



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

July 2025

In this issue:

Special Events and Announcements	2-3
Classes & Drop-in Activities	4-10
Daily 1:00 PM Programs	8-9
Wednesday Evenings	10-11
Multicultural Programs	12
Health & Wellness	13
Center & County Services	14-15
August Sneak Peek	16



Musical Concert with the Seth Kibel Duo

Wed., July 23rd from 6-7pm

Woodwind wizard Seth Kibel along with piano accompanist Sean Lane will delight you 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.



Rumba Colombiana Dance Party

Thursday, July 24, 1-2 pm

Join us for an afternoon of Colombian dances and songs played by DJ Danny! An afternoon of fun, dancing and Latin rhythms.

Light refreshments served.

Pre-registration required.

July 4th Closing



**CENTER CLOSED
Friday, July 4th**

**We will reopen on
Monday, July 7th.**



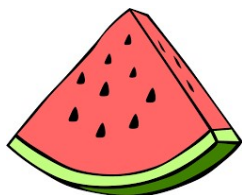
Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
Phone: (240) 777-4999
www.mocorec.com



Center Hours: Monday thru Friday 9:00 am - 4:00 pm
Wednesdays: 9:00 am - 8:00 pm until September 24th, 2025

Save the Date: Special Hi-Lites Events & Announcements

Watermelon Everywhere Wed., July 2nd from 5:30-6:30pm



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

Pre-registration required.

National Cowboy and Cowgirl Dance

**Fri. Aug., 15th
from 1-2:30pm**



Join us for a line dance Summer party with Robin! *Light refreshments available.*

Live Music with Bethesda Brass Ensemble Tuesday, July 8, 1-2pm

The Bethesda Brass Ensemble, part of the NIH Community Orchestra, will perform a range of pieces spanning baroque to jazz to contemporary. The concert is tailored to young and old. You don't want to miss it.



Mocktail Party Wed., July 9th from 6-7pm

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



Mocktails provided by Belle Amor Cocktails.

Pre-registration required.

Join us from 11am-12pm on Monday, 7/14 for a Town Hall Meeting!



We will be discussing the upcoming renovations of the Center windows!

Fire Safety one Cup of Cocoa at A Time



Wednesday, 7/16
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.

Sing-Alongs

Sing Along with Paul

Friday, July 18, 1-2pm

Join Paul to sing-along, and dance, if you would like, to your favorite songs.

Ice Cream Social

Wednesday, July 23, 1-2pm



Join us for another Ice Cream Social with the music of Walter to liven up the party!

Pre-registration required.

Upcoming Events

CAPITAL ACCORD A CAPELLA CHORUS



August 6th; 6:30-7:30pm

This Silver Spring Group makes beautiful music as they sing A capella four-part harmony.

Pre-registration required.

ELVIS PARTY with David Kaplow and friend August 13th; 6-7pm

Enjoy this live music of the “King of Rock and Roll”. David Kaplow sings Elvis’s songs along with other rock and roll songs accompanied by his friend on the guitar.



Light refreshments available.

Pre-registration required.

AFRICAN DRUM CIRCLE August 27th; 6-7pm

Experience the joy of rhythm. Hear Adruma Victoria play the drums and then try your own hand at making the drums ‘talk’.

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.

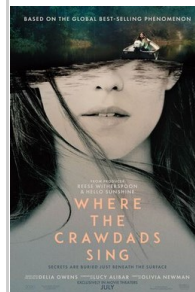
A BOOK AND A MOVIE

August 20th; 4:30-8pm

“Where the Crawdads Sing” by Delia Owens.

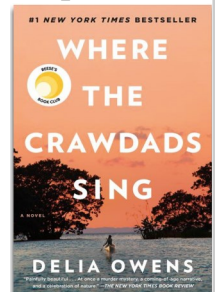
Book discussion from 4:30-5:30pm.

Movie viewing from 6:00-8:00pm.



*Light refreshments
available.*

**Pre-registration
preferred.**

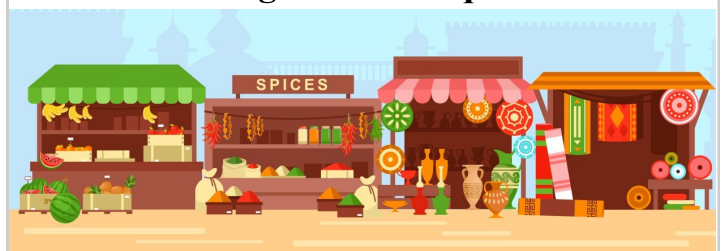


STREET FAIR

September 3rd; 5-7pm

Come and enjoy the foods, music, and artifacts of many different countries including Sri Lanka, India, China, Turkiye, Vietnam, and more. Our friends from Gaithersburg will be joining us.

Pre-registration required.



Classes and Drop-in Activities

Please register at the Front Desk. 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: Argentine Tango & Foxtrot. Rhythm: East Coast Swing & Bolero.**

Smooth	Wed	6/18-8/20	2-2:50pm	\$50	10 wks
Rhythm	Wed	6/18-8/20	3-3:50pm	\$50	10 wks



BALLROOM LINE DANCE PRACTICE

Practice your line dancing skills for a variety of ballroom line dances. Open practice includes Cha-Cha, Samba, Tango, Southern Soul Bounce, and more!

Mon	6/23—8/25	10-10:50am	Free	10 wks
------------	-----------	------------	-------------	--------

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming. Combines tai chi, qigong, ballet & expressive dance movements. **No class on 7/4.**

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

HULA (INT. CHOREOGRAPHY)

Taught by Dawn and sponsored by HPSI and will focus on advancing the techniques learned in the beginner Hula course.

RETURNING IN THE FALL.

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.

No Class on 7/4.

Fri	6/20-8/1	11-11:50am	\$20	6 wks
------------	----------	------------	-------------	-------

LINE DANCE— PARTY FAVORITES

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

RETURNING IN THE FALL.

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. **No class on 7/30.**

Wed	6/18-8/20	1-1:50pm	\$50	9 wks
------------	-----------	----------	-------------	-------

TAP DANCING (BEG.)

Taught by Denise and sponsored by HPSI. Designed for students who want to start learning how to tap dance. This introductory class will go over basic steps, combinations, and rhythms. **No class on 7/30.**

Wed	6/18-8/20	12-12:50pm	\$50	9 wks
------------	-----------	------------	-------------	-------

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	6/26-8/21	12-12:50pm	\$40	9 wks
Adv.	Thur	6/26-8/21	11-11:50am	\$40	9 wks

EASY FIT DANCING

Taught by Marcia and sponsored by HPSI. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights to class.

Wed	6/18-8/20	11-11:50am	\$30	10 wks
------------	-----------	------------	-------------	--------

GENTLE FITNESS

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

Tue	6/24-8/19	2-2:50pm	\$35	10 wks
------------	-----------	----------	-------------	--------

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.

Thur	6/26-8/21	2-2:50pm	\$45	9 wks
-------------	-----------	----------	-------------	-------

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.

Mon	6/16-8/25	2:30-3:20pm	Free	11 wks
Wed	6/18-8/27	2:30-3:20pm	Free	11 wks

Classes and Drop-in Activities

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

SELF DEFENSE — TAE KWON DO

Taught by Larry. Learn self-defense through the Korean practice of Tae Kwon Do. Develop confidence in the knowledge that you can protect your personal space. Through relaxation and self-defense techniques, increase your mental alertness, flexibility, and range of motion. **No class on 7/4.**

Fri	Ongoing	2-2:50pm	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. **No class on 7/4.**

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.

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

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	6/26-8/21	2-2:50pm	\$40	9 wks
-------------	-----------	----------	-------------	-------

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.

Mon	6/16-8/18	9-9:50am	\$45	10 wks
------------	-----------	----------	-------------	--------

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	6/18-8/20	10-10:50am	\$30	10 wks
------------	-----------	------------	-------------	--------

ZUMBA GOLD TONING

Taught by Mitzi and sponsored by HPSI. The original dance-fitness party. **No class on 7/4.**

Fri	6/20-8/22	10-10:50am	\$45	9 wks
------------	-----------	------------	-------------	-------

YOGA

EVERYBODY'S YOGA

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

Wed	6/18-8/20	3-3:50pm	\$45	10 wks
------------	-----------	----------	-------------	--------

HATHA YOGA

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. No class on 7/4.

In Pers	Fri	6/20-8/22	9-9:50am	\$40	9 wks
Virtual	Tues	6/24-8/19	9-9:50am	\$40	9 wks

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	6/24-8/19	11-11:50am	\$45	9 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	6/24-8/19	10-10:50am	\$45	9 wks
------------	-----------	------------	-------------	-------

YOGA WITH LINDA

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

Thur	6/26-8/21	10-10:50am	\$45	9 wks
-------------	-----------	------------	-------------	-------

YOGA (CHAIR) IN SPANISH

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

Thur	6/26-8/21	11-11:50am	\$30	9 wks
Mon	6/16-8/18	11-11:50am	\$30	10 wks

Classes and Drop-in Activities

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

ARTS AND CRAFTS

BASKET WEAVING

Taught by Rao Tran. Create beautiful 2-tone baskets using recycled plastic packing straps and help save the environment!

Taught in both English and Vietnamese!

Thur	8/7-8/28	10-12pm	FREE	4 wks
-------------	----------	---------	-------------	-------

OIL PAINTING WITH DENIS

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

Mon	8/4-8/25	10-12pm	\$25	4 wks
------------	----------	---------	-------------	-------

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.

Thur.	7/3-8/21	1-3pm	\$80	8 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	
------------	---------	------------	-------------	--

WATERCOLOR & DRAWING

Taught by Steve and sponsored by HPSI.
RETURNING IN THE FALL.

WATERCOLOR (Interm./Adv.) Virtual

Taught by Steve and sponsored by HPSI.
RETURNING IN THE FALL.

WATERCOLOR (Interm./Adv.)

Taught by Steve and sponsored by HPSI.
RETURNING IN THE FALL.

WOODCARVING GROUP

Led by Val. If you've 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. New members must register at the front desk.

Fri	Ongoing	1-2:55pm	Free	
------------	---------	----------	-------------	--

LANGUAGE CLASSES

EVERYDAY ENGLISH

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

Tue & Thurs	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	
------------	---------	------------	-------------	--

FRENCH

Taught by Gilles and sponsored by HPSI. Learn and practice your French. **No class: 8/13.**

Beg.	Wed	6/18-8/20	9-9:50am	\$30	9 wks
Int.	Tue	6/18-8/20	10-10:50am	\$30	9 wks

FRENCH: CONVERSATION

Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required. **No class: 8/13.**

Wed	6/18-8/20	11-11:50am	\$30	9 wks	
------------	-----------	------------	-------------	-------	--

SPANISH

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

Begin.	Tue	6/24-8/19	10:30-11:20pm	\$30	9 wks
Interm.	Tue	6/24-8/19	11:30-12:20pm	\$30	9 wks

SPORTS

BOCCE BALL COURT—PETANQUE

Outside our back door. Enjoy a good match with a friend. Drop-in.

Daily	Ongoing	All day	Free	
--------------	---------	---------	-------------	--

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	
--------------	---------	---------	-------------	--

Classes and Drop-in Activities

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

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
-------	---------	---------	------

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
-------	---------	---------	------

GAMES

GAME ROOM

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

Daily	Ongoing	All day	Free
-------	---------	---------	------

AMERICAN MAH JONGG

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

Mon	Ongoing	1-4pm	Free
-----	---------	-------	------

RUMMIKUB with Elsa

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

Daily	Ongoing	1-4 pm	Free
-------	---------	--------	------

RUMMIKUB with Evelyn

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

Tue.	Ongoing	11-2 pm	Free
------	---------	---------	------

SCRABBLE

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

Wed	Ongoing	starts at 1:00pm	Free
-----	---------	------------------	------

BRIDGE

BRIDGE FOR BEGINNERS II *RETURNING IN THE FALL.*

BRIDGE INTERMEDIATE II *RETURNING IN THE FALL.*

BRIDGE (SUPERVISED)

Led by Rochelle; sponsored by HPSI. Join these sessions to play, compare, and review pre-dealt hands. Anyone at any level will enjoy and benefit from this hands-on experience.

Tues	6/24-7/29	1-3pm	\$60	6 wks
------	-----------	-------	------	-------

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	12:30-3:45	Free
-----	---------	------------	------

BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.
No class: 7/4.

Fri	Ongoing	12:45-3:30pm	Free
-----	---------	--------------	------

SPECIAL INTERESTS

BEHIND THE HEADLINES

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

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

BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. See the Night at the Park events for more details.

- July 16: "*Lost Horizon*" by James Hilton
- August 20 "Where the Crawdads Sing" by Delia Owens

Wed	4:30pm book talk; 6pm movie	Free
-----	-----------------------------	------

MINDFULNESS MEDITATION

Led by Doug & Li. We 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	11-11:50pm	Free
-----	---------	------------	------

PHOTOGRAPHY CLUB

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

Wed	7/2 & 7/16	10am-12pm	Free
-----	------------	-----------	------

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

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

Craft Day

Join us to work on a variety of creative crafts and have fun with your friends!

Tue. July 1

Popsicle Day

Enjoy a cold popsicle and listen to summertime music.

Wed. July 2

Movie: Cocoon The Return (1988) - 1 hour 56 minutes

The seniors return to Earth to visit their relatives. Will they all decide to go back to the planet where no one grows old, or will they be tempted to stay?

Thu. July 3

CENTER CLOSED
Independence Day

Fri. July 4

Consumer Protection with Maurice Valentine

Understand Credit and Collections: Learn about methods for establishing, using credit and protecting your credit, and techniques for managing debt.

Mon. July 7

Live Music with Bethesda Brass Ensemble

The Bethesda Brass Ensemble, part of the NIH Community Orchestra, will perform a range of pieces spanning baroque to jazz to contemporary. The concert is tailored to young and old. You don't want to miss it.

Tue. July 8

Recycle

Each year millions of tons of plastic waste end up in our oceans, polluting our waterways and ensnaring our wildlife. In honor of "Plastic Free July", MoCo's Waste Reduction & Recycling Section will be discussing ways to reduce single-use plastics at home and in the community.

Wed. July 9

Preventing Forest Fires with Jim

Join Retired Battalion Chief Jim Resnick from MCFRS for this informative presentation on how you can help prevent and mitigate damage from forest fires.

Thu. July 10

Dance Club Friday with Rearview Mirror

Rearview Mirror will be here to get your feet dancing and your hips swinging to their upbeat music and joyful tunes!

Fri. July 11

Photography with David Luria

Join E. David Luria—professional photographer—as he provides instruction on how to get the best photos with the use of your own smartphone.

Mon. July 14

Health Talk with Suburban Hospital: Breathe into Better Life

Join Suburban Hospital Evangellina DiSpirito, RD, LD for a journey of mind and body nourishment.

Tue. July 15

Live Music with Night & Day Duo

For many years, singers sang songs that someone else has written. The songwriters were 'hired guns' who passed their work on for others to perform. Then came the Beatles and Bob Dylan, who wrote and performed their own tunes and had an enormous impact on music and led directly to the great works of Carole King, Joni Mitchell, Billy Joel and many others. Join Mike and Charlene as they do a sampling of some of their favorites.

Wed. July 16

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

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

Tech Thursday: AI Voice and Video Generators

Thu. July 17

Have you heard about voice-cloning, digital avatars or text-to-video? This lecture will explain how artificial intelligence programs can turn scripts and even just ideas/a few sentences into realistic voices and videos in a matter of minutes. We'll explore AI voice and video generators, their common features, and the wide range of content they can produce. You'll also learn tips and tricks for using these tools so you can get started!

Sing Along with Paul—Broadway Shows

Fri. July 18

Warm up your vocal chords and join Paul as he has everyone sing along to the lyrics of popular Broadway musicals. Share your voices and enjoy time with your community!

Acute Stroke Lecture with Victoria Ly, PharmD, from Medstar Washington Hospital Center

Mon. July 21

Join us to discuss the causes of stroke as well as the different types of strokes. Risk factors for stroke development will be presented and how to reduce them. Tips will be discussed to recognize early signs of stroke. Medications for stroke will be presented along with side effects. A Brown Bag Medication activity will follow the presentation. Seniors are encouraged to bring their medications from home. Pharmacist will provide counseling on patient meds and will answer any questions you may have.

Chesapeake Region Lace Guild with Linda Benning

Tue. July 22

Join members of the Chesapeake Region Lace Guild to look at lace and the various tools used to make it. Yes! Lace has a long and fascinating history! If you make lace or if you have an interesting piece of lace you want looked at, come to this workshop!

Ice Cream Social with Walter

Wed. July 23

Enjoy a small bowl of vanilla ice cream with chocolate or caramel syrup and lots of sprinkles with the wonderful tunes of Walter. **Pre-registration required.**

Rumba Colombiana with DJ Danny

Thu. July 24

"El Rey del Sabor." Join us for an afternoon of Colombian dances and songs played by DJ Danny! An afternoon of fun, dancing, and Latin rhythms.
Light refreshments served. Pre-registration required.

Dance Club Friday with Tim Amann

Fri. July 25

Tim is back with his guitar! Join the party and dance to his great songs and music.

"A Diabetes Refresher": Nutrition Lecture with Rhonda

Mon. July 28

Refresh your knowledge and understanding about Diabetes and get tips on how to manage your blood sugar.

Friendship Cards & Bracelets with Janet & Carol

Tue. July 29

To celebrate International Friendship Day, we will be making cards and bracelets to give to our friends.

Party Circle with Jane

Wed. July 30

Join us to dance to a variety of popular music and dance styles including Latin, African, Bollywood, Hip-hop, Jazz, and line Dance. Unleash your superpowers through music, dance, storytelling and guided meditation.

Loom Knitting and Dolls with Peggy Safa

Thu. July 31

Learn how to use a small loom to easily knit many small items. This class will teach you how to knit dolls! Yarn and looms provided.

Classes and Drop-in Activities

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

ROSEBUD HAPPY DISCUSSION GROUP

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

Thur	7/10 & 7/24	11-11:50am	Free
-------------	-------------	------------	-------------

WRITING GROUP

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

No Class: 7/4.

Fri	6/20-8/29	10-11:25am	Free
------------	-----------	------------	-------------

MUSIC



JAM SESSION

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.

Wed	Biweekly, starting 7/2, 7/16, 8/6, and 8/20	2-3:45pm	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 just to have informal fun (not a class or recital) with piano friends.

Mon	7/7, 8/4	2-3:45pm	Free
------------	----------	----------	-------------

PIANO PRACTICE

Led by Emmy. This is a class to improve your skills. Limited to Piano Club members only.

Pre-registration required. See group leader.

Mon	7/14, 8/11	2-3:45pm	Free
------------	------------	----------	-------------

TECHNOLOGY

SENIOR PLANET: EXPLORING AI

Artificial Intelligence (AI) technology is rapidly developing and increasingly impacting our lives. This multi-week series will explain AI tools that are part of everyday life and explore cutting edge applications. Learn about AI-generated content, best practices, and safety tips.

Tue & Thur	8/12-9/11	10-11:15am	FREE	10 classes
-----------------------	-----------	------------	-------------	------------

Plant Room Tips

- Begin to think about fall planting. Many of the plants you grew in spring can be grown in the fall—broccoli, cauliflower, kale, collards, kohlrabi, radishes, turnips, mustard, arugula, bok choy, other Asian greens plus lettuce, spinach, chard, beets.
- You can still grow squash, beans, cucumbers, basil, parsley by planting seeds directly in the ground or pots.
- Fertilize indoor plants and continue throughout the summer.
- Tomato plants may be exhibiting symptoms of various leaf spot diseases. Remove badly infected lower leaves, keep a thick organic mulch around plants and avoid overhead watering.
- Butterfly "Magnets": Coreopsis, Purple Coneflower, Shasta Daisy, Black-eyed Susan, Liatris, Anise Hyssop (Agastache), and Swamp Milkweed to name a few.

Wednesday Evenings

CLASSES



BELLY DANCING

Belly dance taught by Arnyell 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 non-judgment zone that encourages body positivity and cultural understanding. Wear comfortable clothing that allows for freedom of movement and wear flexible dance footwear or go barefoot for ease of movement. Sponsored by HPSI.

Wed	7/2-7/30	4:30-5:30	\$25
------------	----------	-----------	-------------

Upcoming Wednesday Evening: A Night At The Park*

WATERMELON EVERYWHERE

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

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 6-7pm

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 4:30-8pm

"Lost Horizon" by James Hilton.

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

Pre-registration preferred.

MUSICAL CONCERT

with the Seth Kibel Duo

July 23rd from 6-7pm

Woodwind wizard Seth Kibel along with piano accompanist Sean Lane will delight you 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 5:30-6:30pm

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.

SENIOR SMART TECH

August 6th from 3-6pm

Drop in to get answers to your questions about using your smartphone, laptop or tablet. Provided by myMCM youth group. **Pre-registration required.**

CAPITAL ACCORD A CAPELLA CHORUS

August 6th from 6:30-7:30pm

This Silver Spring Group makes beautiful music as they sing a capella four-part harmony.

Pre-registration required.

ELVIS PARTY

with David Kaplow and friend

August 13th from 6-7pm

Enjoy this live music of the "King of Rock and Roll". David Kaplow sings Elvis's songs along with other rock and roll songs accompanied by his friend on the guitar.

Light refreshments available.

Pre-registration required.



A BOOK AND A MOVIE

August 20th from 4:30-8pm

"Where the Crawdads Sing" by Delia Owens.

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

Pre-registration preferred.

AFRICAN DRUM CIRCLE

August 27th from 6-7pm

Experience the joy of rhythm. Hear Adruma Victoria play the drums and then try your own hand at making the drums 'talk'. **Pre-registration required.**

STREET FAIR

September 3rd from 5-7pm

Come and enjoy the foods, music, and artifacts of many different countries including Sri Lanka, India, China, Turkiye, Vietnam, and more. Our friends from Gaithersburg will be joining us. **Pre-registration required.**

ART SHOW

September 10th from 1-7pm

View paintings and photographs done by our Holiday Park Senior Center members.

Light refreshments available.



A BOOK AND A MOVIE

September 17th from 4:30-8pm

"Hell Ship" by Ben Hammott. Book discussion from 4:30-5:30pm. Movie viewing from 6:00-8:00pm.

Light refreshments available. Pre-registration preferred.

LINE DANCE WITH ROBIN

September 24th from 5:30-6:30pm

Say goodbye to "Nights at the Park" with a fantastic Line Dance led by Robin. *Light refreshments served.*

Pre-registration required.

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

Multicultural Programs

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



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
----	---------	-------------	--------

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
----	---------	-------------	--------

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	6/3-8/26	11:00-11:50am	Gratis
----	----------	---------------	--------

Yoga (en Silla) en Español:

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

Lu	6/16-8/18	11-11:50 am	\$30
Ju	6/26-8/21	11-11:50 am	\$30



ASIAN CORNER

Active Golden: Meet & Greet

Hosted by Hung and Tuyet. Join this South East Asian group and make some new friends! **No class on 7/4.**

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! **No class on 7/4.**

Tue	Ongoing	1-2:30pm	Free
Fri	Ongoing	10:30-11:45pm	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	2:30-3:30pm	Free
Fri	Ongoing	1-1:45pm	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! **No class on 7/4.**

Fri	Ongoing	10-10:50am	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
-----	---------	---------------	------

CHINESE FOLK DANCING - Beginner

Taught by Ming. Combines tai chi, qigong, ballet & expressive dance movements. **No class on 7/4.**

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

Health and Wellness Programs

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

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.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE - Tuesdays 10:30—11:25am.

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

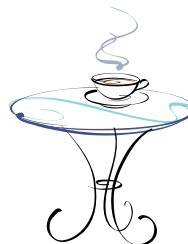
Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$8.26). Please make your reservation one week in advance 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 mocorec.com, then under the 'Facilities' tab, go to the 'Senior Centers' page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the 'Newsletter' tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed 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 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.***

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.).

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, 7/16, 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 to medical appointments, errands, grocery store trips and more. Call 301-962-0820 or email 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).

**Holiday Park
Senior Center Directory:**

Center Director
Dolors Ustrell,

Assistant Center Director
Marco D'Ottavi

Staff:
Cecilia Altamirano
Younna Badr
Ogishe Bashonga
Nick Calabrese
Arthur Clemmer
Curtis Colston
Maria Mercedes Diaz
Gail Jacobson
Sandra Johnson
Ryan Roach
Debbie Scholz
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 August 2025...
A sampling of Holiday Park 1:00 pm Programs***

- Aug. 1, F. 60s Party with Gary Brown Band
- Aug. 4, M. Essential Oil Therapy with Adrienne Huisman
Aug. 5, T. Craft Day with Minh
Aug. 6, W. Making Art with Vita
Aug. 7, Th. The Feldenkrais Method with Alison Babil
Aug. 8, F. Vietnamese Summary Party with Queyn
- Aug. 11, M. Sing Along with Michael Bloom
Aug. 12, T. Elvis Presley
Aug. 13, W. Movie: Blue Hawaii
Aug. 14, Th. Compliment Your Mirror Mirror on the Wall
Aug. 15, F. National Cowgirl/Cowboy Day Line Dance with Robin
- Aug. 18, M. Nutrition Lecture with Rhonda
Aug. 19, T. Health Lecture with Suburban
Aug. 20, W. Movie: Stan & Ollie (2018)
Aug. 21, Th. Tech Thursday
Aug. 22, F. Dance Club Friday with Night & Day Duo
- Aug. 25, M. Movie: Judy (2019)
Aug. 26, T. Persian Party
Aug. 27, W. Nutrition Lecture with Nikki
Aug. 28, Th. History Alive: Mary Clara Barton
Aug. 29, F. Lemonade Party with Gina De Simon



**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.