



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

April 2025

Courage and Creativity: The Development of Women's Stage Dance in Uzbekistan with Dr. Gray

Tuesday, April 8, 1 pm

Learn about this Central Asian dance form, now considered a national treasure. Uzbek dance enchants global audiences. Dr. Gray will explain its history and the inspiring stories of these courageous dancers.

Pre-registration required.



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Ballet: Swan Lake with the Ballet Theatre of Maryland

Tuesday, April 29, 1 pm

Join us for this mini ballet performance of Swan Lake! This story of Odette, who has been turned into a swan by the evil sorcerer Von Rothbart, continues to captivate audiences worldwide. Don't miss this wonderful opportunity to enjoy this beautiful show.

Pre-registration required

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.

Wednesdays: 9:00 a.m. - 8:00 p.m.
starting April 30th., 2025



Save the Date: Special Hi-Lites Events & Announcements



Registration
Information

Save the Date: Registration for Spring classes starts on Mon., March 3rd. Check out the newsletter for information about all your favorite classes!



**Photo
Scavenger
Hunt**

**Wednesday,
April 30, 1 PM**

Join this fun interactive activity where you will get a list of items to find and then, teams or individuals will meet at a designated spot once the time is up to determine who the winner is! A smartphone or digital camera is required for this activity.



**Fire Safety one Cup
of Cocoa at A Time**

Wed., 4/16 & 5/21 at
9:30 —11:00 am

Enjoy conversation with Kristy from Fire and Rescue Service who will discuss fire safety and answer your questions and concerns.



**A Spring Line
Dance Party
Friday,**

**April 25,
1-2:30 pm**

Robin is back with her fun tunes for another great Line Dance party to celebrate Spring!



**Celebrating Earth Day:
Tea Cup Gardening and
cooking with herbs**

April 23, 1 pm

Join us to plant your favorite herb in a tea cup to grow in your kitchen. Bring your own cup and we will provide soil and seeds. Nikki will give a small presentation on herbs that you can add to your daily meals. **Pre-registration required**

**FREE TAX PREPARATION SERVICES BY
AARP Tax-Aide Volunteers**



From February 3– April 15, 2025

Schedule appointments online at
www.taxaidemc.info or

Call: 240-777-2577; Mon-Fri 9am—4pm



**Calling All
Performers**

For this year's World Elder Abuse Awareness Day (WEAAD), we need performers for skits.

If you are interested, please see Marco or Dolors for more information on dates and topics.

Thank you!

Upcoming Events

Cinco de Mayo

Tuesday, May 6, 1 PM



Join us to celebrate Cinco de Mayo with your friends. DJ Dani will provide the tunes as you dance away the afternoon!

Light refreshments served.
Pre-registration required.

Active Aging EXPO

Mini Trip

Thursday, May 1, 9:30am-2pm

Join us for the Annual Active Aging Expo! The event is free and is being held at Bohrer Park. Join us for a day filled with educational talks, interactive demonstrations, and preventive screenings.

Registration only needed if you will be riding the bus.

Asian American Pacific Islander Heritage Celebration

Friday, May 9, 1 PM

Join us for a wonderful display of costumes, music and dances. Hosted by Quyen and friends.



Light refreshments served.
Pre-registration required.



Card scanning strictly enforced!!

Policy Reminder:
All patrons must have a County-issued Rec Pass with a 2025 membership to enter the facility.

Please remember to scan your pass as you enter the building!

Any NON-County residents, please inquire for fees on membership and registration information.

Tropical Getaway Dance Party

Friday, May 2, 1 PM



Join Island Breeze for a relaxing afternoon of island music and beachy vibes!

Light refreshments served.
Pre-registration required.



Memorial Day Closing
Monday, May 26

The facility will be closed in observance of Memorial Day! We will reopen on Tuesday, May 27.

Classes and Drop-in Activities

Registration for Spring classes started Mon., March 3rd. For more information call: 240-777-4999

DANCE

BALLROOM: INTERMEDIATE

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Tango & Waltz. Rhythm: Rumba & Hustle. Spring: No class: 4/9 & 4/16.**

Smooth	Wed	3/26-6/4	2-2:50pm	\$45	9 wks
Rhythm	Wed	3/26-6/4	3-3:50pm	\$45	9 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 (INT. CHOREOGRAPHY)

No class 5/12 & 5/26.

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.

Mon	3/24-6/2	1-1:50pm	\$35	9 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 needed. No partner required.

Fri	3/28-6/6	11-11:50am	\$35	11 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.

I	Thu	1/30-5/1	11-11:50am	\$45	12 wks
II	Thu	1/30-5/1	10-10:50am	\$45	12 wks

TAP DANCING (INT.)

Taught by Denise and sponsored by HPSI. Designed for students who have taken tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations, and rhythms will be taught.

Wed	3/26-6/4	1-1:50pm	\$55	11 wks
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TAP DANCING (BEG.)

Taught by Denise and sponsored by HPSI. Designed for students who have taken tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations, and rhythms will be taught.

Wed	3/26-6/4	12-12:50pm	\$55	11 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

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

Beg.	Thur	3/27-6/5	12-12:50pm	\$50	11 wks
Adv.	Thur	3/27-6/5	11-11:50am	\$50	11 wks

EASY FIT DANCING

Monday class is cancelled for Spring.

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.

Wed	3/26-6/4	11-11:50am	\$35	11 wks
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FITNESS ORIENTATION-INDOOR GYM

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.

Thu.	4/10	10-11am	\$5	1 session
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GENTLE & FUN EXERCISE

Taught by Evan from Spirit Club and sponsored by HPSI. Join us for a light exercise class with gentle stretches and movements.

LATIN RHYTHM CARDIO FITNESS

Taught by Tony and sponsored by HPSI. Let's have fun dancing together! This low impact but high energy class combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. No class 5/1.

Thur	3/27-6/5	2-2:50pm	\$45	10 wks
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MOVE AND GROOVE DANCE FITNESS

Taught by Carla. This class is 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.

No class 5/26.

Mon	3/31-6/9	2:30-3:20pm	Free	10 wks
Wed	4/2-6/11	2:30-3:20pm	Free	11 wks

SELF DEFENSE — TAE KWON DO

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

Fri	Ongoing	2-2:50pm	Free
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Classes and Drop-in Activities

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

TAI CHI BEGINNERS

Taught by Milan. Learn the basics of this ancient, Beautiful and relaxing form of exercise. No class 3/5.

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

Taught by Milan. Join this relaxing form of exercises.

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

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

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

Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones.

Thur	3/27-6/5	2-2:50pm	\$45	11 wks
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ZUMBA FOR ALL

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. No class 5/26.

Mon	3/24-6/2	9-9:50am	\$45	10 wks
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ZUMBA

Taught by Karen and sponsored by HPSI. A fun dance-based fitness class that combines Latin rhythms with easy-to-follow choreography, that will help tone your muscles, and boost your overall mood.

Wed	3/26-6/4	10-10:50am	\$45	11 wks
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ZUMBA GOLD ADVANCED

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

Fri	3/28-6/6	10-10:50am	\$45	11 wks
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YOGA

HATHA YOGA FOR ALL

Winter classes end 3/11 & 14. Taught by Debbie and sponsored by HPSI. This class focuses on posture, balance, strength, flexibility, breathing, and meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class.

Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.

Virtual	Tue	3/25-6/3	9-9:50am	\$50	11 wks
In Person	Fri	3/28-6/6	9-9:50am	\$45	10 wks

YOGA FOR BALANCE

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

Tue	3/25-6/3	10-10:50am	\$50	11 wks
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YOGA (CHAIR)

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

Tue	3/25-6/3	11:10-12:00pm	\$50	11 wks
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YOGA WITH LINDA

Taught by Linda and sponsored by HPSI. Relaxing exercise to improve flexibility and strengthen muscles.

Thur	3/27-6/5	10-10:50am	\$50	11 wks
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YOGA (CHAIR) IN SPANISH

Taught by Karen and sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish.

Mon	3/24-6/2	11-11:50am	\$40	11 wks
Thur	3/27-6/5	11-11:50am	\$40	11 wks

ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Taught by Nicki and sponsored by HPSI. This is a continuing class for students who have prior experience in Chinese Brush painting. No class 4/24.

Thur	3/27-6/5	1—3pm	\$100	10 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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MUSIC AND ART EXPERIENCE

Taught by Mehrnaz and sponsored by HPSI. Would you like to experience tranquility? Do you wish to let the colors dance in a creative and serene environment? In this class, you can delve into this beautiful experience. No art experience required. The class is centered around abstract art, and creating several beautiful canvases.

Wed.	5/7-5/28	10:30am-12pm	\$50	4 wks
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Classes and Drop-in Activities

Registration for Spring classes starting Mon., March 3rd. For more information call: 240-777-4999

WATERCOLOR & DRAWING

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor. **No class 4/15**

Tue	3/25-6/10	1—3pm	\$110	11 wks
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WATERCOLOR (Interm./Adv.) Virtual

Winter class ends 3/11. Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **No class 4/15**

Tue	3/25-6/10	10am-12pm	\$110	11 wks
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WATERCOLOR (Interm./ Adv.)

Winter class ends 3/10.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **No classes: 4/14 & 5/26.**

Mon	3/24-6/9	10am-12pm	\$110	10 wks
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WOODCARVING GROUP

Led by Val. If you have come to the Friday woodcarvers group in the past and want to continue carving with us, feel free to drop in to this open carve session and carve along with a friendly group of amateur carvers. Or if you are an experienced carver and just want to carve with fellow carvers come visit us too. No formal instruction given but members will offer advice.

Fri	Ongoing	1-2:55pm	Free
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WOODCARVING FOR BEGINNERS

Taught by Val and sponsored by HPSI. Never carved before but want to learn to carve? Would you like to create simple figures like a rabbit? This short course will come back at a future date.

LANGUAGE CLASSES

EVERYDAY ENGLISH

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

Tue	Ongoing	9:50-10:40am	Free
Thur	Ongoing	9:50-10:40am	Free

EVERYDAY ENGLISH (BASIC)

Taught by Deb. Very basic English, vocabulary and conversational English to help you get comfortable in everyday conversation.

Wed	Ongoing	11-11:50am	Free
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FRENCH

Taught by Gilles and sponsored by HPSI. Learn and practice your French. **No class: 5/14**

Beginner	Wed	4/30-6/4	9-9:50am	\$15	6 wks
Interm.	Wed	4/30-6/4	10-10:50am	\$15	6 wks

FRENCH: CONVERSATION

Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required. **No class: 5/14**

Wed	4/30-6/4	11-11:50am	\$15	6 wks
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SPANISH

Taught by Karen and sponsored by HPSI. A Spanish language class for those who want to learn and practice Spanish.

Beg.	Tue	3/25-6/3	10:30-11:20am	\$30	11 wks
Interm.	Tue	4/1-6/3	11:30-12:20pm	\$30	10 wks

SPORTS

BOCCE BALL COURT—PETANQUE

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 class to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation class for closed times.

Daily	Ongoing	All day	Free
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GAMES

GAME ROOM

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

Daily	Ongoing	All day	Free
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Classes and Drop-in Activities

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

AMERICAN MAH JONGG

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

Mon.	Ongoing	1—4 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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RUMMIKUB with Evelyn

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

Tue.	Ongoing	11—2 pm	Free
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SCRABBLE

This drop-in game with 3-5 games at a time is open to all.

Wed	Ongoing	starts at 1:00pm	Free
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BRIDGE

BRIDGE FOR BEGINNERS II

Taught by Rochelle and sponsored by HPSI. 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.

Tue	3/25-6/3	1-3pm	\$110	11 wks
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BRIDGE INTERMEDIATE II

Taught by Rochelle and sponsored by HPSI. 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 will include an interactive lecture, exercises, and supervised play.

Thu.	3/27-6/5	1-3pm	\$110	11 wks
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BRIDGE (Duplicate)

Led by Ernie. 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	12-4pm	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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SPECIAL INTERESTS

BEHIND THE HEADLINES

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

Mon	Ongoing	10-11:25am	Free
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BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. .

April 16: "*The Art of Racing in the Rain*" by Garth Stein

May 21: "*Tracks*" by Robyn Davidson

Wed	3pm book talk	Free
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JOURNALING CLUB

Led by Carol and sponsored by HPSI. We will learn how to start a journal and express our creativity and feelings through journaling.

Tue	4/15; 5/20	2:15-3:45	Free
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MINDFULNESS MEDITATION

Led by Doug & Li. We meditate for about 10 minutes at the beginning and end of the class. In between we talk about ways to be mindful in our daily life.

Fri	Ongoing	11-11:50 am	Free
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PHOTOGRAPHY CLUB

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

Wed	4/2 & 4/16	10-12 pm	Free
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ROSEBUD HAPPY DISCUSSION GROUP

Led by Paul. Life is a bowl of cherries. This lighthearted group will share uplifting everyday stories. Drop-in.

Thu.	4/10 & 4/24	11-11:50 am	Free
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WRITING GROUP

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

Fri	Ongoing	10-11:25 am	Free
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MUSIC

PIANO CLUB

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

Mon	4/7; 5/5	2-3:45 pm	Free
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The 1:00 PM Holiday Park Daily Show – April 2025

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

James Alexander Simpson, An Example of Early American Portrait Painters with Montgomery History Tue., Apr. 1

True artists were rare in the Mid-Atlantic in the 18th and early 19th centuries. Tobacco planters might pay for a portrait, but this was a luxury for the rich. Good, European-trained artists did not want to make the perilous ocean crossing for uncertain reward. This is why “primitive” or self-taught artists, like Georgetown’s James Alexander Simpson, are so important to our understanding of the colonial period. Through their portraits and landscapes, we can see how America and Americans looked before photographs were invented.

Sip & Paint with Janet and Youmna Wed., Apr. 2

Come and join a fun relaxing afternoon where you can unwind, socialize and unleash your artistic side by painting with Janet and Youmna. *Light refreshments served.*

Pre-registration required

Chinese Lantern Making with Wendy Thu., Apr. 3

Are you charming, intelligent, mysterious, and wise? These are some traits for individuals born in the Lunar Year of the Snake (through February 16, 2026). Come help us make red lanterns to celebrate Chinese Year 4722.

Pre-registration required

Rock’n’roll Dance Party with The Colliders, 1-3 PM Fri., Apr. 4

Let’s rock it with the Colliders, and join the party like the rockstar you are!

Nutrition Talk with Rhonda from Senior Nutrition Program: Mon., Apr. 7

Today’s topic will revolve around understanding plant based foods.

Courage and Creativity: The Development of Women’s Stage Dance in Uzbekistan with Dr. Gray Tue., Apr. 8

This Central Asian dance form, characterized by intricate hand gestures, fluid arm movements, and dazzling spins, was not performed in public by women less than 100 years ago. Those who first dared to appear on stage faced death for challenging tradition. The inspiring story of these courageous dancers traces their dangerous path to freedom of expression, adapting their age-old dances to the modern concert stage. Now considered a national treasure, Uzbek dance enchants global audiences. **Pre-registration required**

Spring Cleaning in the Community with MC Dept. of Environmental Protection Wed., Apr. 9

Spring into April, by Reducing, Reusing and Recycling all you can. The Waste Reduction and Recycling Section invites you to attend our “Spring Cleaning in the Community” event, an opportunity to learn how to reduce, reuse, and recycle common and not so common items we generate at home to keep Montgomery County’s land, air, and water clean.

Drawing a Backdrop with Denis Thu., Apr. 10

Oil painting demonstration of a night sky scene by Denis Clifford.

World Tai Chi and Qigong Day with Wendy Fri., Apr. 11

We’re starting early to celebrate this global event (actually on April 26). Let’s practice a few tai chi and qigong forms together for health and relaxation. Bring your fan and straight sword if you wish. *Light refreshments served.* **Pre-registration required**

Food and Medicine with Quyen Mon., Apr. 14

This presentation emphasizes using food as a tool for preventing and treating diseases, promoting health, and addressing nutritional needs. This includes medically tailored meals, and nutritional needs for everyone. Join us for this interesting food and health topic.

The 1:00 PM Holiday Park Daily Show – April 2025

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

Health Talk: Benefits of Acupuncture with Suburban Hospital

Tue. Apr. 15

Acupuncture is part of the ancient practice of Chinese medicine, a system of healthcare that has evolved over thousands of years to prevent, diagnose, and treat disease. Kim Coleman, registered nurse and licensed acupuncturist, will offer an introduction to acupuncture including what acupuncture feels like, how acupuncture affects the body, what conditions may be helped by acupuncture, and things to think about when choosing acupuncture.

Tea & Poetry for National Poetry Month

Wed. Apr. 16

Come and share your favorite poem or your own creation and enjoy a cup of tea. Please submit a copy of your poem by April 11.

Tech Thursday: Cloud Storage with Senior Planet Montgomery

Thu. Apr. 17

You'll learn the basics of cloud storage: a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available.

NO PROGRAM

Fri. Apr. 18

Game Day with Emmy

Mon. Apr. 21

Join Emmy and friends for another fun day of Trivia!

Sheldon Presents: "Famous Yester-Year Letters and Quotations... Let Us Learn From Them Again/Anew"

Tue. Apr. 22

We'll be taking a look and review of past Famous Letters and Quotations. A brief discussion with the Audience will follow. This promises to be an enlightening program for all.

Earth Day: Tea Cup Gardening and cooking with herbs

Wed. Apr. 23

Join us to plant your favorite herb in a tea cup to grow in your kitchen. Bring your own cup and we will provide soil and seeds. Nikki will give a small presentation on herbs that you can add to your daily meals. **Pre-registration required**

Movie: "Red" (2010) 172 min.

Thu. Apr. 24

Red follows Frank Moses (Bruce Willis), a former black-ops agent who reunites with his old team to capture an assassin who has vowed to kill him.

Line Dance Spring Party, 1-2:30pm

Fri. Apr. 25

Robin is back with her fun tunes for another great Line Dance party to celebrate Spring!

Acupressure for Stress Relief and Self-Care with Alison

Mon. Apr. 28

April is National Stress Awareness Month. In today's interactive program participants will learn the Seva Acupressure sequence, a gentle sequence for deep calm and well-being. Anyone can learn this simple, effective sequence! *Please wear comfortable clothing and bring two balls of thick, rolled up socks.

Swan Lake with the Ballet Theatre of Maryland

Tue. Apr. 29

Join us for this mini ballet performance of Swan Lake! This story of Odette, who has been turned into a swan by the evil sorcerer Von Rothbart, continues to captivate audiences worldwide. Don't miss this wonderful opportunity to enjoy this beautiful show.

Pre-registration required

Photo Scavenger Hunt

Wed. Apr. 30

Join this fun interactive activity where you will get a list of items to find and then, teams or individuals will meet at a designated spot once the time is up to determine who the winner is! A smartphone or digital camera is required for this activity.

Classes and Drop-in Activities

Please register at the Front Desk.

PRACTICE PIANO

Led by Emmy. This is a class to improve your skills. Limited to Piano Club members only. Pre-registration required. See group leader.

Mon	4/14; 5/12	2-3:45 pm	Free
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TECHNOLOGY

INTRO. TO DIGITAL CULTURE

Taught by Senior Planet Montgomery. This 5-week course explores from communications to staying healthy. Learn about exploring safely online and using social media. Explore your interests and passions.

Tue & Th	4/8-5/8	10-11:15 am	Free
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Plant Room Tips



- Start preparing annual beds by adding compost and any other organic material into the soil.
- Early in the month, you can still start warm-weather flowers and vegetables indoors like zinnias, asters, marigolds, sage, tomatoes, and peppers
- Plant cool-season crops like sugar peas, lettuce, kale, Swiss chard and other greens.
- After spring bulbs like daffodils bloom do not cut back foliage until it turns yellow. · planting herbs. The danger of frost is gone so you can plant them right into the ground or in containers.
- To attract butterflies, plant Goldenrod (*Solidago rugosa* “Fireworks”); *Verbena bonariensis*; Blazing star (*Liatris spicata*); Black-eyed Susan.

If you need help or have questions, visit us in the Plant Room. Open Tuesday and Friday mornings.

Wednesday Evenings

Our Wednesday evening programming starts April 30th thru September 24th.

CLASSES

BELLY DANCING

Oriental dance or “belly dance”, is a low impact, full body activity that builds strength and endurance. These beginner level lessons will focus on isolation movements, steps and applications of the rhythms found in classical and modern Arabic music. The movements can be adjusted for all ages and abilities. This will be a no-judgment zone that encourages body positivity and cultural understanding. Wear comfortable clothing that allows for freedom of movement and wear flexible dance footwear of go barefoot for ease of movement. Sponsored by HPSI.

W	5/7-6/11	4:30-5:30	\$25
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BIODANZA (DEMO)

Taught by Paola. This free demo will introduce you to Biodanza. A great exercise and dance class that incorporates simple movements, beautiful music and is good for every-body. Biodanza helps improve your movements and balance, and most importantly, it makes you feel good and joyful. Bring your friends and have fun!

W	4/30	6:30-7:00	Free
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BIODANZA

Taught by Paola. A great exercise and dance class that incorporates simple movements, beautiful music and is good for every-body. Biodanza helps improve your movements and balance, and most importantly, it makes you feel good and joyful. Bring your friends and have fun!

W	5/7-7/30	6-7 pm	Free
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SPECIAL EVENTS

WELCOME TO NIGHT AT THE PARK

April 30th from 5:00-7:00 pm

Pre-registration required to enjoy ONE slice of cheese pizza and a drink served from 5:30 to 6:30.

Learn about the many free exciting upcoming evening events and register for a class.

- Enjoy a Belly Dance Class Demo from 5-5:30
- Enjoy a Biodanza Class Demo from 6:30 to 7:00

Upcoming Wednesday Evening : A Night At The Park

MEDICARE FRAUD AND ABUSE

May 7th from 5:00-7:00 pm

Presented by the Senior Health Insurance Program (SHIP).

Learn more about Medicare Fraud and Abuse and how to avoid it. You should protect your Medicare information by reviewing your Medicare benefits notices for accuracy. Handouts and a discussion period are part of this presentation.

INDONESIAN FESTIVAL

May 14th from 6-7 pm

Learn about the beauty of Indonesian culture with traditional Balinese and Sulawesi dancing performed by Julia and Friends. Also enjoy Indonesian pop music and singing by the Bali Jegeg group.

SENIOR SMART TECH

May 21st from 3:00-6:00

Provided by myMCM youth group.

Drop in to get answers to your questions about using your smart phone, laptop or tablet.

A BOOK AND A MOVIE

May 21st from 4:30-8 pm

“It Ends With Us” by Colleen Hoover. Book discussion from 4:30-5:30pm. Movie viewing from 6:00-8:00pm. Light refreshment available.

ICE CREAM SOCIAL

May 28th from 5:30-7:30 pm

Join the staff and volunteers and enjoy an ice cream sundae to start the summer off right.

Pre-registration required.

DARYL DAVIS CONCERT

June 4th from 6:00-7:00pm

Come hear famed actor, activist and Rhythm and Blues musician Daryl Davis. You will be carried away by his fantastic piano playing and vocals.

SPORTS and GAMES ANYONE?

June 11th from 5:00-7:00pm

Table Tennis Wii Bowling Billiards
Cornhole Pickleball Shuffleboard

Walking (inside or out)

Bocce (weather permitting)

Water provided. Pre-reg for a spot in your favorite game or drop in and try something new.

A BOOK AND A MOVIE

June 18th from 4:30-8:00 pm

“Tracks” by Robyn Davidson

Book discussion from 4:30-5:30pm. Movie viewing from 6:00-8:00 pm.

Light refreshment available.

HOOTENANNY with Michael and Friends

June 25th from 6:00-7:00 pm

Join us to sing Folk Songs (words provided) and dance to the live music.

Light refreshments available.

WATERMELON EVERYWHERE

July 2nd from 5:30-6:30 pm

Join us for a big slice of watermelon to celebrate summertime and listen to summer themed music.

Pre-registration required.

MOCKTAIL PARTY

July 9th from 6:00-7:00 pm

Join your friends to try different mocktails and an appetizer and listen to the beautiful music of Catherina’s violin.

Mocktails provided by Belle Amor Cocktails.

Pre-registration required.

A BOOK AND A MOVIE

July 16th from 4:30-8:00 pm

“Lost Horizon” by James Hilton

Book discussion from 4:30-5:30 pm. Movie viewing from 6:00-8:00 pm. Light refreshment available.

MUSICAL CONCERT

with the Seth Kibel Duo

July 23rd from 6:00-7:00

Woodwind wizard Seth Kibel along with piano accompanist Sean Lane will delight you with as they play classic Jazz and Swing with an emphasis on the “Great American Songbook”. There will also be a sample of Klezmer music.

Pre-registration required.

FASHION SCARVES DAY

July 30th from 5:30-6:30

Presented by our own Janet, Carol and Youmna

Learn how to tie and wear different kinds of scarves to look your best. Bring your own scarf or scarves.

Pre-registration required.

* A Night At The Park programming is cosponsored by Holiday Park Seniors, Inc. (HPSI)

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

Tenga una conversación entre amigos mientras pinta o escucha música.

Las conversaciones son en Español.

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

(vea la página 6).

Ma	Seguido	9:50-10:40am	Gratis
Miér.	Seguido	11:00-11:50am	Gratis
Ju	Seguido	9:50-10:40am	Gratis

Superando los Cambios: Grupo de Apoyo Emocional

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

Ma	Seguido	11-11:50 am	Gratis
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Toma de tensión arterial:

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

Lu	Seguido	10-12 pm	Gratis
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Yoga (en Silla) en Español:

Impartido por Karen y patrocinado por HPSI. Vengan y relájense haciendo yoga.

Lu	3/24-6/2	11-11:50 am	\$40
Ju	3/27-6/5	11-11:50 am	\$40



ASIAN CORNER

Active Golden: Meet & Greet

Hosted by Hung and Tuyet. Join this South East Asian group and make some new friends!

Tue.	Ongoing	9:15-10:30am	Free
Fri.	Ongoing	9:15-10:30am	Free

Active Golden: Bingo

Registration required.

Led by Dieu & Si Cuong. Join us for some fun games of bingo!

Tue	Ongoing	1:00-2:30 pm	Free
Fri	Ongoing	10:30-11:45 pm	Free

Active Golden: Karaoke

Registration required.

Led by Quyen and Buu. Join us for a fun afternoon of singing to classic karaoke songs!

Tue	Ongoing	2:30-3:30 pm	Free
Fri	Ongoing	1-1:45 pm	Free

Cultural and Positive English Exercises

Taught by Van. **Registration required.**

Basic English to help get a foundation of English.

Tue	Ongoing	10am-12pm	Free
Thu	Ongoing	10am-12pm	Free

Active Golden: Gentle Exercise

Led by Venus. **Registration required.**

Gentle exercises that include stretching and to help you gain better balance!

Fri	Ongoing	10-10:50am	Free
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Active Golden: Music and Fun Exercise

Led by Quyen. **Registration required.**

Join this fun class to get you awake and ready to start the day! Very gentle exercises. Suitable for all.

Tue.	Ongoing	10:30-11:15am	Free
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CHINESE FOLK DANCING - Beginner

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

Fri	Ongoing	11:00-11:50am	Free
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Health and Wellness Programs

BLOOD PRESSURE SCREENING -
Monday 10am-12pm and Thursday 9-11 am

COPING WITH CHANGE -
Thursdays 10:30am—11:30 am.
Led by Yasaman Alavi, LCPC a therapist from Affiliated Sante Group. A support group to help you to overcome the challenges of aging. Free.
For questions, call 301-332-0462.

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.

Medical Equipment Loan Closet

MEDICAL EQUIPMENT LOAN CLOSET -
Wheelchairs, walkers, some canes and commodes are usually available, free for short term loan. However, wheelchairs require a \$50.00 refundable deposit.
Check with our Reception Desk staff for availability of equipment.

Do you have a birthday coming up soon?



Stop by the Front Desk to get your picture taken so we can post it on the Birthday Wall in the lobby!

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 (\$8.26). Please make your reservation one week in advance and cancel your reservation at least 72 hours in advance.

Please arrive 15 minutes early to check in and bring exact change to make your donation. Thank you!!

*****Please note that this program is currently not accepting new participants. ** ***



The Café



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

The Plant Room



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

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 mocre.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 on the bulletin board that is always on display!

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

OUR PARTNER NEWS



Holiday Park Seniors, Inc.

HPSI is a non-profit organization supporting programs, classes, scholarships and services at Holiday Park Senior Center. **Memberships are only \$10.00 per year.**

The Gift Shop

Open Tuesdays from 9:30am to 12:30 pm, and Wednesdays from 9:30am to 12:30pm, volunteers permitting.



Consignment for Jewelry and Household Goods accepted on Wednesdays.
Clothing is never accepted.

*Come in for your next great gift or decoration!
Open Tuesdays and Wednesdays from
9:30 am to 12:30 pm.*

INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:00 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

Center & County Services

HOLIDAY PARK SENIOR CENTER

Holiday Park is open to adults aged 55 and over, and adheres to the mission statement of Montgomery County Recreation: **“to provide high quality, diverse, and accessible programs, services and facilities that enhance the quality of life for all ages, cultures and abilities”.**

REC PASS All patrons must have a Rec Pass and allow to have their photo taken. A 2025 membership is required to access the facility. This is free to all County residents. For non- County residents inquire for fee.

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)

with Anita Joseph. Wednesday, 4/2 & 4/16, 9-3pm.

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

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.

Transportation Options

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:**

Center Director
Dolors Ustrell,

Assistant Center Director
Marco D'Ottavi

Staff:
Cecilia Altamirano
Kelly Arroliga
Younna Badr
Nick Calabrese
Arthur Clemmer
Maria Mercedes Diaz
Yassine Emhamed
Gail Jacobson
Sandra Johnson
Ryan Roach
Debbie Scholz
William Song
Corinne V erard-Eppley
India Wilson

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

Administrator
Judy Houseknecht

Treasurer
Merle Biggin

Board Members
Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

***Look What is Coming in May 2025...
A sampling of Holiday Park 1:00 pm Programs***

- May 1, Th. Movie
- May 2, F. Tropical Getaway Dance Party with Island Breeze, 1-3 PM
- May 5, M. Nutrition Talk with Rhonda from Senior Nutrition Program
- May 6, T. Cinco de Mayo Dance Party with Dany Burgos, 1-3 PM
- May 7, W. Folk Sing with Michael Bloom and friends
- May 8, Th. Keeping Seniors Safe with Montgomery County Police
- May 9, F. Asian American Pacific Islander Heritage Month Celebration with Quyen and friends
- May 12, M. Bingo
- May 13, T. Live Music: Violin with Caterina
- May 14, W. Travelogue: Alaska with Steve
- May 15, Th. Strawberry Festival Fun Day with Nikki from Senior Nutrition Program
- May 16, F. Dance Club Friday: Gary Brown, 1-3 PM
- May 19, M. Photography with David
- May 20, T. Health Talk with Suburban
- May 21, W. Night & Day Duo
- May 22, Th. Tech Thursday
- May 23, F. Aloha Friday with Wendy
- May 26, M. Center Closed—Memorial Day
- May 27, T. Sheldon Presents...
- May 28, W. Tap Dancing
- May 29, Th. Fire Safety
- May 30, F. Dance Club Friday: Night & Day Band, 1-3 PM



**Follow us on Facebook
@HolidayParkSeniors**

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

Two Cards Make Holiday Park Count

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 for County residents.** Sign-up at the reception desk.

HPSI MEMBERSHIP

Membership has resumed. Membership is \$10.00 a year. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs, classes, and scholarships at HPSC. Available to persons 55 and over.