



Happenings

March 2020

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NARFE Meeting:

Women's History Month

Thursday, March 12 • 1 - 3 p.m. • Garden Room

This year marks three milestones in the progress of Women's Suffrage: The Centennial of the adoption of the 19th Amendment granting women the right to vote; the 100th Anniversary of the founding of the League of Women Voters; and the recent ratification of the Equal Rights Amendment, by Virginia, the 38th state to do so. Join us to celebrate "Equal Rights for All, including SENIORS." Presenters will be Holly Joseph and Linda Mahoney, of the National Organization for Women, who have studied the political development of equality over the years.

The meeting is sponsored by the National Active and Retired Federal Employees and is open to the public. Actual presentation begins at 1:30 p.m.

- FOMSSC -

Friends of the
Margaret Schweinhaut Senior Center

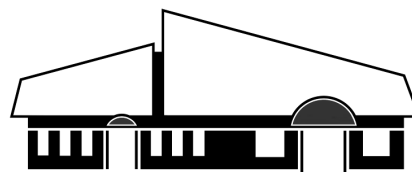


HELP US MAKE THE CENTER EVEN BETTER! We want to hear your ideas about how to improve the activities and operations of Schweinhaut. Look for the red and white SUGGESTION BOX in the Center's lobby! Include your name and number if you would like us to follow-up with you.

GET READY FOR ANOTHER SPRING YARD SALE! Last year's spring yard sale was a great success. We're planning another huge sale event for Spring 2020. Consider being a vendor, or donating your unneeded items to FOMSSC. For more information contact Peter Reiss at preiss372@gmail.com or Tsedale Yigezu at 240-777-8085.



Monday, March 30 -
Sunday, April 5 for
Cleaning.



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8:15 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, just select MCGuest.



MONTGOMERY COUNTY
Recreation

Special Programs

Weekday Programs - Check out our re-occurring programs for additional happenings!

RSVP/AARP Tax Aide Program • Mondays, March 2 & 23, Saturday, March 14 • Art Room • By Appointment

Retirement and other life changes making taxes complicated? Our IRS-certified volunteers offer free tax preparation assistance for taxpayers unable to afford a tax preparation service. **Pre-register at our front desk or by calling 240-777-8085 or by visiting www.montgomerycountymd.gov/taxaide.**

Movie: "Iron Jawed Angels" (2004) • Monday, March 2 • 1 - 3 p.m. • Garden Room

TV-14. Runtime 2 hours, 3 minutes. Defiant young activists take the women's suffrage movement by storm, putting their lives at risk to help American women win the right to vote.

Organizing for Taxes (and Spring) • Wednesday, March 4 • 1 - 2 p.m. • Garden Room

Judy Tiger, owner of Just That Simple (www.just-that-simple.net), will share her top tips gleaned from 13 years of organizing homes in the DC area. Her motto is "Less Chaos=More Safety, More Calm!" Whether you are aging-in-place or downsizing to move, this workshop is for you!

Senior SNAP Outreach • Monday, March 9 • 2 - 3 & Tuesday, March 16 • 1 - 3 p.m. • Garden Room

The Senior SNAP and Hunger Outreach Program will help eligible seniors apply for SNAP (food stamps) benefits, as well as learn about a number of other available programs and resources in Montgomery County that are designed to help residents who struggle to make ends meet. **Outreach day will be Monday, March 9**, where we will talk to seniors about SNAP and explain what the eligibility requirements are and what documents they need to bring to apply. **Application day, Tuesday, March 16**, will be a two hour application session where we will sign seniors up for SNAP on the spot.

Mementos Legacy • Tuesday, March 10 • 1 - 2 p.m. • Garden Room

Presented by Paulette Robinson, PhD. from Chapter MCSA. This program focuses on those mementos that we want to pass along to those who are dear to us. The session teaches participants a way to give context and meaning to those things we want to pass along to family or friends.

Be A Tutor with Literacy Council of MC • Wednesday, March 11 • 1 - 2 p.m. • Garden Room

Be a Tutor for under-served adults who need you! You can help students learning English as a Second Language (ESL), Basic Reading and writing GED Preparation. No previous experience required.

AAHI Resource Table • Thursday, March 12 • 10:30 a.m. - Noon • Lobby

Sponsored and presented by the Asian American Health Initiative. Learn about the various transportation options the county offers, such as Call 'n' Ride, Metro Access, etc. to older adults to help you get around!

St. Patrick's Day Celebration with Donato Soranno • Tuesday, March 17 • Noon - 2 p.m. • Auditorium

Celebrate St. Patrick's Day with lunch and authentic Irish music, as well as some bonus Italian music! A tenor, a soprano and a pianist trio will present a familiar and traditional music experience to entertain you. Lunch from noon - 1, entertainment from 1 - 2. **Pre-Registration is required, space is limited. Price for lunch ages 55-59 is \$5.93. Donations requested for 60+.**

Getting Around Montgomery County • Friday, March 20 • 1 - 2 p.m. • Garden Room

There are a lot of ways to get where you need to go! Join Shawn Brennan, Mobility Manager for Montgomery County Department of Health and Human Services, in a conversation about driving safely and exploring alternatives to driving.

America's Greatest Spy • Monday, March 23 • 1 - 2 p.m. • Garden Room

Travel in time with Virginia Hall America's Greatest Spy. Living-history written & performed by Rosemarie Law, who brings to life a legendary World War II espionage agent who saved lives while helping to set the stage for D-Day. Following the hour-long performance, Rosemarie will hold a Q&A so participants can learn more about this fascinating figure from history.

Explore Tech: Smart Thermostats • Wednesday, March 25 • 1 - 2:15 p.m. • Garden Room

Interested in lowering your heating and cooling bills? Programmable and smart thermostats could be the answer! Learn about the benefits of installing a programmable or smart thermostat as well as incentives like rebates through the Empower Maryland program. Additionally, you'll learn how smart thermostats can be integrated into your smart home and controlled through apps and smart home hubs like Alexa Google Home.

Do you have a suggestion about a new activity or an idea you would like to see at the center? We would love to hear from you!

Please use the suggestion box by the Daily Schedule table or email Karen at karen.maxin@montgomerycountymd.gov

We Want Your Feedback!



Saturday Programs - *Bring your weekday working friends with you!*

Flutist Mammo Rossetti • Saturday, March 14 • 10 - 11 a.m. • Garden Room
Please join us as returning flutist Mammo Rossetti plays some of his favorite songs.

Garden Club with Paul Mink • Saturday, March 14 • 10:30 a.m. - Noon • Daisy Room
This group of people meets to share garden tips and problems, as well as working on grounds maintenance at the Center when able. Present is a Master Gardener, who gives expert advice pivotal for teaching us to be good gardeners. Newcomers are always welcome! This meeting in particular will focus on getting the garden ready to wake up, such as beginning to start your garden with seeds and what times are right for outdoor planting.

Cardmaking with Cindy Boccucci • Saturday, March 14 • 11:30 a.m. - 2:30 p.m. • Art Room
Join us at the Center to learn how to make your own personal Valentine's Day cards! Materials will be provided. **Pre-registration is required, \$5 fee for materials. Cardmaking kits can also be purchased for an additional \$5.**

Photography Club with Paul Mink • Saturday, March 21 • 10:30 a.m. - Noon • Daisy Room
This photo group is a mix of very experienced photographers to folks just starting out with a camera. We share ideas, techniques and how to use various photo equipment and cameras. At this point there has been a heavy focus on digitizing photographs and working on them with a computer. This group is very friendly and has a shared love of photography. Newcomers are always welcome! This particular meeting will be a general workshop participants will have an opportunity to share their photographs.

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

Monday through Friday • Noon • Almost Café (Auditorium on Thursdays)

The cost of the meal is \$5.93. For people age 60 or older, or a spouse of any age 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 \$2.00. Please make or cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance. **For more information, call 240-777-8085 and ask for the Nutrition Site Manager.**

Daily Transportation - *Door-to-door daily transportation!*

Monday through Thursday • Pick up starts at 7:30 a.m. • Drop off starts at 3 p.m.

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 240-777-8085. **Changes or cancellations, call Evelyn Kittrell at 301-255-4214.**

Announcements

No Class Dates

Monday, March 30 - Sunday, April 5: Center will be closed for cleaning and maintenance

Recent Changes to Schweinhaut

We want to thank you for your patience as our center has received many renovations over the past 6 months. We've had three furnaces, one air conditioning unit, and two kilns recently installed, as well as new carpets, and wood flooring in the Garden Room. There are some changes still to come, as we're working on replacing our parking lot lights, and many more small tweaks for your quality of life. We appreciate your continued support to make our center safer and more beautiful.

Do you have an interest in...

Here at the Schweinhaut center, we like to keep things fresh and new. That's why we're considering hosting a **Talent Show** sometime soon! At this show, we want to be able to showcase all the abilities that you have to offer!

If you are interested in being a part of the show or even if you're only interested in attending, please sign our interest check at the front desk or notify Karen or Rita, either through email or directly. They can be contacted at:
rita.granado@montgomerycountymd.gov
karen.maxin@montgomerycountymd.gov

Re-Occurring Activities

Activities are listed in order by category then alphabetically.

	Activity	Day & Time	Description & Contact	Fee
ART	Doodles & Designs <i>Facilitator: Michele Wolfman</i>	2nd & 4th Tuesdays from 1:30 - 2:30 p.m.	Learn the art of drawing delightfully designed doodles in this art class!	Free
	Ceramics <i>Instructor: Sandra Patterson</i>	Tues. & Thurs. from 9:30 a.m. - 1 p.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	\$20 per month
	Collage Meet Up <i>Facilitator: Karen Leeman</i>	2nd Mon. from 1 - 3:45 p.m.	Work on your projects with others who share the same interest. Bring your own supplies.	Free
	Fun with Art <i>Instructor: Sylvia Nicholson</i>	Wed. & Fri. from 10 a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
	Learn to Knit/Crochet/Loom	Fri. from 1 - 3 p.m.	Learn to knit, crochet and loom from members of The Yarners. Bring your own supplies.	Free
	Origami <i>Facilitator: Lois Dicker</i>	1st Mon. from 1 - 3 p.m.	Learn the Japanese art of paper folding.	Free
	The Yarners <i>Facilitator: Sally Lee</i>	Wed. from 1 - 3 p.m.	Group makes a variety of knitted and crocheted items for area charities.	Free
	Wood Carving	Tues. from 11 a.m. - 1 p.m.	Come in & transform simple pieces of wood into beautiful shapes. Bring your own supplies.	Free
	16th Century English Verse <i>Instructor: Clarence Steinberg</i>	Wed. from 10 a.m. - Noon	Class now reading and discussing selected plays by Shakespeare. Bring your own book.	-
EDUCATIONAL	AARP Safe Driving Course <i>Facilitator: Nina Uzick</i>	3rd Mon. from 10 a.m. - 3:30 p.m.	A one-day course focusing on defensive driving. \$15/members, \$20/non-members. Checks only. Pre-register at front desk, space is limited.	\$15/\$20
	Book Discussion <i>Facilitator: Karen Ray</i>	4th Thurs. from 1 - 2:30 p.m.	<i>Caleb's Crossing</i> by Geraldine Brooks. Set in 1665, the story of a young son of a chieftain and the daughter of a minister, and the different struggles the two have with the world.	-
	Exploring ASL & Deaf Culture	2nd & 4th Thurs. from 1:30 - 2:30 p.m.	Learn to talk with your hands in this American Sign Language workshop!	Free
	Garden Club <i>Facilitator: Paul Mink</i>	3rd Sat. from 10:30 a.m. - Noon	Join Paul Mink to discuss spring planting and working in the garden.	Free
	Great Scientist Lecture Series <i>Instructor: Dr. Alan Breitler</i>	Fri. from 10 - 11:30 a.m.	A lecture series exploring the great scientists, including Galileo, Newton, Curie, and Einstein.	Free
	Italian Class <i>Instructor: Nina Baccanari</i>	Wed. from 1 - 2:30 p.m.	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 Italian required.	Free
	Military History and Veterans Group <i>Facilitator: Alan Lewis</i>	1st Tues. from 1 - 3 p.m.	Guest speaker Mr. Philip Padgett will discuss his book "Advocating Overlord - The D-Day Strategy and the Atomic Bomb."	-

	Activity	Day & Time	Description & Contact	Fee
	Ballroom Dance <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. from Noon - 1 p.m.	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
	<i>Holy Cross Hospital Presents</i> Better Bones <i>Instructors: Karl Haddad (Mon.) & Adriene Buist (Thurs.)</i>	Mon. & Thurs. from 2 - 3 p.m.	Focus on reducing the rate of bone loss and improving balance, flexibility, and enhancing well being. Call 301-754-8800 to register. Must complete form prior to participating.	Free
	Chair Stretch & Strength <i>(Video, No Instructor)</i>	Mon. at 8:45 a.m. Wed. at 9:30 a.m. Fri. at 8:30 a.m.	This video guided class will improve your ability to be stable, balanced, and mobile. Participate at your own risk. Drop-in.	Free
	Get Moving <i>Instructor: Tony Bryan</i>	Thurs. from 9 - 10 a.m. Session: 1/16 - 3/5	Focus on balance, range of motion, muscle conditioning and coordination through basic dance steps! Pre-register at Front Desk.	\$40 per session
	Integral Tai Chi <i>Instructor: JJ Rein</i>	Wed. from 2 - 3:30 p.m.	Combines traditional practices of Tai Chi, Qi Gong, and Yoga into a range of gentle to challenging movements in coordination with abdominal breathing.	Free
	Let's Dance <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. from 1 - 2:30 p.m.	Offers a time for practice and fun after our Ballroom Dance class!	Free
FITNESS	Line Dancing <i>Instructors: Myung Anderson (Mon.) & Jo Ann Eng (Sat.)</i>	Mon. from 10:45 - 11:45 a.m. Sat. from 10:30 a.m. - Noon	Learn how to line dance while having fun. These classes will keep you moving.	Free
	<i>Holy Cross Hospital & Kaiser Permanente Presents</i> Senior Fit <i>Instructors: Chatarina Lindvall (Mon./Wed./Fri.), Bette Crockett (Tues.) & Ann Johnson or Mary Sue Miranda (Sat.)</i>	Mon./Wed./Fri. at 8:30 a.m. & 9:30 a.m. Tues. at 9 a.m. Sat. at 9:30 a.m.	Focus on increasing strength and muscle endurance while improving balance and flexibility. Call 301-754-8800 to register. Must complete form prior to participating.	Free
	<i>Suburban Hospital Presents</i> Senior Shape Stability Ball Exercise <i>Instructor: Matt Rundell</i>	Tues. from 11 - 11:45 a.m. Session: 1/9 - 3/19	Low-impact exercise program will tone and define your core muscles and help increase balance and flexibility. Bring an exercise ball and weights. Call 301-896-3939 to register.	\$40 Fee
	<i>Suburban Hospital Presents</i> Senior Shape Weight Training <i>Instructor: Matt Rundell</i>	Tues. from 10 - 10:45 a.m. Session: 1/9 - 3/19	Increase your muscular strength and endurance and improve range of motion and balance. Bring handheld weights and a mat. Call 301-896-3939 to register.	\$40 Fee
	Spinning Wheels <i>Instructor: Donald Lewis</i>	Wed. from 10:30 - 11:30 a.m.	Donald Lewis has returned! Join him for an hour to ride our spinning bikes.	Free
	Tai Chi Chuan <i>Instructors: Glenn Moy (Thurs.) & Kirk Talbott (Fri.)</i>	Thurs. from 10 - 11 a.m. Fri. from 1:30 - 2:30 p.m.	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
	Qi Gong <i>Instructors: Mike Kornely & Julia Schuker</i>	Sat. from Noon - 1 p.m.	Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free

	Activity	Day & Time	Description & Contact	Fee
G A M E S	BINGO!	Mon. & Thurs. from 10:30 - 11:30 a.m.	Win prizes and have fun! Maximum two cards per person.	\$1
	Bocce Ball	Wed. from 11 a.m. - 1 p.m.	No meeting in Winter.	Free
	Duplicate Bridge <i>Facilitator: Jim Campbell</i>	Tuesday from 12:30 - 3:55 p.m.	Play in an ACBL sanctioned game. Open to all seniors with or without a partner.	\$5
	Game On! <i>Facilitator: Liz Brigham</i>	Tues. & Fri. from 10 a.m. - 3:45 p.m.	Play Rummikub and a variety of card games. Learn to play 5 Crowns and golf.	Free
	Mahjong	Tues. & Fri. from 10 a.m. - Noon	Individuals of all skills are welcome. Please bring your set.	Free
	Wii Bowling	Wed. from 10:30 a.m. - Noon	Pick up the controller and knock down the pins or go for a strike!	Free
H E A L T H	<i>The Affiliated Sante Group Presents</i> Coping with Change	Tues. from 1 - 2 p.m.	A supportive discussion group on dealing with life changes and positively coping with them. Call 301-741-7764 for more information.	Free
	<i>Suburban Hospital Presents</i> Diabetes Support Group <i>Facilitator: Leni Barry</i>	3rd Wed. from 12:45 - 1:45 p.m.	Facilitated by a HeartWell Nurse, this group is for those living with type 1 or type 2 diabetes, prediabetes, or family members.	Free
	<i>Suburban Hospital Presents</i> Know Your Numbers <i>Facilitator: Leni Barry</i>	Wed. from 10 a.m. - Noon	HeartWell Nurse provides health counseling on vital cardiovascular health numbers (blood pressure, cholesterol, BMI, and blood sugar.)	Free
	Maximizing You! <i>Facilitator: Edie Mahlmann, LCSW</i>	Thurs. from 11 a.m. - Noon	Do something for yourself! This group discusses issues on aging. Learn to live better, be nicer to yourself, and take care of yourself.	Free
	Nutrition 101 <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	Tues. from 2:30 - 3:30 p.m. Thurs. from 1 - 2 p.m.	Join nutritionist and Certified Wellness Wave Life Coach, Josephine, to discuss how to be your best healthy self.	Free
	<i>CaringMatters Presents</i> Spousal/Parent Loss Support Group <i>Facilitated by Trained Volunteers.</i>	Mon. from 1 - 2:30 p.m.	This group provides bereavement support and understanding for people who have lost a spouse, partner, or parent. To register, please call Jim Rossi at 301-990-0854.	Free
	<i>Montgomery County Stroke Association Presents</i> Stroke Support Group <i>Facilitator: Janet Gritz & Elaine Perraco</i>	2nd Tues. from 2 - 3 p.m.	This group provides a forum for learning, listening, and socializing for stroke survivors and caregivers. Free and open to the public.	Free
Encore Chorale	Mon. from 10 a.m. - Noon	For more info, call 301-261-5747 or visit www.encorecreativity.org .	Fee	
M U S I C	Musical Mending <i>Facilitator: Melanie Edwards</i>	1st & 3rd Thurs. 1 - 2 p.m.	This innovative new workshop uses music to help with memory, cognition, expression as well as general well being. Come to boost your mind skills or just to have fun!	Free
	Seasoned Players	4th Wed. from 2:30 - 3:45 p.m.	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.	Free
	<i>Folklore Society of Greater Washington and Carpe Diem Arts Presents</i> Song Circle <i>Facilitator: Fred Stollnitz</i>	3rd Wed. from 1 - 3 p.m.	Come to sing or just listen, but do come to enjoy delightful songs. Song Circle is about group singing, not talent. Open to the public.	Free

	Activity	Day & Time	Description & Contact	Fee
SERVICES	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>	2nd Tues. from 10:30 - 11:30 a.m.	Call 240-777-1062 to make an appointment for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free
	Mobile Post Office	Wed. from 11:30 a.m. - 12:30 p.m.	Purchase stamps, send a letter or package, etc.	TBD
SPORTS	Beginner Pickleball	Fri. from 10:30 a.m. - Noon	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis.	Free
	Billiards	Center Hours	Come on in and shoot some pool! Pool Room is open to everyone.	Free
	Intermediate Pickleball	Mon. from Noon - 1:45 p.m.	Suitable for players that know the rules and have mastered the basic shots of the game.	Free
	Ping Pong	Mon. from Noon - 1:45 p.m. Fri. from 10:30 a.m. - Noon	Ping Pong is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles.	Free
TECHNOLOGY	Computer Help <i>Instructor: Satish Shah</i>	Saturday by appointment only	Satish Shah will teach basic computer skills. Pre-register at the front desk, no drop-ins.	Free
	<i>Senior Planet Montgomery Presents</i> Senior Planet Tech Lounge	Friday, March 27th from 1:30 - 3 p.m.	Stop by for Tech Lounge Friday, a drop-in program, offering 1:1 instruction and small group support for all of your smartphone, tablet, and laptop computer questions. Senior Planet Montgomery trainers will be joined by Verizon employee volunteers to help you troubleshoot your device. <i>No appointments or pre-registration necessary.</i>	Free
	<i>Senior Planet Montgomery Presents</i> Explore Tech Lectures	4th Wednesday from 1 - 2:30 p.m.	Free lectures that introduce popular tech topics and themes by explaining the general purpose of a device or concept, its usefulness, and in some cases important tips and tricks. No registration required. • 3/25: Smart Thermostats •	Free
	<i>Senior Planet Montgomery Presents</i> Chromebook Essentials (5-week Course)	Tues. and Fri. from 10:45 a.m. - Noon Session: 2/4 - 3/6	This course will cover the essentials of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. Chromebooks are fast, secure and cost-effective computers that run the Google Chrome operating system. By the end of the course, you'll have a foundation for using the device to navigate the internet. Pre-registration is required, space is limited.	Free
	<i>Senior Planet Montgomery Presents</i> Digital Storytelling (5-week Course)	Tues. and Fri. from 12:45 - 2p.m. Session: 2/4 - 3/6	This 5-week course will introduce you to Enwoven, an exciting digital storytelling platform. You'll learn to use Enwoven to create stories through curated photos, videos, documents and audio recordings. If you've ever wanted to share your life experiences with others, or create a narrative about topics that are important to you, this is the course for you.	Free

Pre-registration is required, space is limited.



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

- AARP
- Affiliated Sante Group
- Akhmedova Ballet Academy
- Alzheimer's Association
- Beacon Newspapers
- Carpe Diem Arts
- Encore Creativity for Older Adults
- The Folklore Society of Greater Washington
- Holy Cross Hospital
- Hospice Caring
- Kaiser Permanente
- Military History & Veterans Discussion Group
- Montgomery County Stroke Association
- Senior Planet Montgomery
- South Four Corners Citizens Association
- Suburban Hospital
- U.S. Postal Service
- Woodmoor Pastry Shop

Upcoming Programs – Look at what is coming in April!



Monday, April 6	Planet Earth - Disc 1 AARP Tax Aide Program
Tuesday, April 7	Military History & Veteran's Discussion Group
Wednesday, April 8	Planet Earth - Disc 2
Saturday, April 11	Cardmaking with Cindy Boccucci
Monday, April 13	Planet Earth - Disc 3
Tuesday, April 14	Educational Stroke Presentation
Wednesday, April 15	Song Circle
Monday, April 20	Energy Workshop - Energy & Earth Day
Tuesday, April 21	Earth Day Crafts & Trivia
Wednesday, April 22	Planet Earth - Disc 4
Friday, April 24	Planet Earth - Disc 5
Saturday, April 25	Elder Law Event Expressions of Kuchipudi
Monday, April 27	Planet Earth - Disc 7
Tuesday, April 28	Election Day
Wednesday, April 29	Explore Tech: How To Choose a New Computer
Thursday, April 30	Plant-Based Diets: Vegan & Gluten Free

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.

Community Meetings – Speak with group for more info!

Chic Red Hatters of Merryland	Wednesday, March 18, 2:15 - 3:30 p.m., Art Room
Coin Club	Tuesday, March 10, 7 - 9 p.m., Garden Room
Deaf Seniors of Maryland	Thursday, March 19, 10:30 - 3:30 p.m., Auditorium
REIMW	Wednesday, March 25, 7:30 - 9:30 p.m., Garden Room
South Four Corners	Monday, March 16, 7 - 9 p.m., Garden Room
Stamp Club	Tuesday, March 24, 7:30 - 9:30 p.m., Art Room
Trout Club	Wednesday, March 18, 7 - 9 p.m., Garden Room
Wheaton NARFE	Thursday, March 12, 1 - 3 p.m., Garden Room



Check out our Website!

www.mocorec.com

The redesigned website puts more information at your fingertips with streamlined menus, simplified site navigation, detailed information about senior centers, aquatic centers, and recreation centers, including center-specific calendars of events.

Do not forget to take a look at our Margaret Schweinhaut Senior Center page to see our current newsletter, calendar of daily happenings, and so much more!

Get our Happenings:

Visit us online at <https://www.montgomerycountymd.gov/rec/Resources/Files/seniors/SSCnewsletter.pdf>

Subscribe to our monthly e-mail at public.govdelivery.com/accounts/MDMONTGOMERY/subscriber/new

Grab a hardcopy from the center or provide six (6) self-addressed, stamped (70¢ Postage) envelopes to receive them in the mail.

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