

# Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



# Happenings

## December 2023

### Schweinhaut Staff

#### Center Director:

Karen Maxin

#### Center Rec Coordinator:

Michelle Riemer

#### Nutrition Manager:

Lisa Buchsbaum

#### Recreation Assistants:

JoAnn Charles

Amy Clemmer

Emmett Cochetti

Matthew Fitzgerald

Brenda Harding

John King

Gerry Olson

Jennifer Posner

#### JCA Interns

Eden Negash

Kyra Winthrop-St. Gery

### Multi-Center Holiday Bash - #R07089-221

Friday, December 22 - 10:30am-1:00pm

Join your friends from White Oak and Long Branch senior centers at Schweinhaut for a wonderful holiday event. Food, Fun and Friends! Special performance by Schweinhaut's Angklung Performers and surprise entertainment. Register at the front desk or online. Hope to see you there!

### Veterans Discussion & Support Group #R07312-100

Wednesday, December 6 • 1:00pm - 2:00pm • Garden Room

We are happy to announce we have established a Veterans Discussion + Support Group here at Schweinhaut. The group will meet the 1st Wednesday of every month. Some upcoming programs will include guest speakers on related topics, VA Benefits, discussions and more. Please join us to support this important group. You do not need to be a veteran to attend all are welcome. See page 2 for December program topic.

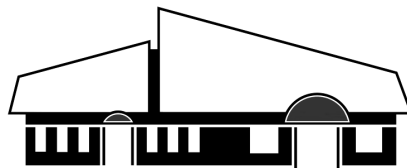
### Register for Activities

Winter registration for programs is open. Register at the front desk or online at [activemontgomery.org](http://activemontgomery.org). If the program has an activity number the class requires registration to participate.

### Class Cancellations or Closures

Closed from Dec 25 - Jan 1

No blood pressure screening on Dec. 8, 15, and 22



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 - #R07088-202**

**Friday, December 1 and 15 • 12:30pm - 2:00pm • Garden Room**

Join us Friday for a movie presentation in the Garden Room.

**December 1** – The Polar Express (2004) • **December 15** – Fred Claus (2007) | Check the bulletin board for a poster and synopsis of each week's designated film.

## **Wire Sculpting with Juliet Verdi #R07095-128**

**Mondays, December 4 and 11 • 1:00pm - 3:00pm • Art Room**

In this class creativity knows no limits. We will be sculpting animals and humans out of 18- or 20-gauge wire. We will mostly concentrate on the technique of making small three-dimensional wire figures that can stand alone as sculptures, or two-dimensional figures for wall art.

## **Superpower Dance Circle with Jane #R07012-131**

**Every other Tuesday, December 5 - January 30 • 10:30am - 11:30pm • Garden Room**

Experience a lively dance party with diverse music and styles like hip-hop, jazz, Latin, and more. The class ends with relaxation techniques and guided meditation. Join us for an engaging, fun, and expressive program to unleash your superpowers through music, dance, storytelling, and vibrant scarves provided.

## **Holiday Thyme with Essential Oils #R07028-207**

**Wednesday, December 6 • 11:00am - 12:00pm • Garden Room**

The holidays are coming and that means fun, family, friends, and stress! Did you know frankincense can calm and center us? Sweet orange essential oil is sunshine in a bottle and can provide energy and motivation! In this class, you will learn how essential oils can help us during this special and busy time!

## **Veterans Discussion & Support Group: Veteran and Author Carl Adams #R07312-200**

**Wednesday, December 6 • 1:00pm - 2:00pm • Garden Room**

The "Trials of Nance" is proof Lincoln hated slavery and worked for 25 years to abolish it first in the state of Illinois, then all of the US. Nance Legins-Costley was the first African American lady to gain her freedom with the help of Lawyer Lincoln in 1841, 20 years before the Civil War. Later Nance encouraged her son and son-in-law to march off with Illinois' only Black Regt., 29th USCT; to fight for the Union.

## **Get Answers to your Medicare Questions #R07105-116**

**Wednesday, December 7 • 9:00am - 1:00pm • Library**

The Annual Election Period begins, and you should feel confident in your healthcare decisions.

If you have questions or need assistance stop by for help! To call for an appointment call Chris Farmer at (443) 915-8126 so we can make sure there is a time slot for you!

## **Music with Hong Bich - #R07080-122**

**Thursday, December 7 • 1:00pm - 2:00pm • Garden Room**

Hong will perform live music playing the piano. She will select and change the songs every month. She encourages everyone to dance and sing along.

## **Mini-Trip: Milestone Shopping Center #R07101-216**

**Friday, December 8 • 9:30am - 2:00pm • Lobby**

Milestone Center is a shopping center in Germantown, Maryland. It features Target Greatland, Walmart Supercenter, Giant Food Stores, The Home Depot, Kohl's, Best Buy, Michaels, Petsmart, T.J.

Maxx, Staples, Aldi, Big Lots, Pepboys and other stores and restaurants.

## **Wii Sports with Matt Connolly #R07130-203**

**Fridays, December 8 • 12:30pm - 2:00pm • Garden Room**

Try your hand at Wii Sports with others. A social game that simulates the thrill of different Wii Sports! All are all welcome!

# Special Programs

## Mini-Trip: Wheaton Mall #R07101-217

**Tuesday, December 12 • 9:30am - 12:00pm • Lobby**

Westfield Wheaton Mall truly is the epicenter of quality, value and convenience in Montgomery County. The merchandising mix includes an impressive combination of retail categories, dining, grocery and office which combine to deliver an enjoyable One-Stop shopping experience for a diverse clientele seeking a community center to shop, work and play. Anchors include Macy's, Target, JCPenney, Dick's Sporting Goods and Costco Wholesale.

## Music and Dance with Walter Ware - R07106-104

**Tuesday, December 12 • 1:00pm - 2:30pm • Auditorium**

Walter hopes to inspire dancing while singing romantic songs from the 40's 50's, 60's, and 70's. His performance will include songs sung by such artists as Frank Sinatra, Elvis Presley, Nat King Cole, Chubby Checker, Lou Armstrong, The Temptations, Tom Jones and more. Light refreshments will be served. Register online or at our front desk.

## Encore Chorus Performance #R07107-234

**Wednesday, December 20 • 10:00am - 11:00am • Auditorium**

Join the Encore Chorale of Schweinhaut Senior Center for a free winter concert to bring joy to all end-of-year celebrations! The chorale program will take you through spirited renditions of winter favorites, from the classics Bashana Haba'ah and Winter Wonderland to modern renditions of the season with On This Silent Night and Stars Shall I Find (Victor C. Johnson). The program will leave audiences with a joyful song to sing through the winter season. All are warmly welcomed to attend.

## Mini-Trip: Laurel Dutch Country Market #R07101-218

**Thursday, December 21 • 9:30am - 12:00pm • Lobby**

Dutch Country Market sells homemade food, baked goods, and sandwiches since 1997. In our 5,700-square foot Market, we make and sell quality food based on Amish County recipes and flavors. Our products come from Amish and Mennonite farmers and are either locally sourced or come from Lancaster County, PA.

# Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
A R T	<b>Ceramics</b> Activity #R07098-201 Instructor: Yvonne Roberts	Tues. & Thurs. 9:30am - 1:00pm	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	Free
	<b>Card Making</b> Activity #R07095-216 Instructor: Cindy Boccucci	1st 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
	<b>Fun with Art</b> Activity #R07052-202 Facilitator: Barbara Hunter	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
	<b>Origami</b> Activity #R07096-201 Facilitator: Lois Dicker	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
	<b>Knitting Corner</b> Activity #R07003-205 Facilitator Needed	Wed. 1:00pm- 3:00pm	Come join friends to create a variety of beautiful knitted and crocheted items for charities in the community.	Free

Activity	Day & Time	Description & Contact	Fee
<b>Basic Functional Balance Exercise</b> <b>Activity #R07030-200</b> <i>Instructor: Julien Elie</i>	Friday 8:15am – 9:15am	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well-balanced body.	Free
<b>Ballroom Dance</b> <b>Activity #R07050-205</b> <i>Instructors: Ellen Moran &amp; 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
<b>Bone Builders</b> <b>Activity #R03010-219</b>	Tues. & Thur. 10:30am - 11:30am Starting Sept 19	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
<b>Yin Yoga</b> <b>Activity: R07032-208</b> <i>Instructor: Adina Crawford</i>	Sat. <b>9:05am - 9:55am</b> <b>NEW TIME</b>	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
<b>Dance Fitness with Georgia</b> <b>Activity #R07012-216</b> <i>Instructor: Georgia Martin</i>	Mon. 9:30am - 10:30am	A popular style of dance fitness class is cardio dance. This type of dance fitness class is what many people associate with dance fitness. This category includes classes like Zumba®, hip hop and more. All of these classes focus on cardio exercise, but many also incorporate strengthening and toning techniques.	Free
<b>Kickboxing</b> <b>Activity #R07060-204</b> <i>Instructor: Julien Elie</i>	3rd Fri. 8:15am - 9:15am	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
<b>Line Dancing</b> <b>Activity #R07011-205</b> <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
<b>Low Impact Exercise</b> <b>Activity #R07060-205</b> <i>Instructor: Julien Elie</i>	2nd Fri. 8:15am - 9:15am	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 &amp; Kaiser Permanente Present</i> <b>Senior Fit</b> <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. <b>Register online by emailing <a href="mailto:seniorfit@holycrosshealth.org">seniorfit@holycrosshealth.org</a></b>	Free
<b>Tai Chi Chuan</b> <b>Activity #R07025-207</b> <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
<b>Qi Gong</b> <b>Activity #R07059-202</b> <i>Instructors: Mike Kornely &amp; 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

# Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
E D U C A T I O N A L	<b>Book Discussion</b> Activity #R07065-202 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	A Deal of a Lifetime, by Frederik Blackman - short story by the author of A Man call Ove, Beartown, and Anxious people. We pick this short story because we know December is a busy month.	Free
	<b>Coffee &amp; Conversation with MSSC Staff</b> Activity #R07092-205	3rd Thurs. 9:00am – 9:45am	Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.	Free
	<b>Italian Class</b> Activity #R07021-203 <i>Instructor: 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. <b>Participants should have a working knowledge of the Italian language.</b>	Free
	<b>Beginner Spanish Class</b> Activity #R07015-203 <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 fall 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
	<b>Beginner Plus Spanish Class</b> Activity #R07015-204 <i>Facilitator: Rocio Torresano</i>	Thurs. 10:30am - 11:30am	This fall 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
	<b>Writer's Group</b> Activity #R07058-204 <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. <b>Contact Karen at <a href="mailto:karen.maxin@montgomerycountymd.gov">karen.maxin@montgomerycountymd.gov</a> for Zoom link.</b>	Free
<b>Veterans Discussion &amp; Support Group</b> Activity #R07312-200	1st Weds. 1:00pm - 2:00pm	Our first presenter is by veteran + historian Carl Adams who will talk about the veterans of the civil war. He will discuss segregation and PTSD of the war. African American Veterans were singled out as the cause of the start and finish of the war.	Free	
H E A L T H	<b>Nutrition 101</b> Activity #R07024-202 (Tues) Activity #R07024-203 (Thurs) <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	Tues. 1:30pm - 2:30pm  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
	<b>Blood Pressure Screening</b> Activity #R07108-201 <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
S E R V I C E S	<b>Senior Services in Montgomery County</b> <i>Facilitator: Anita Joseph</i>	2nd Tues. 10:30am - 11:30am	Call 240-777-1062 to <b>make an appointment</b> for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free

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<b>BINGO!</b> <b>Activity #R07085-205</b> <i>Facilitator: Linda Disharoon</i>	Mon. & Thurs. 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	Free
<b>Pinochle Card Game</b> <b>Activity #R07099-203</b> <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
<b>Scrabble Tips &amp; Tricks</b> <b>Activity #R07073-202</b> <i>Facilitator: Marcia Bowens</i>	Mon. 10:30am - 12:00pm	Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player Marcia Bowens will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters!	Free
<b>Chess Club</b> <b>Activity #R07110-203</b> <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

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<b>Encore Chorale</b> <i>Facilitator: Kathryn Harsha</i>	Mon. 10:30am - 12:30 pm	For more info, call 301-261-5747 or visit <a href="http://www.encorecreativity.org">www.encorecreativity.org</a> .	Free
<b>Seasoned Players Activity</b> <b>#R07056-202</b> <i>Facilitator: Helen Cothran</i>	1st & 3rd Wed. 1:30 - 3:30 p.m.	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.	Free
<i>Folklore Society of Greater Washington Presents</i> <b>Song Circle</b> <b>Activity #R07080-205</b> <i>Facilitator: Fred Stollnitz</i>	<b>Nov Zoom Only</b> 2nd Fri. of Month 1:30pm - 3:30pm	The Song Circle on Friday, November 10, will be only on Zoom because the Center will be closed in observance of Veteran's Day. For information and to get the Zoom link, go to <a href="https://fsgw.org/event-5432052">https://fsgw.org/event-5432052</a>	Free
<b>Angklung Music Lesson</b> <b>Activity #R07109-201</b> <i>Instructor: 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

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<b>Open Pickleball</b> <b>Activity #R07091-200</b> <b>(Subject to Change)</b>	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
<b>Billiards</b> <b>Activity #R07103-203 M-F</b> <b>Activity #R07103-204 Sat.</b>	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
<b>Table Tennis</b> <b>Mon Activity #R07097-203</b> <b>Fri Activity #R07097-204</b> <b>(Subject to Change)</b>	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
<b>Newbies +Beginner Pickleball</b> <b>Activity #R07091-201</b> <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
<b>Advanced Beginner Pickleball</b> <b>Activity #R07091-202</b> <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
<b>Intermediate Beginner Pickleball</b> <b>Activity #R07091-203</b> <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

# ***Upcoming at Schweinhaut***

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## **Cardboard Boat Regatta Build & Design Meetings Fridays starting January 5 until March 8 #R07107-230**

Represent your senior center and be a part of the design and build team for this year Cardboard Boat Regatta! Each boat is to be made of only cardboard boxes, duct tape, and garbage bags. No sealants or other materials allowed. Official Cardboard Boat Regatta rules will be given on first design and build meeting. The Cardboard Boat Regatta event will take place March 14 at 11:00 a.m. at MLK indoor swim center. Each center's boat will be racing against time to be declared the fastest vessel in the water. The only catch is that There will also be fan voted awards for the most creative cruiser and most spectacular sink!

### **“It’s Your Life”**

Were you a beekeeper? Were you in the service? Were you a homemaker during a time when life was very different? We would love to hear your stories. We are featuring a series of monthly program to highlight YOU and to get to know each other. See staff in main office to do a program. We can help with slideshows, pictures, etc. to make your time shine!

## ***Nutrition Program - Socialize while enjoying a healthy meal!***

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### **Monday through Friday • Noon • Almost Café**

The cost of the meal is \$7.99. 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***

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### **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.**

## ***Montgomery County Inclement Weather Policy***

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If Montgomery County Public Schools are closed, MSSC will be closed. If there is a delayed opening, MSSC opens at 10:00am.

When Montgomery County Recreation must close or cancel programs 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](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work, or home phone via text, email, or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or by calling 240-777-6889, or by visiting our Facebook or Twitter pages.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as their first priority.



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

AARP

Adventist Health Care

Affiliated Sante Group

Akhmedova Ballet Academy

Beacon Newspapers

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

# Announcements

## Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems?

Call Elaine Hughes at 301-920-0009 or email at Hughes2113@gmail.com and get your clothes mended, free of charge!

## Coffee Notice

Due to the expense of supplies we had discontinued serving free coffee. Now that the weather is getting colder we are being asked to bring it back. We have had offers for donation of small coffee cups. To keep this service back please see Karen or Michelle to donate to make this possible.

## Have Our Newsletter Emailed

You can have our monthly newsletter emailed directly to your personal email address! Sign up at the front desk or see Jennifer in the office.

## Pickleball

Copies of Open Pickleball Play schedule are posted at the center. We can also email it to you.

## Bocce Ball Instructor

We are looking for a Bocce Ball instructor for our courts. If you are interested or know someone who is interested, please let us know.

## Upcoming Programs – Look at what is coming in January



Friday, January 5	Cardboard Boat Regatta Meeting
Monday, January 8	New Year Celebration
Tuesday, January 9	Music and Dance with Walter Ware
Wednesday, January 17	It's your life by Retired Veteran Georgia Martin
Wednesday, January 24	Fall Risk Screenings by Adventist Healthcare

*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](http://MOCOREC.COM)

Register for programs at [Activemontgomry.org](http://Activemontgomry.org)

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 [Activemontgomry.org](http://Activemontgomry.org)

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