



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

January 2024

Winter Pajama Party



Thursday, January 11, 1pm

Wear your pajamas and feel warm and comfy while you socialize with your friends and enjoy the jazz music of Howie Jung.

Community Hall— Public Hearing

Monday, January 22, 1pm

Holiday Park Senior Center is scheduled to be refreshed.



We want to hear from you!
What is important and should be considered when plans are being developed.

More info on Pg. 2

Center Closed:

Monday, Jan. 1

Monday, Jan. 15



**Winter classes will begin
Tuesday, 1/2. Make sure you
check if your classes will be held
virtually on Zoom.**



Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
Phone: (240) 777-4999
www.mocorec.com

Center Hours:
Monday thru Friday 9:00 a.m. - 4:00 p.m.



Special Events & Activities

Community Hall - Public Hearing

Monday, 1/22, 1pm

We want to hear from you!



Montgomery County Recreation – Holiday Park Senior Center is scheduled to be refreshed in the future.

While we are still in the preliminary stages, Recreation would like to hear community feedback on what is important and should be considered when plans are being developed. During this time we will look at current floor plans of Holiday Park to help identify which features are most important to you.

Please join us, your opinion is important to us!

2024 Cardboard Boat Regatta

Get ready to race in the upcoming 2024 Cardboard Boat Regatta!



Create your teams of Seniors 55+ and Montgomery County Recreation Staff members, then get ready to design and build your cardboard boats and paddles!

The race day is March 14th, 2024 at 10am, but design and construction can start as early as January 1st!

**Register your team at the Front Desk.
There is an informational meeting on 1/4
at 1pm. See you there!**

Older Driver Safety Workshop



Are you interested in learning how to embrace and maximize the safety technology features in your vehicle? Come join the 'Older Driver Safety Workshop' on **Wednesday, March 27, 2023, from 9:30am-11:30am**. This workshop features "AARP's Smart DriverTEK Workshop" and is for all generations to embrace the technological safety features in newer vehicles. In addition to the workshop, representatives from the Montgomery County Police Department will share tips on general driver safety and speak about other topics for which MCPD offers presentations.

We hope to see you there!

Sponsored by Village Rides Program, JCA

Karaoke Party

Wednesday, 1/3, 1pm

Warm up your vocal chords and get ready to sing. If you have never tried karaoke before you won't regret it!



Announcements, Coffee & Conversations

Coffee with a Cop

Wed., 1/3, 1pm



Enjoy conversation with Officer Katie Beard from the Montgomery County Police and learn more about your community and discuss safety concerns.

Inclement Winter Weather Safety!

Wed., 1/24, 1pm



Join us for our Winter Weather Safety Talk and find out how to be safe in any upcoming inclement weather!

Do you have a birthday coming up?

Stop by the front desk, give us your name and birthday, and have your picture taken to be posted on our birthday celebration wall!



It is updated monthly, so be sure to check out which of your fellow patrons have a birthday each month!

Sports Leagues



We have extended the dates for Table Tennis Tuesdays, 1:30-2:30pm through the end of January!

Register at the Front Desk or at ActiveMontgomery Activity # R07-097-205

After the new year, join us for Wii Bowling Thursdays, 1:30-2:30pm starting 1/4-1/25!
Register at the Front Desk or at ActiveMontgomery Activity # R07-130-201



Inclement Weather Policy

Holiday Park follows Montgomery County Schools for closures:

- If county schools are closed, all activities are cancelled including the lunch program and the center bus will not run. The Center will be open for non-instructor led activities.
- If county schools close early, the center will also close early.
- If county schools are on a delayed opening schedule, the Center opens at 10am, there will be no lunch program and the center bus will not run. Call the Center before you leave your home to make sure staff is in the building and the building is open.

Please call the main line 240-777-4999 for a recorded update of the center's operating hours and/or check your Local News for Alerts. You can also get messages by registering with AlertMontgomery: alert.montgomerycountymd.gov

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

DANCE

BALLROOM: INTERMEDIATE

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Foxtrot & Tango.**

Rhythm: Rumba & Country 2-Step.

Smooth	Wed	1/3-3/13	2:30-3:20pm	\$45	11 wks
Rhythm	Wed	1/3-3/13	3:30-4:20pm	\$45	11 wks

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming. Combines tai chi, qigong, ballet & expressive dance movements.

Fri	Ongoing	11-11:50am	Free
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HULA INTERMED. CHOREOGRAPHY

Taught by Dawn and sponsored by HPSI. This class will focus on advancing the techniques learned in the beginner Hula course. Additional terminology will be discussed along with the use of Hula implements.

RETURNING IN THE SPRING!

**** Existing students will meet as a practice group on Mondays from 1-1:50pm starting Jan. 8****

INTERNATIONAL FOLK DANCING

Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience is needed. No partner required.

No class on 2/16.

Fri	1/5-3/15	11-11:50am	\$40	10 wks
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LINE DANCE— PARTY FAVORITES

Taught by Jessie and sponsored by HPSI. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise.

NOW WITH A NEW TEACHER!

Lv I	Thur	1/4-3/14	11-11:50am	\$45	11 wks
Lv II	Thur	1/4-3/14	10-10:50am	\$45	11 wks

TAP DANCING (BEG.)

Taught by Denise and sponsored by HPSI. Designed for students who are completely new to tap dance or those returning for a review. A scaffold of basic tap skills is introduced at this level (such as balance, body alignment and a series of tap techniques and terms).

Wed	1/3-3/13	12-12:50 pm	\$55	11 wks
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TAP DANCING (INT.)

Taught by Denise and sponsored by HPSI. Designed for students who have taken one or more beginners tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations and rhythms will be taught in a fun atmosphere. Occasional discussion on the historical tap dance world will be covered.

Wed	1/3-3/13	1-1:50 pm	\$55	11 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

Taught by Matt and sponsored by HPSI. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights and mats are used. Please bring your own weights to the class.

Beg.	Thur	1/4-3/14	12-12:50pm	\$45	11 wks
Adv.	Thur	1/4-3/14	11-11:50am	\$45	11 wks

BIODANZA

Taught by Luisa and sponsored by HPSI. Biodanza offers a set of natural and very simple movements, such as walking, accompanied by music and carried out in a group setting. It's suitable for everyone and you don't need to know how to dance.

Fri	1/12-3/15	10-10:50am	\$20	10 wks
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EASY FIT DANCING

Taught by Marcia and sponsored by HPSI. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights.

No class on 1/15, 2/19.

Mon	1/8-3/11	11-11:50am	\$25	8 wks
Wed	1/3-3/13	11-11:50am	\$35	11 wks

FITNESS EQUIPMENT ORIENTATION —INDOOR

Taught by Tony and sponsored by HPSI. Learn the basics of how to safely use the equipment in the gym. Limit 5 people per session.

Thur	1/25	11-11:50 am	\$5 each	1 time class
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

LATIN RHYTHM CARDIO FITNESS

Taught by Tony and sponsored by HPSI. Let's have fun dancing together! This low impact but high energy class combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. The music is hot, and the moves are fun to get a great workout.

No class on 2/6, 2/8, 2/13, 2/15.

Tue	1/2-3/12	2-2:50pm	\$40	9 wks
Thur	1/4-3/14	10-10:50am	\$40	9 wks

MEDITATION

Led by a volunteer. Meditation is a mainstream practice for stress reduction and concentration.

Fri	Ongoing	11-11:50pm	Free
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MOVE AND GROOVE DANCE FITNESS

Taught by Carla. This is a terrific class for students who want modified dance fitness. With a focus on balance, range of motion, and coordination, this low-impact dance fitness class is taught to introduce simple movements. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com**
RETURNING IN THE SPRING!

NIA DANCE FITNESS

Taught by Smita and sponsored by HPSI. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts (such as yoga). Students will move to joyful, uplifting and soothing music. Appropriate for all levels.
RETURNING IN THE SPRING!

SELF DEFENSE — TAE KWON DO

Taught by Larry. Learn self-defense through the practice of Tae Kwon Do, a Korean martial art. Develop confidence in the knowledge that you can protect your personal space. Through relaxation and self-defense techniques, increase your mental alertness, flexibility, and range of motion.

Fri	Ongoing starting 1/5	2-2:50pm	Free
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SENIOR SHAPE—STABILITY BALL

Sponsored by Suburban Hospital. An exercise class that will tone and define your core muscles and help build better balance. Hand-held weights required.

Register at: <https://events.suburbanhospital.org/>

Mon	1/8-3/25	12-12:45 pm	\$40 paid to Suburban
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TAI CHI BEGINNERS

Taught by Milan. Learn the basics of this ancient, beautiful and relaxing form of exercise.

Wed	Ongoing	9:30-10:20am	Free
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TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

Tue	Ongoing	9:30-10:20am	Free
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TAI CHI SWORD

Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword.

Mon	Ongoing	2:30-3:25pm	Free
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YOUR BODY IS MEANT TO MOVE

Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music with movements that work the muscles which strengthens the bones, with music to motivate you to relax and enjoy the exercise even more.

Thur	1/11-3/14	2-3pm	\$30	10 wks
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ZUMBA FOR ALL

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. **No class 1/15 & 2/19.**
NOW AT A NEW TIME & DAY!

Mon	1/8-3/11	9-9:50am	\$25	8 wks
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ZUMBA GOLD ADVANCED

Taught by Mitzi and sponsored by HPSI. The original dance-fitness party.

Wed	1/3-3/13	10-10:50am	\$45	11 wks
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ZUMBA GOLD TONING

Taught by Mitzi and sponsored by HPSI. Incorporates Gold workout with light weight training.

Fri	1/5-3/15	10-10:50am	\$45	11 wks
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YOGA

EVERY BODY'S YOGA

Taught by Regine and sponsored by HPSI. A yoga class to increase flexibility, give you a sense of energy and well-being while a guided relaxation activity will help promote a good night's sleep.

Wed	1/3-3/13	3-3:50pm	\$45	11 wks
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

HATHA YOGA FOR ALL

Taught by Debbie and sponsored by HPSI. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength, bone strength, flexibility, breathing and some meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class. **Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.**

Virtual	Tue	1/2-3/12	9-9:50am	\$45	11 wks
In Person	Fri	1/5-3/15	9-9:50am	\$45	11 wks

YOGA FOR BALANCE

Taught by Linda and sponsored by HPSI. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	1/2-3/12	10-10:50am	\$45	11 wks
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YOGA (CHAIR)

Taught by Linda and sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses.

Tue	1/2-3/12	11:10-12:00pm	\$45	11 wks
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ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Taught by Nicki and sponsored by HPSI. Learn the basics and explore how to paint flowers, birds and small animals. **RETURNING IN THE SPRING!**

DRAWING & WATERCOLOR (Hybrid)

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor. This class will be a hybrid of in-person and virtual alternating every other week, starting in-person.

Tue	1/2-3/12	1-3pm	\$110	11 wks
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KNIT & CROCHET WORKSHOP

Led by Shirley and Carma. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
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WATERCOLOR (In-Person)

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **No class on 1/15, 2/19.**

Mon	1/8-3/11	10-12pm	\$80	8 wks
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WATERCOLOR (Virtual)

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **Register for the virtual watercolor class by emailing: HolidayParkSeniors@gmail.com.**

Tue	1/2-3/12	10-12pm	\$110	11 wks
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WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Drop-in.

Fri	Ongoing	1-2:55pm	Free
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LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Greg. Vocabulary and conversational English to help you get comfortable in everyday conversation.

Tue	Ongoing	9:45-10:35am	Free
Thur	Ongoing	9:45-10:35am	Free

INTRO TO FRENCH (VIRTUAL)

Taught by Gilles and sponsored by HPSI. This session will be hosted virtually on Zoom. For students with little to no knowledge of French. **No class 2/21.**

Wed	1/17-3/13	9-9:50pm	\$25	8 wks
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FRENCH: BEGINNER (VIRTUAL)

Taught by Gilles and sponsored by HPSI. This session will be hosted virtually on Zoom. Learn and practice your French. **No class 2/21.**

Wed	1/17-3/13	10-10:50am	\$25	8 wks
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FRENCH: INTERMEDIATE (VIRTUAL)

Taught by Gilles and sponsored by HPSI. This session will be hosted virtually on Zoom. Learn and practice your French. Prior knowledge required. **No class 2/21.**

Wed	1/17-3/13	11-11:50am	\$25	8 wks
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

FRENCH: CONVERSATION (VIRTUAL)

Taught by Gilles and sponsored by HPSI. This session will be hosted virtually on Zoom. Practice your French by holding conversations in French. Basic knowledge required. **No class 2/21.**

Wed	1/17-3/13	12-12:50am	\$25	8 wks
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SPANISH (BASIC)

Taught by Jairo, MC Recreation. Learn basic conversational skills in Spanish including greetings, introductions, everyday words, numbers and more.

If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com using code R07015

Spanish 101	Mon	1/22-3/18	11-11:55am	Free
Advanced	Mon	1/22-3/18	10-10:55am	Free

GAMES

BRIDGE FOR BEGINNERS II

Taught by Rochelle and sponsored by HPSI. Bridge is by far the greatest card game of all. It provides immense challenges and enjoyment for the rest of your life. This is intended for newcomers to the game as well as players who haven't played in years. The lessons will cover the fundamentals of modern bidding, play of the hand and some defensive principles. Each class includes interactive lecture, exercises and supervised play. **Some of these classes will be hosted on Zoom. Rochelle will contact you with a copy of the lesson and the zoom link.**

Tue	1/9-3/12	1-3pm	\$100	10 wks
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BRIDGE INTERMEDIATE II

Taught by Rochelle and sponsored by HPSI. If you've been playing bridge for a year or two, then this series will enable you to hone your bridge skills at the table. It will include a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. Each class includes interactive lecture, exercises and supervised play. **Some of these classes will be hosted on Zoom. Rochelle will contact you with a copy of the lesson and the zoom link.**

Thur	1/4-3/14	1-3pm	\$110	11 wks
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BRIDGE DROP-IN

Have fun playing with other Bridge players. Partners not required. Led by a Holiday Park volunteer.

Tue	Ongoing	10-12pm	Free
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BRIDGE (Duplicate)

Allen hosts. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required.

Wed	Ongoing	12:30-4pm	Free
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BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
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GAME ROOM

On our second floor. Several tables available to enjoy a good game with a friend. Open daily. Drop-in.

Daily	Ongoing	All day	Free
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MAH JONGG

Drop-in and enjoy playing with friends.

Mon	Ongoing	starts at 1:00 pm	Free
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RUMMIKUB

Elsa hosts. Drop-in and enjoy playing with friends.

Daily	Ongoing	starts at 1:00 pm	Free
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SCRABBLE

Ray hosts this drop-in game with 3-5 games at a time.

Wed	Ongoing	starts at 1:00pm	Free
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SPORTS

BOCCE BALL COURT

Outside our back door. Enjoy a good match with a friend. Drop-in.

Daily	Ongoing	All day	Free
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BILLIARD/POOL ROOM

Open daily. Keep your accuracy skills on target and your attention sharp as you enjoy a game with others.

Daily	Ongoing	All day	Free
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The 1:00 PM Holiday Park Daily Show – January 2024

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

CENTER CLOSED: New Year's Day

Mon. Jan. 1

Wii Bowling

Tue. Jan. 2

Happy New Year, let's bowl! Let's start our new year together and enjoy wii bowling.

Karaoke Party

Wed. Jan. 3

Warm up your vocal chords and get ready to sing. If you have never tried karaoke before you won't regret it!

2024 Cardboard Boat Regatta Preparation

Thur. Jan. 4

Join us for this presentation of the boat-building process and discuss your upcoming builds then create and view a prototype.

Dance Club Friday with Dale Jarrett

Fri. Jan. 5

Dale is here to start off the new year with our first Dance Club Friday of 2024!
Light refreshments served.

Acupressure for Stress Relief, Self-Care with Alison Babil

Mon. Jan. 8

Start your year with some peace and calm: a relaxing hour of Acupressure for Stress Relief, for Self-Care. In this interactive program participants will learn the Seva Acupressure sequence, a gentle acupressure sequence designed to bring deep calm and support overall well-being. The Seva Acupressure sequence was developed by the Soul Lightening Acupressure faculty at the time of 9/11, to treat people suffering from 9/11's traumatic effects. Anyone can learn this simple, effective sequence! Please wear comfortable clothing.

High Blood Pressure: Nutrition Lecture with Rhonda Brandes

Tue. Jan. 9

Join Rhonda as she tells you how to help control your high blood pressure with diet and nutrition.

Reducing Knee & Joint Pain with Renee

Wed. Jan. 10

Join Renee Moten for a talk about Healthy Knees & Joints for the Active Senior. Preventing and reducing knee & joint pain is accomplished by re-establishing full range of motion and correcting muscle imbalances through the stability and mobility of the ankles and feet.

Winter Pajama Party

Thur. Jan. 11

Wear your pajamas and feel warm and comfy while you socialize with your friends and enjoy the jazz music of Howie Jung.

Dance Club Friday with Mike Surratt

Fri. Jan. 12

Mike is here and ready to begin the new year with a bang! Get ready to dance to the beat all afternoon! *Light refreshments served.*

CENTER CLOSED: Martin Luther King Jr.'s Day

Mon. Jan. 15

Health Lecture with Suburban Hospital

Tue. Jan. 16

Diets and the Water Element in Traditional Chinese Medicine Cooling down for winter. Come to learn how to support your body and mind during the winter season. Dr. Kimberly Coleman PhD, BSN, LAc, RN, registered nurse and doctor of acupuncture, will discuss the best diets and lifestyle adaptations for what is known as the water season in Traditional Chinese Medicine (TCM).

The 1:00 PM Holiday Park Daily Show – January 2024

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Everyone's Got A Story

Wed. Jan. 17

Join Harvey Privor and Clarence Williams to learn about the submersible that went underwater to see the wreckage of the Titanic ship, that sank in the North Atlantic Ocean, but also sank with passengers who paid \$50k each for their fatal experience!

Tech Thursday: All Things Zoom

Thur. Jan. 18

Curious why Zoom has become everyone's go-to video conferencing software? This lecture will go over how to use Zoom to chat with friends & family, and take virtual classes with Senior Planet! You'll learn about useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat.

Dance Club Friday with Retro Rockets

Fri. Jan. 19

Get your dancing shoes on and enjoy the many old tunes with a big beat.
Light refreshments served.

Community Hall—Public Hearing: HPSC Renovation

Mon. Jan. 22

We want to hear from you! Holiday Park Senior Center is scheduled to be refreshed in the future to address a variety of items. We would like to hear community feedback on what is important and should be considered when plans are being developed.

Sheldon Lehner presents: Harry Belafonte—Always In Focus

Tue. Jan. 23

Many, many people think of Harry Belafonte only for his entertaining ways of connecting with his audiences. However, this story is titled “Always In Focus” because Harry’s legacy for the world is stunning. Belafonte’s ability to transcend into such areas as power relationships, authority, Racial Discrimination and more play a monumental part in his lifelong struggle for equality.

Inclement Winter Weather Safety Talk

Wed. Jan. 24

Join us with Jim Resnick of Fire & Rescue Services for a talk on how to be safe during inclement weather situations.

International Holocaust Remembrance Day

Thur. Jan. 25

This program is a prelude to Saturday’s International Holocaust Remembrance Day. Join us for this interactive conversation with Gerald Schneider, Ph.D.; his 20th presentation on this subject at Holiday Park.

Dance Club Friday with DJ Tyzer

Fri. Jan. 26

Let’s hit the dance floor and keep your feet tapping to the melodies of our friend DJ Tyzer.
Light refreshments served.

Bingo—Free!

Mon. Jan. 29

Join us for an afternoon of bingo where you could win some wonderful and useful prizes!

AARP Smart Driver TEK with Ken Ow

Tue. Jan. 30

Technology is changing the driving experience! The AARP Smart DriverTEK workshop discusses the latest vehicle safety technology, highlighting how it works and how it might extend your safe driving years! **Pre-registration required.**

Movie: “June in January” (2014) - 87 mins.

Wed. Jan. 31

A newly engaged bride's dream wedding is threatened by her scheming future mother-in-law, when a sudden change in plans pushes her perfect outdoor June wedding up to a wintry January date. Starring Brooke D'Orsay, Wes Brown and Marilu Henner.

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

TABLE TENNIS ROOM

Open daily. Enjoy a good match with a friend or check the list in the room to find popular times to meet up if you need a partner.

Daily	Ongoing	All day	Free
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OPEN GYM—FITNESS ROOM

Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation for closed times.

Daily	Ongoing	9am-4pm	Free
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SHUFFLEBOARD

Play this beachy game even when the weather is cold. Enjoy a good time with other players. Drop-in.

Thur & Fri	Ongoing	2:30-3:30pm	Free
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SPECIAL INTERESTS

BEHIND THE HEADLINES

Gerald and other volunteers facilitate this drop-in discussion on current events.

Mon	Ongoing	10-11:25am	Free
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BOOK CLUB

Led by Carol & Ethylyn. Join us monthly to discuss the current month's book and relevant topics. This month's book is "The Bluest Eye" by Toni Morrison.

Wed	1/17	3:15pm	Free
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JOURNALING CLUB

Led by Carol & Ethylyn and sponsored by HPSI. Join us monthly to work on your journal and learn how to start a journal and express your creativity and feelings. Bring your own journal.

Tue	1/16	2:15-3:45	Free
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PHOTOGRAPHY CLUB

Led by Bill. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month.

Wed	1/3 & 1/17	10-12 pm	Free
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TELL US YOUR STORY

Taught by Laura. If you've always wanted to write about the most meaningful events and people in your life, this new class series is just for you. All experience levels are welcome! You'll learn to write compelling stories through creative writing exercises, lectures and discussions. You'll build skills and confidence in writing and get to know your classmates in a lively, welcoming class.

RETURNING IN THE SPRING!

WRITING GROUP

Writing group led by Ray where you can share your written work with other peers. Drop-in.

Fri	Ongoing	10-11:25am	Free
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MUSIC

HOLIDAY PARK SINGERS

Find, restore or renew your singing voice when you join this singing group led by volunteer Michael Bloom.

Wed	Ongoing	11-12 noon	Free
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PIANO CLUB

Led by Jack Calman. Have fun taking turns playing and singing with others simple tunes that you know how to play. A "Piano Show and Tell", at the level of a little more than beginner, to practice and get used to playing in front of people, and to get feedback and help from other players. Intended just to have informal fun (not a class or recital) with piano friends.

Mon	1/8, 2/5, 3/4	2-3 pm	Free
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

TECHNOLOGY

FREE YOUR PHOTOS

Come to this 5-week course with the digital photos you want to back-up, share, and print! You'll learn to use Google Photos, a Cloud-based platform that allows you to organize and access your pictures across devices. You'll also explore websites for printing and making the most of your pictures by turning them into scrapbooks, calendars, and more! This course is ideal for anyone who has already taken Smartphone Photography. **No class on Monday, 2/19.**

Prerequisites: A Gmail address. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495. You should also be somewhat comfortable using a computer.

If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com using Activity number R07084-202

Mon & Wed	1/29-3/4	10-11:30am	Free
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BEYOND THE BASICS: App Based

This 10-week, app-based course expands on the concepts and skills taught in Basics and Essentials courses and explores the internet and applications as everyday resources. You'll learn how these tools can help you accomplish everyday tasks, stay organized, find entertainment, and be creative. You'll improve your research skills; explore more Gmail app features; use Google Drive and Docs; make playlists on YouTube; and more! This course is a good opportunity to expand your internet savvy and make the most out of tech.

Prerequisites: You must have an email address that you use and be comfortable downloading apps and navigating the internet. To get the most out of this course, you should also be willing to open a Gmail account if you don't already have one.

If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com using Activity number R07084-205

Tue & Thur	1/9-3/14	10-11:30am	Free
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SMARTPHONES ESSENTIALS — FOR KOREAN SPEAKERS

This group led by Dr. HyunSook Choi will cover the basics of using your smartphone for Korean speakers.

Tue	10:30-12 noon	Sign up with Active Golden Club	Free
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PLANT ROOM NEWS

- January is the time to be looking at seed and plant catalogues so that you can begin thinking about what to plant in your spring garden.
- Avoid the temptation to start vegetable garden seeds—it's too early. Check seed packets for detailed information for guidance on when to start seeds indoors.
- Be careful not to overwater houseplants. Most houseplants should be watered only when the top of the soil begins to dry out.
- Cut back or stop fertilizing houseplants unless they are grown under supplemental lighting.

Stop by the Plant Room on Tuesday and Friday mornings.

Multicultural Programs

LA ESQUINA LATINA



Cafecito y Amistad (Active Living in Spanish)

Con Elsa. Un grupo para charlar y compartir experiencias cotidianas para empezar bien la semana. Regístrese en la recepción.

Lu	Seguido	10-10:50 am	Gratis
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Charla con Arte

Tener una conversación entre amigos mientras pintas o escuchas música, las conversaciones son en Español.

Lu	Seguido	11-11:50 am	Gratis
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Conversación en Inglés (Everyday English)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	9:45-10:55am	Gratis
Ju	Seguido	9:45-10:55am	Gratis

Gramática Inglesa para personas de habla Hispana

Con David. Unase a este grupo para aprender algunos trucos y consejos gramaticales para hablar bien inglés.

Lu & Mi	Seguido	10-10:50am	Gratis
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Superando los Cambios:

Grupo de Apoyo Emocional

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro nuevo terapeuta de Santé Group José Hernández.

Ma	Seguido	11-11:55 am	Gratis
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Toma de tensión arterial:

Con Gladys Para más información, comuníquese con Maria Mercedes al 240-777-4965

Lu	Seguido	10-12 pm	Gratis
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ASIAN CORNER



Active Golden Club

Join this South East Asian group and make some new friends!

Tue	Ongoing	10-2 pm	Free
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Happy Life Vietnam Seniors Group

Join for health and fitness classes and games.

Sinh hoạt hàng tuần

Cao Niên Việt Nam

Hội Cao niên người Việt vui khỏe

Họp mặt thứ 5, từ 9-2 giờ chiều

Phòng 30

Thur	Ongoing	9-2 pm	Free
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The Consignment & Gift Shop

Open Tuesdays from 9:30am to 1pm, and Wednesdays from 9:30am to 1pm, volunteers permitting.

Jewelry accepted on Tuesdays, and Household Goods accepted on Wednesdays. Clothing is never accepted.

INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:30 pm Monday thru Friday**, when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

To register for virtual classes, please email: HolidayParkSeniors@gmail.com



Holiday Park Seniors, Inc.

HPSI is a non-profit organization supporting programs, classes and services at Holiday Park Senior Center.

HPSI Memberships are only \$10.00 per year.

Your HPSI membership supports:

- A wide variety of free or low cost educational and entertainment programs and special events
- Scholarships for low income seniors
- Services including a medical equipment loan closet, and much more!

HPSI also operates the Holiday Park Café and the consignment Gift Shop.

Your membership is good for one year from the time you register and it allows you to vote in 2024 for the Directors of the HPSI Board!

Your membership provides you with entry into a raffle for a chance to win one of three individual gift certificates for classes sponsored by HPSI. They are worth \$100, \$75 and \$50.

HPSI Elections Coming Soon

Holiday Park Seniors Inc. is looking for Center members who would like to be considered for an open place on the HPSI Board. Elections will take place in April. If you are interested and would like more information about HPSI, please leave your name, phone number and email at the front desk for Judy Houseknecht, the HPSI Administrator.

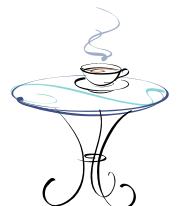


The Plant Room

Open Tuesday & Friday from 9am to 12pm. We have an assortment of plants for sale at just \$1.00 each.

The Café

Open Monday thru Friday from 9:30am to 1pm, volunteers permitting.



Health and Wellness Services

BLOOD PRESSURE SCREENING -

Mondays: 10—12 noon & Thursdays: 9—11.
There will be a Spanish speaker available for screenings from 10:30-12 noon on Mondays.



MEDICAL EQUIPMENT LOAN

CLOSET - Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs (\$10.00 per month with a \$50.00 refundable deposit). Check with our Reception Desk staff for availability of equipment.

SHIP – STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Call 301-255-4250 for an appointment.
This program assists with Medicare insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$7.99). Please make your reservation one week in advance and cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.

Please bring exact change to make your donation!!



Support Groups

COPING WITH CHANGE -

Thursdays 10:30am—11:30 am.
Led by social worker Brianna Meeks, LMSW.
Free. Individual appointments for consultations available at 11:30 am.
Call 240-758-5345 for appointments.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE - Tuesdays 10:30—11:25 am.
Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

NARFE Meetings

NARFE will be having monthly meetings here at Holiday Park!



FEDERAL BENEFITS EXPERTS

Have you ever thought of using herbal medicines? Growing your own? Are you interested in the History of Medicine? Come hear a fascinating expert in the field of herbal medicines and its history. Find out the best practices and cautions of using herbs for medical needs. Dr. Greg Susla presents the history of natural medicines, early medicinal gardens around the world, types of medicinal preparation, the history of Pry House ear Frederick, MD and his restoration of the Civil War Medicinal Garden at the Pry House. Dr. Susla also discusses considerations needed when growing and making your own herbal medicinal preparations. Dr. Susla is a Doctor of Pharmacy and worked at the National Institutes of Health in the Intensive Care Unit and is also certified as a Frederick County Master Gardener.

**Meeting on January 23 at 1:00 PM.
Everyone is welcome! Bring a friend!**

Center & County Services

General Information and Policies

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

HPSI SCHOLARSHIPS

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6197.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Joseph. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, provide housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.



Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

You can also view it online: Go to mocrecc.com, then under the Facilities tab, go to the Senior Centers page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the Newsletter tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed under the screen in the lobby, across from the Front Desk, that is always on display!

We have made many options available. We hope you find the one that is best suited for you!

Transportation Options For Older Adults

JCA Curb-to-curb transportation

Transportation is available Monday-Friday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call. *Leisure World residents*, please call Evelyn at 301-255-4214.

Senior Connection

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

Connect-A-Ride

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).



**Holiday Park
Senior Center
Directory:**

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:

Younna Badr
Arthur Clemmer

Maria Mercedes Diaz

Jairo Gomez

Gail Jacobson

Alice Karaca

Kur Kur

Kamarr Louissaint

Dizzi Mungo

Ashley Ramos

William Song

Corinne Verard-Eppley

India Wilson

**Holiday Park Seniors,
Inc. (HPSI)**

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:

Joyce Dubow

Carol Mamon

Janet McDonald

Steven Schrier

***Look What is Coming in February 2024...
A sampling of Holiday Park 1:00 pm Programs***

Feb.1, Th. Vietnamese New Year Special
Feb.2, F. Dance Club Friday with Gary Brown

Feb.5, M. Nutrition Lecture with Rhonda Brandes
Feb.6, T. Live Music with violinist Caterina Vannucci
Feb.7, W. Heart Health Lecture for Heart Health Month and Valentine's Day
Feb.8, Th. Learn the Korean Traditional New Year Game with William
Feb.9, F. Dance Club Friday with Mike Surratt

Feb.12, M. Yarrow Mamout Lecture with MoCo Historical Society
Feb.13, T. Chinese New Year Celebration
Feb.14, W. Valentine's Day Special with Frank Plumer
Feb.15, Th. Vita Therapy Drawing
Feb.16, F. Dance Club Friday with The Metropolitan

Feb.19, M. CENTER CLOSED: Presidents' Day
Feb.20, T. Health Lecture with Suburban Hospital
Feb.21, W. Live Music with Mike Suser
Feb.22, Th. Tech Thursday: Anti-Virus & Malware Removal
Feb.23, F. Soul to Soul Dance with Chyp Davis

Feb.26, M. Movie: Cinderella (2015) for International Fairytale Day
Feb.27, T. Sheldon Lehner Presents: My Life in Sports
Feb.28, W. Folk Singing with Michael Bloom
Feb.29, Th. Black History Social

**NOTE: Please be advised that programs are subject to change. Check the daily schedule near the front door for the most current information.*

Follow us on Facebook @HolidayParkSeniors

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Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership has resumed. This \$10.00 a year Card allows you to be entered in a raffle for various prizes. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

THE REC CARD

Have you requested your card yet? We just updated our system so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE.** Sign-up at the reception desk.