



Senior Programs Newsletter

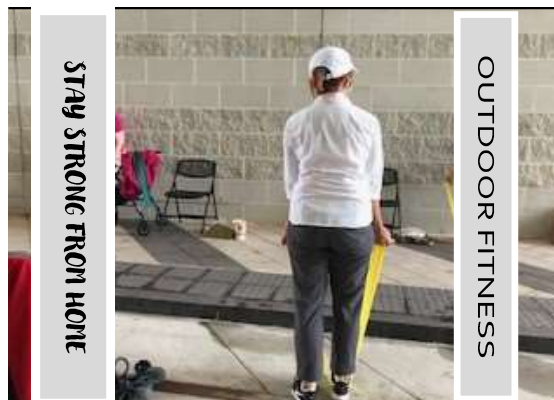
A Message from the Senior Programs Staff

Are you looking for a fun yet safe way to be active? Yes...well Montgomery County Recreation has outdoor and virtual programs to keep you healthy, active and engaged. Registration is now open. No matter what your interests, there is something for everyone at Montgomery County Recreation. Visit the web page Mocorec.com to sign up.

Pics from a few of MoCo Rec's outdoor summer programs



HUMAN FOOSBALL



STAY STRONG FROM HOME

OUTDOOR FITNESS



FUN WITH ACRYLICS



OUTDOOR TABLE TENNIS



Tai Chi

North Potomac Senior Center

Active Montgomery #93256

Mondays and Wednesdays at 9 am
and

Margaret Schweinhaut Senior Center

Active Montgomery #93258

Saturdays at 7 am

Registration is OPEN! Classes begin August 24th.

TO REGISTER VISIT WWW.MOCOREC.COM



See specific activity for more information.

240-777-6840 ■ Hablamos Español ■ www.mocorec.com

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or

@rec.mainstream@montgomerycountymd.gov to request accommodations.



for Maryland Residents 65 +

FREE



Senior Call Check

Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

*A daily automated call to
verify your well-being, at
a time scheduled at your
convenience.*

*Register today or tell a
loved one about this
program!*



Everyone Counts in Montgomery County

United States
**Census
2020**



WELCOME TO THE 2020 CENSUS

Everyone counts. The goal of this census is to count every living person in the U.S. once, only once, and in the right place. We need your help to make sure everyone in your community gets counted.

Census data are important. The U.S. Constitution requires a census every 10 years. The results are used to determine the number of seats each state has in Congress, draw boundaries for voting districts, and determine how more than \$675 billion in federal funding is spent in communities each year.

Taking part is your civic duty. Completing the census is required; it is a way to participate in our democracy and say "I count!"

Your information is confidential. Federal law protects your responses.

RESPOND TO THE 2020 CENSUS NOW...DEADLINE IS SEPTEMBER 30TH

Every household can respond to the 2020 Census online, by phone, or by mail. Households that have not received their invitation or cannot locate it can still respond online—even without their invitation or Census ID—by providing their address. To Respond online, visit www.2020Census.gov or use 844-330-2020 to respond by phone. Deadline to respond is September 30th.

DON'T DELAY...RESPOND TODAY!

Active Aging Week

Active Aging Week was initiated in 2003 by the International Council on Active Aging®. This year Active Aging Week will be October 5 to 11, 2020. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer. The objective of the week is to give older adults the means to experience health and wellness programs in a safe, supportive environment. It also promotes the benefits of a healthier and more active lifestyle. There will be plenty of fun and informative programs for you to participate in during Active Aging Week, so stay tuned for more information coming your way.

Senior Connection

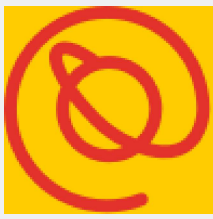
The Senior Connection has a team of dedicated volunteers, and even during this pandemic they are able to assist with the following:

- Transportation to essential medical appointments (*this will evolve as the county opens up*)
- Grocery shopping from a provided list and form of payment
- Prescription delivery
- Providing check-in-chat phone calls
- Manna box delivery (must be registered with Manna)

If you need assistance, please call the office (301-962-0820) with the details of your request. They will reach out to you as soon as possible.

Senior Nutrition Program

The Senior Nutrition Program (SNP) is operated by the Montgomery County Department of Health and Human Services, Aging and Disability Services, and the Department of Recreation. The Home Delivery program we are currently offering has been monumental in providing nutritious meals and fresh produce weekly while decreasing isolation, and providing safety checks. The program is for Montgomery County residents 60 and over who are having difficulty accessing food during the COVID-19 pandemic. Meal packs are delivered once per week and contain at least seven nutritionally balanced meals designed with seniors in mind. For more information on eligibility and to register call our partners at the JCA Senior Helpline at 240-290-3311 or email Senior.Helpline@accessJCA.org.



SENIOR PLANET

STAY CONNECTED EVEN AT HOME!

Aging with Attitude

Senior Planet Montgomery is a free program designed for Montgomery County residents 60 years and older to harness the power of technology. Classes are now being offered online using Zoom video conferencing and focus on how to thrive at home. Topics introduce online programs and resources that enable learning, shopping, entertainment, connecting to loved ones, and staying active. A home internet connection and a device is all that is required to participate. Check out classes; sign-up for our e-newsletter at www.seniorplanet.org/Montgomery.

Contact our team to learn more at mocoinfo@seniorplanet.org or 240-753-0676

Tech Question? Give us a call. Senior Planet National Tech Hotline: 920-666-1959

LOOKING FOR LOW-COST INTERNET OPTIONS

Check out low-cost options below. If you are denied enrollment or need assistance obtaining a device, contact Senior Planet and Montgomery County will try to assist you.

COMCAST INTERNET ESSENTIALS

1-855-846-8376/1-855-765-6995 for Spanish/video chat in ASL on their website www.internetessentials.com.

RCN INTERNET FIRST

800-746-4726 • www.rcn.com/internet-first

Limited service area: Silver Spring, Chevy Chase, Gaithersburg.

VERIZON

1-800-837-4966 • verizon.com/info/low-income-internet

What is Rec Room?



Montgomery County's Recreation Rec Room is a virtual recreation hub for residents to enjoy from home.

It can be challenging to stay fit and active during this time, so we have created exciting ways to do all things Rec while you are home. You will find arts & crafts, fitness videos, virtual classes and trips, and fun recreational ideas. You can access Rec Room at mcorec.com. Have fun! Stay Fit. Stay Healthy. Stay Creative.

How many words can you
make from
CHESAPEAKE BAY RETRIEVER
Good Luck!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.

National Dog Day

Founded in 2004 by Animal Advocate, Colleen Paige, National Dog Day is celebrated annually on August 26th.

Why are dogs called man's best friend? We hear this saying all the time, but did you ever wonder why? I asked a few people and here is what they said: dogs are good walking buddies, dogs are always happy to see you, dogs like to cuddle, dogs are soft and fluffy, and dogs protect the house. However, the one answer that everyone had in common was that dogs are loyal. Why not make your best friend a yummy summertime treat to celebrate?

Frozen Dog Treat

Ingredients

32 ounces plain yogurt

1 cup of natural peanut butter (without xylitol which is toxic to dogs)

3 bananas peeled and sliced

Instructions

Mix ingredients together in a blender.

Pour mixture in silicone trays.

Place in freezer until frozen.

Give a treat to your pup!

Interested in adopting
or fostering? Contact the
Montgomery County Animal
Services and Adoption
Center.

**7315 Muncaster Mill Road
Derwood, MD 20855
240-773-5900**



OFFICIAL MARYLAND STATE DOG-CHESAPEAKE BAY RETRIEVER



In 1964, the Chesapeake Bay Retriever, named after the famous Bay region of the breed's origin, was declared the official dog of Maryland (Chapter 156, Acts of 1964; Code General Provisions Article, sec. 7-304). A working dog bred to recover waterfowl for hunters, the Chesapeake Bay Retriever is one of only a few breeds actually developed in the United States. Nonetheless, the history of this dog is unclear. Legend tells of an English vessel shipwrecked off the coast of Maryland in the early nineteenth century. Among the survivors were two young dogs of a Newfoundland breed. Supposedly bred to local coonhounds, they evolved into the present-day Chesapeake Bay Retriever.

Questions about Voting

Thursday, October 1st
1 pm
Active Montgomery #93147



Dr. Gilberto Zelaya from AARP will be discussing several important topics related to voting for the 2020 General Election. Topics include information on:

- Mail-in voting (formerly absentee voting)
- How to get a mail-in ballot (formerly absentee ballot)
- What process to expect on Election Day
- Where will I be able to vote?
- How will I be able to vote?
- Who can vote by mail-in ballot
- How will I receive my mail-in ballot?
- The significant need for poll and election workers.

To register go to ActiveMontgomery.org to register for this very important session and get all your questions answered.

Important Note: A recent change in the law requires the State Board of Elections and each local board of elections to refer to absentee ballots as "mail-in ballots" and absentee voting as "mail-in voting." Please note that this change in terminology does NOT change the process of mail-in voting.



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