



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

May 2025

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Asian American Pacific Islander Heritage Celebration

Friday, May 9, 1 PM

Join us for a wonderful display of costumes, music and dances.

Light refreshments served.
Pre-registration required.



Aloha Friday

Friday, May 23, 1 pm

Join us for a wonderful performance by our very own Hula students and their instructor Dawn. This year we will be including guest performances showcasing Tahitian dance and Maori Poi. Come dressed in your casual aloha outfit.

Pre-registration required



Memorial Day Closing



**CENTER CLOSED
Monday, May 26**

**We will reopen on
Tuesday, May 27.**



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



Registration
Information

Save the Date: Registration for Rec Summer classes starts on Tue., May 13 and Mon., May 19 for HPSI classes.

Cinco de Mayo

Tuesday, May 6, 1
PM



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

Light refreshments served.
Pre-registration required.



Fire Safety one Cup of Cocoa at A Time

Wed., 5/21 at 9:30 —
11:00 am

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



Auditions for the HPSC Talent Show

Tuesday, May 20th
10-11:30am
Wed., May 28th,
2-3:30pm

Calling all individuals, duos, trios, or groups. Do you sing? Dance? Tell jokes? Perform magic? Etc.? Sign up for your spot (2-3 min. per audition). Let's get ready for our Talent Show on Friday, June 27.

Pre-registration with Recreation Form required.

Tropical Getaway Dance Party



Friday, May 2, 1 PM

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

Light refreshments served.
Pre-registration required.



DEMENTIA FRIENDS INFORMATION SESSION

Tuesday, May 20, 11-12 pm

This information session facilitated by Ruth will help you recognize the signs of dementia and provide tips on communicating with someone living with dementia.



Calling All Performers

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

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

Thank you!

Upcoming Events



**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.

Mother's Day with Violinist Caterina

Tuesday, May 13, 1 PM



Let's celebrate the caretakers in our lives: mothers, grandmothers, sisters, and friends..

Light refreshments served.
Pre-registration required.

Wednesday , June 4, 6-7 pm



Live Music with Daryl Davis
Join us for a special evening of jazz, blues and rhythm music and vocals.



Tuesday, June 17, 9:30am-2pm

Join us for the Annual World Elder Abuse Awareness Day Event! Presentations, information tables, interactive sessions and more! Lunch is available by pre-registration only.

Father's Day with Jumpin' Joe

Wednesday, June 11, 1 PM



Let's celebrate Father's Day with a Motown party. Dance to Jumpin' Joe's Motown music and tunes.

Light refreshments served.

**JUNETEENTH
FREEDOM DAY
JUNE 19**



Thursday, June 19

The facility will be closed in observance of Juneteenth! We will reopen on Friday.

Classes and Drop-in Activities

Registration for MCR Summer classes starts Tues., May 13th and Mon., May 19th for HPSI classes.

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.** *Current session ends on 6/4.*

Smooth	Wed	6/18-8/20	2-2:50pm	\$50	10 wks
Rhythm	Wed	6/18-8/20	3-3:50pm	\$50	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
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HULA (INT. CHOREOGRAPHY)

Taught by Dawn and sponsored by HPSI. This class will focus on advancing the techniques learned in the beginner Hula course. Additional terminology will be discussed along with the use of Hula implements. *Current session ends on 6/2.*

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. *Current session ends on 6/6. No Class on 7/4.*

Fri	6/20-8/1	11-11:50am	\$20	6 wks
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LINE DANCE- PARTY FAVORITES

Taught by Robin and sponsored by HPSI. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise. **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. *Current session ends on 6/4. No class on 7/30.*

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

Current session ends on 6/4. No class on 7/30.

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

AS EASY AS ABC... Exercise Class

Taught by Matt and sponsored by HPSI. A variety of exercises designed to increase muscle strength, endurance, range of motion, and balance. Hand-held weights and mats are used. Please bring your own weights to the class. *Current session ends on 6/5.*

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.

Current session ends on 6/4.


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

Taught by Carla. Learn the basics of how to safely use the equipment in the gym and outdoors. Limit 5 people per session.

Wed	5/21 or 5/28	1:15-2:15pm	\$5	1 Session
Tue	6/10 or 6/24	1-2pm	\$5	1 Session

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
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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.

Current session ends on 6/5.

Thur	6/26-8/21	2-2:50pm	\$45	9 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. This class is for students who want modified dance fitness with a focus on balance, range of motion, and coordination. This low-impact dance fitness class is taught to introduce simple movements. **No class 5/5, 5/19 & 5/26. Current session ends on 6/9 & 6/11.**

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

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

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

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

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

Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones. *Current session ends on 6/5.*

Thur	6/26-8/21	2-2:50pm	\$40	9 wks
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ZUMBA FOR ALL

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. **No class 5/26. Current session ends on 6/2.**

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

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

Wed	6/18-8/20	10-10:50am	\$30	10 wks
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ZUMBA GOLD TONING

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

Current session ends on 6/6. No class on 7/4.

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

EVERYBODY'S YOGA

Regine 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
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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.

Current session ends on 6/3 & 6/6. 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. *Current session ends on 6/3.*

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

Current session ends on 6/3.

Tue	6/24-8/19	10-10:50am	\$45	9 wks
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Classes and Drop-in Activities

Registration for MCR Summer classes starts Tues., May 13th and Mon., May 19th for HPSI classes.

YOGA WITH LINDA

Taught by Linda and sponsored by HPSI. Relaxing exercise to improve flexibility and strengthen muscles. *Current session ends on 6/5.*

Thur	6/26-8/21	10-10:50am	\$45	9 wks
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YOGA (CHAIR) IN SPANISH

Taught by Karen and sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish. *Current session ends on 6/2 & 6/5.*

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

ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Taught by Nicki and sponsored by HPSI. This is a continuing class for students who have prior experience in Chinese Brush painting. *Current session ends on 6/5.*

Thur.	7/3-8/21	1-3pm	\$80	8 wks
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KNIT & CROCHET WORKSHOP

Led by Shirley and Carma. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
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WATERCOLOR & 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. Drop in to this open carve session and work with a friendly group of amateur carvers. Or if you are an experienced carver and want to carve with fellow carvers come visit us too. No formal instruction given, but members will offer advice.

Fri	Ongoing	1-2:55pm	Free
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LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Greg. Vocabulary and conversational English to help you get comfortable in everyday conversation. **No class: 6/17.**

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

EVERYDAY ENGLISH (BASIC)

Taught by Deb. Very basic English, vocabulary and conversational English to help you get comfortable in everyday conversation. *Current session ends on 6/4.*

Wed	Ongoing	11-11:50am	Free
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FRENCH

Taught by Gilles and sponsored by HPSI. Learn and practice your French. **No class: 5/14 and 8/13.** *Current sessions ends on 6/4.*

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: 5/14 and 8/13.** *Current session ends on 6/4.*

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

Taught by Karen and sponsored by HPSI. A Spanish language class for those who want to learn and practice Spanish. *Current session ends on 6/3.*

Beg.	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
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BILLIARD/POOL ROOM

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

Daily	Ongoing	All day	Free
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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
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OPEN GYM—FITNESS ROOM

Patrons are strongly encouraged to take a Fitness Room Orientation class to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation class for closed times.

Daily	Ongoing	All day	Free
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GAMES

GAME ROOM

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
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AMERICAN MAH JONGG

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

Mon	Ongoing	1-4pm	Free
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RUMMIKUB with Elsa

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

Daily	Ongoing	1-4 pm	Free
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RUMMIKUB with Evelyn

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

Tue.	Ongoing	11-2 pm	Free
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SCRABBLE

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

Wed	Ongoing	starts at 1:00pm	Free
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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
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BRIDGE (Duplicate)

Led by Ernie. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required.

Fri	Ongoing	12:45-3:30pm	Free
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BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

No class: 7/4.

Wed	Ongoing	12:30-3:45	Free
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SPECIAL INTERESTS

BEHIND THE HEADLINES

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

Mon	Ongoing	10-11:25am	Free
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BOOK CLUB

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

- May 21: "*It Ends With Us*" by Colleen Hoover
- June 18: "*Tracks*" by Robyn Davidson
- July 16: "*Lost Horizon*" by James Hilton

Wed	4:30pm book talk; 6pm movie	Free
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JOURNALING CLUB

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

Tue	5/20; 6/24	2:15-3:45pm	Free
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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
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The 1:00 PM Holiday Park Daily Show – May 2025

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

<p>Movie: <i>Secretariat (2010)</i> 123 min. Penny Chenery Tweedy and colleagues guide her long-shot but precocious stallion to set, in 1973, the unbeaten record for winning the Triple Crown.</p>	Thu., May 1
<p>Tropical Getaway Dance Party with Island Breeze, 1-3 PM Join Island Breeze for a relaxing afternoon of island music and beachy vibes! <i>Light refreshments served. Pre-registration Required.</i></p>	Fri., May 2
<p>Nutrition Talk with Rhonda from Senior Nutrition Program</p>	Mon., May 5
<p>Cinco de Mayo Dance Party with DJ Dany , 1-3 PM No time for a siesta? It's time for a Fiesta! Señorita, Señora, and Señor. Join us to celebrate Cinco De Mayo with your friends. DJ Dany will provide the tunes as you dance away the afternoon! <i>Light refreshments served. Pre-registration Required.</i></p>	Tue., May 6
<p>Folk Sing with Michael Bloom and Friends Like to sing? Join Michael and friends and sing-along. Lyric books and instrumental accompaniment will be provided.</p>	Wed., May 7
<p>Keeping Seniors Safe with Montgomery County Police Any American with a bank account or a social security number can find themselves the victim of fraud or scam. American's annually lose approximately ten billion dollars to these crimes. The Montgomery County Police Department's "Keeping Seniors Safe" Mike Conrad will be giving a presentation on frauds, scams, and identity theft. The program will cover the various types of frauds and scams, how to identify them, specific measures to take to protect yourself from them and immediate steps to take to recover should you become a victim.</p>	Thu., May 8
<p>Asian American Pacific Islander Heritage Month Celebration with Quyen and Friends Join us for a wonderful display of costumes, music and dances. Hosted by Quyen and friends. <i>Light refreshments served. Pre-registration Required.</i></p>	Fri., May 9
<p>Bingo Join us as the numbers are called to win prizes and have fun! *Sponsored by Holiday Park Seniors, Inc. (HPSI)</p>	Mon., May 12
<p>Live Music: Violin with Caterina Vannucci Let's celebrate and honor the caretakers in our lives (mothers, grandmothers, sisters, aunties, daughters and friends). <i>Pre-registration Required.</i></p>	Tue. May 13
<p>Travelogue: Paris to the Swiss Alps with Steve Join Steve as he shares the highlights of his trip from Paris to the Majestic Swiss Alps on the Rhine River.</p>	Wed. May 14
<p>Strawberry Festival Fun Day with Nikki from Senior Nutrition Program Join us in "Nikki's Kitchen" on May 15th as we learn about STRAWBERRIES! We'll be celebrating all things Strawberries with a cooking demo focusing on this delicious treat! Enjoy a small sample at the end of the demonstration. <i>Pre-registration Required.</i></p>	Thu. May 15
<p>Dance Club Friday: Gary Brown, 1-3 PM Enjoy the dancing and music with Gary Brown during this Dance Club Friday!</p>	Fri. May 16

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

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

Photography and Stories by E. David Luria

Mon. May 19

“Is He German? I Don’t LIKE Germans!” “Does He Speak English?”

The life of our speaker, Holocaust Survivor and professional photographer all began with these words uttered in 1925 by his American mother Estela de Lima, when she learned that she had a distant cousin named Frank Luria when asked by her mother to show her Jewish cousin Frank (and future husband) around New York City while he was visiting New York on a business trip. David will share with us talks of what he learned from his parents about their life in Nazi Germany in those years leading up to World War Two.

Health Talk with Suburban

Tue. May 20

In honor of Stroke Awareness Month, the best way to protect yourself and your loved ones from a stroke is to understand your risk and how to prevent it. Mazhar Khalid, M.D., fellow with the NIH Stroke Program at Suburban Hospital, will discuss stroke risk factors and prevention strategies. He will outline a stroke action plan as well as vital signs and symptoms to be aware of using the BE F.A.S.T. strategy

The Hot Music of the Roaring Twenties by Night & Day Duo

Wed. May 21

The Roaring Twenties really did roar! Rebounding from the horrors of WW1, America was ready for a good time, and music was a main attraction. Americans would dance, drink, and party their way through the decade to the new sounds of jazz. We’ll discuss the history of the “hot and happy” songs of this era, such as “*Ain’t We Got Fun*” and “*Making Whoopee*”, and then perform them.

Tech Thursday: Tech Tips for Disaster Preparedness

Thu. May 22

Did you know that technology is an essential part of being prepared for emergencies and natural disasters? In this session, we’ll explain how technology can help you prepare. We’ll discuss and demonstrate useful features of the FEMA and Red Cross apps, including setting alerts. Additionally, we’ll review built-in smartphone features that can come in handy in the event of an emergency and explore how to keep phones and essential devices charged during a prolonged power outage. Finally, we’ll discuss how you can use social media to get emergency and other important information from local and national authorities.

Aloha Friday with Wendy

Fri. May 23

Join us for a wonderful performance by our very own Hula Students and their instructor Dawn Felson. This year we will be including a guest performance showcasing Tahitian dance. The tradition of Casual Friday actually started in Hawaii in 1966 as Aloha Friday and eventually migrated to the U.S. Come dressed in your casual aloha outfit.

Center Closed—Memorial Day

Mon. May 26

Sheldon Presents...”Van Morrison.. A Genius for Our Times”

Tue. May 27

Van Morrison had been under-appreciated by our presenter. Renewed interest in Van’s career has unlocked a variety of song-writing and singing abilities. You won’t want to miss this creator of such songs as “*Gloria*”, “*Crazy Love*”, and many more from Van’s and your past.

Tap Dancing by the Holiday Park Tappers

Wed. May 28

Get ready to tap your feet! Come out and enjoy a spectacular Tap Dance Showcase. The Holiday Park Tappers will perform several fun tap routines honoring 2025 National Tap Dance Day—the annual celebration raising awareness about dance and the legacy of tap dancers. Be prepared for an afternoon of rhythmic fun!

Housing Needs with Epic of Montgomery County

Thu. May 29

Join Kimberly Persaud to discuss housing needs in the County and what some of the County government plans are for dealing with this great need.

Dance Club Friday: Night & Day Band, 1-3 PM

Fri. May 30

Ready to get your dancing shoes on?! Spend another wonderful afternoon with the Day & Night Band with a wide variety of tunes that will get you dancing.

Classes and Drop-in Activities

Registration for MCR Summer classes starts Tues., May 13th and Mon., May 19th for HPSI classes.

PHOTOGRAPHY CLUB

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

Wed	5/7 & 5/21	10am-12pm	Free
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ROSEBUD HAPPY DISCUSSION GROUP

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

Thur	5/8 & 5/22	11-11:50am	Free
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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
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MUSIC

JAM SESSION

Led by Dennis. Are you a former rock-n-roll  0-70s protest folk musician looking for a place to jam? Dust off your guitar; Pianos will be available, and bring your instrument of choice. Bring sheet music, write down the chords, music can be scanned and displayed so all can follow. Come play, listen, and even sing familiar tunes.

Wed	5/7, 5/21, 6/4, 6/18, 7/2,	2-3:45pm	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 just to have informal fun (not a class or recital) with piano friends.

Mon	5/5, 6/2, 7/7, 8/4	2-3:45pm	Free
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PRACTICE PIANO

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

Pre-registration required. See group leader.

Mon	5/12, 6/9, 7/14, 8/11	2-3:45pm	Free
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Plant Room Tips

- Plant warm season annuals and vegetables. Visit the Plant Room to purchase tomatoes, peppers (hot and sweet), cucumbers, squash, basil, parsley and more.
- When mowing grass, leave clippings on the lawn instead of bagging them.
- If you take your houseplants outdoors during the warm weather, wait until the last frost. Choose a shady spot for a few weeks before placing them in brighter light.

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. We'll explore ways AI can help with a variety of tasks, learn tips for identifying AI-generated content, best practices, and safety tips.

Tue & Thur	8/12-9/11	10-11:15am	FREE	10 wks
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Wednesday Evenings

CLASSES

BELLY DANCING

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

Wed	5/21-6/11	4:30-5:30	\$25
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BIODANZA

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

Wed	5/7-7/30	6-7 pm	Free
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- If your azaleas, rhododendrons, and other spring-flowering shrubs are growing too large, prune them after they are finished blooming.
- Summer annual bulbs like gladiolus, tuberous begonias, cannas, caladium, and dahlias can be planted now.
- Late season perennials like Russian sage, buddleia, chrysanthemums, caryopteris benefit from being cut back to about half to prevent them from getting too leggy later in the season

Upcoming Wednesday Evening: A Night At The Park*

MEDICARE FRAUD AND ABUSE

May 7th from 5-7pm

Presented by the Senior Health Insurance Program (SHIP). Learn more about Medicare Fraud and Abuse and how to avoid it. You should protect your Medicare information by reviewing your Medicare benefits notices for accuracy. Handouts and a discussion period are part of this presentation.

INDONESIAN FESTIVAL

May 14th from 6-7pm

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

SENIOR SMART TECH

May 21st from 3-6pm

Provided by myMCM youth group. Drop in to get answers to your questions about using your smart phone, laptop or tablet.

A BOOK AND A MOVIE

May 21st from 4:30-8pm

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

ICE CREAM SOCIAL

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

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

Pre-registration required.

DARYL DAVIS CONCERT

June 4th from 6-7pm

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

SPORTS and GAMES ANYONE?

June 11th from 5-8pm

Table Tennis Wii Bowling Billiards
Cornhole Pickleball Shuffleboard
Walking (inside or out)
Bocce (weather permitting)

Water provided. Pre-register for a spot in your favorite game or drop in and try something new. **Pre-registration required.**

A BOOK AND A MOVIE

June 18th from 4:30-8pm

"Tracks" by Robyn Davidson. Book discussion from 4:30-5:30pm. Movie viewing from 6:00-8:00 pm. *Light refreshment available.*

HOOTENANNY with Michael and Friends

June 25th from 6-7pm

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

WATERMELON EVERYWHERE

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

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 6:00-8:00 pm. *Light refreshment available.*

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 with as they play classic Jazz and Swing with an emphasis on the "Great American Songbook". There will also be a sample of Klezmer music. **Pre-registration required.**

FASHION SCARVES DAY

July 30th from 5:30-6:30pm

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.**

Additional Exciting Programs coming in August and September. Please see the "Night at the Park" brochure for more information

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

Multicultural Programs

Registration for MCR Summer classes starts Tues., May 13th and Mon., May 19th for HPSI classes.



LA ESQUINA LATINA

Cafecito y Amistad (Active Living in Spanish)

Con Elsa. Un grupo para charlar y compartir experiencias cotidianas para empezar bien la semana. Regístrese en la recepción.

Lu	Seguido	10-10:50 am	Gratis
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Charla con Arte

Tenga una conversación entre amigos mientras pinta o escucha música.

Las conversaciones son en Español.

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

(vea la página 6).

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

Superando los Cambios: Grupo de Apoyo Emocional

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro terapeuta de Santé Group. Regresará pronto con un nuevo terapeuta.

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! **No class: 6/17.**

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
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Active Golden: Music and Fun Exercise

Led by Quyen. **Registration required.**

Join this fun class to get you awake and ready to start the day! Very gentle exercises. Suitable for all. **No class: 6/17.**

Tue	Ongoing	10:30-11:15am	Free
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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
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Health and Wellness Programs

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

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

MAX YOU - MAXIMIZE THE QUALITY OF LIFE - Tuesdays 10:30—11:25 am.
Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

Medical Equipment Loan Closet

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

Do you have a birthday coming up soon?



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

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$8.26). Please make your reservation one week in advance and cancel your reservation at least 72 hours in advance.

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

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



The Café



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

The Plant Room



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

Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

You can also view it online: Go to mocre.com, then under the Facilities tab, go to the Senior Centers page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the Newsletter tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed on the bulletin board that is always on display!

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

OUR PARTNER NEWS



Holiday Park Seniors, Inc.

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

The Gift Shop

Open Tuesdays from 9:30am to 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 **9:30 am to 3:00 pm Monday thru Friday**, when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

To register for virtual classes, please email: HolidayParkSeniors@gmail.com

Center & County Services

HOLIDAY PARK SENIOR CENTER

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

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

HPSI SCHOLARSHIPS

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6197.



SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

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

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

SHIP – STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Call 301-255-4250 for an appointment. This program assists with Medicare insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

Transportation Options

JCA Curb-to-curb transportation

Transportation is available Monday-Friday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call.

Leisure World residents, please call Evelyn at 301-255-4214.

Senior Connection

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.



Connect-A-Ride

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).

**Holiday Park
Senior Center Directory:**

Center Director
Dolors Ustrell,

Assistant Center Director
Marco D'Ottavi

Staff:

Cecilia Altamirano
Kelly Arroliga
Youmna Badr
Nick Calabrese
Arthur Clemmer
Maria Mercedes Diaz
Yassine Emhamed
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 June 2025...
A sampling of Holiday Park 1:00 pm Programs***

- June 2, M. Bingo
June 3, T. NO PROGRAM—Volunteer Recognition
June 4, W. Decluttering with Jocelyn O'Rourke
June 5, Th. Leigham Cannabis Physicians
June 6, F. Line Dance Summer Party
- June 9, M. Montgomery County Historical Society: I am not content
June 10, T. Sing-Along with Paul and Quyen
June 11, W. Motown Father's Day Celebration
June 12, Th. Movie
June 13, F. Dance Club Friday with DJ Paul McRoberts
- June 16, M. Nutrition Lecture with Rhonda
June 17, T. NO PROGRAM -WEAAD
June 18, W. Sheldon Lehner presents ...
June 19, Th. Center Closed — Juneteenth
June 20, F. Dance Club Friday with Take Two
- June 23, M. Travelogue with Steve: Europe
June 24, T. Health Talk with Suburban
June 25, W. Mental Health with Yasaman
June 26, Th. Tech Thursday
June 27, F. Talent Show
- June 30, M. Mobile Integrated Health Program from MoCo Fire and Rescue Services with Avital



**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.