

# NORTH POTOMAC SENIOR CENTER

13850 Travilah Road • Rockville MD 20850 • 240-773-4805



## OCTOBER 2022 NEWSLETTER

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Montgomery County is excited to celebrate International Active Aging Week (AAW) from October 3rd – 9th, 2022. Participate in activities that will boost your physical and mental wellness through creative expression, exercise, and socialization. Please check the Montgomery County Department of Recreation website for additional Active Aging programs at 55+ Senior Centers.

### Active Aging Week Programs—North Potomac Senior Center

October 3rd—Zumba Fitness Video and Social

—Food Drive Begins

October 4th—Paint and Lunch

—Montgomery Energy Connection Lightbulb Exchange

October 5th—Wellness Wednesday with UMD Student Nurses

—Learn Basic Korean

October 6th—Zumba Fitness Video and Social

# **Celebrate Active Aging Week with**

# **Paint and Lunch**

**Tuesday, October 4th**

**10am to Noon (Lunch to follow)**

**North Potomac Senior Center**

**ACTIVE MONTGOMERY #R07095\_109**

*Beginners Welcome.*

*Space is limited! Register Today!*

**FREE 55+ ADULT  
PROGRAM**



# OKTOBERFEST WITH

## Christiana Drapkin

Tuesday

October 11th

12:30 pm to 1:30 pm

Join Christiana dressed in her colorful Dirndl for Oktoberfest tunes and lots of other lively melodies on her hand-crafted crank organ "Scharmanka" from her hometown of Baden-Baden.



*Dress in blue & white to get into the Oktoberfest spirit.*

**55+ FREE  
PROGRAM**

**ACTIVE # R07089\_102**

***Register Today!***

# DIWALI Celebration

Ages 55+ • \$2 Fee • Activity R07107-102  
Wednesday, Oct. 12 • 2:30 - 4:30 p.m.

Join us for dancing, music, food, and more as we celebrate the Festival of Lights.

**Registration will close on Wednesday, Oct. 5**

Nancy H. Dacek North Potomac Senior Center  
13850 Travilah Road, Rockville

For more information, contact Sheila Hall at 240-773-4805



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

**To register, visit [ActiveMontgomery.org](http://ActiveMontgomery.org)**  
240-777-6840 • **Hablamos Español** • [www.mocorec.com](http://www.mocorec.com)



# MONTGOMERY COUNTY RECREATION

NANCY H. DACEK NORTH  
POTOMAC COMMUNITY  
RECREATION CENTER

13850 Travilah Road  
Rockville

# Fall FESTIVAL

**FREE  
SATURDAY**

**OCT. 22**

**11:30 A.M. - 2:30 P.M.**

Bring the family and celebrate our annual fall festival. Activities include music, games, fitness demo, fall crafts, a moon bounce and much more.

Registration is required.

**ACTIVITY R03003 - 111**

For more information, call 240-773-4800



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

To register, visit [ActiveMontgomery.org](http://ActiveMontgomery.org)  
240-777-6840 • Hablamos Español • [www.mocorec.com](http://www.mocorec.com)



MONTGOMERY COUNTY  
**Recreation**

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).  
Please contact 240-777-6840 or [rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov) to request accommodations.

# **SIMPLE, HEALTHY COOKING** **with Rhonda, RD, LDN**

**Friday, October 14th**  
**10:30am**

**\$3 FEE**  
**PER PERSON**

North Potomac Senior Center  
Active Montgomery #R07049\_101

***Space is limited! Register Today!***

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# **MOBILE DENTIST** **at North Potomac Senior Center**

**Monday, October 24th**

North Potomac Senior Center

Active #R07108\_104

Contact Sheila at 240-773-4806 or  
[Sheila.hall@montgomerycountymd.gov](mailto:Sheila.hall@montgomerycountymd.gov) for information.

***Limited number of appointments available!***

# *Autumn Flower Arranging with Nancy*

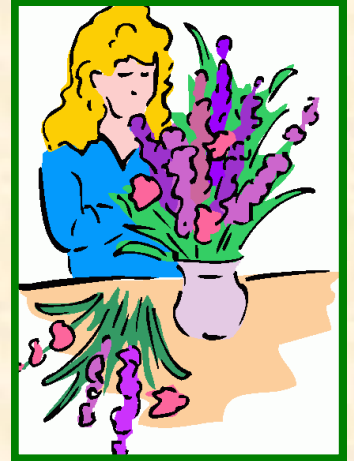
**Tuesday, October 18th at 1:30 pm**

**Active Montgomery #R07023\_104**

***Register early as space is limited!***

**\$2 PER PERSON**

***Make a beautiful autumn floral arrangement.***



# Halloween Bash



**Come to our Halloween Bash and  
have a ghostly good time!  
Costume contest, music and  
refreshments.**

**Friday, October 28th**

**2—3:30 pm**

**Active Montgomery #R07081\_105**

# **NORTH POTOMAC SENIOR CENTER HAPPENINGS**

## DANCE FOR JOY AND FITNESS

#R07012\_112

Fridays at 10:45 am

Bring a smile to your face with this class for beginners or those who exercise daily. It is a great way to end the week!

## ZUMBA FITNESS VIDEO

#R07070\_104

Monday through Thursday at 10:15 am

Join others to get fit to Zumba via video. This is a casual class and a great way to get to meet others in the community.

## **NEW PROGRAM**

### LEARN BASIC KOREAN WITH AHJA CHUNG

ACTIVE #R07021\_103

Wednesdays at 10:30 am

Interested in learning Korean? Now is your chance. Join Ahja to learn basic Korean greetings and phrases. Class is perfect for those wanting to learn a foreign language!

## **NEW PROGRAM**

### CERAMIC PAINTING WITH ANN

R07098\_102

Friday, October 7 from 1pm to 2:30pm

Paint a small ceramic piece and when you are finished painting, instructor Ann Deml will fire your piece ceramic piece for you to pick up at a later date. Ceramic painting is a great way to spend an afternoon and no prior experience is needed.

## **NEW PROGRAM**

### AMERICAN MAHJONG

ACTIVE #R07047\_103

Wednesdays at 10:00 am

Register to join this fun group and bring along a friend or two to join this new group!

### SIMPLE HEALTHY COOKING WITH RHONDA

ACTIVE #R07049\_101—FEE \$3

Friday, October 14 at 10:30 am

Learn an easy, healthy and delicious recipe to make and taste. Class is taught by Registered Dietician, Rhonda Brandes, LDN.



# Fall Food Drive

We are collecting non-perishable food items from October 3rd to October 31st. Bring your food donations to North Potomac Senior Center during business hours and place items in the container box located in the lobby. Thank you.



## MOST NEEDED FOODS

### GRAINS



Instant oatmeal packets, original flavor  
Brown rice (16 oz)  
Whole grain pasta (16 oz)



### PROTEIN



Tuna, Salmon, or Chicken (in water)  
Dry or canned beans (low sodium)  
Natural nut butters



### FRUITS AND VEGETABLES



Canned vegetables (low-sodium)  
Canned fruit (in juice)  
Fruit cups



### OTHER HEALTHY ITEMS



Shelf-stable, individual milk boxes  
Cooking oil & spices  
Infant formula & baby foods



# Wellness Wednesdays

Join the University of Maryland Nursing Students and instructor, Joelle Takougang, MSN, RN for Wellness Wednesdays. Schedule subject to change. To confirm schedule, call 240-773-4805.

10am to 11am Blood Pressure Screening

10am to 10:30am Walking Club

12:30pm to 1pm Weekly Presentation

1:15pm to 1:45pm Seated Exercises with Weights

## WEEKLY PRESENTATIONS

9/28 Cholesterol, Diabetes and Hypertension

10/5 Mental Health and Emotional Wellness including Mind Games — Mandarin Translation available

10/12 Medications and Fall Risk

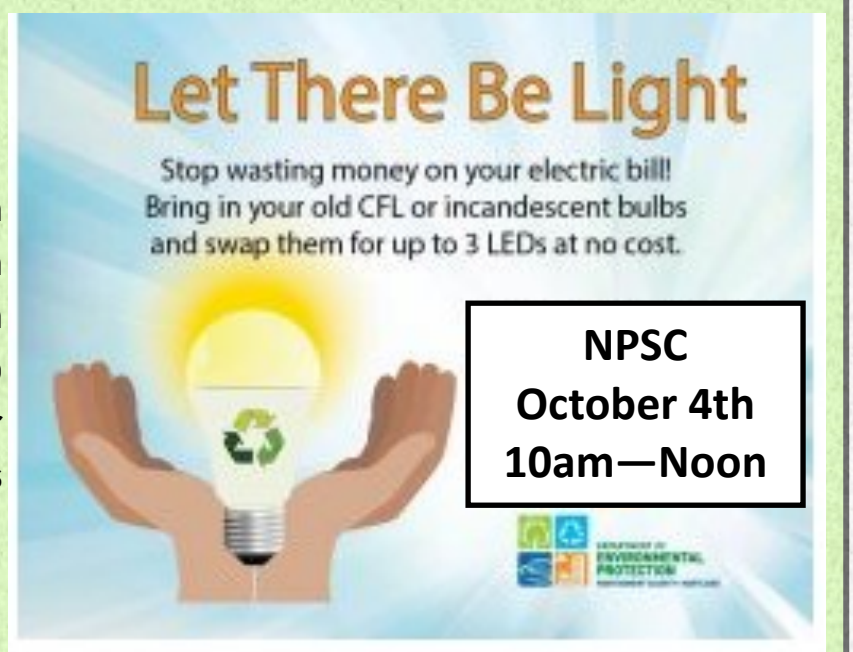
10/19 Senior Fitness Olympic Games

10/26 Breast Cancer Awareness Month — Wear something **PINK**

11/2 Alzheimer's Disease — Mandarin Translation available

Did you know lightbulbs come in a variety of colors?

A Montgomery Energy Connection representative will be in the North Potomac Senior Center lobby on October 4th from 10am to Noon to exchange your old light bulbs for up to three FREE NEW LED bulbs and provide valuable information.



**Let There Be Light**

Stop wasting money on your electric bill!  
Bring in your old CFL or incandescent bulbs  
and swap them for up to 3 LEDs at no cost.

**NPSC  
October 4th  
10am—Noon**

UNIVERSITY OF ENVIRONMENTAL PROTECTION

## RECPASS INFO

Do you need a RecAccess Pass (Free) or Senior Sneakers Pass (Fee)? Seniors Sneaker Pass is \$55 per year for County residents ages 55 or over. The staff at the front desk will be glad to assist you.

Did you know that scanning your RecAccess card at the front desk is NOT the same as registering for a 55+ class or program? ALL participants are required to be registered for the programs and classes they attend. Most programs and classes are offered in quarterly or monthly sessions, so you would register for each new session. The Fall session is currently underway, so be sure to register for classes and programs even if you attended in the same program previously.

Need a refresher or tutorial on *How to Register for Programs and Classes?* Let us know and we will arrange for a time for someone to sit with you to learn.

## MAKE FRIENDS, SOCIALIZE, AND ENJOY A HEALTHY MEAL SIGN-UP FOR THE SENIOR NUTRITION PROGRAM

For people aged sixty and over, or a spouse of any age can take part in the Senior Nutrition Program at North Potomac Senior Center. The suggested contribution is \$2.00 per meal. The cost of the meal for those under age 60 is \$7.05 per meal. To complete a SNP application, contact the Nutrition Site Manager, Hsiying Jean Wang at [hsiyang.wang@montgomerycountymd.gov](mailto:hsiyang.wang@montgomerycountymd.gov) or call 240-773-4805. To make or cancel a meal reservation call front desk at 240-773-4805 two days before your reservation.

## FREE CURB TO CURB TRANSPORTATION

If you live within five miles of North Potomac Senior Center, there is Free JCA handicapped accessible transportation available to you Monday through Friday. Pickup time from your home is between 8am and 9am and bus leaves North Potomac Senior Center at 2pm for your ride home. Call 240-773-4805 for an application. It takes approximately seven to ten business days for JCA to process an application.

## OCTOBER TRIVIA

How many of the questions about October can you answer? Good Luck!

- Which October event happened first?
  - Henry Ford introduced the Model T.
  - The first Oktoberfest festival was celebrated.
  - The "Great Chicago Fire" took place.
  - The Jazz Singer debuted in theaters.
- The United Nations Charter was ratified by 10 members on October 24, 1945?  
True or False?
- October is German American Heritage Month. What German phrase do people say when someone sneezes?
  - Guten tag
  - Salud
  - Danke schön
  - Gesundheit
- Born on October 16, 1854, Oscar Wilde did NOT write which of the following?
  - The Picture of Dorian Gray
  - Great Expectations
  - Lady Windermere's Fan
  - The Importance of Being Earnest
- Born on October 12, 1935, Luciano Pavarotti is known for singing what kind of music?

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- Mount Rushmore was completed on Halloween in 1941?  
True or False?
- Which of the following is NOT one of the names for October's full moon?
  - Strawberry moon
  - Hunter's moon
  - Drying rice moon
  - Falling leaves moon
- What happened on October 29, 1929, that caused the day to be called "Black Tuesday"?

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# EASY RECIPES FOR OCTOBER

## CHUNKY WHITE BEAN AND TOMATO DIP (Makes 16 servings)

### INGREDIENTS

- 1 (15.5-ounce) can white beans, drained and rinsed
- 1 cup plain yogurt
- 2 plum tomatoes, diced
- 1 cup chopped fresh arugula or spinach
- 1/2 cup chopped Kalamata olives
- Salt and pepper to taste
- 1 loaf Italian bread, slice



### INSTRUCTIONS

1. Mash beans with a fork In a large bowl.
2. Stir in yogurt, tomatoes, arugula or spinach, olives, salt, and pepper.
3. Allow to stand for 20 minutes.
4. Serve with bread slices.

## TASTY BAKED TAQUITOS (Makes 12 servings)

### INGREDIENTS

- Cooking spray
- 2 cups cooked shredded chicken
- 1/2 cup shredded cheddar cheese
- 1/2 cup cream cheese, room temperature
- 1/4 cup salsa
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic salt
- 1 (4-ounce) can diced green chilis
- 12 (6-inch) corn tortillas
- Sour cream and additional salsa for serving



1. Preheat oven to 350 degrees F and spray a 9 X 13 baking dish with cooking spray.
2. Combine chicken, cheese, cream cheese, salsa, oregano, garlic salt, and chilis in a large bowl.
3. Place tortillas on a microwave-safe plate, cover with a damp paper towel and microwave 20 seconds.
4. Place 1 1/2–2 tablespoons of chicken mixture in the center of each tortilla. Tightly roll up each tortilla and place in the prepared baking dish, seam side down. Spray with cooking spray.
5. Bake 30 minutes. Serve warm with sour cream and additional salsa for dipping.

# Schweinhaut Senior Center is turning 50!



Montgomery County Recreation's Margaret Schweinhaut Senior Center, which opened in 1972 and this year is celebrating 50 years of serving the community, will observe its golden anniversary with a free community celebration from 9am—4pm on Saturday, October 8, 2022.

The Margaret Schweinhaut Senior Center is located at 1000 Forest Glen Road in Silver Spring (near Holy Cross Hospital). The event will include an outdoor farmers market, Angklung performances, and demonstrations in tai chi and knitting.

The center is named after Maryland State Senator Margaret C. Schweinhaut, who advocated for a place for older adults to have a place to gather and enjoy activities.