

NON PROFIT



Senior Programs Newsletter

A MESSAGE FROM THE RECREATION DEPARTMENT

Attention Montgomery County 55+ community—We Want to Hear From You. Montgomery County Recreation Senior Programs team is looking for seniors who would be interested in participating in a listening session. What is a listening session? A listening session is 60 minutes session with five to ten seniors via Zoom sharing their story about how Montgomery County Recreation has impacted their life, what recreation programs, trips, and events they enjoy, and how they have dealt with the social isolation due to the centers being closed, and what they have missed most while the centers have been closed. In addition, a few listening sessions will focus the discussion on recreation advocacy and what our centers will look like once they reopen.

For these listening sessions Montgomery County Recreation has partnered with a local non-profit organization, Action in Montgomery (AIM). Would you consider joining us for a listening session? If you know someone who would like to tell their story also, please have them join a listening session also. Small group listening sessions will be held via Zoom (or telephone if you do not have Zoom) at various times during February. Our goal is to present your stories to Council for funds for our senior centers, and our 55+ programs, trips, events, etc. With your help we can paint a vibrant picture to decision makers about the necessity to bring additional programs and services through Recreation.

To schedule a listening session contact one of the recreation specialists below:

Dolors Ustrell-Roig	240-460-2236	Dolors.ustrell@montgomerycountymd.gov
Karen Maxin	240-805-3712	Karen.maxin@montgomerycountymd.gov
Sheila Hall	202-450-8057	Sheila.hall@montgomerycountymd.gov
Cristen Steele		Cristen.steele@montgomerycountymd.gov
Paula Rodgers		Paula.rodgers2@montgomerycountymd.gov

MESSAGE FROM THE RECREATION DEPARTMENT (CONT'D)

If you know a neighbor, friend, or family member who would be interested in participating, please share this information with them. Listening sessions will have a maximum of ten people to allow time for everyone to share their stories. If the time slot you have chosen becomes full, we will reach out to see what other date will work for your schedule.

We at Montgomery County Recreation value you as not only a customer and participant in our programs, but also as family and friends that we have built bonds and shared experiences with over our many years together. We can not wait to open our doors to you all again in the very near future.

Kindest Regards,

Your Senior Recreation Program Team

AFFILIATED SANTÉ GROUP



Are you feeling isolated at home? Are you struggling with your emotions? Are you frustrated with all that is changing? If so, contact the Santé Group, Seniors' Services. Seniors' Services offers individual therapy for

home-bound older adults and their caregivers in Montgomery County, free of charge. Or you can join one of their weekly virtual Coping with Change groups. During the Covid-19 pandemic, all their services will be offered via telehealth.

For more information, contact Seniors' Services at 301-572-6585, ext. 2104 or on the web at www.thesantegroup.org.

CAN YOU MATCH THE LOVE SONG TITLE WITH THE CORRECT MUSICAL ARTIST?

- | | |
|---|--------------------|
| 1. You Are the Sunshine of My Life | A. Etta James |
| 2. This Can't Be Love | B. Billie Holiday |
| 3. A Kiss to Build A Dream On | C. Ella Fitzgerald |
| 4. Our Love is Here to Stay | D. Louis Armstrong |
| 5. My Girl | E. Marvin Gaye |
| 6. Here Comes The Sun | F. Stevie Wonder |
| 7. How Sweet It Is (To Be Loved by You) | G. The Beatles |
| 8. Your Song | H. Frank Sinatra |
| 9. For Once in my Life | I. Elton John |
| 10. Something's Gotta Hold on Me | J. The Temptations |



EXCITING 55+ PROGRAMS

DIFFICULT CONVERSATION MADE EASY—Tuesday, 2/23, 1-2 pm, Free

A workshop teaching participants how to have conversations with other people that may not necessarily be interested in hearing another point of view. The workshop focuses on the "recipe for receptiveness" and teaches a 5 step process on how to be better received by another party. Join us online or via phone. Presented by Ben Kreitzberg, Program Manager-CRCMC (Conflict Resolution Center of Montgomery County).

This program is sponsored by HPSI. To register please call: 240-777-6896 or email: HolidayParkSeniors@outlook.com. Please leave your name, phone number, email, and the program name when you call.

ACTIVE LIVING-DISCUSSION GROUP IN HINDI (NEW)—Wednesday, 2/10-3/17, 3:30-4:25 pm, Free

All Hindi speaking senior adults are invited to join us to discuss their experiences and needs and to learn about resources available for seniors in Montgomery County. This will be your chance to share ideas, thoughts and much more. This Hindi discussion group is facilitated by Suman Kapur. This free discussion group is sponsored by HPSI with collaboration of Montgomery County Recreation. To register, please call: 240-777-6896 or email: HolidayParkSeniors@outlook.com.

ACTIVE LIVING-DISCUSSION GROUP IN SPANISH—Monday, 1/11-3/15, 9:30-10:25 am, Free

Join us to discuss about our life experiences, challenges and options faced at present times. The discussion group is facilitated by Dolores in Spanish. To receive information about the discussion topics and how to register, please email: Dolores.Ustrell@montgomerycountymd.gov.

This free class is sponsored by HPSI with collaboration of Montgomery County Recreation. To register call: 240-777-6896 or email: HolidayParkSeniors@outlook.com.

HATHA YOGA FOR ALL WITH DEBBIE HELFELD #103951—Tuesday, 1/19-3/16, 11:30-12:25 pm. Free

Limited space still available. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength and bone strength, flexibility, breathing and some meditation.

CIDER SOCIAL #107873—Friday, February, 2/19, 3 pm, Free

It may be cold outside, but we'll be warm inside sipping hot cider (or the beverage of your choice) and participating (optional) in an indoor scavenger hunt. Join Mary and Sheila virtually to share memories and your scavenger hunt items. List of scavenger hunt items will be emailed to participants prior to program.

BONE BUILDERS EXERCISE CLASS

Are you interested in improving your balance? If so, sign up today 55+ Bone Builders class. Space is very limited for this virtual class. Bone Builders exercise class focuses on stretching, strengthening, and balance. Class will be held over Zoom so that you get fit from home over the computer. Register today at Activemontgomery.com. Active #102935.

CLASSES ARE HELD TUESDAYS AND THURSDAYS

NOW UNTIL MARCH 18 2021

1:30PM TO 2:30PM



Montgomery County Recreation partners with Health and Human Services, Aging and Disability Services to offer Bone Builders, a free, volunteer-led, exercise program.

Bone Builders helps you to improve balance and enhances energy and wellbeing. Studies show that adults 55+ who participate in a weight training program twice weekly for a year, gained an average of 1 percent of bone density.

One hour classes held twice per week are designed to increase bone density. Participants use ankle weights and hand weights, and participate in warm-up, cool-down and balance exercises. Bone Builders classes rely on weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density.

SPRING ISSUE COMING SOON

55 & Better
ACTIVITIES FOR SENIORS



55 & Better: Activities for Seniors

Exercise is essential at any age. It is associated with many benefits such as a healthier heart, flexibility, fun living, and stronger bones among others. But for seniors, it has many more additional benefits. Not only is it good for your body, but it is also great for your memory, mood, and mind. Registration starts on February 8th. Sign up for one or several of our exercise programs.

CELEBRATE BLACK HISTORY THROUGH THE ARTS
With Montgomery County Recreation and Arts For the Aging
Active # 101700—All Programs are Free

Miles Spicer, More than the Blues—Wednesday, February 3, 2 – 3PM

Arts for the Aging Teaching Artist Miles Spicer reconnects people to music they love in More than the Blues. This interactive live workshop via Zoom and other platforms features Miles playing acoustic guitar and leading participants in group singing, call and response, and more. Learn more about the history of the music presented and join in the fun!

Lauren Boyle, Poetry and Discovery—Wednesday, February 10, 2 – 3PM

Arts for the Aging Teaching Artist Lauren Mazow Boyle encourages participants to connect with each other and their own inner lives through Poetry and Discovery. Participants will discuss poetry by prominent African-American poets, and focus on personal reactions, memories, and associations to the metaphors and poetic language. They'll also have a chance to write collaborative poetry. No materials or previous experience is required, simply a love of words and the willingness to discover and connect.

Peter Burroughs, Alex Russell, and Carlos Cesar Rodriguez, The Poetry of Tango—Wednesday, February 17, 2 – 3PM

Join Arts for the Aging Teaching Artist Peter Burroughs and pianist Carlos Cesar Rodriguez with RÓMEZ3arts for a discussion about tango with Alexandra Russell from Tango Mercurio in The Poetry of Tango. This virtual participatory program encourages older adults and caregivers to explore the history of Argentinian tango from its scandalous origins in the slums of Buenos Aires to songs of longing and nostalgia, and discover it's roots found in the rhythms of African guitars. Participants will listen to Peter Burroughs sing selections of tango music – then discuss the lyrics as recited and translated into English by Alexandra Russell. View a demonstration of tango steps and movements and move with the music!

Paula Cleggett, Color Me Spring—Wednesday, February 24, 2 - 3PM

Join Arts for the Aging Teaching Artist Paula Cleggett in an exploration and reimagining of artwork by Ed Clark, on view at the National Museum of African American History and Culture. Use simple household items to create your own works of art. Bring wrapping or tissue paper, junk mail, paper, pencils, glue, scissors, and any art supplies you may have to create a new way to look at art in Color Me Spring!

for Maryland Residents 65 +

FREE



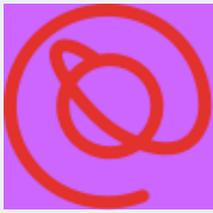
Senior Call Check

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!





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

FEBRUARY TRIVIA

There are several occasions in February such as Black History Month, Mardi Gras and, Valentine' Day. How many of the February trivia questions can you answer correctly?

1. Which English poet wrote the sonnet that includes the famous line, "How do I love thee? Let me count the ways"?
2. February's birthstone is sapphire? True OR False
3. Jackie Robinson was the first African American who played Major League Baseball? True OR False
4. African American, Garrett Morgan is responsible for which of two inventions?
_____ and _____
5. (Who was the first African American to perform at the White House?

6. Sarah Goode was the first African American woman to receive a patent. What did she invent? _____
7. Who was the first African-American to appear on a U.S. postage stamp?

8. It is illegal to not wear a mask onboard a Mardi Gras float in New Orleans? True OR False
9. "Laissez les bon temps rouler" which means "Let the Good Times Roll" is the official greeting of _____?
10. In which year did Hallmark make its first valentine card?

February Trivia Answers

1. Elizabeth Barrett Browning (1806-61)
2. False. It is the amethyst
3. True
4. Traffic light and gas mask
5. Blind Tom Wiggins , pianist
6. Folding Bed
7. Booker T. Washington
8. True
9. Mardi Gras
10. 1913

QUICK AND EASY MARDI GRAS RECIPES

GUMBO

INGREDIENTS

- 1 package (12 ounces) smoked sausage, sliced
- 1 can (14½ ounces) diced tomatoes with green peppers and onions, undrained
- 1 can (14½ ounces) chicken broth
- ½ cup water
- 1 cup uncooked instant rice
- 1 can (7 ounces) whole kernel corn, drained
- Salt and Pepper to taste (optional)
- Sliced green onions (optional)

DIRECTIONS

1. In a large pan, cook sliced sausage until browned on both sides.
2. Stir in the tomatoes, broth and water; bring to a boil.
3. Stir in rice and corn; cover and remove from the heat.
4. Let stand for 5 minutes.
5. Season and top with sliced green onions.

BEIGNETS

INGREDIENTS

- 1 package (¼ ounce) active dry yeast
- ¼ cup warm water
- 1 cup evaporated milk
- ½ cup canola oil
- ¼ cup granulated sugar
- 1 large egg, room temperature
- 4½ cups self-rising flour
- Oil for deep-fat frying
- Powdered sugar

DIRECTIONS

1. In a large bowl, dissolve yeast in warm water. Add milk, oil, sugar, egg and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form soft sticky dough. Cover and refrigerate overnight.
2. Punch down dough. Turn onto a floured surface; roll into a 16x12-in. rectangle. Cut into 2-inch squares.
3. In a skillet, heat 1 inch oil to 375°. Fry squares until lightly golden.
4. Drain on paper towels.
5. Roll warm beignets in powdered sugar.

CONFLICT RESOLUTION CENTER OF MONTGOMERY COUNTY
(CRCMC)

301-652-0717

Web: crcmc.org/mediation/



CRCMC is a non-profit that provides free, confidential and voluntary mediation services that focus on the needs and interests of the parties. Mediators are neutral and impartial and help to facilitate communication to reach a mutually agreeable resolution. The mediators are all high qualified volunteers with extensive mediation training and experience.

CRCMC mediates many cases resolving a wide range of disputes. These cases include small claim district court, municipal infraction, Maryland Home Improvement Commission (MHIC), landlord/tenant, neighbor, parenting plan/custody disputes as well as interpersonal disputes involving neighbors, family members, co-workers, employers, roommates, and friends.

The program does not provide legal advice or representation and services are free of charge.

CRCMC provides services in Spanish and most languages supported through a language line.

Montgomery County Recreation will be hosting the following program in collaboration with CRCMC.

**DIFFICULT CONVERSATION MADE EASY
TUESDAY, FEBRUARY 23RD AT 1PM—FREE**

To register call: 240-777-6896 or email
HolidayParkSeniors@outlook.com.

Leave your name, phone number, email,
and the program name when you call.

**Montgomery County Recreation
Senior Programs Team**

Contact Us

Damascus

Anthony "Tony" Edghill
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240-535-0732

Holiday Park

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Gayathri Aluvihare
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Active Adult Programs

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