

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

March 2024

Schweinhaut Staff

Center Director:

Karen Maxin

Asst. Center Director:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

Sena Alemu

Hilda Ampaw

JoAnn Charles

Amy Clemmer

Emmett Cochetti

Matthew Fitzgerald

Brenda Harding

Gerry Olson

Jennifer Posner

Spoken Word & Readings from MSSC Writers Group #R07058-313

Tuesday, March 19 • 10:00am - 12:00pm

These local authors will entertain you with selections from their wonderful 2022 and 2023 anthology collections of essays, poems, stories, and more. You may hear a tale (or two) that brings back memories, piques your curiosity, makes you think, or makes you laugh. Come hear and interact with these creative people as they share a variety of interesting, imaginative, thought-provoking, and fun writings.

Fantasy Baseball League #R07107-343

Friday, March 15 • 11:00am - 12:00pm

From 11 to noon, there will be an information session on fantasy baseball, covering key aspects.

Friday, March 15 • 1:00pm - 3:00pm

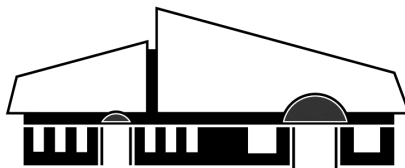
Become a part of the MSSC league and assemble your dream team by participating in the upcoming draft. We will not be playing for money, just fun! Select your players strategically and get ready for an exciting season of competition and camaraderie.

Spring Registration

Spring registration for programs is open. Register at the front desk or online at activemontgomery.org. If the program has an activity number the class requires registration to participate.

Closures, Class Cancellations or Changes

No Open Pickleball on Fridays (AARP Tax Program in Auditorium)



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

AARP Tax Aide Program

Friday, March 1 through April 12 • 9:00am - 2:00pm • Auditorium

Free tax preparation assistance is being offered at MSSC for Montgomery County residents from low-to-moderate income through AARP Tax Aide Program from February 9 - April 12 by appointment only. To schedule an appointment online at www.taxaidemc.info or call 240-777-2577 M-F 9am-4pm.

Afternoon Cinema Fridays - #R07088-303

Friday, March 8, 22 and 29 • 12:30pm - 2:00pm • Garden Room

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

March 8 – The Lost City (2022) **March 22** – The Waterboy (1998) **March 29** – The Secret Garden (2020) | Check the bulletin board for a poster and synopsis of each week's designated film. The listed movies are subject to change depending on online availability.

Cardboard Boat Regatta Design Meetings #R07107-230

Fridays, March 1 and 8 • 10:30am - 12:00pm • Stage Area

Join the design and build team for this year's Cardboard Boat Regatta at your senior center! Build your boat using only cardboard boxes, duct tape, and garbage bags—no sealants or other materials allowed. Official rules will be provided at the first design and build meeting. The regatta event is on March 14 at 11:00 a.m. at MLK Indoor Swim Center. Compete against other centers to declare the fastest vessel and vote for awards like the most creative cruiser and most spectacular sink, voted on by Montgomery County senior centers.

Master ActiveMontgomery Online Registration with Michelle

Thursdays, March 7, 14, 21, and 28 • 9:00am - 10:00am • Daisy Room

Michelle will provide an in-depth tutorial on navigating Active Montgomery. She will walk you through the process of registering for activities, accessing your account, and demonstrate how to make changes, including updating your password or username.

Virtual Reality Experience Sessions #R07107-241

Tuesdays, March 5 through March 19 • 11:00am - 1:00pm • Garden Room

Embark on an exciting journey into the realm of virtual reality with us! Registration is essential, as the availability of glasses is limited. Don't miss out on this immersive adventure!

Veterans Discussion: Case of Bailey v Cromwell, 1841 #R07312-300

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

Carl Adams will do a presentation about the true story of the Supreme Court of Illinois case of Bailey v Cromwell, 1841. This trial effectively emancipated four indentured servants in Illinois: Mrs. Nance Legins-Costley and her three children. This case was the first time Lincoln 'Officially' repeated three times the Jeffersonian phrase "Neither Slavery nor involuntary servitude shall exist ..." (in Illinois). The case was cited in at least six other Supreme Court cases in Illinois, rendering slavery dead in the state.

Cardboard Boat Regatta at MLK Pool #R07107-330

Thursday, March 14 • 10:00am - 1:30pm • Lobby

The Cardboard Boat Regatta event will take place at MLK indoor swim center. Each center's boat will be racing against time to be declared the fastest vessel in the water. There will also be fan voted awards for the most creative cruiser and most spectacular sink!

Mini-Trip: Westfield Montgomery Mall #R07101-342

Friday, March 8 • 9:30am - 12:00pm • Lobby

Westfield Montgomery Mall (formerly known as Montgomery Mall) is a shopping mall in Bethesda, Maryland. Major stores include Macy's and Nordstrom. The mall has a food court with a large variety of food to choose from. We will meet in the lobby and leave the center at 9:30am. Space is limited and registration is required.

Special Programs

St. Patrick's Day Trivia #R07090-303

Friday, March 15 • 12:30pm - 1:00pm • Almost Cafe

Join staff and your friends after lunch to test your knowledge with some St. Patrick's Trivia. Prizes will be given to the top two participants with the most correct answers. Registration is required.

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Spoken Word & Readings from MSSC Writers Group #R07058-313

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These local authors will entertain you with selections from their wonderful 2022 and 2023 anthology collections of essays, poems, stories, and more. You may hear a tale (or two) that brings back memories, piques your curiosity, makes you think, or makes you laugh. Come hear and interact with these creative people as they share a variety of interesting, imaginative, thought-provoking, and fun writings.

Mini-Trip: Costco & Westfield Wheaton Mall #R0710-341

Wednesday, March 20 • 9:30am - 12:00pm • Lobby

Join your friends for an outing at Costco or shop at Westfield Mall that is at the entrance to Costco. We will meet in the lobby and leave the center at 9:30am. Space is limited and registration is required.

Mini-Trip: Cherry Blossoms #R07101-343

Wednesday, March 27 • 9:30am - 2:00pm • Lobby

Every Spring, Washington, DC becomes a pink wonderland as thousands of cherry blossoms trees bloom around the Tidal Basin. Mayor Yukio Ozaki of Tokyo City gifted the city of Washington DC cherry trees on March 27, 1912, to enhance friendship between the USA and Japan. We will meet in the lobby and leave the center at 9:30am. Space is limited and registration is required.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-306 <i>Instructor: Yvonne Roberts</i>	Tues. & Thurs. 9:30am - 1:00pm	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	Free
	Card Making Activity #R07095-310 <i>Instructor: Cindy Boccucci</i>	2st 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 #R07052-303 <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 #R07096-302 <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 #R07003-305	Wed. & Fri 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
Basic Functional Balance Exercise Activity #R07030-300 <i>Instructor: Julien Elie</i>	Friday 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 #R07050-301 <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 #R03010-319	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: R07032-307 <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 #R07012-322 <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
Kickboxing Activity #R07060-308 <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 #R07011-308 <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 Activity #R07060-310 <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 #R07025-301 <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 #R07059-305 <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

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
E D U C A T I O N A L	Schweinhaut Book Discussion Activity #R07065-305 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	The book for March is "The Lost History of Stars" by David Boling. Be sure you get the book from this Author. It is the story of a 14-year-old girl and her family's struggle to survive life in a British prison camp during the Borer war in South Africa. Contact Karen at KarenMaxin@montgomerycountymd.gov to join.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-310	3rd Thurs. 9:00am – 9:45am	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 #R07021-302 <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. Participants should have a working knowledge of the Italian language.	Free
	Beginner Spanish Class Activity #R07015-305 <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 spring 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 #R07015-306 <i>Facilitator: Rocio Torresano</i>	Thurs. 10:30am - 11:30am	This spring 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 #R07058-312 <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 #R07312-300	1st Weds. 1:00pm - 2:00pm	Carl Adams will present about the true story of the Supreme Court of Illinois case of Bailey v Cromwell, 1841. This trial effectively emancipated four indentured servants in Illinois.	Free
H E A L T	Nutrition 101 Activity #R07024-308 (Tues) Activity #R07024-309 (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
	Blood Pressure Screening Activity #R07108-319 <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	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

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BINGO!
Activity #R07085-302
Facilitator: Linda Disharoon

Mon. & Thurs.
 10:30am - 11:30am

Win prizes and have fun!
 Maximum two cards per person.

Free

Pinochle Card Game
Activity #R07099-305
Facilitator: George Kelly

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

Scrabble Tips & Tricks
Activity #R07073-302
Facilitator: Marcia Bowens

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

Chess Club
Activity #R07110-303
Facilitator: Clifford DuThinh

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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Encore Chorale
Facilitator: Kathryn Harsha

Mon.
 10:30am - 12:30 pm

For more info, call 301-261-5747 or visit www.encorecreativity.org.

Seasoned Players Activity
#R07056-302
Facilitator: Helen Cothran

1st & 3rd Wed.
 1:30pm - 3:30 pm

Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.

Free

Folklore Society of Greater Washington Presents
Song Circle
Activity #R07080-307
Facilitator: Fred Stollnitz

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 #R07109-304
Instructor: Ari Peach

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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Open Pickleball
Activity #R07091-300
(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 #R07103-306 M-F
Activity #R07103-307 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 #R07097-308
Fri Activity #R07097-309
(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 #R07091-310
Instructor: Brad Paleg

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 #R07091-312
Instructor: Coach Brad Paleg

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 #R07091-313
Instructor: Coach Brad Paleg

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

Senior Planet will recommence classes in April, with the upcoming session focusing on smartphones
April 10 - May 10
Register with R07105-328

If you're curious about what smartphones can do and why they've grown so popular, come to class. You'll learn about popular smartphones on the market and some of their pros and cons. We'll also compare and contrast two of the most popular operating systems: Android and Apple's iOS.

"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!

Nutrition Program - Socialize while enjoying a healthy meal!

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

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 - Updated

In the event of inclement weather please check www.mocorec.com for cancelations, late openings and closures. We encourage you to subscribe to [Alert Montgomery](#) for senior center closings. Please note that during such instances, there will be no provision of transportation or lunch services. Real-time emergency updates can also be accessed at our Recreation Website at www.mocorec.com, or by visiting our Facebook or Twitter pages.

During inclement weather, our policies are as follows:

If MCPS closes, all in-person programs and classes are canceled, facilities may remain open for drop-in activities. Senior transportation and nutrition programs are canceled

In the case of a two-hour delayed opening, in-person programs before 10 a.m. are canceled, senior centers open at 10 a.m., but senior transportation and nutrition programs are canceled.

Early dismissal from MCPS leads to the cancellation of in-person programs starting at 2 p.m. or later.

If Montgomery County Government experiences a delayed opening, all facilities open at that time, and programs beginning earlier are canceled—often coinciding with an MCPS closure.

In the event of an early closure by Montgomery County Government, all facilities close, and programs scheduled to end after that time are canceled, often in conjunction with an MCPS closure.



**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

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

Announcements

Encore Chorale

Join the spring music experience with the Encore Chorale of Schweinhaut! No audition needed, just a passion for singing. For adults 55+, the ensemble meets every Monday, 10:30 AM - 12:00 PM. Explore a diverse repertoire and improve your health in a welcoming community. Learn more and register at <https://encorecreativity.org/sing-with-us>.

Pickleball

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

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.

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.

Upcoming Programs – Look at what is coming in April



Tuesday, April 2

Essential Oils for Everyday Use

Tuesday, April 9

Diabetic Shoe Program

Wednesday, April 10

Senior Planet: Exploring Smartphone Apps

Tuesday, April 16

DIY Floral Centerpiece

Wednesday, April 17

Basketball Skills Competition at White Oak

Thursday, April 25

Encore Chorus Spring Concert

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.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 Activemontgomery.org