



**Gwendolyn E. Coffield
Community Recreation Center**

55+ Active Adult Programs

March 2020

**COME JOIN US FOR OUR THIRD ANNUAL
CASINO ROYALE
MARDI GRAS**

SATURDAY, MARCH 7

NOON—3 PM

CLARA BARTON RECREATION CENTER

7425 MCARTHUR BLVD., CABIN JOHN

FREE ADMISSION

ENJOY MUSIC, GAMES, AND REFRESHMENTS

[Register at activemontgomery.org](https://activemontgomery.org), activity code 79285

NOTE: We'll have one 15-passenger van to take people and return them to Coffield. The van will depart from Coffield at 11:30 am, arrive back at Coffield around 3:30 pm. Sign up at the front desk to reserve your space on the van.

If you would like to receive this newsletter and other updates electronically, please send your email to me at shan.evans@montgomerycountymd.gov. If you would like to be removed from this distribution list, please let me know.



**55+ Program
Coordinator:**
Shan Evans

Office Hours:
Tuesdays & Thursdays
10:00 AM - 2:00 PM
Email: shan.evans@montgomerycountymd.gov

Center Director:
Yolanda Blackwell
Assistant Director:
Aziz Sani

Address:
2450 Lyttonsville Rd.
Silver Spring, MD
20910

Easily accessible via
Ride On Bus #2

Phone:
240-777-4900
Hablamos Español

Center Hours:
Monday-Thursday
9:30 AM - 9:00 PM

Friday
9:30 AM - 6:00 PM

Saturday
9:30 AM - 6:00 PM

Sunday
1:00 PM - 5:00 PM

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MID-DAY MEET-UPS

A series of programs/activities, including our “Tuesday Talks”, covering a wide variety of topics.

February 26 - April 15, Wednesdays, 10:30 am - 12:30 pm—A Matter of Balance: Holy Cross Health presents an award winning program designed to help participants manage falls and increase activity levels. Call 301-754-8800 to register for this free class.

March 3, Tuesday, 11:30 am - 12:30 pm—A Wider Circle: Come learn about our Brookeville Road neighbor and hear ways you can get involved. A Wider Circle's mission is to end poverty through on-the-ground programs and services, as well as through the development of large-scale solutions to its root causes. In conjunction with this presentation, we will conduct a donation drive for cleaning supplies and pantry items. Their largest needs are laundry detergent, dish soap, shampoo, and body wash. Please drop off your donations no later than 12 pm on Tuesday, March 3.

March 10, Tuesday, 11:30 am - 12:30 pm—Storytelling: Master storyteller Cricket Parmalee returns to share some stories - both personal and from various cultures.

March 12, Thursday, 11:30 am - 1:00 pm—Card Party: Play Canasta, Uno, or learn/teach a new game.

March 16 - April 20, Mondays, 10:30 am - 12:00 pm—Meditation: Each week the group will learn a different mode of meditation, borrowing from both ancient spiritual traditions and more modern approaches. This class is full, but you may put your name on the wait list at the front desk.

March 17, Tuesday, 11:30 am - 12:30 pm—Protect Your Healthy Hearing: Did you know that 50% of those 65+ have hearing loss and 80% of those 85+ have hearing loss? If ignored, hearing loss not only impacts your quality of life, but it also increases your risk of dementia, depression, and other health problems. Early detection and intervention can help. Join us to learn the best way to protect and preserve your ability to hear.

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MID-DAY MEET-UPS (CONTINUED)

March 24, Tuesday, 11:45 am - 12:45 pm—Turkish Coffee Ceremony: Come observe the traditional way of making coffee in some Eastern European and Middle Eastern countries . It involves a small metal container called a cezve to simmer the very finely ground coffee with water. The coffee is then served in small cups called fincan. This presentation will be limited to ten participants. Please sign up at the front desk. Others may watch, but there won't be enough time to make coffee for more than ten people.

March 26, Thursday, 11:30 – 1pm—Techno Club: Attendees help each other improve, learn, practice, and expand their use and knowledge of smart phones, tablets, and laptop computers.

March 27, Friday, 10:30 - 12 noon—Card Party: Play Canasta, Uno, or learn/teach a new game.

March 31, Tuesday, 11:30 am - 12:30 pm— Fire and Police Operations for Medical Emergencies: There is a lot of uncertainty about how the police and fire department handle calls to a house for an ill person or one who is deceased. Do they actually look for health information on the refrigerator? If taken to a hospital, do they make sure the person has ID on them? What are the procedures once someone has passed away? Join Police Officer Dana Stroman and Jim Resnick of MCFRS as they answer these and other related questions.

I know this has been a mild winter so far, but it's not over yet. Therefore, I'm repeating our

INCLEMENT WEATHER POLICY:

The Montgomery County Recreation Department 55+ Active Adult Program follows the Montgomery County Public Schools closings/delays schedule.

- If schools are closed, all 55+ activities are cancelled.
- If schools have a delayed opening, only 55+ activities starting before 10 am are cancelled.
- If schools have an early release, only 55+ activities ending after 3 pm are cancelled.

Please note – Coffield Community Center may be open, but for the safety of our 55+ participants, these activities are cancelled per the guidelines above. You may sign up at alert.montgomerycountymd.gov for text, voice, or email notifications. Stay safe!

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Fitness Classes

Better Bones (FREE)

Tuesdays and Thursday, 10:15 - 11:15 am and 2:15 - 3:00 pm

This program focuses on reducing the rate of bone loss, improving balance and flexibility, and enhancing energy and well-being. This is a popular class. You are not guaranteed a spot in the class, some locations may be full. Register at holycrosshealth.org.

Bone Builders (FREE)

Tuesdays and Thursdays, 9:15 - 10:15 am

Classes are designed to increase bone density. Class size is limited. This is a very popular class. Register online at activemontgomery.org, or call 240-777-4925.

Senior Fit (FREE)

Mondays and Wednesday, 9:30 - 10:15 am and 2:30 - 3:15 pm

Tuesdays and Thursdays, 10:30 - 11:15 am

Classes are designed to improve strength, endurance, and flexibility. Register at holycrosshealth.org.

Stay Active—Move (FREE)

Mondays and Wednesdays, 1:15 - 2:15 pm

Regular, moderate exercise reduces joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance. Register at holycrosshealth.org.

Tai Chi (Fee for Holy Cross classes; Saturday class is FREE)

*Wednesdays, 9:30 - 10:30 am (beg.) and 10:30 - 11:30 am (adv.)

Saturdays, 11 am - 12 noon

Tai Chi is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation. Some of the benefits are increased energy, better cognitive function, and increased joint mobility and balance. *For the Wednesday classes, register at holycrosshealth.org. For Saturday class, drop in.

Yoga (New 5-week session starts March 13. \$25 for entire session. You must register at front desk. Payment by cash or check only.)

Fridays, 11 am - 12 noon

Yoga movements build muscle and core strength, and improve balance, posture, and flexibility. Yoga has been shown to increase bone density. Chairs are available for students who can not comfortably sit or kneel on the mat.

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WEEKLY SCHEDULE AT A GLANCE

SUNDAY

Table Tennis, 1 - 3 pm (Drop-in; not for beginners)

MONDAY

*Senior Fit, 9:30 - 10:15 am and 2:30 - 3:15 pm

Meditation Seminar (starts March 16), 10:30 am - 12 noon

*Stay Active-Move, 1:15 - 2:15 pm

TUESDAY

Bone Builders, 9:15 - 10:15 am (Register via Active Montgomery)

*Better Bones, 10:15 - 11:15 am and 2:15 - 3:15 pm

*Senior Fit, 10:30 - 11:15 am

2nd Tuesday of the month: Blood Pressure Screening, 10:30 - 11:00 am (Drop-in)

Tuesday Talks, 11:30 am - 12:30 pm (Drop-in)

WEDNESDAY

*Senior Fit, 9:30 - 10:15 am and 2:30 - 3:15 pm

*Tai Chi (24 Form) 9:30 - 10:30 am

*Tai Chi (37 Form) 10:30 - 11:30 am

*A Matter of Balance, 10:30 - 12:30 pm

*Stay Active-Move, 1:15 - 2:15 pm

Table Tennis, 12 - 3 pm

THURSDAY

Bone Builders, 9:15 - 10:15 am

*Better Bones, 10:15 - 11:15 am and 2:15 - 3:15 pm

*Senior Fit, 10:30 - 11:15 am

2nd Thursday of the month: Card Party, 11:30 - 1 pm (Drop-in)

4th Thursday of the month: Techno Club, 11:30 - 1 pm (Drop-in)

FRIDAY

Last Friday of the month: Card Party, 10:30 - 12 pm (Drop-in)

Yoga, 11 am - 12 noon (March 13 and 20; session continues in April)

Table Tennis, 12 - 3 pm

SATURDAY

Tai Chi (24 Form) 11 am - 12 noon (Drop-in)

*These classes are presented by Holy Cross Health. Register at
holycrosshealth.org or call 301-754-8800.