



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

November 2025

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Thanksgiving Social with Pat & Gina

Thu., Nov. 13, 1pm

Join Pat & Gina for this Thanksgiving Social as we celebrate with our friends as we get closer to the holidays.

Pre-registration required.



Thanksgiving Dance with Walter

Fri., Nov. 21, 1-3pm

Bring your friends and join Walter for this Thanksgiving Dance.

Pre-registration required.

The Center will be closed on:



Tuesday, 11/11
for Veteran's Day

&

Thursday & Friday
11/27 & 11/28
for Thanksgiving



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



Save the Date: Special Hi-Lites Events

YIN YOGA



Taught by Lan. A slow-paced and gentle Yin Yoga class that works with very basic postures to increase mobility, mobilize, stretch, and hydrate the body's extensive fascial network, and invite the practitioner into a deeply meditative internal space to quiet the mind. Some floor work; please bring a mat!

Wed	11/19-12/17	9-9:50am	\$20	13 wks
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New Class:

BELLY DANCING

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. Taught by Sophianna and sponsored by HPSI.



(See page 4 for details)

NUEVA CLASE:

Taller de Manualidades



Martes, Jueves a la 1pm y Viernes a las 10am

Vengan y relájense aprendiendo a hacer lindos proyectos de joyería, con lana, flores, papel, y otros materiales.

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:

- basic First Aid and CPR
- how to handle an emergency and call 911
- how to treat burns and wait for help to arrive
- And more...

Brought by Jim Resnick from FRS.



Program Dates:

- *Thur., Nov. 6, 1pm*
- *Wed., Dec. 3, 1pm*

Fire Safety one Cup of Cocoa at A Time

Wednesday, 11/15
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.

ATTENTION:

Winter HPSI Classes Registration Begins!

Wednesday, Nov. 12 starting at 9:30am

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



Special Events & Announcements

Winter Celebration Dance with Gary Brown

Fri., Dec 5 at 1-3 pm



A Holiday Party with Tim Amman

Tue., Dec 9 at 1pm

Join this Social with your friends to celebrate the Holidays with Tim and his selection of seasonal lively tunes.



Pre-registration required

Ethiopian Coffee Ceremony

Thu., Dec 11 at 1pm

Join us to experience an Ethiopian coffee ceremony and Jebena (traditional coffee pot) demonstration.



Pre-registration required



The Center will be closed from
Thur., Dec. 25 thru Fri., Jan. 2nd.

We will reopen
Monday, Jan. 5, 2026

Bethesda Brass Ensemble

Wed., Dec 17 at 1pm

Join us as the Bethesda Brass Ensemble returns again to perform some Holiday favorites!



AARP Tax Aide is coming back to Holiday Park!!

Mondays, starting in January.

Help will be provided for tax services to seniors & low-income taxpayers.

Stay tuned for more information on how to schedule your appointment for tax preparation assistance.

If you are interested in volunteering, as greeters, appointment schedulers, tax preparers, and technology support, you can attend an informational session on Saturday, November 15 at 10am, at the Gaithersburg library, or email TaxAide4MC@gmail.com



Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration begins, Wednesday, November 12th.

DANCE

BALLROOM: INTERMEDIATE

Taught by Ron & Amy; sponsored by HPSI. Current sessions ends on **12/10**. The Winter classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome.

Smooth: Foxtrot & Polka. Rhythm: Hustle & Rumba. No class on 11/26.

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	11/18-12/16	1-1:50pm	\$40	5 wks
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BIODANZA

Current session ends on 11/21. A great exercise & dance class that incorporates simple movements, beautiful music & is good for every body. Bring your friends & have fun! **No class on 11/7, 12/26, or 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. Current session ends on **12/8**.

RETURNING IN THE SPRING.

INTERNATIONAL FOLK DANCING

Taught by Sharon; sponsored by HPSI. Current session ends on **11/14**. 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. Current sessions end on **12/11**. Learn classic party line dances as well as the latest contemporary favorites. **No class on 11/27.**

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. Current session ends on **12/10**. 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. Current session ends on **12/10**. This class is designed for students who want to start learning how to tap dance and will go over basic steps, combinations, and rhythms. **No class on 11/26.**

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. Current sessions end on **12/11**. 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. **No class on 11/27.**

BEG.	Thur	1/15-4/23	12-12:50pm	\$60	15 wks
ADV.	Thur	1/15-4/23	11-11:50am	\$60	15 wks

EASY FIT DANCING

Taught by Marcia; sponsored by HPSI. Current sessions ends on **12/17**. 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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LATIN RHYTHM CARDIO FITNESS

Taught by Tony and sponsored by HPSI. Current sessions ends on **12/11**. Let's have fun dancing together! This low impact but high energy class combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton.

Thur	3/5-4/23	2-2:50pm	\$40	8 wks
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MOVE AND GROOVE DANCE FITNESS

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

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 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.

No class on 11/18.

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.

No class on 11/25.

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. Current sessions ends on **12/11**. Exercise to 60s/70s music while you work the muscles which strengthen the bones.

Thur	1/15-4/23	2-2:50pm	\$60	15 wks
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ZUMBA FOR ALL

Taught by Lan; sponsored by HPSI. Current sessions ends on **12/8**. 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. Current sessions ends on **12/10**. 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. Current sessions ends on **12/10**. The original dance-fitness party. **No class on 11/11.**

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

Taught by Mitzi; sponsored by HPSI. Current sessions ends on **12/11**. The original dance-fitness party. **No class on 11/28.**

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

EVERYBODY'S YOGA

Current sessions ends on **12/10**. 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. **No Class on 11/26.**

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

Taught by Debbie; sponsored by HPSI. Current **IN PERSON** class ends **12/12**; **VIRTUAL** class ends **12/9**. 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. No class 11/11 & 11/28.**

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

YOGA (CHAIR)

Taught by Linda; sponsored by HPSI. Current session ends on **11/11**. Low impact class to ward off osteoporosis, arthritis, and weak muscles. Students focus on fall prevention using balancing poses. **No class on 11/11.**

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

Taught by Linda; sponsored by HPSI. Current session ends on **12/9**. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment. **No class on 11/11.**

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

Taught by Linda; sponsored by HPSI. Relaxing exercise to improve flexibility and strengthen muscles. **No class on 11/27.**

Thur	1/15-4/23	10-10:50am	\$70	15 wks
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Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration begins, Wednesday, November 12th.

YOGA (CHAIR) IN SPANISH

Taught by Karen; sponsored by HPSI. Current classes end **12/11** (Thurs) and **12/8** (Mon). Join us for a session of relaxing yoga taught in Spanish.

No class on 11/27, 1/19, and 2/16.

Mon	1/12-4/20	11-11:50am	\$55	13 wks
Thur	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.

STAY TUNED FOR FUTURE DATES!

CHINESE BRUSH PAINTING

Taught by Nicki; sponsored by HPSI. Current session ends on **12/11**. 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: 11/21, 12/19	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. Current session ends on **12/9**. Learn the fundamentals of drawing and watercolor. **No Class on 11/11.**

Tue	1/13-4/21	1-3pm	\$150	15 wks
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WATERCOLOR (Interm./Adv.)

Taught by Steve; sponsored by HPSI. Current session ends on **12/9**. This class is for experienced artists. Expand your knowledge of watercolor technique.

No Class on 11/11, 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. Experienced carvers and those new to carving who want to give it a try—**Register at the front desk** and come at 2:30 for a newcomers' orientation to see if this group is right for you. New carvers expect to spend \$40+ for a good knife and safety glove. No formal instruction given; it is mostly watch and learn but members give 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.

Tue & Thur	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: 11/26 and 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: 11/26 and 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. 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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SPANISH: CONVERSATION

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

Tue	1/13-4/21	12:30-1:20pm	\$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.

SPORTS

BOCCE BALL COURT—PETANQUE

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

Daily	Ongoing	All day	Free
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BILLIARD/POOL ROOM

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

Daily	Ongoing	All day	Free
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TABLE TENNIS ROOM

Open daily. Enjoy a good match with a friend or check the list in the room to find popular times to meet up if you need a partner.

Daily	Ongoing	All day	Free
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OPEN GYM—FITNESS ROOM

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

Daily	Ongoing	All day	Free
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GAMES

GAME ROOM

Drop in on the 2nd floor. 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 in the Café.

Daily	Ongoing	1-4pm	Free
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RUMMIKUB with Evelyn

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

Tues	Ongoing	11am-2pm	Free
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SCRABBLE

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

Wed	Ongoing	Starts at 1pm	Free
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BRIDGE

BRIDGE FOR BEGINNERS II

Taught by Rochelle; sponsored by HPSI. Current session ends **12/9**. 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: 11/11 and 1/27.

Tue	1/13-4/21	1-3pm	\$150	14 wks
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BRIDGE INTERMEDIATE II

Taught by Rochelle; sponsored by HPSI. Current session ends **12/11**. 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: 11/27 and 4/2.

Thur	1/15-4-23	1-3pm	\$150	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.

Wed	Ongoing	12:30-4pm	Free
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BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

No class: 11/28.

Fri	Ongoing	12:30-3:30pm	Free
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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
November 19th from 3-4pm

"Wish You Were Here" by Jodi Picoult.

December 17th from 3-4pm

Bring a favorite book to share with the group!

Every 3rd Wed	Ongoing	3-4pm	Free
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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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The 1:00 PM Holiday Park Daily Show – November 2025

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

Expert Shopper: Getting Ready for Black Friday

Mon. Nov. 3

Safe Shopping for Back Friday. Deals and steals can go both ways when it comes to online shopping. How to land that perfect gift without losing your identity.

Movie: “Something’s Gotta Give” (2003)—128 minutes

Tue. Nov. 4

A romantic comedy drama film starring Jack Nicholson and Diane Keaton as older lovers. The film follows their relationship, challenges and conflicts as they deal with their age difference, family issues and career ambitions. Starring: Jack Nicholson, Diane Keaton, Keanu Reeves, Frances McDormand, and Amanda Peet.

Travelogue with Bill

Visit with me to a land down under. With ‘croc, koala, fish and ‘roos; Bill has some tales to share with you. Travelling by bus, car, plane, and train! **Wed. Nov. 5**

Fire Safety Academy presents 911: How to Use It

Thu. Nov. 6

Join the Fire Safety Academy series on Fire Safety and Emergency Readiness basics. This month, we are discussing 911 and how to use it. If there is an emergency and you have called 911, now what? How can you make sure that you will get the help that you need as quickly as possible? Participate in this Learning session so that you can be a better helper for yourself or for anyone that needs emergency services.

Dance Club Friday with the Colliders.

Fri. Nov. 7

Let’s dance the afternoon away with the Colliders for a fun-filled dance!

B I N G O!!

Mon. Nov. 10

Join us as the numbers are called to win prizes and have fun together!

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

Center Closed—Veteran’s Day

Tue. Nov. 11

Sheldon Presents: The “West Wing” TV Show—A Much Bigger 7-Season Story than Just Entertaining Us

Wed. Nov. 12

Two of the actresses in the show have created a wonderful book that describes many of the actors in their public service endeavors. You don’t want to miss this presentation.

Thanksgiving Social with Pat & Gina DeSimone

Thu. Nov. 13

Join Pat and Gina play a wide variety of feel good music from all eras. Participate in this Thanksgiving Social and celebrate with our friends as we start to get closer to the holidays. **Pre-registration required.**

Sing-A-Long with Paul

Fri. Nov. 14

Join us in singing Patriotic ballads and songs.

Nutrition Talk with Suburban Hospital with Rhonda

Mon. Nov. 17

A surprise lecture focusing on your health and the food we’re eating for the incoming holidays.

Suburban Hospital Presents—Hospice: Myths and Facts

Tue. Nov. 18

Join us for a conversation about the most common misconceptions about hospice care. Find out who qualifies for hospice, the best time to enter hospice and what hospice care consists of for patients dealing with chronic disease. Debunk longstanding hospice myths so you can help make better care decisions for your patient, client or loved one. Presented by Bridget Burke, LCSW-C, APHSW-C from JSSA.

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

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

Humorous Music in the Great American Songbook with Night & Day Duo Wed. Nov. 19

The wonderful, sophisticated songs in the Songbook are mostly about love, but many are tinged with sarcasm. The main providers of humor in their tunes were Ira Gershwin (with brother George) and Cole Porter. Please Join Charlene and Mike as they talk about the origins of a particular song, and then perform it for you.

TECH THURSDAY: Passwords, Passkeys, and More

Thu. Nov. 20

Protecting your online accounts starts with strong password practices. In this lecture we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure.

Dance Club Friday: Thanksgiving Dance with Walter Ware.

Fri. Nov. 21

Come and Celebrate Thanksgiving with Walter. **Pre-registration required.**

Connect Across Generations with JCA Interages®!

Mon. Nov. 24

Join us for a special presentation by the JCA® Heyman Interages® Center to learn how volunteers aged 50+ are making a difference in Montgomery County schools and libraries—during the school day and after school. Volunteers read with children, tutor students, share life stories, assist with art and enrichment programs, and help bridge generations through meaningful connection and learning. Find out how you can get involved in flexible, rewarding volunteer opportunities that fit your schedule and interests.

Coloring Fun Day at HPSC

Tue. Nov. 25

Relax and release some stress at this coloring event! You don't have to be an artist, all you need is to bring your willingness to have a good time and enjoy coloring.

Movie: "Home for the Holidays" (1995)—103 minutes

Wed. Nov. 26

Much like a real-life visit *Home for the Holidays*, this Thanksgiving-set dramedy can get a little bumpy -- but it also has its share of fondly memorable moments. With Holly Hunter, Robert Downey, Jr., and directed by Jodie Foster.

Center Closed—Thanksgiving Day

Thu. Nov. 27

Center Closed—Day After Thanksgiving

Fri. Nov. 28



Classes and Drop-in Activities

Please register at the Front Desk. HPSI Winter registration begins, Wednesday, November 12th.

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. **No Class: 11/28.**

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.	11/20, 12/4, 12/18	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.	11/3, 12/1	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: EXPLORING AI

Current session ends 9/11.

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.

Mon.	10/6 -12/15	10:00-11:15am	Free
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SENIOR PLANET: Computer Essentials

This 5-week course covers the essentials of how to use the basic functions of a personal computer, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using a computer and the internet to enrich your life. Pre-requisite: a Gmail address

Tue & Thu.	10/14-11/18	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

The Gift Shop

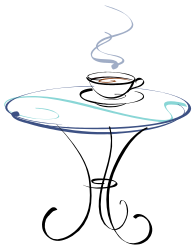
Open Tuesdays from 9:30am to 1:00pm, and Wednesdays from 9:30am to 1:00pm, volunteers permitting.

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 begins, Wednesday, November 12th.



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

Taller de Manualidades:

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

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

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



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 11/11 & 11/28.**

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 11/11 & 11/28.**

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! **No class on 11/11 & 11/28.**

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. **No Class: 11/11**

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. **No Class: 11/11 & 11/27.**

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! **No class on 11/28.**

Fri	Ongoing	10-10:50am	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.**

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.

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon!

A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$8.26). Please make your reservation one week in advance and cancel your reservation at least 72 hours in advance.

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

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



Do you have a birthday coming up soon?



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

Information for YOU!

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

You can also view it online: Go to 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



- Mulch your perennials after the first hard freeze to protect them from frost heaving caused by the freezing and thawing of the soil.
- Fallen leaves are an excellent addition to a compost pile. Do not add branches and other woody materials unless they are chopped into smaller pieces.
- Leave some dead plant stalks, branches, and leaves in a portion of your yard to provide winter shelter for pollinators, butterflies, moths, and other arthropods that are essential in the environment.
- It is not too late to plant spring-flowering bulbs. Generally, bulbs root best in the period 6 weeks or more before the ground freezes.
- Allow the soil of your potted houseplants to dry out before watering. Wet soil causes root rot. Do not fertilize them over the winter.



**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 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
Louise Basso-Luca
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 December 2025...
A sampling of Holiday Park 1:00 pm Programs***

- Dec. 1, M. Movie
Dec. 2, T. Indonesian Festival with Julia
Dec. 3, W. Fire Safety Academy with Jim Resnick from FRS
Dec. 4, Th. Yoga Nidra Guided Meditation: Deep Restoration
Dec. 5, F. Winter Celebration Dance with Gary Brown
- Dec. 8, M. Bingo
Dec. 9, T. Live Music: A Holiday Party with Tim Amman
(pre-registration required)
Dec. 10, W. Travelogue with Bill—India & Sri Lanka
Dec. 11, Th. Ethiopian Coffee Ceremony & Jebena demonstration with Ayda
(pre-registration required)
Dec. 12, F. Sing-a-long for the Holidays with Paul
- Dec. 15, M. Sing-a-long with Michael Bloom & Friends
Dec. 16, T. Sheldon Presents...The Beatles Story
Dec. 17, W. The Bethesda Brass Ensemble performs Holiday Favorites
Dec. 18, Th. Tech Thursday: Digital Vaults
Dec. 19, F. Winter Wonderland Dance with Night & Day
- Dec. 22, M. Senior Nutrition Lecture with Rhonda
Dec. 23, T. Movie
Dec. 24, W. No Program
Dec. 25, Th. Center Closed
Dec. 26, F. Center Closed
- Dec. 29, M. Center Closed
Dec. 30, T. Center Closed
Dec. 31, W. Center Closed

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.