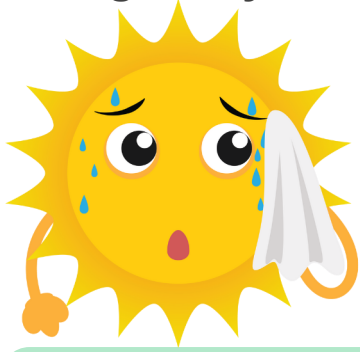


Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

August 2024

Schweinhaut Staff

Center Director:

Karen Maxin

Asst. Center Director:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

Sena Alemu

Hilda Ampaw

JoAnn Charles

Emmett Cochetti

Brenda Harding

Gerry Olson

Jennifer Posner

Katelynn Wilson

Kyra Winthrop-St. Gery

Mini-Trip: Senior Day at Montgomery

County Fair #R07101-560

Tuesday, August 13 • 9:30am – 2:00pm

Join us for a day at the 75th Annual Montgomery County Fair. You will be greeted at the Heritage (Garden Room) Building with refreshments and then off to explore the many attractions and exhibits on display. There are plenty of air-conditioned buildings. When you are done and want to cool down and relax come back to the Heritage building anytime for entertainment and fun. Bus departs MSSC at 9:30 and returns by 2:00.

MSSC End of Summer Party #R07107-123

Wednesday, September 4 • 10:00am – 2:00pm

Join us here at MSSC as we celebrate our annual event. We will have a fun-filled time with special entertainers, activities and great food. Be sure to tell your friends as space is limited.

TeenWorks Students are Back!

June 24 - Aug 16

Students will be available for tech help for phones, laptops, and tablets. They will be available Mon, Wed, and Fri. from 9am - 3pm. See Cory or Stephen for an appointment for tech help!

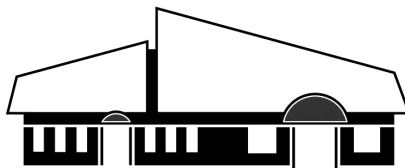
Closures, Class Cancellations or Changes

No Book Discussion in Aug

No Dance Fitness with Georgia in Aug. Super Dance Circle will substitute.

Aug 1st No Pickleball classes

Date change Cardmaking will meet Aug. 24 not Aug 10



1000 Forest Glen Road, Silver Spring, MD 20901

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

Front Desk: 240-777-8085 Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, select MCGuest.



MONTGOMERY COUNTY
Recreation

Special Programs

Afternoon Cinema Fridays - #R07088-501

Fridays, August 2, 9, 16, 23 and 30 • 12:30pm - 2:00pm • Garden Room

Join us Friday for a movie presentation in the Garden Room. Check the bulletin board for a poster and synopsis of each week's designated film. **Aug 2 – Still Alice Aug 9 – Fried Green Tomatoes Aug 16 – Life of Pi (2015) Aug 23 – Holes (2003) Aug 30 – The Sandlot (1993)** The listed movies are subject to change.

French Conversation with Kodjovi Abotchi #R07019-502

Saturday, August 10th and 24th • 1:00pm - 2:30pm • Daisy Room

If you have knowledge of French, this class is for you. Kodjoui will cover simple conversations and grammar to help you brush up on your skills. He will incorporate music and poems at some of the classes. This class will be held the 2nd and 4th Saturdays of the month

Let's Play Virtually #R07313-502

Mondays, Aug 5 though Aug 26th • 10:00am - 11:30am • Garden Room

Step into a world of endless possibilities with our Virtual Reality Adventure Program! This experience allows participants to explore immersive virtual environments using state-of-the-art VR headsets. Whether you're interested in interactive games or breathtaking virtual tours our program offers something for everyone.

Senior Planet: Chrome Essentials #R07105-523

Tuesday and Thursday, July 23 - Aug 22 • 1:00pm - 2:15pm • Garden Room

This 5-week course will cover the essentials of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. Chromebooks are fast, secure, and cost-effective computers that run the Google Chrome operating system. By the end of the course, you'll have a foundation for using the device to navigate the internet. You'll also learn to send and receive email..

Veterans Discussion with Vietnam Veteran Larry Greene #R07312-500

Wednesday, August 7 • 1:00pm - 2:00pm • Garden Room

The Vietnam War. What was the meaning of this grueling, prolonged war and what lessons did America learn from it? How should it be remembered? A story about the Vietnam Memorial and the artist who created this poignant statement of human loss. Learn why this war was lost and the conditions surrounding it.

Music with Jan Gerardi #R07106-513

Monday, August 5 • 12:30pm - 1:30pm • Garden Room

Join your friends while you listen to Jan sing some songs that are meaningful to her and perhaps are favorites of yours.

Guitar Performance by Patrick Smith #R07106-511

Monday, August 12 • 1:00pm - 2:00pm • Garden Room

Patrick Smith is a composer and guitarist from Takoma Park, MD. His performance at the Schweinhaut Center will feature pieces from his three previous albums of original finger style guitar music and possibly some new works. His compositions draw inspiration from Western classical music while incorporating rhythms & melodic notions from Eastern Europe and the Middle East. This is contemplative music that goes deep, conveying the beauty and struggle of life. Music that has been frequently described as "meditative with an edge."

Mini-Trip: Senior Day at Montgomery County Fair #R07101-560

Tuesday, August 13 • 9:30am - 2:00pm • Lobby

Join us for a day at the 75th Annual Montgomery County Fair. You will be greeted at the Heritage (Garden Room) Building with refreshments and then off to explore the many attractions and exhibits on display. There are plenty of air-conditioned buildings. When you are done and want to cool down and relax come back to the Heritage building anytime for entertainment and fun. Bus departs MSSC at 9:30 and returns by 2:00. Registration opens August 1st.

Special Programs

The Fundamentals of Estate Planning #R07105-530

Tuesday, August 13 • 11:00am - 12:00pm • Garden Room

The attorneys from the Hill Law Group will provide an overview of what estate planning is and why it is important to you and your family. They will highlight the types of documents that should be included in a solid estate plan.

Healthy Snacks & Beverages by Elaine Parreco #R07028-535

Wednesday, August 14 • 12:30pm - 2:00pm • Garden Room

Join Elaine to hear about some healthy, delicious alternatives for snacking and drinking. She will share educational nutrition information to not feel guilty about snacking and how to make better choices. There will be samples of what those choices can include.

Bocce Tournament with Matt Connelly #R07124-501

Wednesday, August 14 • 10:00am - 12:00pm • Bocce Court

Come join your peers at Margaret Schweinhaut Senior Center for a day of Bocce Ball! This will be a fun day for everyone to play some Bocce Ball and compete against their peers! Whether you are a beginner or experienced player, all are welcome to join!

Motown Dance with Walter Ware #R07106-510

Tuesday, August 20 • 12:30pm - 2:00pm • Auditorium

Join us for a great time with Walter Ware. He hopes to inspire dancing while singing some Motown Classics. Enjoy music of a great era such as Marvin Gaye, The Spinners, The Temptations and many more.

Jazz on the Terrace at White Oak CC #R07107-559

Friday, August 23 • 10:00am - 12:15pm • Lobby

Join your friends at White Oak for an engaging jazz and contemporary music concert on the terrace. There will be a special guest vocalist to serenade you. We will return to the center in time for lunch. Hope to see you there!

Angklung Performance #R07106-512

Monday, August 26 • 11:00am - 12:00pm • Auditorium

Come and enjoy the soothing sounds of the Indonesian Angklung instrument. Our MSSC Angklung musicians will perform some special songs that are sure to entertain you.

ABC&D's of Medicare with Chris Farmer #R07105-527

Tuesday, August 27 • 1:00pm - 3:00pm • Garden Room

Turning 65 or retiring soon and have questions about Medicare? Join us for our educational seminar with Chris Farmer and team as they guide you through the ABCD's of Medicare. Get answers to your questions so that you feel empowered to make the best decision for your healthcare!"

Schweinhaut Announcements

The Advisory Board (Friends of Margaret Schweinhaut Senior Center) will be holding a silent auction in the Fall. Their goal is to raise funds to support our programs and events. They are looking for donations of items for the auction. If you have with any questions or would like to donate contact FOMSSC Treasurer Clifford Duthinh at cuongdzu@aol.com. Date of auction TBD.

***NEW TIME**

Coffee w/ Staff & Advisory Board Member


August 15th • 9:30am - 10:15am

Our FOMSSC (Friends of Margaret Schweinhaut Senior Center) will meet with staff and participants to discuss ways they can help our center thrive.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-502 <i>Instructor: Yvonne Roberts</i>	Tues. & Thurs. 9:30am - 1:00pm	A creative class where bisque becomes art! You can bring your own pieces or select from our supply.	Free
	Card Making Activity #R07095-525 <i>Instructor: Cindy Boccucci</i>	2nd Sat. 11:30am - 2:30pm	Allow your creativity to flow as you make unique and personalized greeting cards under the instruction of Cindy Boccucci.	Free
	Fun with Art Activity #R07052-504 <i>Facilitator: Barbara Hunter</i>	Wed. 10:00am - 12:00 pm	Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. Bring your own supplies.	Free
	Origami Activity #R07096-503 <i>Facilitator: Lois Dicker</i>	1st Mon. 1:00pm - 3:00pm	Learn the Japanese art of paper folding. Join others to create fun creations to take home or put on display in our library display case.	Free
	MSSC Knitting Corner Activity #R07003-504	Wed. 1:00pm- 3:00pm	Come join friends to create a variety of beautiful knitted and crocheted items for charities in the community.	Free
EDUCATIONAL	French Conversation Activity #R07019-502 <i>Facilitator: Kodjovi Abotchi</i>	2nd & 4th Saturday 1:00pm - 2:30pm	If you have knowledge of French, this class is for you. Kodjoui will cover simple conversations and grammar to help you brush up on your skills. He will incorporate music and poems at some of the classes.	Free
	Schweinhaut Book Discussion Activity #R07065-504 <i>Facilitator: Marjorie Hoffman</i>	No Aug Class 2nd Tues. 1:00pm - 2:30pm	September Book: "Everyone in this Room will Someday be Dead" This is a virtual class contact Karen at KarenMaxin@montgomerycountymd.gov to join.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-507	3rd Thurs. 9:30am – 10:15am *NEW TIME	Share a cup of coffee or tea with us as we engage in an open discussion. Your input on preferred programs/activities at MSSC is valuable, and we'll address any concerns you may have.	Free
	Italian Class Activity #R07021-506 <i>Facilitator: Nina Baccanari</i>	Weds. 1:00pm - 2:30pm	This class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. Participants should have a working knowledge of the Italian language.	Free
	Beginner Spanish Class Activity #R07015-508 <i>Facilitator: Rocio Torresano</i>	Thurs. 9:30am - 10:30am	Come and learn the 2nd most spoken language in the entire world with Rocio's beginner Spanish class! This session will cover basics such as ABCs, numbers, seasons, months, days of the week, and many more rudimentary concepts to prepare you for the next level.	Free
	Beginner Plus Spanish Class Activity #R07015-509 <i>Facilitator: Rocio Torresano</i>	Thurs. 10:30am - 11:30am	This session will introduce simple phrases and sentences at a slow pace. Basic questions and answers about participants' surroundings, people they know, things they have, or any other familiar topics will be tried out.	Free
	Writer's Group Activity #R07058-508 <i>Facilitators: Beverly Moss</i>	1st & 3rd Tuesdays 10:00am - 12:00pm	Join people who like to write as they read their essays, poems, novel excerpts, commentaries, and other written works. It's a friendly, informal group where lively discussion always ensues. Come to share or to listen, all are welcome. This is a virtual class. Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link or to see the groups Anthology.	Free
Veterans Discussion & Support Group Activity #R07312-500	1st Weds. 1:00pm - 2:00pm			

Activity	Day & Time	Description & Contact	Fee
Basic Functional Balance Exercise Activity #R07030-500 <i>Instructor: Julien Elie</i>	1st & 4th Fri. 9:30am – 10:30am	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well-balanced body.	Free
Ballroom Dance Activity #R07050-504 <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples are welcome. Followed by Let's Dance!	Free
Bone Builders Activity #R03010-505	Tues. & Thur. 10:30am - 11:30am	The program aims to maintain or increase bone density, preventing osteoporosis. Classes focus on balance, strength training, and posture, using dumbbells and ankle weights to stimulate bone growth.	Free
Yin Yoga Activity: #R07032-517 <i>Instructor: Adina Crawford</i>	Sat. 9:15am - 10:15am	This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
Dance Fitness with Georgia Activity #R07012-533 <i>Instructor: Georgia Martin</i>	Mon. 9:30am - 10:30am	Dance Fitness is cancelled for month of August. Superpower Dance Circle will take the place every Monday in August.	Free
Kickboxing with Julien Activity #R07060-515 <i>Instructor: Julien Elie</i>	3rd Fri. 9:30am – 10:30am	Kickboxing classes can be a little intimidating for beginners but don't worry, you can move at your own pace. Learn the proper mechanics of every offensive and defensive move in kickboxing.	Free
Line Dancing Activity #R07011-511 <i>Instructor: Jo Ann Eng</i>	Sat. 10:30am - 12:00pm	Learn how to line dance to your favorite songs under the instruction of Jo Ann.	Free
Low Impact Exercise with Julien Activity #R07060-516 <i>Instructor: Julien Elie</i>	2nd Fri. 9:30am – 10:30am	Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than in our traditional exercise classes.	Free
<i>Holy Cross Health & Kaiser Permanente Present</i> Senior Fit <i>Instructor: Mike Werle</i>	Sat. 9:30am - 10:15am Tues. 9:30am - 10:15am	Holy Cross Health and Kaiser Permanente offer Senior Fit, a 45-minute exercise class designed for adults 55+ to improve strength, flexibility, endurance and balance. Classes are ongoing. Register online by emailing seniorfit@holycrosshealth.org	Free
Tai Chi Chuan Activity #R07025-504 <i>Instructor: Glenn Moy</i>	Tues. 2:00pm - 3:00pm	An ancient system of physical and mental harmony. This is an exercise which emphasizes relaxation, balance, and coordination.	Free
Qi Gong Activity #R07059-505 <i>Instructors: Mike Kornely & Julia Schuker</i>	Sat. 12:00pm - 1:00pm	Qi Gong has been a part of traditional Chinese medicine for centuries. This gentle and meditative form of exercise is perfect for seniors looking to increase their strength, balance, and reduce stress.	Free

G A M E S	BINGO! Activity #R07085-502 <i>Facilitator: Linda Disharoon</i>	Mon. & Thurs. 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	Free
	Pinochle Card Game Activity #R07099-503 <i>Facilitator: George Kelly</i>	Wed. 1:00pm - 3:00pm	Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.	Free
	 Rummikub Play Activity #R07086-504	Mon. 12:30pm - 2:00pm	Rummikub is a 2-4 player game combining the elements of the card game Rummy and Mahjong. We will have a tournament on July 29th to highlight our skills.	
	Chess Club Activity #R07110-503 <i>Facilitator: Clifford DuThinh</i>	Mon. 10:30am - 1:00pm	Chess, a classic board game, is played by two opponents on a checkered board with the goal of capturing the opponent's king. Beginners are encouraged to join!	Free
H E A L T H	Nutrition 101 Activity #R07024-503 <i>(Facilitator: Josephine Tsoigni Djoukeng, Ph.D.)</i>	Tues. & Thurs. 1:00pm - 2:00pm	Nutritionist and Certified Wellness Wave Life Coach, Josephine will host a discussion on how to be your best healthy self.	Free
	Blood Pressure Screening Activity #R07108-512 <i>Facilitator: Bernadette Denis</i>	Fri. 1:00pm - 2:00pm	Come get your blood pressure checked for free by Bernadette every Friday inside Schweinhaut's library room.	Free
M U S I C	Encore Chorale <i>Facilitator: Kathryn Harsha</i>	Back in Sept. 10:30am - 12:30 pm	For more info, call 301-261-5747 or visit www.encorecreativity.org .	
	Seasoned Players Activity #R07056-503 <i>Facilitator: Helen Cothran</i>	1st & 3rd Wed. 1:30pm - 3:30 pm	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.	Free
	<i>Folklore Society of Greater Washington Presents</i> Song Circle Activity #R07080-528 <i>Facilitator: Fred Stollnitz</i>	In Person or Zoom 2nd Fri. of Month 1:30pm - 3:30pm	Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. Contact FSGW.org/song-circles for information to join on Zoom.	Free
	Angklung Music Lesson Activity #R07109-504 <i>Facilitator: Ari Peach</i>	Sat. 12:00pm - 2:00pm	Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument crafted from bamboo. You will then get the opportunity to perform at various events in the community.	Free
S E R V I C E S	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>		Call 240-777-1062 to make an appointment to meet with Anita at MSSC for information about senior services, assistance in obtaining services/benefits, and education on offerings available to seniors.	Free

"It's Your Life"

After insightful presentations from a beekeeper and a professional dancer, we're excited to shift the spotlight to you! Share your stories as part of our monthly program designed to showcase and connect with each member of our community. Visit the main office to sign up for a program. We're here to assist with slideshows, pictures, and more to ensure your time takes center stage!

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Bocce Ball Play Activity #R07124-501 <i>Facilitator: Cathy Fisher</i>	Tues. & Thur. 1:00pm - 2:00pm	Bocce Ball Play will teach you the basics of Bocce Ball. We will go over the rules, scoring, and demonstrate techniques to give you a better understanding for your own gameplay. Bring your friends to enjoy playing this great outdoor game.	
Open Pickleball Activity #R07091-502 (Subject to Change)	Fri. See monthly schedule	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure. Sign up for the email schedule.	Free
Billiards Activity #R07103-507 M-F Activity #R07103-508 Sat.	M-F 8:00am - 4:00pm Sat. 9:00am - 3:00pm	Come in and join us for a game of Billiards. The Pool Room is open to everyone during center hours.	Free
Table Tennis Mon Activity #R07097-507 Fri Activity #R07097-508 (Subject to Change)	Mon. 12:00pm - 2:00pm Fri. from 10:30am - 12:00pm	Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles. See front desk for equipment.	Free
Newbies +Beginner Pickleball Activity #R07091-513 <i>Instructor: Brad Paleg</i>	Thurs. 1:00pm - 2:00pm	This class is for beginners or those starting to learn pickleball. No prior experience needed. Learn rules, gameplay, strokes, and court skills in a safe, fun, social setting. Limited space, early sign-up recommended! Space is limited, so sign up early!	Free
Advanced Beginner Pickleball Activity #R07091-514 <i>Instructor: Coach Brad Paleg</i>	Thurs. 2:00pm - 3:00 p.m.	This class is for players with at least 3 months of experience who can dink, serve, and return consistently. It will help you build a solid foundation to advance your pickleball skills, including NVZ play and resetting skills.	Free
Intermediate Beginner Pickleball Activity #R07091-515 <i>Instructor: Coach Brad Paleg</i>	Thurs. 3:00pm - 4:00 p.m.	You have developed a strong pickleball foundation. You understand the importance of coming up to the non-volley zone (NVZ) line and can effectively play from that area. The class, using instruction, drills, and recreational play will help you as you advance both your skills and your strategies.	Free

Nutrition Program - Socialize while enjoying a healthy meal!

Monday through Friday • Noon • Almost Café

The cost of the meal is \$8.26. For people age 60 or older, or a spouse of any age and a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$3.00. Cancel or change your reservations for lunch, Monday through Friday, at least 72 hours in advance.

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

Daily Transportation— Door to Door Transportation

Monday through Friday • Pick ups start at 8am • Departs the center at 2pm

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 Evelyn Kittrell at 301-255-4214.

Changes or cancellations, call 301-255-4214.



Community Partnerships Make Wonderful Things Happen! Thank you to the following organizations...

- AARP
- Adventist Health Care
- Affiliated Sante Group
- Akhmedova Ballet Academy
- Beacon Newspaper
- Brooke Grove Retirement Village
- Encore Creativity for Older Adults
- The Folklore Society of Greater Washington
- FOMSSC
- Holy Cross Health
- Senior Planet
- United Health Care & Integral Health Care
- U.S. Postal Service

Support The Friends of MSSC, Inc. For more details, see the main office.

Announcements

Fitness Room Instruction:

We are working on having a monthly training on how to use the equipment properly. TBD

Lost Phone

If you have lost a cell phone we have had one in our lost and found since May. See Karen or Michelle if you think it is yours.

Active Aging Week

The week of Sept 30-Oct 5th is Active Aging Week and we will have a variety of programs to keep you healthy and thriving as we age.

Have Our Newsletter Emailed

You can have our monthly newsletter emailed directly to your personal email address! Emailing helps us save on paper copies. Sign up at the front desk or call 240-777-8085 to give us your email address.

Vaccine Clinic

We will be having a vaccine clinic Sept. 27, Oct 11, Nov 15, and Dec 18th.



Upcoming Programs – Look at what is coming in September

Wednesday, September 4

MSSC End of Summer Party

Tuesday, September 17

Accupressure & Essential Oils by Adrienne Hausman

Friday, September 27

Flu & Covid Vaccine Clinic by Giant Pharmacy

SEPT 30 - OCT 6

ACTIVE AGING WEEK

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. Keep an eye out for additional programs at our information area.



Check out the recreation website at MOCOREC.COM

Register for programs at Activemontgomery.com

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs. Register for programs at Activemontgomery.org