

2020-2021
NONO



Senior Programs Newsletter

A MESSAGE FROM THE RECREATION DEPARTMENT



Greetings
and
Happy Holidays
to you!

Our gift to you this holiday season are wishes of peace, prosperity, good health, joy, and a Happy New Year!

Yours truly,
The Senior Programs Team

*TeAnna Abraham-Smith, Gayathri Aluvihare, Alex Alcon, Tony Edghill, Sheila Hall,
Karen Maxin, Mary Pelz, Cathy Richards, Dolores Ustrell-Roig, Stacy Sigler, Sara Swarr*



EXCITING NEW 55+ PROGRAMS

- HOLIDAY FASHION SHOW—Join us via Zoom video to see our community seniors take to the runway in holiday attire. Free. Thursday, December 31 at 2pm. Active #97621.
- VIRTUAL WELCOME 2021!—Meet old and new friends as you welcome 2021 on Tuesday, January 5, 2021 at 3pm with a cookie and a cup of tea in your own living room. Join hostess Janet McDonald for an interesting social. This FREE event is sponsored by HPSI with the collaboration of Montgomery County Recreation. To register call 240-777-6896 or email HolidayParkSeniors@outlook.com. Active #100960.
- WAKE UP CALL—Carol Fuentevilla is back for this new conversation group. We hope you have a cup of coffee or tea nearby. This Monday Wake-Up Call is an opportunity to check in with possibly new and old acquaintances and to think about your day and your week. In the last six months you have had to make many changes in your routines and we hope these times to share are helpful. Carol was Holiday Park's Center Director for 20 years before retiring in 2014. You can join this group online or via the phone. This FREE program is sponsored by HPSI. To register for this program call 240-777-6896 or email HolidayParkSeniors@outlook.com. Program begins Monday, January 4th at 8am. Active #10102.

REGISTER AT ACTIVEMONTGOMERY.COM



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 mocrecom.com. Have fun! Stay Fit. Stay Healthy. Stay Creative.

21 DAY TURKEY TROT CHALLENGE WINNER



The Mintz Family

Congratulations to Ellen Elow-Mintz aka "Bella's Mom", winner of Montgomery County's Recreation Department 55+ 21 Day Turkey Trot Challenge. Bella's mom walked over 200,000 steps during the turkey trot challenge to win a Thanksgiving turkey dinner for four. She said with her family's new Labrador puppy, Bella who gets walked five or six times a day it was easy to accumulate so many steps. In the spirit of Thanksgiving, she has a lot to be thankful for and donated her turkey dinner to *Difference Makers in Takoma Park*.



NORTH POTOMAC SENIOR KNITTERS

The ladies of the North Potomac Knitters Group have been keeping busy during the pandemic. Their most recent donation consisted of 68 hats, along with several scarves and headbands to KidServe. KidServe, is collecting new cold weather gear in support of The Dwelling Place homeless assistance organization for women and children.



Note to Nancy —“What beautiful things your group created!! Thank you so much! These are just lovely and will be appreciated! Thank you for your group’s donation”.

~Sooky



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!*





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



HOLIDAY TRIVIA

1. Who was the star of the movie titled *White Christmas*?
2. Stollen is the traditional fruit cake of which country?
3. How do you say "Merry Christmas" in Spanish?
4. When was the first tree put up at the Rockefeller Center?
5. In 1953, which Christmas song was Eartha Kitt's biggest hit of her career?
6. How many days is Hanukkah celebrated?
7. What game is played during Hanukkah?
8. What is the alternative name of Hanukkah?
9. What are the three traditional Kwanzaa colors?
10. The is the candleholder that is used during the Kwanzaa celebration called?
11. What was issued in 1997 to remember the holiday of Kwanzaa?
12. Who wrote the lyrics of the New Years song, "Auld Lang Syne"?
13. What does "Auld Lang Syne" mean?
14. What is the most common ritual on New Year Eve?
15. How much does the Times Square New Year's Eve ball weigh?

Holiday Trivia Answers

1. Bing Crosby
2. Germany
3. Feliz Navidad
4. 1933
5. Santa Baby
6. Eight
7. Dreidel
8. Festival of Lights
9. Red, black and green
10. Kinara
11. Stamp
12. Robert Burns
13. Times Gone By
14. To kiss
15. 11,875 pounds

HAPPY BIRTHDAY

Registration Open
Active #97639

We are celebrating birthdays...virtually. Each month we will meet via Zoom for lunch and dessert, sing Happy Birthday and share birthday memories. For January 2021 our virtual birthday celebration will be January 8 at 1pm. Active #97639.

WARM WINTER LEMON CAKE

INGREDIENTS

- 1 package yellow cake mix
- 2 packages (3.4 oz. each) lemon flavor instant pudding
- 1/3 cup granulated sugar
- 2 cups cold milk
- 1-1/4 cups water

DIRECTIONS

1. Prepare cake batter as directed on package; pour into 13x9-inch baking dish sprayed with cooking spray.
2. Beat dry pudding mixes, granulated sugar, milk and water with whisk for two minutes; pour over batter in dish. Place baking dish on rimmed baking sheet. (Baking sheet will catch any sauce that might bubble over sides of dish as dessert bakes.)
3. Bake 55 minutes to 1 hour or until toothpick inserted in center comes out clean. Cool 20 min. (Sauce will thicken slightly as it cools.)
4. Sprinkle with powdered sugar. Serve warm.



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.



EASY BARK RECIPE

MATZO TOFFEE BARK

Ingredients

4 7-inch unsalted matzo crackers

½ cup unsalted butter

1 cup packed light brown sugar

½ cup semisweet chocolate chips

Instructions

1. Preheat oven to 375° F.
2. Line a baking sheet roll pan with aluminum foil then cover the foil with parchment paper.
3. Arrange matzo crackers in a single layer on the parchment paper, breaking them as necessary to get them to fit.
4. Bake the matzo at 375° F for 5 minutes or until matzo is lightly browned.
5. Remove from the oven and reduce the oven temperature to 350° F.
6. Combine the butter and brown sugar in a small heavy saucepan, and bring to a boil, stirring often.
7. Cook 3 minutes, stirring constantly.
8. Pour mixture over toasted matzo, and spread it out evenly with a spatula.
9. Bake the bark at 350° F for 10 minutes or until the mixture bubbles.
10. Remove from the oven and sprinkle the chocolate chips over the toffee.
11. Cool slightly, then refrigerate 30 minutes, or until toffee and chocolate are set.
12. Break into pieces.
13. Enjoy.



EASY BARK RECIPES

COCONUT BARK

Ingredients

Nonstick cooking spray, for spraying baking dish

5 1/2 cups (one 14-ounce bag) sweetened shredded coconut

1/2 cup sweetened condensed milk

Directions

1. Preheat the oven to 350 degrees F. Spray a 13-by-9-inch baking dish with nonstick cooking spray.
2. Mix the coconut and condensed milk in a bowl until well combined. Spread the mixture evenly in the prepared baking dish. Bake until the coconut is completely browned with dark and crispy edges, about 20 minutes.
3. Cool slightly, then cut into squares.
4. Serve warm or at room temperature.



S'MORES BARK

Ingredients

1 pound milk chocolate

1 cup coarsely chopped graham crackers

1 cup mini marshmallows

Directions

1. Coat a 9-by-12 1/2-inch rimmed baking sheet with cooking spray, and line with parchment, leaving an overhang on long sides.
2. Pour melted chocolate into baking sheet and spread in an even layer.
3. Sprinkle toppings over chocolate.
4. Refrigerate until firm, at least 1 hour.
5. Peel off parchment and break bark into pieces.

2020 Virtual 50+EXPO



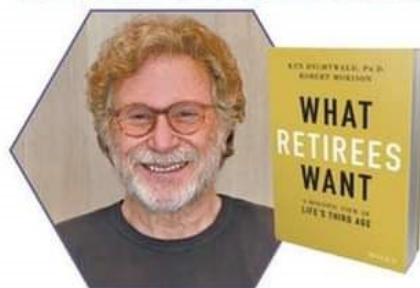
PRESENTED BY

The Beacon
IN FOCUS FOR PEOPLE OVER 50

Living Longer • Living Well
BCDA
Baltimore County Department of Aging

Howard County Office on
Aging and Independence
Department of Community Resources and Services

KEYNOTE SPEAKER



Ken Dychtwald, PhD,
a national expert on aging
and author of the new book,
What Retirees Want

WHAT:

A 50+Expo like you've never seen before:

More than 60 hours of speakers, classes and entertainment, 100 exhibitors, and 3 months in which to enjoy it! Plus, weekly door prizes

A sampling of our programs:

Classes: Meditation 101; Line Dancing; Drawing with Pastels; Healthy Cooking

Speakers: Low Vision Solutions, Interview with the Oldest Living Tuskegee Airman; Fall Prevention Gear and Gadgets; Caregiving During COVID; Options for Intergenerational Activity

Entertainment: Jazz piano; Stand-up Comics; Classical String Quartet; Classical Piano; Jazz Singing

WHERE:

All online at a new website designed just for this event:
www.beacon50expo.com



WHEN:

The Virtual 50+Expo goes live **Sunday, November 1 at noon, and continues through January 31, 2021.**

WHO:

Brought to you free of charge by the Beacon Newspapers, in partnership with the Baltimore County Department of Aging and the Howard County Office on Aging & Independence.

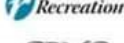
GOLD SPONSOR



SILVER SPONSORS



BRONZE SPONSORS



MEDIA SPONSORS



www.beacon50expo.com – going live Nov. 1.

Businesses and organizations interested in exhibiting/sponsoring: Call Alan at (443) 285-9336.



A HOLIDAY FAVORITE...EGGNOG

Eggnog may have been developed from posset (a medieval European beverage made with hot milk). The “nog” part of its name may stem from the word “noggin”, a Middle English term used to describe a small, wooden, carved mug used to serve alcohol.

Another name for this drink was Egg Flip. Yet another story is that the term derived from the name “egg-and-grog”, a common Colonial term used to describe rum. Eventually the term was shortened to “egg’n’grog”, then “eggnog”.

The ingredients for the drink were expensive, so it was popular mainly among the aristocracy. Those who could get milk and eggs to make eggnog mixed it with brandy, Madeira or sherry. The drink crossed the Atlantic to the English colonies during the 18th century. Since brandy and wine were heavily taxed, rum from the Triangular Trade with the Caribbean was a cost-effective substitute. The inexpensive liquor, coupled with plentiful farm and dairy products, helped the drink become very popular in America. When the supply of rum to the newly-founded United States was reduced as a consequence of the American Revolutionary War, Americans turned to domestic whiskey — and eventually bourbon as a substitute.

A traditional homemade eggnog is made of milk or cream, sugar, and raw eggs. There are a lot of recipes that also add spices like vanilla, cinnamon, nutmeg, and cloves, and adult consumers can add their favorite alcoholic spirits.

This delightful holiday drink can be served hot or cold in glasses, mugs, or punch bowls. You can also add little whipped cream, a cinnamon stick, or chocolate shavings to top off this traditional holiday drink.

December 24 is National Eggnog Day, so make sure to sit back and enjoy a glass of eggnog.



How many words can you
make from

TRADITIONAL EGGNOG

Good Luck!

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

WINTER SOLSTICE

Do you the date for Winter Solstice this year?
Winter solstice is Monday, December 21, 2020.

- This is the first day of winter and the shortest day of the year.
- Out of the 365 days in a year, Winter Solstice is the day with the fewest hours of sunlight.
- The word "solstice" means "sun stands still."
- Sunsets are typically prettier in the winter. Cold, non-humid air is clearer than warm summer air, which allows the colors of the sun to shine through more clearly.
- The earth is actually closest to the sun in December, even though winter solstice is the shortest day of the year.

With the colder weather now upon us, this is a great time to try several new virtual programs so log onto www.mocorec.com and register for a class or two.

See specific activity for more information.

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

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