

2020 NOV 30 MON



Senior Programs Newsletter

A MESSAGE FROM THE RECREATION DEPARTMENT

OUR NEW
ADMINISTRATIVE
HEADQUARTERS
IS NOW LOCATED AT

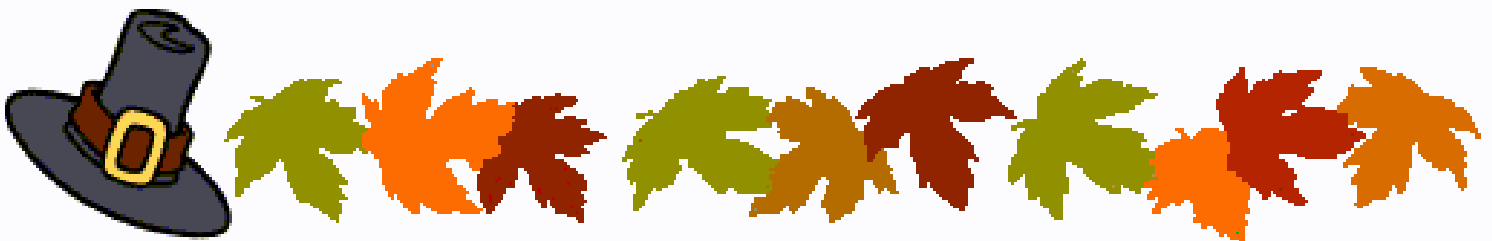
2425 REEDIE DRIVE
FLOOR 10, WHEATON



We have a new home! The Montgomery County Recreation Administrative Headquarters has moved to 2425 Reedie Drive in Wheaton as part of the County's Wheaton Revitalization Project. The new, 308,000 square foot office building will be home to Montgomery County Recreation, Maryland National Capital Park and Planning Commission and

additional county agencies. "We are thrilled to be a part of the Wheaton Revitalization Project and look forward to making downtown Wheaton our new home," said Montgomery County Recreation Director Robin Riley. The customer service center in the new facility is closed to walk-ins due to the Covid-19 pandemic, however, customer service is open electronically. For assistance, you can contact us by email at Recreation.CustomerService@MontgomeryCountyMD.gov or call 240-777-6840.

Montgomery County Recreation is open for business and continues to provide safe, fun and affordable recreation opportunities during the COVID-19 pandemic. The department is currently offering a variety outdoor and virtual classes for all ages. For additional information on Montgomery County Recreation's offerings visit www.mocorec.com.



EXCITING NEW 55+ PROGRAMS

- CHINESE DISCUSSION GROUP—6-week discussion group to talk about life experiences and challenges held virtually starting on Friday, November 13th at 11:00am. This free program is hosted by Qi Hu in Chinese Mandarin. Free. Active #98578.
- TAI CHI SWORD WITH WENDY LIM—The students in the class will be able to experience an ancient form of exercise using the sword. Meets Mondays, 11/9-12/14, 2:30pm-3:25pm. Free. To register for this class, call 240-777-6896 or email HolidayParkSeniors@outlook.com by leaving your name, phone number, email and the name of the class. This is HPSI sponsored class with the collaboration of Montgomery County Recreation. Active #101835.
- MEET THE AUTHOR—Meet Holiday Park's volunteer, Howard Levine as he discusses his book "Last Gasp", during the Wednesday Evening Book Meeting. Learn first hand how he became a writer and what challenges he faced during the process. This book club is hosted by Carol Mamon, Ehtylyn De Stefano and Phyllis Rand on Wednesday, November 18th from 4:00pm-4:55pm. Free. To register please call 240-777-6896 or email HolidayParkSeniors@outlook.com.
- HIGHLIGHTS OF SILVER SPRING WITH WALTER GOTTLIEB—Learn the interesting history of Silver Spring, Maryland from its early days to its revitalization by Montgomery County resident and media producer, Walter Gottlieb. November 19 at 3:00pm. Free. Active #97212.
- HOORAH FOR THE HOLIDAYS—Create holiday craft projects at home at your leisure. Kits will include materials to make holiday shakers, greeting cards, and ornaments. Once you are registered, arrangements will be made to pick-up your kit. Virtual question and answer sessions at 10:00am on Thursdays, December 3 and 10. Show your finished projects virtually on Thursday, December 17th at 10:00am. \$25. Active #97524.
- MEET THE SENIOR TEAM—Meet the dedicated Montgomery County Recreation Senior Team members who love recreation, but more importantly Montgomery County seniors. Each session you will meet two or three of the amazing team members, so be sure to register. Sessions on December 4, 11 and 18 at 3:00pm. Free. Active #101124.
- SPIRIT OF THE HOLIDAYS SING-ALONG—It is not the holidays without a little singing. We will gather together virtually to sing (or hum) some classic and not so classic holiday songs. All voices are welcome to sing (or hum) along! Music lyrics will be distributed to residents before the first session. Free. Meets December 7, 14 and 21 at 3:00pm. Free. Active #101132.

REGISTRATION IS OPEN AT ACTIVEMONTGOMERY.COM

FREE 55+ VIRTUAL TEA-TERRIFIC Tea Party

ACTIVITY 97725

TO REGISTER VISIT ACTIVEMONTGOMERY.ORG

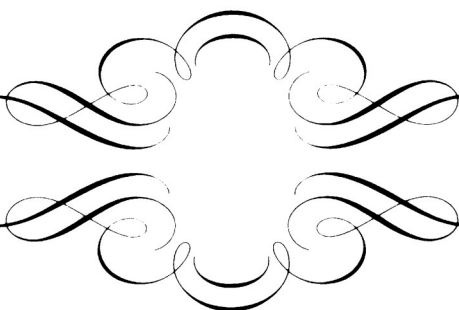
FRIDAY

NOVEMBER 20 @ 3 P.M.

Dress for the occasion and sip your favorite tea. Enjoy an hour filled with laughter and lively conversation with friends and Montgomery County Recreation staff. Tea hats and pearls encouraged but not required.



See specific activity for more information
240-777-6840 • Hablamos Español • WWW.MOCOREC.COM



Highlights OF SILVER SPRING FREE ZOOM SESSION

THURSDAY, NOVEMBER 19

3 - 3:45 P.M.



ACTIVITY 97212

Learn the history of Silver Spring, Maryland from its early days through its revitalization. Presented by Montgomery County resident and media producer, Walter Gottlieb.

TO REGISTER VISIT ACTIVEMONTGOMERY.ORG

See specific activity for more information
240-777-6840 • Hablamos Español • WWW.MOCOREC.COM





积极生活 – 线上讨论和聊天小组55+ (仅限中文)

活动内容：在六个星期中参与者每星期将聊一个关于各自的生活经历，目前所面临的困难 和挑战相关的议题。此活动由胡琦（Adele）负责。胡琦的联络电话：**240-994-9097**

活动时间：11/13/2020 – 12/13/2020 每星期四早上11:00 – 11:55am

建议讨论题目：

1. 你的近况，你过得好吗
2. 这次的停业关闭及今后的重新开放对你的影响 和挑战
3. 值得感谢/感激的人和事情
4. 疫情期间如何与家人和朋友保持联络
5. 旅行计划 – 长短途旅行的选择及挑战
6. 任意题/ 2021你的个人计划和希望

注册活动

98578

请在这个网站注册

WWW.MOCOREC.COM

想要了解更多活动细节，可以咨询

240-777-4925 • 或上网查询 • www.mocorec.com

蒙郡娱乐坚决遵守美国残疾人法案(ADA). 请联系有关专业人员

240-777-6870 或 @rec.mainstream@montgomerycountymd.gov 寻求帮助

HOWL-O-WEEN PET COSTUME WINNER



**Teddy, a Bichon Frise,
is a rescue from the
Montgomery County
Animal Shelter.**



**Pet Costume Winner, Teddy as
"Somewhere Over the Rainbow,"
with his mother Melissa McDonald**

Interested in adopting a pet? Montgomery County Animal Services and Adoption Center is open for adoptions by appointment only due to Covid-19.

The Office of Animal Services is now offering Free Rabies Clinics by appointment only, every Wednesday from 10 am to 4 pm as of October 21, 2020. Prior to scheduling an appointment, please review the procedures and restrictions on our website. Appointments may be scheduled up to one week prior to the clinic.

Website: <https://www.montgomerycountymd.gov/animalservices/adoption>
Phone number: 240-773-5900

ACTIVE AGING WEEK WAS A BLAST!



Residents receive info about energy conservation.



Free LED lightbulbs and info on MoCo 55+ programs



Ready to distribute fit kits.

So much info at the Active Aging Week station!



Active Aging energy table open for business.

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!*



TURKEY TROT



Registration Open at
Activemontgomery.com
#97640

21-DAY TURKEY TROT CHALLENGE FOR 55+

*Email your name with your Turkey Trot name to:

sheila.hall@montgomerycountymd.gov

Track your steps from:

November 2 thru November 23rd at 4pm using
your personal fitness device or tracking record

*Email your steps to:

sheila.hall@montgomerycountymd.gov

*Email steps by: 5PM on Monday, November 23rd

WINNER of Turkey Trot Challenge announced:

November 24th

* *Call 202-450-8057 to give your steps via phone. Good Luck!*



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.





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.

THANKSGIVING TRIVIA

1. During Chuseok, the Korean Thanksgiving/harvest festival, they traditionally eat a stuffed food but it isn't a turkey. What food do Koreans stuff and eat during Chuseok?
2. What decade was the green bean casserole, a Thanksgiving staple in many households, first created?
3. What state raises the most turkeys?
4. What is the wobbly red piece of flesh on top of the beak of a turkey?
5. A full grown turkey has about how many feathers? 1,600 or 2,800 or 3,500
6. What part of the turkey is called a wattle?
7. How many calories, on average, does an average person consume during their Thanksgiving dinner? 2,700 or 1,600 or 4,500
8. The first department store to hold a Thanksgiving parade was Macy's? True or False
9. A male turkey is called a Jenny? True or False
10. An average turkey weighs 30 pounds? True or False
11. All turkeys gobble? True or False
12. What year did Abraham Lincoln proclaim a national Thanksgiving Day?
13. A "Charlie Brown Thanksgiving" first aired on CBS in what year?
14. The best place to put the meat thermometer in the turkey is?
Breast or Thigh or Wing
15. Which Sauce Is A Traditional Sauce For Thanksgiving Celebrations?

Happy Thanksgiving

Thanksgiving Trivia Answers

1. Rice cakes
2. 1950s. The recipe was created by Dorcas Reilly in 1955 at the Campbell Soup Company
3. Minnesota
4. Snood
5. 3,500
6. Fleshy red bit under the neck
7. 4,500
8. False. It was Gimbel Brothers Department Store in 1920
9. False. A male turkey is called a Tom or Gobbler. A young female turkey is called a Jenny.
10. False. The average turkey weighs 15 pounds.
11. False. Only male turkeys gobble. Female turkeys make a chirp sound.
12. 1863
13. 1973
14. Thigh
15. Cranberry Sauce

THANKSGIVING FAVORITE-CLASSIC GREEN BEAN CASSEROLE

It is the dish everyone is expecting on the holidays, but it is so easy to make, you can serve it any day. Created by Campbell Test Kitchen Manager Dorcas Reilly in 1955, its creamy, smooth sauce and unmatched flavor combined with its simplicity makes Green Bean Casserole so appealing. Just six ingredients and 10 minutes to put together, this family pleasing side has been a favorite for over 60 years.



INGREDIENTS

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup or 98% Fat Free Cream of Mushroom Soup
- 1/2 cup milk
- 1 teaspoon soy sauce
- 1 dash black pepper
- 4 cups cooked cut green beans
- 1 1/3 cups French's® French Fried Onions

INSTRUCTIONS

Tips—For the cooked green beans: Use 2 cans (14.5 ounces each) green beans, drained, about 1 1/2 pounds fresh green beans or 16 to 20 ounces frozen green beans, thawed, for this recipe.

Step 1

Stir the soup, milk, soy sauce, black pepper, beans and 2/3 cup onions in a 1 1/2-quart casserole.

Step 2

Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions.

Step 3

Bake for 5 minutes or until the onions are golden brown.

2020 Virtual 50+EXPO



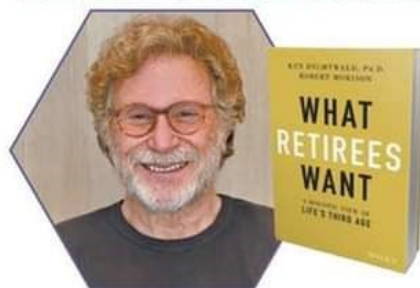
PRESENTED BY

The Beacon
IN FOCUS FOR PEOPLE OVER 50

BCDA
Living Longer • Living Well
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.**

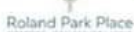
WHO:

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



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MEDIA SPONSORS

COMCAST

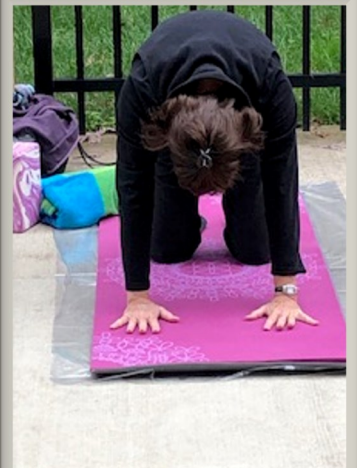
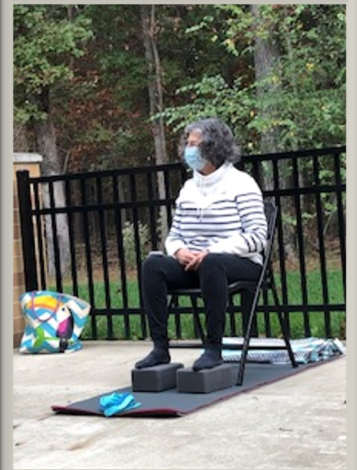
GREENSPRING VALLEY

BALTIMORE CITY HEALTH DEPARTMENT

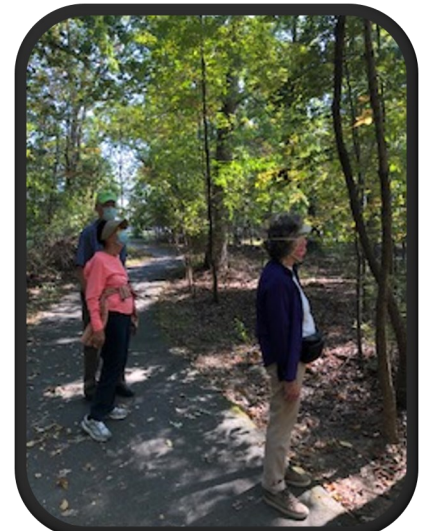
www.beacon50expo.com – going live Nov. 1.

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

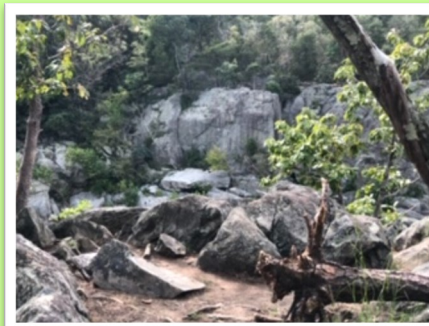
MoCo 55+ YOGA CLASS—STAYING ACTIVE AND FIT



MoCo 55+ RESIDENTS WALKING FOR HEALTH

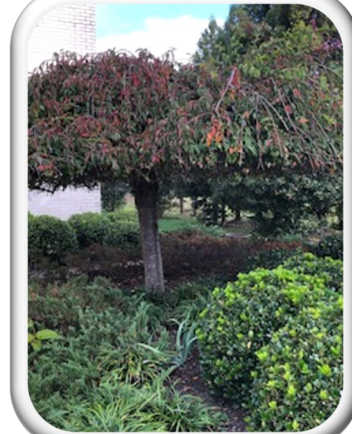
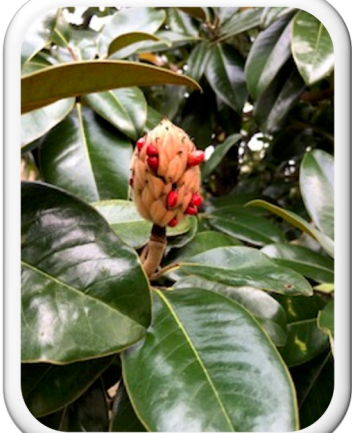
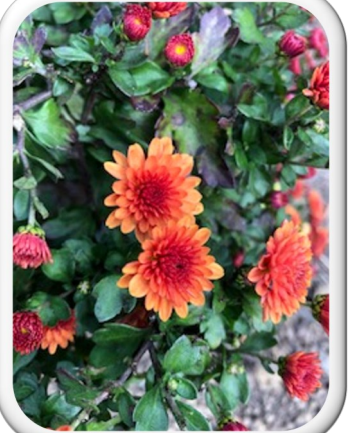


Gorgeous weather for resident, J. Wang to enjoy a hike



Montgomery County has over 250 miles of trails for recreation and exploring

SIGHTS OF FALL — PICS FROM NPSC NATURE WALKERS





EVERYTHING PUMPKIN

Pumpkins are one of the most popular crops in the United States. The top pumpkin-producing states include Illinois, Indiana, Ohio, Pennsylvania, and California.

There are 26 calories in 100 grams (3.5 ounces) of pumpkin.

Pumpkins are packed with nutrients, such as vitamin A, iron, vitamin B, folate, and vitamin E.

Over 1 billion pounds of pumpkin are produced in the US every year.

The name pumpkin comes from the Greek word 'pepon', meaning 'large melon'.

Pumpkins are a fruit since they contain seeds, but they are often referred to as vegetables.

Antarctica is the only continent in the world that has no pumpkins.

PUMPKIN SPICE FUDGE

INGREDIENTS

3 1/2 cups white chocolate chips

1 (14-oz.) can sweetened condensed milk

1/3 cup pumpkin purée

1 teaspoon pumpkin spice

1/2 teaspoon pure vanilla extract

Pinch kosher salt

DIRECTIONS

- ♦ Grease an 8"x8" pan with nonstick cooking spray.
- ♦ In a large microwave safe bowl, combine white chocolate and sweetened condensed milk. Microwave on medium power for 1 minute intervals, stirring after each minute, until smooth.
- ♦ Fold in pumpkin purée, pumpkin spice, vanilla, and salt until smooth.
- ♦ Optional: Stir a handful of walnuts or pecans into batter.
- ♦ Pour into greased baking pan and place in refrigerator for 3 hours or until fudge is firm.
- ♦ Cut into squares and enjoy!

How many words can you
make from
PUMPKIN SPICE DESSERT
Good Luck!

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

ELECTION PICTURES

A Damascus senior helping with the election.



Montgomery County Board of Elections worker Saeed Damadi verifies a ballot on Oct. 13. (Toni L. Sandys/The Washington Post)



Workers collecting ballots at North Potomac Drop Box.



Workers packing up to go to next stop.



Time to hit the road to collect more ballots.



See specific activity for more information.

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

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Contact a Therapeutic Recreation Specialist at 240-777-6870 or @rec.mainstream@montgomerycountymd.gov to request accommodations.



Montgomery County Recreation Senior Programs Team

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