



# Holiday Park Hi-Lites

*It is Grand to be 55+ in Montgomery County!*

## February 2026

**Celebrate the Chinese Lunar New Year  
Friday, February 20th (1-3PM)**



Celebrate Lunar New Year 2026  
Say goodbye to the Year of the  
Snake and get ready to honor the  
Year of the Horse!

***Pre-registration Required.***

### In this issue:

Special Events and Announcements	2-3
Classes & Drop-in Activities	4-10
Daily 1:00 PM Programs	8-9
Multicultural Programs	12
Health & Wellness	13
Center & County Services	14-15
March Sneak Peek	16



### Mardi Gras with Orleans Express

**Thursday,  
February 12th  
1-3PM**

Mardi Gras is calling!

Join the music of  
Orleans Express and  
wear your beads and bright colors bring  
your festive spirit!

***Pre-registration required.***



Holiday Park Senior Center  
3950 Ferrara Drive, Wheaton, MD 20906  
Phone: (240) 777-4999  
[www.mocorec.com](http://www.mocorec.com)

Center Hours: Monday thru Friday 9:00 am - 4:00 pm



## Save the Date: Special Hi-Lites Events

### NEW CLASS:



### American Sign Language (ASL) Thursdays, March 5th to April 23rd 1-2:30 PM; \$60

Sponsored by HPSI; taught by Meredith.  
Learn to communicate with your hands and  
better communicate with  
the hard of hearing.  
Learn the ABC's,  
numbers and basic words  
for a conversation. You  
will learn some of the  
ASL through songs.



### FIRE SAFETY ACADEMY

Join the Fire Safety Academy series that will teach  
you Fire Safety and Emergency Readiness basics.  
We will start this series this month and at the end,  
you will earn a Certificate of completion!

Topics include:

- Stories from our 911 Emergency Responders
- And more...

Brought by Jim Resnick  
from FRS.

#### Program Dates:

- Tuesday, February 3rd,  
1pm



### Fire Safety One Cup of Cocoa at A Time

Wednesday, 2/18 & 3/18  
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.

### Vietnamese TET New Year Celebration



Friday, February 6th  
1-3PM

Join us for a show of  
traditional dance and customs  
as we bring in the New Year,  
2026 the Year of the Horse.

*Pre-registration Required.*

### Celebrate Black History Month with Gospel Music by Melvin Wednesday, February 11th 1PM



Black History Month is an annual celebration of  
achievements by African Americans and a time for  
recognizing their central role in U.S. history. Come  
feel the rhythm and celebrate Black History Month  
through incredible music provided by Mevin  
Caldwell.

*Pre-registration required*

### Card scanning strictly enforced!!

#### Policy Reminder:

All patrons must have a County-issued Rec  
Pass with a 2026 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.



## Special Events & Announcements

### Inclement Weather Policy

In the case of inclement weather, our policies are as follows:

If MCPS closes or has a two-hour delayed opening, transportation and senior nutrition programs are canceled. Senior Centers open at 9 a.m.

If MCPS is closed all scheduled programs and classes are canceled, the center will be open for drop-in activities only. If there is a two-hour delayed opening, programs and classes before 10 a.m. are canceled.

Early dismissal from MCPS leads to the cancellation of programs and classes starting at 2 p.m. or later. Facilities remain open for drop-in activities until closing.

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

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

Please check the Recreation website at [www.mocorec.com](http://www.mocorec.com), MCR Facebook and X for cancelations, late openings and closures.

### Be Tax Year 2025 Ready!



### Attention Holiday Park Seniors: Get Your Taxes Done Early and for Free!

This year, AARP TaxAide will again be offering free tax services at the Holiday Park Senior Center beginning Mondays starting February 9, 2026.

#### Appointment Scheduling:

- **Starting February 2nd, 2026:** Schedule your appointment by calling the TaxAide at 240-777-2577 during our operating hours: Monday-Friday, 9:00AM to 4:00 PM.
- **Online Option:** Self-schedule your appointment at your convenience through the website: [www.taxaidemc.info](http://www.taxaidemc.info).

**Free Help for tax preparation services available to all seniors.**



### *Save the Date:* **Celebrate St. Patrick's Day with Tom Delaney** **Thursday, March 12th, 1PM**

Wear your green colors and dance the jig as we celebrate St. Patrick's Day on the dance floor!

***Pre-registration required.***



## Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration is underway.

### DANCE

#### BALLROOM: INTERMEDIATE

Taught by Ron & Amy; sponsored by HPSI. The Winter classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Foxtrot & Polka. Rhythm: Hustle & Rumba.**

Smooth	Wed	1/14-4/8	2-2:50pm	\$65	13 wks
Rhythm	Wed	1/14-4/8	3-3:50pm	\$65	13 wks

#### BELLY DANCING

Taught by *Sophianna* and sponsored by HPSI. This 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 musical rhythms. Wear comfortable clothing and footwear, for freedom of movement.

Tue	2/10—4/21	3:10-4:00pm	\$80	11 wks
-----	-----------	-------------	------	--------

#### BIODANZA

A great exercise & dance class that incorporates simple movements, beautiful music & is good for every body. Bring your friends & have fun! **No class on 1/2.**

Fri	12/5-2/27	9:45-10:50am	Free	8 wks
-----	-----------	--------------	------	-------

#### CHINESE FOLK DANCING - Beginner

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

Fri	Ongoing	1-2pm	Free	15 wks
-----	---------	-------	------	--------

#### HULA (INT. CHOREOGRAPHY)

Taught by Dawn and sponsored by HPSI. Current session ends on 12/8. **RETURNING IN THE SPRING.**

#### INTERNATIONAL FOLK DANCING

Taught by Sharon; sponsored by HPSI. Easy and fun dances from around the world. No previous experience needed. No partner required.

Fri	1/9-3/6	11-11:50am	\$30	9 wks
-----	---------	------------	------	-------

#### LINE DANCE— PARTY FAVORITES

Taught by Karen and sponsored by HPSI. Learn classic party line dances as well as the latest contemporary favorites.

Level II—Thu	1/15-4/23	10-10:50am	\$60	15 wks
Level I—Thu	1/15-4/23	11-11:50am	\$60	15 wks

#### TAP DANCING (INTERMEDIATE)

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

Wed	1/14-4/15	1-1:50pm	\$70	14 wks
-----	-----------	----------	------	--------

#### TAP DANCING (BEGINNER)

Taught by Denise and sponsored by HPSI. This class is designed for students who want to start learning how to tap dance and will go over basic steps, combinations, and rhythms.

Wed	1/14-4/15	12-12:50pm	\$70	14 wks
-----	-----------	------------	------	--------

### FITNESS & CARDIO

#### AS EASY AS ABC... Exercise Class

Taught by Matt; 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.	Thu	1/15-4/23	12-12:50pm	\$60	15 wks
ADV.	Thu	1/15-4/23	11-11:50am	\$60	15 wks

#### EASY FIT DANCING

Taught by Marcia; 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 to class. **No Class 2/5 and 2/12.**

Wed	1/14-4/29	11-11:50am	\$40	12 wks
-----	-----------	------------	------	--------

#### GENTLE EXERCISE WITH VENUS

Led by Venus. **Registration required.**

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

Fri	Ongoing	10:30-11:20am	Free
-----	---------	---------------	------

#### 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.

Thu	3/5-4/23	2-2:50pm	\$40	8 wks
-----	----------	----------	------	-------

## Classes and Drop-in Activities

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

### MOVE AND GROOVE DANCE FITNESS

Taught by Carla. **RETURNING IN THE SPRING.**

### SELF DEFENSE — TAE KWON DO

Taught by Larry. Learn self-defense with the Korean practice of Tae Kwon Do. Develop confidence that you can protect your personal space. Through relaxation & self-defense techniques, increase your mental alertness, flexibility, & range of motion.

Fri	Ongoing	2-3pm	Free
-----	---------	-------	------

### 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
-----	---------	--------------	------

### TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

Tue	Ongoing	9:30-10:20am	Free
-----	---------	--------------	------

### TAI CHI SWORD

Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword. **No class on 2/16.**

Mon	Ongoing	2:30-3:25pm	Free
-----	---------	-------------	------

### YOUR BODY IS MEANT TO MOVE

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

Thu	1/15-4/23	2-2:50pm	\$60	15 wks
-----	-----------	----------	------	--------

### ZUMBA FOR ALL

Taught by Lan; sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. **No Class 1/29 & 2/16.**

Mon	1/12-4/20	9-9:50am	\$50	13 wks
-----	-----------	----------	------	--------

### ZUMBA

Taught by Karen; 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	1/14-4/22	10-10:50am	\$60	15 wks
-----	-----------	------------	------	--------

### ZUMBA GOLD

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

Tue	1/13-4/21	9-9:50am	\$65	15 wks
-----	-----------	----------	------	--------

### ZUMBA GOLD TONING

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

Fri	1/16-4/24	10-10:50am	\$65	15 wks
-----	-----------	------------	------	--------

### ZUMBA SEATED DANCING

Taught by Sharon; sponsored by HPSI. Designed for adults who need to use a chair for extra support or anyone looking to have fun and move a bit while sitting.

Tue	1/6-2/24	2:30-3:20pm	Free
-----	----------	-------------	------

## YOGA

### EVERYBODY'S YOGA

This class is designed to explore gentle yoga poses, breathing, & meditation techniques which will promote healthy aging. Students will work on strength-building, flexibility, coordination & balance, & cognitive function. Required: Yoga mat, blocks, and strap.

Wed	1/14-4/22	3-3:50pm	\$65	15 wks
-----	-----------	----------	------	--------

### HATHA YOGA

Taught by Debbie; sponsored by HPSI. This class focuses on posture, balance, strength, flexibility, breathing, and meditation. Please bring yoga mat, blanket, 2 blocks, & a strap to each class.

**Register for the virtual Hatha Yoga class by emailing: [HolidayParkSeniors@gmail.com](mailto:HolidayParkSeniors@gmail.com).**

In Person	Fri	1/16-4/24	9-9:50am	\$60	15 wks
Virtual	Tue	1/13-4/21	9-9:50am	\$60	15 wks

### YOGA (CHAIR)

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

Tue	1/13-4/21	11-11:50am	\$70	15 wks
-----	-----------	------------	------	--------

### YOGA FOR BALANCE

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

Tue	1/13-4/21	10-10:50am	\$70	15 wks
-----	-----------	------------	------	--------



## Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration is underway.

### YOGA WITH LINDA

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

Thu	1/15-4/23	10-10:50am	\$70	15 wks
-----	-----------	------------	------	--------

### YOGA (CHAIR) IN SPANISH

Taught by Karen; sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish. **No class on 1/19 and 2/16.**

Mon	1/12-4/20	11-11:50am	\$55	13 wks
Thu	1/15-4/23	11-11:50am	\$60	15 wks

## ARTS AND CRAFTS

### OIL PAINTING WITH DENIS

Taught by Denis; sponsored by HPSI. Basic oil painting techniques and a simple approach to landscape scenes. All supplies included. No prior painting experience needed.

Fri	2/6-2/27	10am-12pm	\$45	
-----	----------	-----------	------	--

### CHINESE BRUSH PAINTING

Taught by Nicki; sponsored by HPSI. This class is designed to teach both beginning students and for students who have some experience in Chinese Brush painting.

Thur	1/15-4/23	1-3pm	\$140	15 wks
------	-----------	-------	-------	--------

### 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	
-----	---------	------------	------	--

### DRAWING & WATERCOLOR

Taught by Steve; sponsored by HPSI. Learn the fundamentals of drawing and watercolor.

Tue	1/13-4/21	1-3pm	\$150	15 wks
-----	-----------	-------	-------	--------

### WATERCOLOR (Interm./Adv.)

Taught by Steve; sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **No Class on 1/19 and 2/16.**

In Person -Mon	1/12-4/20	10am-12pm	\$130	13 wks
Virtual -Tue	1/13-4/21	10am-12pm	\$150	15 wks

### WOODCARVERS "CARVE & CHAT"

Led by Val. A friendly group of amateur woodcarvers meets on Fridays to work on projects and chat with fellow carvers. **For existing students only.**

Fri	Ongoing	1-2:50pm	Free	
-----	---------	----------	------	--

## LANGUAGE CLASSES

### EVERYDAY ENGLISH

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

Tue & Thu	Ongoing	9:50-10:40am	Free	
-----------	---------	--------------	------	--

### CONVERSATIONAL ENGLISH

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

Wed	Ongoing	11-11:50am	Free	
-----	---------	------------	------	--

### FRENCH—VIRTUAL

Taught by Gilles; sponsored by HPSI. Virtual classes for winter session. Learn and practice your French.

**No class: 2/18.**

Beg.	Wed	1/14-4/29	9-9:50am	\$45	15 wks
Int.	Wed	1/14-4/29	10-10:50am	\$45	15 wks

### FRENCH: CONVERSATION (VIRTUAL)

Taught by Gilles; sponsored by HPSI. This class will be Virtual in the Winter Session. Practice your French by holding conversations in French. Basic knowledge required. **No class: 2/18.**

Wed	1/14-4/29	11-11:50am	\$45	15 wks	
-----	-----------	------------	------	--------	--

### SIGN LANGUAGE (AMERICAN; ASL)

Sponsored by HPSI; taught by Meredith. Learn to communicate with your hands and better communicate with the hard of hearing. Learn the ABC's, numbers and basic words for a conversation. You will learn some of the ASL through songs.

Thu	3/5-4/23	1-2:30pm	\$60	8 wks	
-----	----------	----------	------	-------	--

### SPANISH: INTERMEDIATE

Taught by Karen; sponsored by HPSI. Current session ends **12/9**. A class for those who want to learn and practice Spanish.

Tue	1/13-4/21	11:30am-12:20pm	\$50	15 wks	
-----	-----------	-----------------	------	--------	--

## Classes and Drop-in Activities

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

### SPANISH: CONVERSATION

Taught by Karen; sponsored by HPSI. Practice your Spanish by holding conversations in Spanish. Basic knowledge required.

<b>Tue</b>	1/13-4/21	12:30-1:20pm	<b>\$50</b>	15 wks
------------	-----------	--------------	-------------	--------

## SPORTS

### BOCCE BALL COURT—PETANQUE

Located outside just across our back entrance. Enjoy a good match with a friend. Drop-in.

<b>Daily</b>	Ongoing	All day	<b>Free</b>
--------------	---------	---------	-------------

### BILLIARD/POOL ROOM

Open daily. Keep your accuracy skills on target and your attention sharp as you enjoy a game with others.

<b>Daily</b>	Ongoing	All day	<b>Free</b>
--------------	---------	---------	-------------

### 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.

<b>Daily</b>	Ongoing	All day	<b>Free</b>
--------------	---------	---------	-------------

### 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.

<b>Daily</b>	Ongoing	All day	<b>Free</b>
--------------	---------	---------	-------------

## GAMES

### GAME ROOM

Drop in on the 2nd floor. Tables available to enjoy a variety of games with a friend. Many games available.

<b>Daily</b>	Ongoing	All day	<b>Free</b>
--------------	---------	---------	-------------

### AMERICAN MAH JONGG

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

<b>Mon</b>	Ongoing	1-4pm	<b>Free</b>
------------	---------	-------	-------------

### RUMMIKUB with Elsa

Elsa hosts. Drop-in and enjoy playing with friends in the Café.

<b>Daily</b>	Ongoing	1-4pm	<b>Free</b>
--------------	---------	-------	-------------

### RUMMIKUB with Evelyn

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

<b>Tues</b>	Ongoing	11am-2pm	<b>Free</b>
-------------	---------	----------	-------------

### SCRABBLE

These 3-5 games at a time are open for all to drop in.

<b>Wed</b>	Ongoing	Starts at 1pm	<b>Free</b>
------------	---------	---------------	-------------

## BRIDGE

### BRIDGE FOR BEGINNERS II

Taught by Rochelle; sponsored by HPSI. Lessons will cover the fundamentals of modern bidding, play of the hand, and some defensive principles. Each class includes interactive lecture, exercises, & supervised play. **No Class: 1/27.**

<b>Tue</b>	1/13-4/21	1-3pm	<b>\$150</b>	14 wks
------------	-----------	-------	--------------	--------

### BRIDGE INTERMEDIATE II

Taught by Rochelle; sponsored by HPSI. Includes 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. **No Class: 4/2.**

<b>Thu</b>	1/15-4-23	1-3pm	<b>\$150</b>	14 wks
------------	-----------	-------	--------------	--------

### BRIDGE: DUPLICATE

Led by Jim & John. 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.

<b>Wed</b>	Ongoing	12:30-4pm	<b>Free</b>
------------	---------	-----------	-------------

### BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

<b>Fri</b>	Ongoing	12:30-3:30pm	<b>Free</b>
------------	---------	--------------	-------------

## SPECIAL INTERESTS

### BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. Every 3rd Wednesday, 3-4pm. Bring a favorite book to share with the group!

**February 18th from 3-4pm**

*"West with Giraffes"* by Linda Rutledge!

<b>Every 3rd Wed</b>	Ongoing	3-4pm	<b>Free</b>
----------------------	---------	-------	-------------

## The 1:00 PM Holiday Park Daily Show – February 2026

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

### **Same Day Access—Affordable Options for Metro Access by Denise**

**Mon. Feb. 2**

Participants get on-demand “same day” transportation service using local taxi companies. No income requirements and participants receive \$60.00 value on a swipe card when they pay \$30.00. Some residents may qualify for Call-n-Ride on-demand service which is income based and an even greater value.

### **Safety Academy: 911 Stories with Kimberly D. Kelley**

**Tues. Feb. 3**

Come and hear some stunning stories of survivors and stupidity from our Montgomery County EMD department

### **Crafts for Valentines Day**

**Wed. Feb. 4**

Let's get crafty! Come express yourself and make some magic with us while getting ready for Valentine's Day. Spread the Love.

***Pre-registration required***

### **Movie: “Groundhog Day” (1993; 101 minutes)**

**Thur. Feb. 5**

Weather man (Bill Murray) is reluctantly sent to cover a story about a weather forecasting "rat" (as he calls it). This is his fourth year on the story, and he makes no effort to hide his frustration. On awaking the 'following' day, he discovers that it's Groundhog Day again, and again, and again. First he uses this to his advantage, then comes the realization that he is doomed to spend the rest of eternity in the same place, seeing the same people do the same thing every day.

### **TET Lunar New Year (1-3PM)**

**Fri. Feb. 6**

Join us to welcome the year of the Horse and celebrate the Lunar New Year together.

***Pre-registration required***

### **Valentine BINGO!**

**Mon. Feb. 9**

Join your friends and get your bingo cards ready for our Valentine's Day Bingo! Don't miss it!

### **Mardi Gras Mask Craft (*Pre-registration required.*)**

**Tues. Feb. 10**

Get ready for Mardi Gras and decorate your own mask to wear for Mardi Gras on February 12th. Space is limited.

### **Celebrate Black History Month with Gospel Music by Melvin**

**Wed. Feb. 11**

Come feel the rhythm and celebrate Black History Month through incredible music provided by Mevin Caldwell.

***Pre-registration required***

### **Mardi Gras with the Orleans Express (*Pre-registration required.*)**

**Thur. Feb. 12**

Mardi Gras is calling! *Mardi Gras* is French for "Fat Tuesday", meaning its the last day of consuming rich, fatty foods in preparation for the Christian season of Lent. Join the revelry and party with the music of Orleans Express. Be sure to wear your bright colors including purple, green, and gold and bring your festive spirit!

### **Valentine's Day Party with the Gary Brown Band (1-3 PM)**

**Fri. Feb. 13**

Love makes the world go round! Get on your dancing shoes and let's party and dance with the Gary Brown Band

***Pre-registration required***



## The 1:00 PM Holiday Park Daily Show – February 2026

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

### *Center Closed for President's Day*

**Mon. Feb. 16**

#### **Health Talk with Suburban Hospital: Mindful Eating**

**Tue. Feb. 17**

Amy Bocala BSN, RN, CDCES will discuss the importance of mindful eating by understanding the *how* and *why* we eat..

#### **Night & Day Duo presents...Duke Ellington**

**Wed. Feb. 18**

Join Charlene and Mike as they discuss Duke Ellington as a major figure in the history of jazz music. Duke Ellington's career spanned more than half a century, during which time he composed thousands of songs for the state, screen, and contemporary songbooks. He created one of the most distinctive ensemble sounds in Western music. Michael will discuss the Duke's life and background and Charlene will sing his songs with Michael accompanying her on the piano. Stimulating information and great music—who could ask for anything more?

#### **TECH THURSDAY: Wearables at a Glance**

**Thu. Feb. 19**

From fitness trackers to smart glasses, wearable technology is here to stay! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Come to this lecture to learn about the health, wellness, and personal safety benefits of wearable technology.

#### **Chinese New Year (1-3PM)**

**Fri. Feb. 20**

Ring in the year of the Horse with good fortune. Let's make wishes for health, happiness, and prosperity.

***Pre-registration required***

#### **Senior Nutrition Lecture with Rhonda...Heart Health Month**

**Mon. Feb. 23**

Raising awareness about Cardiovascular health and promoting heart-healthy lifestyles.

#### **Sing-a-long with Michael & Friends**

**Tue. Feb. 24**

Like to sing? Join Michael and Friends and sing-a-long folk songs and more! Lyric books and instrumental accompaniment will be provided.

#### **Sheldon Lehner presents...Overlooked and Underappreciated Heroes**

**Wed. Feb. 25**

This is a strange and wonderfully presented story of those in our society who did not receive public recognition of their life and achievements. "Overlooked" exposes how females are often not considered as important as males to be recognized when important decisions are necessary. This is an eye opening presentation, and past audience discussions have explored society's mail-dominated perspective.

#### **Historic Preservation of you Family Paper with Sarah Hedlund**

**Thu. Feb 26**

Every family has papers and photographs sitting around. How do you know what to keep and what's okay to let go? And how can you continue to preserve your family's story for future generations? Archivist Sara Hedlund from Montgomery History's own Jance C. Sween Research Library and Special Collections takes you through the basics of organizing and preserving your family's documents and photographs and well as providing advice on knowing when to call in a professional.

#### **Dance for Your Heart with Walter Ware (1-3PM)**

**Fri. Feb 27**

A dance for a healthy heart. Move your fee, boost your harts, and come speak with your heart at our special dance event with Walter!

## Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration is underway.

### MINDFULNESS MEDITATION

Led by Doug. Meditate for about 10 minutes at the beginning & end of the class. In between we talk about ways to be mindful in our daily life. Drop-in.

Fri	Ongoing	11-11:50am	Free
-----	---------	------------	------

### PHOTOGRAPHY CLUB

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

1st & 3rd Wed	Ongoing	10-11:50am	Free
---------------	---------	------------	------

### VIEWS ON THE NEWS

Jerry and other volunteers facilitate this drop-in discussion on current events. **No class 1/19 & 2/16.**

Mon	Ongoing	10-11:25am	Free
-----	---------	------------	------

### WRITING GROUP

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

Fri	Ongoing	10-11:25am	Free
-----	---------	------------	------

## MUSIC

### JAM SESSION—NEW DAY!!

Are you a former rock-n-roll 60-70's protest folk musician looking for a place to Jam? Bring your own instrument of choice—Pianos will be available. Bring sheet music, write down the chords, music can be scanned and displayed so all can follow along. Come play, listen, and even sing familiar tunes. Questions? Please call Dennis at: 301-526-140.3



Thu	2/5, 2/19	2:00-3:30pm	Free
-----	-----------	-------------	------

### 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 to be informal fun (not a class or recital) with piano friends.



Mon	1/5, 2/2	2:00-3:45pm	Free
-----	----------	-------------	------

### OPEN MUSIC ROOM

Have fun practicing on our keyboards in Room 24. We kindly request that you bring your headphones for silent practice in the mornings in order to minimize disruption to adjacent rooms. Open for all to drop in.

Daily	Ongoing	9am-4pm	Free
-------	---------	---------	------

## TECHNOLOGY

### SENIOR PLANET: TECH RESOURCES FOR EVERYDAY LIFE

Digital tools and technologies have become very important and even necessary to our everyday lives. By the end of this 5-week course, you'll be able to use a variety of resources to make your life easier, from managing everyday tasks to communicating with others. You'll use the internet to explore your interests and passions, connect with others, and even contact your lawmakers. You'll also learn best practices for staying safe in the digital world and managing your privacy and security settings in the Chrome browser. This course is a great opportunity to meaningfully practice skills that you learned in a Basics or Essentials course.

Prerequisites: You should have taken a Basics or Essentials course for your device, or be familiar enough with your device to use it independently in class. You must also have an email address.

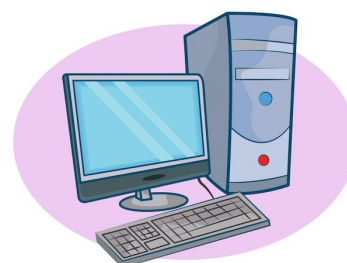
Tue & Thu	1/13-2/12	10:00-11:15am	Free
-----------	-----------	---------------	------

### SENIOR PLANET: TECH RESOURCES IN SPANISH



Two days only. Tuesday February 24th and March 24th. Led by Maria from Senior Planet. **See page for more details/ más información en la página 12.**

Tues	2/24 & 3/24	11-11:50am	Free
------	-------------	------------	------



## 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.**

#### INFORMATION FOR HPSI SPONSORED CLASSES

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

**Credit Cards are NOT accepted!**

To register for virtual classes, please email: [HolidayParkSeniors@gmail.com](mailto:HolidayParkSeniors@gmail.com)

### The Gift Shop

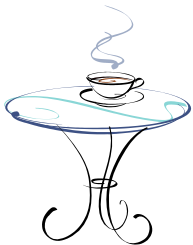
Open Tuesdays from 9:30am to 1:00pm, and Wednesdays from 9:30am to 1:00pm, volunteers permitting.

Consignment for Jewelry and Household Goods accepted on Wednesdays from 9:30am to 12:30pm only. Clothing is **NEVER** accepted.



*Come in for your next great gift or decoration!  
Open Tuesdays and Wednesdays from  
9:30am to 1:00pm.*

### 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.*

## Multicultural Programs

Please register at the Front Desk. HPSI Winter registration underway.

### 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
----	---------	-------------	--------

#### 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

Un grupo donde usted tendrá un espacio para compartir sus experiencias, sentimientos y estrategias para lidiar con problemas comunes. Llame o envíe mensaje por texto al terapeuta Sean Orban del Grupo Santé al 240-758-5345 para más información.

Ma	Seguido	11:00-11:50am	Gratis
----	---------	---------------	--------

#### Yoga (en Silla) en Español:

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

Lu	9/18-12/8	11-11:50 am	\$50
Ju	9/11-12/11	11-11:50 am	\$50

#### Taller de Manualidades:

Con Ileana, Salomé, Jeannette y Julieta; patrocinado por HPSI. Vengan y relájense aprendiendo a hacer lindos proyectos de joyería con Ileana; manualidades con Salomé y aprendan a tejer con Julieta.

Ma	Seguido	1-2:30 pm	Gratis
Ju	Seguido	1-2:30 pm	Gratis
Vi	Seguido	10am-12pm	Gratis

¿Tiene una habilidad especial? ¿Quiere compartirla con sus amistades? Hable con Mercedes o Jeanette para oportunidades de voluntariado.

#### Introducción a la IA.

24 de febrero, 11:00am a 12:00pm. Consulte el folleto para más detalles.

Ma	2/24	11:00am-12:00pm	Gratis
----	------	-----------------	--------

#### Introducción a teléfonos inteligentes.

24 de marzo, 11:00am a 12:00pm. Consulte el folleto para más detalles.

Ma	3/24	11:00am-12:00pm	Gratis
----	------	-----------------	--------

### 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

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

Tue	Ongoing	1-2:30pm	Free
Fri	Ongoing	1-2:30pm	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	11:20-12:10pm	Free
Fri	Ongoing	11-12pm	Free

#### 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
-----	---------	---------------	------

#### 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

## Health and Wellness Programs

**BLOOD PRESSURE SCREENING -**  
**Monday 9:30am-11:30am and Thursday**  
**9am-11am.**

**COPING WITH CHANGE -**  
**Thursdays 10:30am—11:30am.**


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.

**SHARE AND CARE -**  
**Tuesdays 10:30—11:25am.**

A HPSI volunteer will facilitate a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. **Free.**

### **MOBILE HEALTH SERVICES:**

The Mobile Health Clinic provides free medical dental, and mental health services to Montgomery County residents who are uninsured, low income, or part of vulnerable populations. This is a walk-up clinic only, and patients are seen on a first-come, first-served basis. The next Mobile Health Visit will be **Wednesday, May 20th.**

**Mantoni Mobile Dentistry will be at HPSC on Thursday, February 26th, 9:30-12:30 and 1:30-3 pm. *Please sign up at the HPSC Front Desk to schedule an appointment.*** 

Eligibility: Montgomery County residence, without commercial insurance (health and/or dental), and meet income guidelines.

## Medical Equipment Loan Closet

**MEDICAL EQUIPMENT LOAN CLOSET -** Wheelchairs, walkers, some canes and com-modes 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.

## 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. \*\* \***



**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!**



## 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 email inbox. How easy is that!!

You can also view it online: Go to [mocreco.com](http://mocreco.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!

## Plant Room Tips

Continue to feed wild birds through the remaining winter weeks. Black oil sunflower seeds and suet cakes are a good choice for a wide variety of birds. Keep feeders clean and provide fresh water.

Remember that houseplants required reduced watering. Check soil with your finger to see if soil is dry. After watering, be sure the pot drains. Yellow leaves and leaf drop can be a result of low light conditions combined with overwatering.

Try to limit the use of salt to melt snow because it can damage plants and pollute water surfaces. Here are the recommendations for safe de-icing from the University of Maryland Extension:

- Apply warm water mixed with table salt, water conditioner salt or the brine backwash from a water conditioner.
- Use sand, ashes, or kitty litter to improve traction on icy areas.
- Once a dry route to the house has been established, block off slippery areas to prevent personal injury.
- If an ice storm is predicted, cover small areas or steps with heavy plastic or other waterproof material.



If you are feeling sick (from cold, flu, Covid, etc.) we ask that you stay home!

Please be considerate of others, cough into your elbow, and wash your hands often!

**Volunteers needed to assist with a variety of programs around the center.**

Please see Judy or Marco!





## 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. 1st and 3rd Wednesday of the month , 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 to medical appointments, errands, grocery store trips and more. Call 301-962-0820 or email [info@seniorconnectionmc.org](mailto:info@seniorconnectionmc.org) for more information.

### 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).



### Metro and Capitol Bike Share SMART TRIP CARDS Registration

The MoCo Department of Transportation provides information about transportation options (Metro bus route schedules, Metro and Capitol Bike Share). Get your SmartTrip card reloaded, Learn about flex, Flash, & Ride On. Transportation bus will be at Holiday Park every other Friday from 10-1

**Holiday Park  
Senior Center Directory:**

*Center Director*  
Dolors Ustrell,

*Assistant Center Director*  
Marco D'Ottavi

*Staff:*

Younna Badr  
Arthur Clemmer  
Curtis Colston  
Maria Mercedes Diaz  
Gail Jacobson  
Sandra Johnson  
Ryan Roach  
Debbie Scholz  
Lenworth Smith  
William Song  
Corinne V  rard-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 March 2026...***  
***A sampling of Holiday Park 1:00 pm Programs***

Mar. 2, M. TBD  
Mar. 3, T. Chemical Safety: Bee Safe, Honey!—Spring Cleaning  
Mar. 4, W. Drawing with Vita  
Mar. 5, Th. Celebrate Women's Day with Caterina Vannucci  
Mar. 6, F. National Blue Day Party—with Gina

Mar. 9, M. MoCo Historical Society—The Better Angels  
Mar. 10, T. Spring Organizing with Jocelyn O'Rourke  
Mar. 11, W. Dr. Suess Game Day  
Mar. 12, Th. St. Patrick's Day Party with Tom Delaney  
Mar. 13, F. Dance Club Friday with Tim Amman

Mar. 16, M. B I N G O!  
Mar. 17, T. Health Talk with Suburban Hospital  
Mar. 18, W. Live Music: Night & Day  
Mar. 19, Th. TECH THURSDAY: Video Chat  
Mar. 20, F. DCF: Metropolitan with Eric

Mar. 23, M. Travelogue with Steve: Northern Lights in Norway  
Mar. 24, T. African Drum Circle (***Pre-registration required.***)  
Mar. 25, W. Sheldon Lehner presents...Bobby Darin  
Mar. 26, Th. Using Color for Advantage as you Age with Ruth  
Mar. 27, F. Movie: "Rear View Mirror" (2024; 85 minutes)

Mar. 30, M. Wii Sports with Matt  
Mar. 31, T. Craft 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**

## 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.