



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

September 2023

Motown Oldies with “Jumpin Joe”

Come listen and dance to Motown Oldies from our past. “Jumpin Joe” will perform all the classic hits of Motown from groups such as The Temptations, The Four Tops, The Supremes, Stevie Wonder, Sinatra and more. Snacks available.

Pre-registration required.

Wednesday, Sept. 13, 6-7pm; Free



The Fall session of HPSI classes will start this month! Register for your favorites before they fill up!

**Center Closed:
Monday, Sept. 4 for Labor Day**

Hispanic Heritage Festival



Join us to celebrate Hispanic Heritage Month with music and dances from a variety of countries in Latin America and more. Enjoy traditional snacks from featured countries!

Tuesday, September 26, 1pm

Pre-registration required.

Brown Bag Activity

Bring in your prescription medications and talk to a pharmacist about potential drug interactions and more!



Monday, 10/2, 1pm

More info on Page 2.



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.
April-September: Wednesdays 9:00 a.m. - 9:00 p.m.



Special Events & Activities

October is Fire Prevention Month!

Get ready for Fire Prevention Month and get up to date with all the tips and tricks for fire safety!

Thursday, September 5

International Day of Peace



Join us for a day of music and relaxation with music played by Andrew Zatman on the piano.

Thursday, 9/21, 1pm

Vietnamese Mid Autumn Festival



Join us for a celebration of the traditional Mid-Autumn holiday of the Moon Festival, with dances and small snacks!

Thursday, September 28

Move & Groove with Carla will be continuing at a new time in the Fall!

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. There will be easy-to-follow verbal and visual cues that will keep you moving to fun upbeat music.

Mon., 9/18-12/4, 2:30-3:20pm, Free
Wed., 9/20-12/6, 2:30-3:20pm, Free

Brown Bag Activity

Two pharmacists will be available to talk and provide medication counseling to seniors on their home medications for proper usage, correct indications, side effects and any significant drug-drug interactions. Seniors are encouraged to bring their prescription medications from home from the “Brown Bag” activity day.

Monday, 10/2, 1pm



Folk Singing with Michael Bloom

Join us for another wonderful afternoon of folk singing led by Michael on his guitar!

Wednesday, 10/11, 1pm

Halloween Dance Club with Night & Day

Dress up in your favorite costume and join Night & Day for a spooky session of dancing to get ready for Halloween!

Friday, 10/27, 1pm



WEDNESDAY EVENING SPECIAL EVENTS

Angklung Music

Come hear the music of the angklung group, played by a group of Sundanese individuals using the angklung, an Indonesian instrument made of bamboo that produces just one note or chord.

Wednesday, Sept. 6, 6-7pm; Free

Motown Oldies with “Jumpin Joe”

Come listen and dance to Motown Oldies from our past. “Jumpin Joe” will perform all the classic hits of Motown from groups such as The Temptations, The Four Tops, The Supremes, Stevie Wonder, Sinatra and more. Snacks available.

Pre-registration required.

Wednesday, Sept. 13, 6-7pm; Free

A Book & A Movie

Join us for a book discussion on “The Woman In The Window” by A.J. Finn followed by the movie starring Amy Adams, Gary Oldman and Anthony Mackie, so you can observe its similarities.

Pre-registration required.

Wednesday, Sept. 20, Book Club starts 4:15pm; Movie starts at the latest at 5:45pm; Free



End of Summer Camp

Come and enjoy a variety of games and crafts, including card making, and have freshly made s'mores while we say goodbye to summer. More details to come.

Pre-registration required.

Wednesday, Sept. 27, 5:30-6:30pm; Free

September 27 will be the end of this year's evening events! We hope to see you again next Spring season when the Night At The Park events resume!

UPCOMING SPECIAL EVENT

Brookville Beer Farm Tour and Tasting

Wednesday, September 27th; Fee: \$5

We will be meeting groups of Seniors from Damascus and North Potomac Senior Centers for this trip! Our tour is scheduled for 11 am. We will board the bus at Holiday Park at 10 am and leave promptly at or before 10:15 am. The bus is scheduled to return to Holiday Park Senior Center at 1:30 pm. If you normally have lunch at the Senior Center, we will provide you a lunch when you return to Holiday Park.



Space is limited. To reserve your place, return a registration form along with the \$5 fee or register online at www.activemontgomery.org using code R07101-134

UPCOMING SPECIAL EVENTS & ACTIVITIES

Fresh Conversations Nutrition Lectures

Join Dr. Mona Habibi from the University of Maryland for this multi-part lecture series offering practical tips and sensible solutions to everyday problems getting in the way of eating and living well!

**Join us for the following classes on
Mondays from 2:15-3:15pm!**

Beating the silent killer - **September 25**

Know your heart signs - **October 30**

Fat can be heart healthy - **November 27**

Pre-registration is required at the Front Desk or online at ActiveMontgomery.com using code **R07024-505**.

Coffee & Conversations

Coffee with a Cop

Wed., 9/6, 10:30 am



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

Fire Safety, One Cup of Coffee (Or Hot Chocolate) At A Time!

Thur., 9/21, 9:30 am

Join us to connect with fire squad staff as they provide info in an informal café setting, with coffee or hot cocoa, and snacks!



WEDNESDAY EVENING CLASSES

Fitness & Fun

Taught by Regine, and sponsored by HPSI. This fun general fitness class will focus on aerobics, strength training for muscle and bone health, and fall prevention techniques. You will need weights, bottle of water for hydration and the ability to get on the ground. The class is designed to work on balance, mobility, flexibility and strength.

Pre-registration required.

July 12-Sept. 13 (9 weeks), 4:30-5:30pm

Yoga

Taught by Kath, PhD., who's been teaching yoga for 14 years. Sponsored by HPSI. This class is a combination of chair, standing and floor yoga. An introduction to asana poses to improve strength and balance. Learn proper breathwork and take part in guided meditation. Please bring your own mat.

Pre-registration required.

July 12-Sept. 13 (10 weeks), 7-8pm

UNLOCK YOUR STORY

Unlock Your Story provides customers an opportunity to share their stories with others.

Wednesday, October 18, 1pm

The Goal:

- Strengthen and develop new relationships
- Identify what we have in common
- Identify issues in the community

During the pandemic we received an additional \$250K for 55+ programs due to customers telling their stories. We need to continue telling our stories in order to maintain our programs/classes and to add 55+ evening and weekend programs.



Classes and Drop-in Activities

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

DANCE

BALLROOM: INTERMEDIATE

Current session ends 9/6.

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Waltz & Quickstep. Rhythm: Cha-Cha & Bachata. No class 10/25.**

Smooth	Wed	9/20-12/6	2:30-3:20pm	\$50	11 wks
Rhythm	Wed	9/20-12/6	3:30-4:20pm	\$50	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.

No class 10/2, 10/9.

Mon	9/18-12/4	1-1:50pm	\$35	10 wks
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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 11/10, 11/24.

Fri	9/22-12/8	11-11:50am	\$35	10 wks
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LINE DANCE- PARTY FAVORITES

Taught by Robin 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. **No class 11/23.**

Lv I	Thur	9/21-12/7	11-11:50am	\$35	11 wks
Lv II	Thur	9/21-12/7	10-10:50am	\$35	11 wks

TAP DANCING (INT.)

Current session ends 9/6.

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	9/20-10/11	1-1:50 pm	\$20	4 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

Current session ends 9/7.

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. **No class on 11/23.**

Beg.	Thur	9/21-12/7	12-12:50pm	\$45	11 wks
Adv.	Thur	9/21-12/7	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.

No class 11/10, 11/24.

Fri	9/22-12/8	10-10:50 am	\$25	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.

Mon	9/18-12/11	11-11:50am	\$40	13 wks
Wed	9/20-12/13	11-11:50am	\$40	13 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	9/21	11-11:50 am	\$5 each	1 time class
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LATIN RHYTHM CARDIO FITNESS

Current session ends 9/5 & 9/7.

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 11/23.**

Tue	9/19-12/5	2-2:50pm	\$50	12 wks
Thur	9/21-12/7	10-10:50am	\$45	11 wks

MEDITATION

Taught by Patrick and sponsored by HPSI. Meditation is a mainstream practice for stress reduction and concentration. **No class 11/10, 11/24.**

Fri	9/22-12/8	11-11:50am	Free	10 wks
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Classes and Drop-in Activities

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

MOVE AND GROOVE DANCE FITNESS

Current session ends 8/28 & 9/6.

Taught by Carla and sponsored by MoCo. Rec. 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. There will be easy-to-follow verbal and visual cues that will keep you moving to fun upbeat music.

Mon	9/18-12/4	2:30-3:20pm	Free	12 wks
Wed	9/20-12/6	2:30-3:20pm	Free	12 wks

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.

Thur	9/21-12/7	9-9:50am	\$35	11 wks
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SELF DEFENSE — TAE KWON DO

Taught by Larry and sponsored by HPSI. 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. **No class on 9/10 & 9/24.**

Fri	9/3-12/15	2-2:50pm	Free	5 wks
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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	7/3-9/25	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. **No class 9/4.**

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

Current session ends 9/7.

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.

No class 11/23.

Thur	9/21-12/7	2-3pm	\$35	11 wks
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ZUMBA FOR ALL

Current session ends 9/5.

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength.

Tue	9/19-12/5	11-11:50am	\$45	12 wks
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ZUMBA GOLD ADVANCED

Current session ends 9/6.

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

Wed	9/20-12/6	10-10:50am	\$50	12 wks
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ZUMBA GOLD TONING

Current session ends 9/8.

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

No class 11/24.

Fri	9/22-12/8	10-10:50am	\$45	11 wks
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YOGA

EVERY BODY'S YOGA

Current session ends 9/6.

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	9/20-12/6	3-3:50pm	\$50	12 wks
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HATHA YOGA FOR ALL

Current session ends 9/5 & 9/8.

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.**

No class on 11/10, 11/24.

Virtual	Tue	9/19-12/5	9-9:50am	\$50	12 wks
In Person	Fri	9/22-12/8	9-9:50am	\$40	10 wks

Classes and Drop-in Activities

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

YOGA FOR BALANCE

Current session ends 9/5.

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	9/26-12/12	10-10:50am	\$50	12 wks
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YOGA (CHAIR)

Current session ends 9/5.

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	9/26-12/12	11:10-12:00pm	\$50	12 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. **No class 11/23.**

Thur	10/19-12/7	1—3pm	\$70	7 wks
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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	9/12-12/19	1-3pm	\$150	15 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.

Mon	9/11-12/18	10-12pm	\$150	15 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	9/12-12/19	10-12pm	\$150	15 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 Deb. Vocabulary and conversational English to help you get comfortable in everyday conversation.

Tue	Ongoing	10-10:55am	Free	
Thur	Ongoing	10-10:55am	Free	

INTRODUCTION TO FRENCH

Current session ends 9/13.

Taught by Gilles and sponsored by HPSI. For students with little to no knowledge of French. **No class 7/5.**

Wed	9/20-12/6	9-9:50pm	\$35	12 wks
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FRENCH: BEGINNER

Current session ends 9/13.

Taught by Gilles and sponsored by HPSI. Learn and practice your French.

Wed	9/20-12/6	10-10:50am	\$35	12 wks
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FRENCH: INTERMEDIATE

Current session ends 9/13.

Taught by Gilles and sponsored by HPSI. Learn and practice your French. Prior knowledge required.

Wed	9/20-12/6	11-11:50am	\$35	12 wks
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FRENCH (CONVERSATION)

Current session ends 9/13.

Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required.

Wed	9/20-12/6	12-12:50am	\$35	12 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.

Spanish 101	Mon	9/18-10/30	11-11:55am	Free
Advanced	Mon	9/18-10/30	10-10:55am	Free

The 1:00 PM Holiday Park Daily Show – September 2023

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

Dance Club Friday with Gary Brown

Get ready for the long weekend with Gary's great tunes! *Light refreshments served.*

Fri. Sept. 1

Center Closed: Labor Day

Mon. Sept. 4

The Music of World War II with Mike Suser

WWII affected almost every man, woman and child in the US in some way. Husbands were separated from wives, boyfriends from girlfriends and children from parents. The most popular songs were the cries of yearning for the day when the endless war would finally end. This included songs like *We'll Meet Again*, the *White Cliffs of Dover*, and *I'll Be Seeing You*. Also very popular were the swing tunes from bands like Glenn Miller (*In the Mood*, *Chattanooga Choo Choo*). Charlene and Mike will sample much of this wonderful music.

Tue. Sept. 5

Medicaid Transportation and other Transportation Options

Come hear about the many transportation programs available in Montgomery County. Medicaid Transportation transports Montgomery County residents with medical or physical needs and no other means of transportation to their medical appointments.

Wed. Sept. 6

Cooking Demo with Nikki—Moroccan Food

The exotic spices, mouth-watering flavor combinations, exciting tastes and aromas- elevate even the most simple ingredients. Recipes influenced for thousands of years by a multitude of cultures and religions come to life in the Moroccan kitchen. Nikki will demonstrate simple Moroccan recipes and afterwards we will sample the creations. Join Us!

Thur. Sept. 7

Dance Club Friday with Mike Surratt

Mike is back at it again to get us grooving into this weekend with his awesome songs! *Light refreshments served.*

Fri. Sept. 8

Movie: Mamma Mia: Here We Go Again!

Five years after the events of Mamma Mia! (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past. Starring Lily James, Amanda Seyfried and Meryl Streep.

Mon. Sept. 11

Tae Kwon Do Demo

Join Larry for a demo of our new class, 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. And have fun while doing it!

Tue. Sept. 12

Shirt Coloring

Join us for this fun craft day and color your own shirt with a variety of spray dyes!

Wed. Sept. 13

Tech Thursday: Hosting a Zoom Call

Thinking about hosting your own Zoom meeting? In this introductory lecture, we'll go over what you need to start your first meeting, as well as some hosting tips to make it a success. You'll also learn about special features for hosts, including ways Zoom keeps your meetings secure. After this overview lecture, you'll be ready for our hands-on workshops "Getting Started with Zoom" and "Hosting a Zoom Meeting," which include step-by-step instructions.

Thur. Sept. 14

The 1:00 PM Holiday Park Daily Show – September 2023

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

Biodanza Demo

Fri. Sept. 15

Join us for a demo of Biodanza with Luisa! With verbal communication reduced to a minimum, you can just train your perception of emotions and states of mind. What are you waiting for? Join us to have fun and become part of the global Biodanza community.

Oil Therapy with Adriene

Mon. Sept. 18

Did you know citrus oils such as lemon can have a powerful effect on our mood? Orange oil is sunshine in a bottle. Bergamot oil can treat anxiety and rose oil calms the heart and helps us get through difficult situations.

Get Back into Action with Joint Replacement with Suburban Hospital

Tue. Sept. 19

Relief from joint stiffness, swelling, and pain can come through various options. Kevin Woodward, P.A.-C will provide a detailed review of the latest advances in joint replacement as well as treatment options for common hip and knee joint issues.

Live Music with Chyp & Andrea

Wed. Sept. 20

Chyp and Andrea are back again for another great afternoon of songs and fun!

International Day of Peace

Thur. Sept. 21

Join us for a day of music and relaxation with music played by Andrew Zatman on piano.

Dance Club Friday with Take Two

Fri. Sept. 22

Get your dancing shoes on for a upbeat afternoon of tunes from Take Two!
Light refreshments served.

Movie: “Fiddler on the Roof” (1971) 3hr. 20mins.

Mon. Sept. 25

In pre-revolutionary Russia, a Jewish peasant with traditional values contends with marrying off three of his daughters with modern romantic ideals while growing anti-Semitic sentiment threatens his village. Starring Chaim Topol, Norma Crane and Leonard Frey.

Hispanic Heritage Festival

Tue. Sept. 26

Join us to celebrate Hispanic Heritage Month with music and dances from a variety of countries in Latin America and more. Enjoy traditional snacks from featured countries!
Pre-registration required.

Dick Ebersole with Sheldon Lehner

Wed. Sept. 27

Join us to hear the story of Dick Ebersole and learn about the life and times of a TV and Sports Executive legend.

Vietnamese Mid-Autumn Festival

Thur. Sept. 28

Join us for a celebration of the traditional Mid-Autumn holiday of the Moon Festival, with dances and small snacks!
Pre-registration required.

Dance Club Friday with Metropolitan

Fri. Sept. 29

Get ready for the weekend by dancing away the afternoon with the Metropolitan.
Light refreshments served.

Classes and Drop-in Activities

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

GAMES

BRIDGE FOR BEGINNERS I

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. **No class 10/17.**

Tue	9/19-12/5	1-3pm	\$115	11 wks
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BRIDGE INTERMEDIATE I

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. **No class 10/12, 10/19, 11/23.**

Thur	9/21-12/7	1-3pm	\$95	9 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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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.

New schedule for Fall! Now on new days!

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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Classes and Drop-in Activities

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

BOOK CLUB

Led by Carol & Ethlyn. Join us monthly to discuss the current month's book and relevant topics. The October book is "Four Winds" by Kristen Hannah.

Wed	9/20	4:30pm	Free
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JOURNALING CLUB

Led by Carol & Ethlyn 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	9/19	2:15-3:45	Free
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PHOTOGRAPHY CLUB

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

Wed	9/6 & 9/20	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.

Pre-registration required.

Thur	9/21-11/9	2-3:30pm	Free
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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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TECHNOLOGY


BEYOND THE BASICS: Chromebook

Presented by Senior Planet Montgomery. This 10-session course expands on the concepts and skills taught in the Basic course. You'll improve your research skills; explore more email features; use Google Drive, Photos and Docs; and go over how to be safe online. **No class on 8/3 & 8/22.**

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

Tue & Thur	7/11-9/21	10:30-11:45am	Free
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EXPLORING SMARTPHONE APPS


Curious about downloading apps on your smartphone? In this 10-session series, you'll learn to make the most out of your smartphone with apps! 

We'll start by going over basic smartphone functions and learning to search for and download apps. From there, we'll explore useful and fun apps that are relevant to the group, such as messaging apps, entertainment apps, fitness apps, and more!

Pre-requisites: Participants should bring their smartphones to class. Please note that this series focuses on using apps on your smartphone and will not cover every smartphone question. The series includes lectures and hands-on sessions and is open to both iPhone and Android users. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com**

Mon & Wed	10/23-11/22	10-11:30am	Free
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iPAD ESSENTIALS

This 5-week course will cover the essentials of how to use the Apple iPad, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using an iPad and the internet to enrich your life. 

Prerequisites: A Gmail address. Participants are encouraged to bring their own device. If you do not have an iPad one will be provided for you to use during class. This course is best suited for people who have had some experience using the internet on any device. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com**

Tue & Thur	10/10-11/16	10-11:30am	Free
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MUSIC

DRUM CIRCLE FOR RELAXATION

Drum Circles are beneficial to overall health and well-being and help to soothe stress and increase relaxation. Join this fun class and start feeling happy and satisfied through the beat of the drums. **No class on 11/24.**

Fri	9/22-12/8	11-12 noon	Free	11 wks.
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HOLIDAY PARK SINGERS

Current session ends 9/6.

Find, restore or renew your singing voice when you join this singing group led by Franklyn Johnson also known as BonnieJazz. **Pre-register with a member of County Staff or online at ActiveMontgomery.com**

Wed	9/20-12/6	11-12 noon	Free	12 wks.
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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	10-10:50 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	10-10:55am	Gratis
Ju	Seguido	10-10:55am	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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VIETNAMESE CORNER



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

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



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.



Holiday Park Seniors, Inc. Corner

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 returning!

Coming up in October, get ready to sign up for a membership—only \$10.00 per year.

Your HPSI membership supports:

- Scholarships for low income seniors
- A medical equipment loan closet
- Special events and programs
- And much more!

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

With your membership you will get an entry into a raffle for a chance to win one of three prizes; You also get entry to an annual all member meeting with the board of directors and you will be able to vote for board members!

Join us

For the opportunity to meet new friends and participate in new and exciting activities!

PLANT ROOM NEWS

- Begin thinking about seeding either to rejuvenate a thin lawn, fill in bare spots, or start a new lawn. Or, consider growing ground covers instead, such as Epimedium, sweet woodruff, or ferns.
- Divide perennials such as daylilies, echinaceas (cone flowers), liriope.
- Plant perennials and keep them watered if the weather is dry.
- Leave the large seed heads of Black-eyed Susans, coneflowers, and other perennials for birds to feed on over the winter.
- Pick full-size vegetables if plants are diseased or losing foliage and allow them to ripen indoors
- When nights turn cooler, bring in houseplants. Check for bugs and insects and spray with soapy water. Place in a well-lighted area until they adjust to being indoors and stop fertilizing. Stop by the Plant Room on Tuesday and Friday mornings.

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!

Tuesday, September 26, 1-3pm

Two presentations:

(1) Debriefing of Recent Expedition Cruise of Great Lakes, exploration of the Islands and landmark features, clifftop trails and sweeping views of the lakes. Gain insight into the unique features and ecosystems of remote wilderness islands, as well as economic activities. Presentation includes loads of expedition pictures.

(2) The role that the USS Niagara played in the Battle of Lake Erie during the War of 1812, including description and pictures of the recent amazing tour of the USS Niagara's replica.

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 mocorec.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:

Ceceilia Altamirano

Younna Badr

Amy Clemmer

Arthur Clemmer

Maria Mercedes Diaz

Jairo Gomez

Kamarr Louissaint

Tyler 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 October 2023...
A sampling of Holiday Park 1:00 pm Programs

Oct. 2, M. Brown Bag Activity
Oct. 3, T. Investigating Crimes Against Older Adults
Oct. 4, W. Balinese Dancing & Music
Oct. 5, Th. Fire Prevention with Jim Resnick
Oct. 6, F. Dance Club Friday with Tim Amann

Oct. 9, M. Sounder Sleep with Alison
Oct. 10, T. Rewiring Your Brain Part 2
Oct. 11, W. Folk Singing with Michael Bloom
Oct. 12, T. Violin Music with Caterina Vannucci
Oct. 13, F. Dance Club Friday with Dale Jarrett

Oct. 16, M. Songs of World War II with Mike Suser
Oct. 17, T. Health Lecture Suburban Hospital
Oct. 18, W. Unlock Your Story
Oct. 19, T. Live Music with Walter Ware
Oct. 20, F. Dance Club Friday with Gary Brown

Oct. 23, M. Mental Health with Jose Hernandez
Oct. 24, T. International Day with BonnieJazz
Oct. 25, W. Barack Obama with Sheldon Lehner
Oct. 26, T. Tech Thursday
Oct. 27, F. Halloween Dance with Night & Day

Oct. 30, M. Nutritional Lecture with Rhonda Brandes
Oct. 31, T. Scary Movie Day

**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 will resume in October 2023. 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.