

Schweinhaut Senior Center at Forest Glen

www.montgomerycountymd.gov/senior

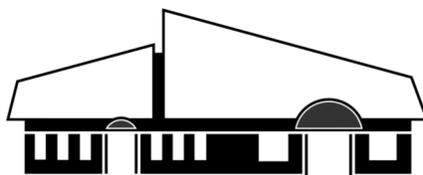


Happenings

January 2017 at a Glance

Center closed on Monday, January 2 in observance of New Year's Day and Monday, January 16 in observance of Martin Luther King, Jr. Day.

Tuesdays, January 3, 10, 17 & 24	•	2 - 3 p.m.	~	Stroke Association Presents Drum Circle with Stream
Wednesday, January 4	•	9 - 11:15 a.m.	~	Silver Spring Library Quick Trip
Wednesday, January 4	•	1 - 2 p.m.	~	Call-n-Ride Presentation
Friday, January 6	•	9 - 11 a.m.	~	White Oak Shopping Trip w/ Holly Hall
Friday, January 6	•	1 - 2 p.m.	~	Classic Musical: "All-American Co-Ed"
Monday, January 9	•	1 - 2 p.m.	~	Reminiscences of the Older & Wiser Cabaret
Wednesday, January 11	•	9 - 11:15 a.m.	~	Dollar Tree Quick Trip
Wednesday, January 11	•	1 - 2 p.m.	~	How to Make Technology Work for You
Friday, January 13	•	1 - 2:30 p.m.	~	Getting To Know You: Travelers
Tuesday, January 17	•	1 - 2 p.m.	~	Writers and Their Dogs
Wednesday, January 18	•	1 - 3 p.m.	~	Song Circle
Friday, January 20	•	9:30 a.m. - Noon	~	Amish Market Quick Trip
Friday, January 20	•	1 - 2 p.m.	~	Washington Ear Presentation
Monday, January 23	•	10 a.m. - 3:30 p.m.	~	AARP Smart Driver
Monday, January 23	•	1 - 3:10 p.m.	~	Movie: "The Big Short"
Tuesday, January 24	•	1 - 2 p.m.	~	Minute to Win It
Wednesday, January 25	•	1 - 2 p.m.	~	Office of Consumer Protections
Friday, January 27	•	10 a.m. - 3 p.m.	~	Tech Connect Genius Bar
Monday, January 30	•	1 - 2 p.m.	~	Match Game
Tuesday, January 31	•	Noon - 2 p.m.	~	New Year's Party



Margaret Schweinhaut Senior Center — 1000 Forest Glen Road

Center Hours: Monday - Friday: 8:15 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085

Director: Amanda DeFilippo, 240-777-8086



Potpourri of Programs

An Eclectic Array of Mind-Expanding Experiences Featuring Lifestyles, Music, Film, Literature, Safety, Health, and more!



Music—Listen, dance and tap your toes to a variety of musical programs!

Drum Circle with Stream • Tuesdays, January 3, 10, 17 & 24 • 2 - 3 p.m. • Almost Café

Sponsored by the Stroke Association. A drum circle is a participatory celebration of life through rhythm. It creates a sense of joyful inclusion in a community. Open to all.

Reminiscences of the Older & Wiser Cabaret • Monday, January 9 • 1 - 2 p.m. • Garden

A cabaret featuring Elaine Hughes and her friends, Martin Bestimt and Stephanie Dailey. Accompanied by Michael Terrence.

Song Circle • Wednesday, January 18 • 1 - 3 p.m. • Garden Room

Co-sponsored by The Folklore Society of Greater Washington and Carpe Diem Arts. Come for informal singing or just listen, but do come to enjoy delightful songs! The song circle is about singing, not talent.

New Year's Party with DJ Tyzer • Tuesday, January 31 • Noon - 2 p.m. • Auditorium

Entertainment by DJ Tyzer. Lunch catered by Moulin Rouge Caterers. Menu includes lemon chicken, oven brown potatoes, green beans, garden salad, rolls, milk and juice. **Pre-registration is required. Price for lunch is \$7 for ages 55-60, donations requested for 60+.**



Wellness—Keep your health in check with our Wellness programs!

Wellness Wednesdays, Suburban Hospital HeartWell Nurse, Leni Barry • Library

• “Know Your Numbers” • Wednesdays • 10 a.m. - Noon

Health counseling on vital cardiovascular health numbers (blood pressure, cholesterol, BMI and blood sugar.)

• Diabetes Support Group • 3rd Wednesday of each month • 12:45 - 1:45 p.m.

For those living with type 1 or type 2 diabetes, pre-diabetes or those seeking help with family members.

Blood Pressure Holy Cross Nurse, Juilann • 1st & 3rd Mondays, 12:30 - 1:30 p.m. • Lobby

Drop in to get your blood pressure taken to help you monitor your numbers.



JCA Transportation—Pre-Registration required for all trips!

JCA Door-to-Door Daily Transportation - Monday through Friday

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call 240-777-8085 and ask for the Nutrition Site Manager.

Changes or cancellations, call Evelyn Kittrell at 301-255-4214.

Silver Spring Library Quick Trip • Wednesday, January 4 • 9 - 11:15 a.m. • Lobby

Take a trip to our fantastic Silver Spring Library! Bus will leave MSSC between 8:45-9:15 a.m. Please be in the lobby no later than 8:40 a.m. Please be ready for pick up at the library at 11 a.m.

White Oak Shopping Trip w/ Holly Hall • Friday, January 6 • 9 - 11:15 a.m. • Lobby

Leave MSSC between 8:45-9:15 a.m. Be in the lobby no later than 8:40 a.m. Pick up from shopping at 11 a.m.

Dollar Tree Quick Trip • Wednesday, January 11 • 9 - 11:15 a.m. • Lobby

Please only purchase what you can carry. Bus will leave MSSC between 8:45 - 9:15 a.m. Please be in the lobby no later than 8:40 a.m. Please be ready for pick up at the Dollar Tree at 11 a.m.

Amish Market Quick Trip • Friday, January 20 • 9:30 a.m. - Noon • Lobby

Located in Laurel. Must be able to carry your purchases. Bus will leave between 9:15 - 9:45 a.m. Please be in the lobby no later than 9:10 a.m. Please be ready for pick up at the Amish Market at 11:15 a.m.



Movies—Featuring an exciting selection of movies each month!

Classic Musicals: “All-American Co-Ed” • Friday, January 6 • 1 - 2 p.m. • Garden Room

All-girl school Mar Brynn tries to get more pupils and publicity by making fun of the Quincton college. For revenge, the boys send Bob Sheppard to Mar Brynn, dressed as a girl, to give them a slight scandal. 53 minute runtime.

Movie: “The Big Short” • Monday, January 23 • 1 - 3:10 p.m. • Garden Room

Four denizens in the world of high finance predict the credit and housing bubble collapse of 2008, and use their insider knowledge to make millions. 130 minute runtime.



Recurring Events—A selection of our many happenings!

Non-Shakespearean 1600’s Lit • Wednesdays • 10 a.m. - Noon • Daisy Room

Join us this month for our discussion of Beowulf.



Learn to Knit • Fridays, starting January 6 • 1 - 3 p.m. • Daisy Room

Learn the technique of knitting from members of our RSVP Yarners. Free and beginners welcome.

Origami • Monday, January 9 • 1 - 3 p.m. • Library

A fun way to learn origami while meeting other people who share your interest in paper folding. Beginners welcome!



Collage Meet Up • Monday, January 9 • 1 - 3:45 p.m. • Art Room

Work on your projects while meeting others who share your interest in collage. Bring your own supplies.



Joy of Photography Sharing Group • Thursday, January 12 • 1 - 2 p.m. • Daisy Room

Share your photographs and discuss how to improve them with those who share the same joy of photography.



Shakespeare Book Group • Thursday, January 19 • 1 - 2:15 p.m. • Daisy Room

Essays by Jess Winfield and Brian Cox in “Living with Shakespeare” by Susannah Carson.

RSVP Seasoned Players • Wednesday, January 25 • 2:30 - 3:45 p.m. • Auditorium

Come rehearse songs and/or line dances to perform at nursing homes and senior centers in the metropolitan area.

Book Discussion • Thursday, January 26 • 1 - 2:30 p.m. • Daisy Room

This month’s book is “John Adams” by David McCullough. Pages 323 - end.

...And More!—Even more upcoming events to keep you engaged!

Call-n-Ride Presentation • Wednesday, January 4 • 1 - 2 p.m. • Garden Room

Call-n-Ride eligibility age has been reduced to 65, come learn about the program and how it can help you.

How to Make Technology Work for You • Wednesday, January 11 • 1 - 2 p.m. • Garden Room

In today’s world, we are surrounded by the newest gadgets and phones. There is new technology beyond smart phones and computers. Come learn how you can use technology to improve your quality of life!

Getting to Know You: Travelers • Friday, January 13 • 1 - 2:30 p.m. • Garden Room

Learn treks, tips and tricks as we share our adventures, special destinations, safety tips and more!

Writers and Their Dogs • Tuesday, January 17 • 1 - 2 p.m. • Garden Room

Presentation by Laurence Peters on how a variety of writers from Shakespeare to Steinbeck wrote about dogs.

Washington Ear Presentation • Friday, January 20 • 1 - 2 p.m. • Garden Room

Learn about The Metropolitan Washington Ear, Inc. and the free services they offer for blind, visually impaired and physically disabled people who cannot effectively read print.

AARP Smart Driver Course • Monday, January 23 • 10 a.m. - 3:30 p.m. • Art Room

A one day classroom safe driving course focusing on defensive driving. Fee: \$15 for AARP Members and \$20 for non-members. Checks only, no cash. **Pre-registration required.**

Minute to Win It • Tuesday, January 24 • 1 - 2 p.m. • Garden Room

Join Brittany Hall from Synergy HomeCare for an afternoon of fun games based on the show Minute to Win It.

Tech Connect Genius Bar • Friday, January 27 • 10 a.m. - 3 p.m. • Garden Room

Sign up for a free 20-minute one-on-one appointment with a Tech Connect Teen. Bring your own device (phone, laptop, tablet, etc.) to get your questions answered. Sponsored by Montgomery County Recreation Youth Development Team and JCA’s Heyman Interages Center. **Pre-registration required.**

Match Game • Monday, January 30 • 1 - 2 p.m. • Garden Room

Try to match answers given with humorous, fill-in-the-blank questions. Prizes for winning teams!

Exercise Classes

The Schweinhaut Center provides a variety of fun exercise classes that will keep you moving.

Activity	Time	Description	Contact	Fee
Senior Fit Sponsored by Holy Cross Hospital & Kaiser Permanente	Mon./Wed./Fri. at 8:30 a.m. & 9:30 a.m. Tues. at 9 a.m. Sat. at 9:30 a.m.	An exercise class designed especially for seniors, focusing on increasing strength and muscle endurance, while improving balance and flexibility.	301-754-8800 Call to register. Physician's consent form required.	Free!
Better Bones Sponsored by Holy Cross Hospital	Mon. & Thurs. at 2 p.m.	This course focuses on reducing the rate of bone loss and improving balance, flexibility and enhancing well being.	301-754-8800 Call to register. Physician's consent form required.	Free!
Line Dancing	Mon. at 10:45 a.m. Sat. at 10:30 a.m.	Join Myung Anderson (Mon.) and Jo Ann Eng (Sat.) for fun dancing that will keep you moving!	Drop In	Free!
Tai Chi Chuan	Thurs. at 10 a.m. Fri. at 1:30 p.m.	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance and coordination.	Drop In	Free!
Qi Gong	Sat. at Noon	Qi Gong aims to relax your body, calm your mind and refresh your heart with easy to learn exercises.	Drop In	Free!
Weight Training Sponsored by Suburban Hospital	Tues. at 10 a.m. Current session 1/03-3/28	Designed to increase muscular strength, endurance, range of motion and balance. Bring a mat and hand-held weights.	301-896-3939 Call to register or for more info.	\$40 Fee
Ballroom Dance: Free Dance Lessons followed by Let's Dance	Wed. at Noon and 1 p.m.	Bill Goldberg and Ellen Moran provide free dance lessons followed by fun dancing!	Drop In	Free
Ball Exercise Sponsored by Suburban Hospital	Tues. at 11 a.m. Current session 1/03-3/28	Exercise on a stability ball, engaging core muscles and building balance.	301-896-3939 Call to register or for more info.	\$40 Fee
Baby Boomer Boogie Sponsored by Holy Cross Hospital	Thurs. at 9 a.m. Current Session 1/05-3/09	A high-energy creative cardio that combines basic dance steps with diverse musical styles!	301-754-8800 Call to register or for more info.	\$50 Fee
Zumba Gold with Tony Bryan	Wed. at 10:30 a.m. Current Session 1/4-2/22	A modified Zumba class that re-creates the original moves you love at a lower intensity. The class focuses on balance, range of motion, muscle conditioning and coordination. Bring a water bottle.	Pre-register at the Front Desk by 1/3. Minimum of 10 participants to hold session.	\$50 Fee or \$8 Drop in

Expand Your Horizons



Art—Express your creativity in the medium that best suits you.

Ceramics	Tues. & Thurs. at 9:30 a.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own. \$20/month
Fun with Art	Wed. & Fri. at 10 a.m.	Discover a new talent with Sylvia Nicholson. Drawing, watercolor, acrylic, pastel, etc.
Origami	Mon., Jan. 9 at 1 p.m.	Learn the Japanese art of paper folding.
Wood Carving	Tues. at 11 a.m.	Come in & transform simple pieces of wood into beautiful shapes.



Games—Find a favorite social game and join in on the fun!

BINGO!	Mon. & Thurs. at 10:30 a.m.	Win prizes and have fun! \$1 for 2 bingo cards.
Bocce Ball	Wed. & Sat. at 11 a.m.	Relaxed but strategic game with an ancient lineage.
Duplicate Bridge	Tues. & Thurs. at 12:30 p.m.	Play in an ACBL sanctioned game. Open to all seniors. \$5/session
Game On!	Tues. & Fri. at 10 a.m.	Play a variety of board games with other participants.
Mah Jongg	Tues. at 10 a.m.	Individuals of all skills are welcome. Please bring your set!
Pool Room	Center Hours	Come on in and shoot some pool! Pool Room is open to everyone.
Wii Bowling	Wed. at 10:30 a.m.	Pick up the controller and knock down the pins!
Pickleball	Mon. at Noon Fri. at 10:30 a.m.	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. All levels welcome.



Interests—Get together with friends, sit back and further explore your interests!

Antiques & Collectibles	2nd & 4th Mon. at 10 a.m.	January 9: embroidered or needlepoint items and match books January 23: decorative cookie tins and pocket knives
Book Discussion	4th Thurs. at 1 p.m.	This month's book is "John Adams" by David McCullough.
Collage Meet Up	Mon., Jan. 9 from 1 - 3:45 p.m.	Work on your projects with others who share the same interest. Bring your own supplies.
Computer Classes	Sat. from 10 a.m. - 1 p.m.	Satish Shah will teach basic computer skills. By appointment only.
Current Events	Sat. at 10:15 a.m.	Join Cecelia Chambers in discussions about current events.
Encore Chorale	Mon. at 10:30 a.m.	For more info, call 301-261-5747 or visit www.encorecreativity.org
Getting to Know You	Fri., Jan. 13 at 1 p.m.	Learn treks, tips and tricks as we share our adventures, special destinations, safety tips and more!
Italian Language	Wed. at 1 p.m.	Learn the Italian language as you explore its beautiful culture. Note: Participants must have a working knowledge of Italian.
Joy of Photography	2nd Thurs. at 1 p.m.	Share your favorite photographs and discuss how to improve them.
Learn to Knit	Fri. at 1 p.m.	Learn to knit from members of our RSVP Yarners.
Military History and Veterans Group	1st Tues. at 1 p.m.	Presenter Dr. David Silbey will discuss "The Philippine-American War, 1899-1902."
Non-Shakespearian 17th Century	Wed. at 10 a.m.	Join us this month for our discussion of Beowulf.
Seasoned Players	4th Wed. at 2:30 p.m.	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers in the metropolitan area.
RSVP Yarners	Wed. at 1 p.m.	Come create, get ideas and meet creative people.
Shakespeare Book Club	3rd Thurs. at 1 p.m.	Group's book is "Living with Shakespeare" by Susannah Carson.
Song Circle	3rd Wed. at 1 p.m.	Sing along with this fun, casual group! All are welcome.
Walking Wednesdays	Wed. at 9:30 a.m.	Join Gene Luttenberg for a 30 minute stroll. Bring a hat, water and walking shoes. Meet in the Lobby.
Writer's Workshop	Tues. at 10:15 a.m.	Enjoy expressing yourself through writing? Listening to authors read their prose? Join the Writer's Workshop!

Special Services

The Center features services that are designed with your needs in mind.



Nutrition Program

Socialize, Mix 'n' Mingle and enjoy a healthy and appetizing meal.

Monday through Friday, Noon

For persons age 60 or older, or a spouse of any age a voluntary contribution is requested. The full cost of the meal is \$5.63-new price effective as of December 2016. Guests, including caregivers, under age 60 pay full cost. Please make or cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager.



Services

Fun Facilities

We've got our Pool Room, Work-Out Room, and Network Niche (computers) available for all to come and use. Join a game of pool, put together a puzzle, use a computer and get some exercise!

Senior Services in Montgomery County • 2nd Tuesday, 10:30 - 11:30 a.m. • Library

Call Anita Joseph at 240-777-1062 to **make an appointment** for information about senior services, assistance in obtaining services & benefits, and education about offerings available to seniors.

Mobile Post Office • Wednesdays, 11:30 a.m. - 12:30 p.m. • Outside

Purchase stamps, send a package, mail your letters and more.



Need Assistance?

Coping With Change • Tuesdays, 1 - 2 p.m. • Library

A discussion group on dealing with life changes and positively coping with them. Facilitated by Jamie Lomison from Sante. **For more info, call 301-741-7764.**

Maximizing You! • Thursdays, 11 a.m. - Noon • Daisy Room

Do something for yourself! Join this enlightening discussion group to discuss issues on aging. Learn to live better, be nicer to yourself and take care of yourself. Facilitated by Edie Mahlmann, LCSW.

Widowed Persons Support Group • Mondays, 1 - 2:30 p.m. • Daisy Room

Co-sponsored by the AARP Widowed Persons Service. This group provides support and understanding for people who have lost a spouse during the last two years. **To register, call 301-949-7398.**



Community Organization Meetings at MSSC

Meeting	Date, Time and Room
Chic Red Hatters of Merryland	Wednesday, January 18, 2:15 - 3:30 p.m., Art Room
Coin Club	Tuesday, January 10, 7 - 9 p.m., Garden Room
Deaf Seniors of Maryland	Thursday, January 19, 10:30 a.m. - 3:30 p.m., Auditorium
Military History & Veterans Discussion Group	Tuesday, January 3, 1 - 3 p.m., Garden Room
Montgomery County Senior Services	Tuesday, January 10, 10:30 - 11:30 a.m., Library
South 4 Corners	Monday, January 16, 7 - 9 p.m., Garden Room
Stroke Club	Tuesday, January 10, 1:30 - 3:30 p.m., Almost Café
Trout Club	Wednesday, January 18, 7 - 9 p.m., Garden Room
Wheaton NARFE	Thursday, January 12, 1 - 3 p.m., Garden Room
REIMW	Wednesday, January 25, 7:30 - 9:30 p.m., Garden Room



Stay in the Know!

Announcements

- **Holiday Closings:**

The Margaret Schweinhaut Senior Center will be closed on Monday, January 2 in observance of New Year's Day and on Monday, January 16 in observance of Martin Luther King, Jr. Day.

- **Margaret Schweinhaut Senior Center Daily Transportation Participants:**

For cancellations and changes to your normal pick up days, please call Evelyn Kittrell, the Transportation Coordinator for JCA at 301-255-4214. Please make all cancellations or changes by 7 a.m. on the morning of. Please leave a message including your name and center (Margaret Schweinhaut Senior Center).

- **Yarn and Material Donations:**

In need of yarn and fabric 45" x 1 yard. Our RSVP Yarners accept donations year round. Please drop off donations at our front desk.

- **No Class Dates:**

Friday, January 6: No Senior Fit or Pickleball.
Saturday, January 7: No Senior Fit or Line Dancing.

- **Seniors with Disabilities:**

The County complies with the Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6870, TTY 240-777-6974.

- **Inclement Weather Policy:**

When Montgomery County Recreation must close or cancel due to inclement weather or other circumstances related to participant and staff safety the first notification is made through Montgomery County's emergency notification system, Alert Montgomery. Additional options to receive updates are by visiting www.montgomerycountymd.gov/rec, by calling the Inclement Weather Line at 240-777-6889, through the department's Facebook and Twitter (@MoCoRec) or by calling the facilities directly.



How do you want your Happenings?

Via Web

Visit <https://www.montgomerycountymd.gov/rec/resources/files/schweinhautnewsletter.pdf>
Alternatively, if that link is a little bit too long for your taste, you can simply google 'schweinhaut newsletter', and the link above will be the second result.

Via E-mail

Sign-up for our e-subscription service at <http://www.montgomerycountymd.gov/mcg/esubscribe.html>. Enter your email address and select the Schweinhaut Senior Center Newsletter under the Recreation Department.

Via Mail

If you would like to have the monthly Newsletter mailed to your home, please provide the Reception Desk with six (6) self-addressed, stamped envelopes that are size 8.5x11. The required postage for each envelope is 70 cents.

Via Foot

We always have newsletters at the center, so come on in and grab a copy!



The Suggestion Box

Do you have a Mini-Trip, program, class or entertainment suggestion?

We would love to hear from you!
Please use the suggestion box in the lobby.



Featured Program:

NEW YEAR'S PARTY

Tuesday, January 31, Noon - 2 p.m.

In the Auditorium

Entertainment by DJ Tyzer.

Lunch catered by Moulin Rouge Caterers. Menu includes lemon chicken, oven brown potatoes, green beans, garden salad, rolls, milk and juice.

Pre-registration is required.

Price for lunch is \$7 for ages 55-60, donations requested for 60+.



Save the Date

Date	Time	Program
Friday, February 3	1 - 3 p.m.	Karaoke
Monday, February 6	1 - 3 p.m.	Movie: "The Do-Over"
Tuesday, February 7	1:30 - 3 p.m.	Valentine's Day Card Making Class
Friday, February 10	1 - 2:30 p.m.	Getting to Know You: Schweinhaut Love
Monday, February 13	10 a.m. - 4 p.m.	RSVP Tax Aide Program
Monday, February 13	1 - 2 p.m.	Adaptive Technology Program
Tuesday, February 14	1 - 2 p.m.	Seniorita Sunshine
Wednesday, February 15	1 - 3 p.m.	Song Circle
February 17 - 19	Varies	Americana Indian Show
Tuesday, February 21	1 - 2 p.m.	Pianist Li Ly Chang
Wednesday, February 22	1 - 2 p.m.	Jeopardy
Thursday, February 23	Noon - 2 p.m.	Chinese New Year Party
Friday, February 24	10 - 11:30 a.m.	Using Solar System Resources Series Begins
Friday, February 24	1 - 2 p.m.	Classic Musical: "Killer Diller"
Monday, February 27	1 - 3 p.m.	Movie: "Breakfast at Tiffany's"
Monday, February 27	10 a.m. - 3:30 p.m.	AARP Smart Driver Course
Tuesday, February 28	1 - 2 p.m.	Washington Performing Arts Performance

Please note that the above programs are tentative and changes could be made.

We will make every effort to relay any changes as they occur.



Partnerships

Community Partnerships Make Wonderful Things Happen!

Schweinhaut Senior Center at Forest Glen thanks the following organizations...

AARP, Alzheimer's Association, Beacon Newspapers, Woodmoor Pastry Shop, U.S. Postal Service, Holy Cross Hospital, Kaiser Permanente, Sante, South Four Corners Citizens Association, Suburban Hospital, The Folklore Society of Greater Washington and Carpe Diem Arts.

Our center is continuously seeking new partners to provide more enriching programs and services for our community.