from 10:30am - 12pm	Get outside and enjoy some fresh air while going on a social walk around the neighborhood.	Free
 <b>***NEW CLASS***</b> <b>Zumba Gold</b> <b>Activity #R07012-321</b> Instructor: Georgia Martin	Mon. + Fri from 9:30am - 10:30am	A modified Zumba class that recreates the moves you love at a lower intensity. Zumba is a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility and boosted energy.	Free

FITNESS

# Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
E D U C A T I O N A L	<b>Book Discussion</b> <b>Activity #R07065-302</b> <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. from 1:00p.m. - 2:30p.m.	We will be reading Rosalind Franklin, The Dark Lady of DNA, by Brenda Maddox. Brenda Maddox tells a powerful story of remarkably single-minded, forthright and tempestuous young woman who, at the age of fifteen, decided she was going to be a scientist, but who was airbrushed out of the greatest scientific discovery of the 20th century. <b>Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.</b>	Free
	<b>Coffee &amp; Conversation with MSSC Staff</b> <b>Activity #R07092-504</b>	3rd Thurs. from 9:00a.m. – 9:45a.m.	Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.	Free
	<b>Italian Class</b> <b>Activity #R07021-503</b> <i>Instructor: Nina Baccanari</i>	Weds. from from 1:00p.m. - 2:30p.m.	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>Spanish Class</b> <b>Activity #R07015-</b> <i>Instructor: Rocío Torresano</i>	Thurs. from 10:00a.m. - 11:00a.m.	Description TBD	Free
H E A L T H	<b>Writer's Group</b> <b>Activity #R07058-502</b> <i>Facilitators: David Lindsay &amp; Beverly Moss</i>	1st & 3rd Tuesdays from 10:00a.m. - 12:00p.m.	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.  <b>Class is now being held virtually - Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.</b>	Free
	<i>The Affiliated Sante Group Presents</i> <b>Coping with Change</b> <b>Activity #R07076 - 504</b> <i>Facilitator: Suzanne LaFauce, LGPC</i>	ON HOLD Thurs. from 12:30pm - 1:30pm	As we age we face many changes and challenges. Come talk and receive support in these difficult times. A support group.	Free
S E R V I C E S	<b>Nutrition 101</b> <b>Activity #R07024-502</b> <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	Tues. from 1:30pm - 2:30pm Thurs. from 1:00pm - 2pm	Join nutritionist and Certified Wellness Wave Life Coach, Josephine, to discuss how to be your best healthy self.	Free
	<b>Senior Services in Montgomery County</b> <i>Facilitator: Anita Joseph</i>	2nd Tues. from 10:30am - 11:30am	Call 240-777-1062 to <b>make an appointment</b> for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free

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<b>BINGO!</b> <b>Activity #R07085-504</b> <i>Facilitator: Linda Disharoon</i>	Mon. & Thurs. from 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	Free
<b>Game Day!</b> <b>Activity #R</b>	Fri. from 10:30am - 12:00pm	Join staff and friends on Fridays for a variety of games. Bring a game to teach others if you like.	Free
<b>Pinochle Card Game</b> <b>Activity #R07099-303</b> <i>Facilitator: George Kelly</i>	Wed. from 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 #R07099-304</b> <i>Facilitator: Marcia Bowens</i>	Mon. from 11:00am - 12:00pm	Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player 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 #R07110-302</b> <i>Facilitator: Clifford DuThinh</i>	Tues. from 10:30am - 1:00pm	Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board. The objective of the game is to capture the opponent's king. Beginners are welcome.	Free

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<b>Encore Chorale</b> <i>Facilitator:</i>	Mon. from 1:30pm - 3:30pm.	For more info, call 301-261-5747 or visit <a href="http://www.encorecreativity.org">www.encorecreativity.org</a> .	Fee
<b>Seasoned Players Activity</b> <b>#R07080-509</b> <i>Facilitator: Helen Cothran</i>	1st & 3rd Wed. from 1:30 - 3:30 p.m..	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 #R07080-510</b> <i>Facilitator: Fred Stollnitz</i>	In Person or Zoom 2nd Fri. of Month from 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.	Free
<b>Angklung Music Lesson</b> <b>Activity #R07109-302</b> <i>Instructor: Ari Peach</i>	Sat. from 12:00pm - 2:00pm	Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument. Then get the opportunity to preform at various functions.	Free

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<b>Open Pickleball</b> <b>Activity #R07091-500</b>	Fri. from 10:30am - 12:00pm	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure.	Free
<b>Open Bocce Ball</b>	Mon. - Sat. from 9:00am - 12:00pm 1:00 - 3:00pm	Bocce Ball is a lawn or yard game that's played with eight weighted balls aimed at a smaller target ball, or pallino. See desk for equipment.	Free
<b>Billiards</b> <b>Activity #R07103-502</b>	M-F 8:00am - 4:00pm Sat. 9:00am - 3:00pm	Come on in and join us for a game of Billiards. Pool Room is open to everyone during center hours.	Free
<b>Table Tennis</b> <b>Mon Activity #R07097-502</b> <b>Fri Activity #R07097-302</b>	Mon. from 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.	Free
<b>Beginner Level Pickleball</b> <b>Activity #R07091-501</b> <i>Instructor: Brad Paleg</i>	Thurs. from 1:00pm - 2:30pm	For those who have never played pickleball or are just beginning playing pickleball. No experience necessary.	Free

<b>6 Intermediate Level Pickleball</b> <b>Activity #R07091-502</b> <i>Instructor: Coach Brad Praleg</i>	Thurs. from 2:30pm - 4:00 p.m.	Learn how to play and the rules, then take your new skills to the court. Sign up at front desk. Space is limited, more sessions to come.	Free
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# ***New Challenge at MSSC***

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**CARDBOARD BOAT REGATTA:** Each senior center will design and construct a boat and paddles using ONLY the following 3 materials: small cardboard boxes, duct tape and garbage bags. Boats must be built to have 1 person from the team to man the boat and will be designated as “rower”, to remain fully on top of the vessel. The rower of the boat must travel from one end of a pool, turn around and go back to the starting place. Next meeting will be Thursday, February 2nd from 10:00am - 12:00pm.

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

Please join us for Coffee & Conversations with Staff on the 3rd Thursday of the month or put a note in our suggestion box located in the lobby by the schedule monitor.



We Want Your Feedback!

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

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

The cost of the meal is \$7.05. For people age 60 or older, or a spouse of any age a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$2.00. Please cancel your reservations for lunch, Monday through Friday, by noon a day in advance.

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

## ***Daily Transportation— Door to Door Transportation***

### **Monday through Friday • Pick ups start at 8am • Leaves 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 240-777-8085 and speak to the Nutrition Manager.

**Changes or cancellations, call 301-255-4214.**

## ***Montgomery County Inclement Weather Policy***

If Montgomery County Public Schools are closed, MSSC will be closed, If there is a delayed opening MSSC opens at 10:00am.

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety the first notification is made through Montgomery County's emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or call 240-777-6889, or visit our Facebook or Twitter.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as their first priority.



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

AARP

Adventist Health Care

Affiliated Sante Group

Akhmedova Ballet Academy

Beacon Newspapers

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

Holy Cross Hospital

South Four Corners Citizens Association

United Health Care & Integral Health Care

U.S. Postal Service

Woodmoor Pastry Shop

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

# Announcements

## 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 301-589-0720 or email at [eshughes2@juno.com](mailto:eshughes2@juno.com) and get your clothes mended, free of charge!

## Bocce Ball Instructor

We are looking for a Bocce Ball Instructor for our new courts. If you are interested or know someone who is interested please let us know. We have new Bocce Ball drop-in hours. See sports in recurring activities for times.

## Have Our Newsletter Emailed

You can now have our monthly newsletter emailed directly to your personal email address. Sign up at the desk or see Jennifer in the office.

## Cycling Instructor Needed

We are looking for an indoor Spin Bike instructor. If you are interested please contact Karen or Jennifer at 240-777-8085.

## Free Gym Memberships

Starting January 2nd Weight Room memberships and Drop In Gym memberships will be FREE at all Montgomery County Recreation Centers.

## Starting in February we will have monthly Mini-Trips

### February Mini-Trips

**Arundel Mills Mall & Live! Casino**  
Friday, February 10th • 9:30am - 2:00pm  
**Amish Market**

Friday, February 24th • 9:30am - 2:00pm  
Space is limited. Sign up in the lobby.

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



Tuesday, March 7th

Paint a St. Patrick Mason Jar with Chris Farmer

Tuesdays March 7th - April 18th

Tax Aide Service

Thursday, March 16th

Tim Briceland-Betts, Guitarist

Tuesday, March 21

ABC & D's of Medicare with Chris Farmer

Thursday, March 23

Music with Mike Surratt

*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 our Website!

At [MOCOREC.COM](http://MOCOREC.COM)

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.