



# Holiday Park Hi-Lites

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

## January 2026



**For our love of  
Mike Surratt**

**Fri., Jan. 9, 1-3pm**

Join us for this special Friday Dance  
with DJ Paul McRoberts as we  
remember and celebrate the life of  
Mike Surratt.

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HAPPY  
**MARTIN LUTHER**  
KING JR. DAY

★  
**WE WILL BE CLOSED**

Monday, Jan 19  
In Observance of  
Martin Luther King Jr. Day

### Sheldon Lehner Presents... “Magical Music Moments” in a 4- Part Series

Join Sheldon as he provides a four-part series to  
showcase songs and information on the following  
musical genres:

- **1 PM Wednesday, January 7<sup>th</sup>** - Variety of Songs including Show Tunes
- **1 PM Wednesday, January 14<sup>th</sup>** - Soul
- **1 PM Wednesday, January 21<sup>st</sup>** - The Blues & Do-Wop
- **1 PM Friday, January 30<sup>th</sup>** - Dancing & Rock ‘N Roll



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

### You're Not Alone: A Senior Care Series by Senior Services from HHS & Easterseals

- **Tue. Jan. 27th—Part 1:** Demystifying Adult Day Care
- **Wed. Jan 28th—Part 2:** Asking For and Accepting Help

### 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.**

### Chinese Lunar New Year Celebration Friday, February 20th (1-3PM)

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



Say goodbye to the Year of the Snake and hello to the Year of the Horse.

**Pre-registration Required.**

### NEW CLASS Zumba Gold: Seated Dancing

**Tue., 1/6-2/24,  
2:30-3:20 pm  
FREE!**



**new**

### NEW 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:

- **Feb:** 911 Stories
- **Mar:** Bee Safe, Honey: Chemical Safety
- **Apr:** MCPR 2.0
- **May:** Graduation Ceremony on May 18th



Brought by Jim Resnick from FRS.

### Program Dates:

- *Wed., February. 3, 1pm*

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

**Wednesday, 1/21  
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.

Taught by Sharon. Dancing is designed for adults who need to use a chair for extra support or anyone looking to have fun and move a bit while sitting. Enjoy the traditional Zumba® party atmosphere: zesty international music like salsa, bossa nova and Klezmer, classic songs from our past, big band oldies and fun new rhythms with exhilarating and easy-to-follow moves. Chair dancing helps improve our physical and mental health and most of all the quality of life! The class will provide safe and slow progressions and teach participants to listen to their body! It's great for the mind, body and soul ...most of all IT IS Fun!!!

### 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. We also encourage you to register for Rec



### Be Tax Year 2025 Ready!

**Tuesday, January 13 at 1pm**

The AARP TaxAide free tax service will provide an informational session to go over the services they provide, why it's safe to use their services, answer any questions you may as well as get your taxes done for free!



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

This year, we'll be offering tax assistance at the Holiday Park Senior Center on Mondays Starting February 9, 2026

#### Appointment Scheduling:

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

#### Early Sign-up for Seniors (Age 60+):

Don't want to wait on hold? We're offering a special early sign-up opportunity for our senior community! Join us at the Holiday Park Senior Center lobby on Wednesday, January 28th, 2026 from 11:00AM to 1:00PM. Our volunteers will be at the Senior Center and happy to assist you in scheduling your tax appointment.

#### Free Tax Help for All Ages:

Remember, our free tax preparation service is available to everyone regardless of age. Let your friends and family know!

## 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
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#### 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
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#### CHINESE FOLK DANCING - Beginner

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

Fri	Ongoing	1-2pm	Free	15 wks
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#### HULA (INT. CHOREOGRAPHY)

Taught by Dawn and sponsored by HPSI. **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
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#### 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
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#### 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
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### 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.

Wed	1/14-4/29	11-11:50am	\$40	13 wks
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#### FELDENKRAIS AWARENESS THROUGH MOVEMENT



Use slow, mindful movements to increase strength, flexibility, and holistic integration of body and mind through a sequence of movements.

Mon	1/26-2/9	2-2:50pm	\$60	3 wks
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#### 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
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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

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
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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 on 1/19 and 2/16.**

Mon	Ongoing	2:30-3:25pm	Free
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### 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
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### 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
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### 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
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### ZUMBA GOLD

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

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

Taught by Sharon. 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
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### 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
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#### 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
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#### 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
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## 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
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### 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
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### 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
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### CRAFTS WITH MINH

Led by Minh. Join your friends and create something beautiful. Group meets every 3rd Fri. of the month.

Fri	Monthly: 1/16	2-3:30pm	Free
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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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### 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
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### 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	11-11:50am	Free
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## 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
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### 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
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### 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
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### 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	11am-12:20pm	\$50	15 wks
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## 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. Current session ends 12/9. 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
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## 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>
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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.

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

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

<b>Daily</b>	Ongoing	All day	<b>Free</b>
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## 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>
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### AMERICAN MAH JONGG

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

<b>Mon</b>	Ongoing	1-4pm	<b>Free</b>
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### RUMMIKUB with Elsa

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

<b>Daily</b>	Ongoing	1-4pm	<b>Free</b>
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### RUMMIKUB with Evelyn

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

<b>Tues</b>	Ongoing	11am-2pm	<b>Free</b>
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### 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>
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## 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
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### 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
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### 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>
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### BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

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

### BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. Every 3rd Wednesday, 3-4pm

**January 21st from 3-4pm**

"American Dirt" by Jeanine Cummins!

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

"West with Giraffes" by Lynda Rutledge

<b>Every 3rd Wed</b>	Ongoing	3-4pm	<b>Free</b>
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## The 1:00 PM Holiday Park Daily Show – January 2026

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

### *Center Closed From Dec. 25 through Jan. 2.*

#### **Movie: Ocean's Thirteen (2007) 122 minutes**

**Mon. Jan. 5**

Danny Ocean and his gang hatch an ambitious plot for revenge after ruthless casino owner Willy Bank double-crosses Reuben Tishkoff, Danny's friend and mentor. Ocean's gang plan to hit Bank in the paycheck by reversing the precept that the house always wins. Next, they will deal a crushing blow to Bank's ego by ruining his reputation as the only hotelier to earn the Royal Review's Five Diamond Award for each of his properties.

#### **Cardboard Boat Regatta**

**Tues. Jan. 6**

Join us for an informational meeting for the upcoming 2026 Montgomery County Senior Recreation Cardboard Boat Regatta. This meeting will cover construction and material details, race rules, participant guidelines and more! Open to those interested in building, racing and supporting our Holiday Park team as they race for the best time award.

#### **Sheldon Lehner Presents...Magical Music Moments Series, Part 1: Variety of Songs including Show Tunes**

**Wed. Jan. 7**

Sheldon will be offering various types of music including fast, slow, and duets with singers like Bobby Darin, Dean Martin, Aretha Franklin, Glen Campbell, Brenda Lee, Dinah Washington, Broadway Musicals, and more.

#### **Afternoon Vintage Tea and Poetic Interlude**

**Thur. Jan. 8**

Put on a hat and join us for an afternoon where every cup tells a story and every poem finds a home. Bring your favorite poem to read and share. *Pre-registration Required.*

#### **DCF: In Memory of Mike Surrat with Paul McRoberts (1-3PM)**

**Fri. Jan. 9**

Join us for this special Friday Dance with DJ Paul McRoberts as we all remember and celebrate the life of Mike Surratt.

#### **Wii Sports with Matt**

**Mon. Jan. 12**

Come and enjoy a game of Wii Sports! Matt will be available to show you how to play various games. All levels welcome.

#### **Be Tax Ready!**

**Tues. Jan. 13**

The AARP TaxAide free tax service will be at Holiday Park this year! Come to an information session when a TaxAide representative will be here to tell you all about TaxAide's tax preparation service, why it's a safe way to get your taxes done for free, and answer any questions you might have.

#### **Sheldon Lehner Presents...Magical Musical Moments Series, Part II Soul Music**

**Wed. Jan. 14**

What a special feeling that Soul Music provides us. Sheldon reviews Soul Music from the greats, including: James Brown, Aretha Franklin, Sam Cooke, The Temptations, Marvin Gaye, and more.

#### **Tech Thursday: Understanding Frauds & Scams**

**Thur. Jan. 15**

The ability to spot a scam is an essential digital skill. In this lecture we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed.

#### **Celebrate Puerto Rico: Fiestas de la Calle San Sebastián with DJ Danny (1-3PM)**

**Fri. Jan. 16**

It is no secret that people in Puerto Rico know how to party, especially around the holidays. "Book your tickets" to The HPSC San Sebastián Street Festival (*Fiestas de la Calle San Sebastián*) following the music and dancing of Puerto Rico provided by DJ Danny.



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

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

### *Center Closed in Honor of Martin Luther King, Jr. Day*

**Mon. Jan. 19**

#### **Suburban Hospital presents: 988 Suicide & Crisis Lifeline**

**Tue. Jan. 20**

This session will discuss the vital roles that the 988 Suicide & Crisis Lifeline plays in mental health support and crisis response. Learn how to recognize the warning signs that someone may need help, what to say and do to offer meaningful support, and what to expect when reaching out to 988. Brought to you by EveryMind.

#### **Sheldon Lehner presents...Magical Music Moments Series, Part 3: Blues and Do-Wop**

**Wed. Jan. 21**

Among these great songs about the Blues, Sheldon will showcase such singers as The Three Kings, Buddy Guy, Etta James, Janis Joplin and more.

#### **Cultural Experiences: Bosnia**

**Thu. Jan. 22**

Join Kay Halpern and learn about the culture and history of Bosnia-Herzegovina and it's surroundings in Montenegro.

#### **Dance Club Friday with Tim Amman (1-3PM)**

**Fri. Jan. 23**

Tim is back to jumpstart the weekend with his fun tunes and great music. Join us and bring your dancing shoes!

#### **Nutrition Talk with Rhonda: Tips & Trends Shaping the Future of Nutrition**

**Mon. Jan. 26**

Start 2026 off right! Join us as Rhonda provides nutrition advice for our patrons as we start the new year!

#### **You're Not Alone: Demystifying Adult Daycare (Part 1)**

**Tue. Jan. 27**

Adult daycare is an important part of the long-term care continuum and a cost-effective solution for keeping people living in their homes. Learn more about the medical care, engaging activities, transportation services, and the sense of community created by these centers along with peace of mind for family members that loved ones are safe & happy. Presented by Marcus, Senior Director Adult & Senior Services Easterseals.

#### **You're Not Alone: Let's Talk about Asking for and Accepting Help Because Even Superheroes Need Sidekicks (Part 2)**

**Wed. Jan. 28**

Let's face it —none of us came with an instruction manual and sometimes life feels like assembling furniture without an Allen wrench. This fun honest talk dives into the art of asking for help and the joy of accepting it. Whether it's tech troubles, tricky lids, or just needing a hand, we'll laugh, share and learn how leaning on others can actually lift us up. Presented by Ruth with HHS Caregiver Support Program.

#### **Let's Mend our Clothes and Avoid Waste**

**Thur. Jan. 29**

Montgomery County's Department of Environmental Protection (MDEP)) will discuss "How to Aim for Zero Waste by Mending Textiles." As part of this event, participants are welcome to bring one item of clothing with a rip or tear to practice visible mending techniques. All other items will be provided by the Department. Hope to see you there.

#### **Sheldon Lehner Presents...Magical Music Moments Series, Part 4: Dancing and Rock 'N Roll (1-2:30PM)**

**Fri. Jan 30**

More dance tunes which will make you glad you brought your dancing shoes! Including such greats as Kool and the Gang, Wilson Pickett, and Joe Bonamassa and his Band.

## 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
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### 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
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### 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
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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	10-11:25am	Free
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## 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: 301-526-1403



Thu	1/8, 1/22, 2/12, 2/26	2:00-3:30pm	Free
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### 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
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### 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
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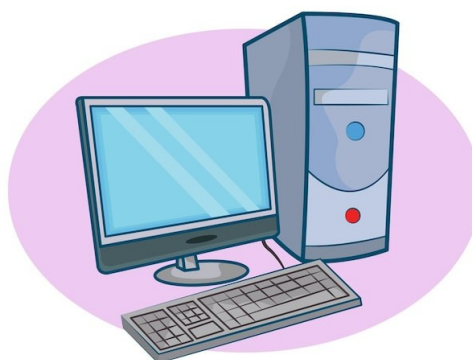
## TECHNOLOGY

### 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
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## 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

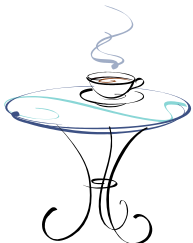
Open Tuesdays from 9:30am to 1:00pm, and Wednesdays from 9:30am to 1:00pm, volunteers permitting.

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
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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

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
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#### Yoga (en Silla) en Español:

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

Lu	1/12-4/20	11-11:50 am	\$55
Ju	1/15-4/23	11-11:50 am	\$60

#### 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.



### 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	1-2:30pm	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
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#### 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

#### Gentle Exercise with Venus

Led by Venus. Registration required.

Gentle exercises that include stretching and to help you gain better balance! **Class will change time starting in January to 11-11:50am**

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

**BLOOD PRESSURE SCREENING -**  
**Monday 10am-12pm 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.

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

\*Please ask for the form at the Front Desk if you plan on using this service to expedite check-in.

Available 1 & 3rd Tuesdays of the month at the following locations:

- **1st Tuesday:** Hughes United Methodist Church, 10700 Georgia Avenue, Wheaton
- **3rd Tuesday:** Interfaith Works, 751 Twinbrook Parkway, Rockville

## 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.

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

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**\*\*\*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!

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

### Plant Room Tips



- Heavy snow and ice can damage shrubs. Use a broom to gently push upwards on limbs to shake and dislodge snow from branches.
- Be careful not to overwater houseplants. Most houseplants should be watered only when the top of the growing medium begins to dry out.
- Do not fertilize houseplants.



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

Please see Judy or Marco!



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!

## 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 February 2026...  
A sampling of Holiday Park 1:00 pm Programs***

- Feb. 2, M. Let's Get Ready to Cheer for the Cardboard Boat Regatta  
Feb. 3, T. Safety Academy: 911 Stories with Kimberly D. Kelly  
Feb. 4, W. Crafts for Valentines Day  
Feb. 5, Th. Movie: "Groundhog Day" (1993; 101 minutes)  
Feb. 6, F. TET Lunar New Year **(1-3PM; Pre-registration required.)**
- Feb. 9, M. Valentine BINGO!  
Feb. 10, T. Wii Sports with Matt  
Feb. 11, W. Celebrate Black History Month with Gospel Music by Melvin  
Feb. 12, Th. Mardi Gras with the Orleans Express  
Feb. 13, F. Valentine's Day Party with the Gary Brown Band
- Feb. 16, M. ***Center Closed for President's Day***  
Feb. 17, T. Health Talk with Suburban Hospital  
Feb. 18, W. Night & Day Duo presents...  
Feb. 19, Th. TECH THURSDAY: Wearables at a Glance  
Feb. 20, F. Chinese New Year **(1-3PM; Pre-registration required.)**
- Feb. 23, M. Senior Nutrition Lecture with Rhonda  
Feb. 24, T. Sing-a-long with Michael & Friends  
Feb. 25, W. Sheldon Lehner presents...  
Feb. 26, Th. Historic Preservation of you Family Paper with Sarah  
Feb. 27, F. Dance for Your Heart with Walter Ware (1-3PM)

*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.