



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

March 2025

St. Patrick's Day with Tom Delaney

**Thursday, March 13,
1 pm**

Wear your green and dance a jig as we start celebrating St. Patrick's day.

Light refreshments served.

Pre-registration required.



In this issue:

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

Live Music with Dale Jarrett



Monday, March 24, 1 pm

Let's get together to enjoy spending time with Dale and his wonderful tunes.

Celebrating International Women's Day with Christiana Drapkin's Jazz Trio

**Friday, March 7,
1 pm**



Enjoy beautiful ballads and cheerful melodies in honor of International Women's Day.

Light refreshments served.

Pre-registration required.



Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906

Phone: (240) 777-4999

www.mocorec.com

Center Hours: Monday thru Friday

9:00 a.m. - 4:00 p.m.



Save the Date: Special Hi-Lites Events & Announcements



Registration
Information

Save the Date: Registration for Spring classes starts on **Mon., March 3rd.** Check out the newsletter for information about all your favorite classes!

Cuatro de Marcho

Tuesday, March 4, 1 PM

Join us for this live music program that combines different Irish and Latino music.



Light refreshments served.
Pre-registration required

Folk Sing-Along with Michael Bloom and friends

Monday, March 10, 1 pm



Join Michael and friends for this folk favorites sing-along program

A 60's Dance & Sing-Along Party!

Friday,
March 21, 1 pm

Come and have fun with your friends. Join this 60's themed sing-along party where everyone can sing and dance to their favorite 60's songs!
Hosted by Quyen and Paul.



SPANISH FOR BEGINNERS
TAP DANCING FOR BEGINNERS
MUSIC AND ART EXPERIENCE

FREE TAX PREPARATION SERVICES BY AARP Tax-Aide Volunteers



From February 3– April 15, 2025

Schedule appointments online at
www.taxaidemc.info or
Call: 240-777-2577; Mon-Fri 9am—4pm

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!

Wednesday Evening : A Night At The Park



Holiday Park is starting its evening programming opening until 8pm, on Wednesdays, starting April 30th thru September 24th.

Join us Wednesday evenings for some great special programs!

Following is a list of some of the programs that have been planned. A special “A Night at the Park” brochure will be available soon with details, registration information and more exciting programs.

April 30th from 5:30-6:30 pm - Welcoming pizza party—*Pre-registration required.*

May 14th from 6-7 pm – Indonesian Festival with Julia, spotlighting different dances from Indonesia.

May 21st from 4:30-8 pm - A Book and a Movie “It Ends With Us” by Colleen Hoover

July 9th from 6-7 pm- Enjoy mocktails while listening to soft violin music.—*Pre-registration required.*

July 23rd from 6-7 pm – Concert with Seth Kibel and Sean Lane playing Jazz and Swing. - *Pre-registration required.*

August 13th from 6-7 pm– Live Music: Elvis Party with David Kaplow. - *Pre-registration required.*

September 3rd from 5-7 pm - A Street Fair with food, artifacts and music from many different countries. Our friends from Gaithersburg will be joining us for the evening.

September 10th from 5:30-6:30 pm—Scarves and More Scarves and how to wear them to look stylish.

September 24th from 6-7 pm - A Goodbye Party – Join us for music and snacks as we end our evening programs.

Please note: “A Book and a Movie” will meet the third Wednesday of each month from 4:30-8 pm, beginning May 21st. Discussion starts at 4:30pm and movie viewing runs from 6-8pm



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

Classes and Drop-in Activities

Registration for Spring classes started Mon., March 3rd. For more information call: 240-777-4999

DANCE

BALLROOM: INTERMEDIATE

Winter classes end 3/19.

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Tango & Waltz. Rhythm: Rumba & Hustle. Spring: No class: 4/9 & 4/16.**

Smooth	Wed	3/26-6/4	2-2:50pm	\$45	9 wks
Rhythm	Wed	3/26-6/4	3-3:50pm	\$45	9 wks

CHINESE FOLK DANCING - Beginner

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

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

HULA (INT. CHOREOGRAPHY)

Winter class ends 3/10. No class 5/12 & 5/26.

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.

Mon	3/24-6/2	1-1:50pm	\$35	9 wks
-----	----------	----------	------	-------

INTERNATIONAL FOLK DANCING

Winter class ends 3/14. Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience needed. No partner required.

Fri	3/28-6/6	11-11:50am	\$35	11 wks
-----	----------	------------	------	--------

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. **No class 3/20.**

I	Thu	1/30-5/1	11-11:50am	\$45	12 wks
II	Thu	1/30-5/1	10-10:50am	\$45	12 wks

TAP DANCING (INT.)

Winter class ends 3/19. 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.

Wed	3/26-6/4	1-1:50pm	\$55	11 wks
------------	----------	----------	------	--------

TAP DANCING (BEG.)

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.

Wed	3/26-6/4	12-12:50pm	\$55	11 wks
------------	----------	------------	------	--------

FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

Winter classes end 3/13.

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	3/27-6/5	12-12:50pm	\$50	11 wks
Adv.	Thur	3/27-6/5	11-11:50am	\$50	11 wks

EASY FIT DANCING

Winter classes end 3/17 & 3/19.

Monday class is cancelled for Spring.

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.

Wed	3/26-6/4	11-11:50am	\$35	11 wks
------------	----------	------------	------	--------

FITNESS ORIENTATION-INDOOR GYM

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

Thu.	4/10	10-11am	\$5	1 session
-------------	------	---------	-----	-----------

GENTLE & FUN EXERCISE

Winter class ends 3/19.

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

LATIN RHYTHM CARDIO FITNESS

Winter class ends 3/20.

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. No class 5/1.

Thur	3/27-6/5	2-2:50pm	\$45	10 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. No class 5/26.

Mon	3/31-6/9	2:30-3:20pm	Free	8 wks
Wed	4/2-6/11	2:30-3:20pm	Free	10 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 practice of Tae Kwon Do, a Korean martial art. 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.

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

TAI CHI BEGINNERS

Taught by Milan. Learn the basics of this ancient, Beautiful and relaxing form of exercise. No class 3/5.

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

TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

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

TAI CHI SWORD

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

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

YOUR BODY IS MEANT TO MOVE

Winter class ends 3/13. Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones.


Thur	3/27-6/5	2-2:50pm	\$45	11 wks
------	----------	----------	------	--------

ZUMBA FOR ALL

Winter class ends 3/17. 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.

Mon	3/24-6/2	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	3/26-6/4	10-10:50am	\$45	11 wks
-----	----------	------------	------	--------

ZUMBA GOLD ADVANCED

Winter class ends 3/12. Taught by Mitzi and sponsored by HPSI. The original dance-fitness party.

ZUMBA GOLD TONING

Winter class ends 3/14.

Taught by Mitzi and sponsored by HPSI. Incorporates Gold workout with light weight training.

Fri	3/28-6/6	10-10:50am	\$45	11 wks
-----	----------	------------	------	--------

YOGA

HATHA YOGA FOR ALL

Winter classes end 3/11 & 14. 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.

Virtual	Tue	3/25-6/3	9-9:50am	\$50	11 wks
In Person	Fri	3/28-6/6	9-9:50am	\$45	10 wks

YOGA FOR BALANCE

Winter class ends 3/18. 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	3/25-6/3	10-10:50am	\$50	11 wks
-----	----------	------------	------	--------

YOGA (CHAIR)

Winter class ends 3/18. 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	3/25-6/3	11:10-12:00pm	\$50	11 wks
-----	----------	---------------	------	--------

YOGA WITH LINDA

Winter class ends 3/20. Taught by Linda and sponsored by HPSI. Relaxing exercise to improve flexibility and strengthen muscles.

Thur	3/27-6/5	10-10:50am	\$50	11 wks
------	----------	------------	------	--------

YOGA (CHAIR) IN SPANISH

Winter classes end 3/10 & 3/13.

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

Mon	3/24-6/2	11-11:50am	\$40	11 wks
Thur	3/27-6/5	11-11:50am	\$40	11 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. No class 4/24.

Thur	3/27-6/5	1—3pm	\$100	10 wks
------	----------	-------	-------	--------

Classes and Drop-in Activities

Registration for Spring classes starting Mon., March 3rd. For more information call: 240-777-4999

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



MUSIC AND ART EXPERIENCE

Taught by Mehrnaz and sponsored by HPSI. Would you like to experience tranquility? Do you wish to let the colors dance in a creative and serene environment? In this class, you can delve into this beautiful experience. No art experience required. The class is centered around abstract art, and creating several beautiful canvases.

Wed.	5/7-5/28	10:30am-12pm	\$50	4 wks
------	----------	--------------	------	-------

WATERCOLOR & DRAWING

Winter class ends 3/11. Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor. No class 4/15

Tue	3/25-6/10	1—3pm	\$110	11 wks
-----	-----------	-------	-------	--------

WATERCOLOR (Interm./Adv.) Virtual

Winter class ends 3/11. Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. No class 4/15

Tue	3/25-6/10	10am-12pm	\$110	11 wks
-----	-----------	-----------	-------	--------

WATERCOLOR (Interm./ Adv.)

Winter class ends 3/10.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. No classes: 4/14 & 5/26.

Mon	3/24-6/9	10am-12pm	\$110	10 wks
-----	----------	-----------	-------	--------

WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Accepting new participants now.

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



WOODCARVING FOR BEGINNERS

Taught by Val and sponsored by HPSI. Never carved before but want to learn to carve? Would you like to create simple figures like a rabbit? Join this 4-week class to learn carving technique.

Fri	3/7-3/28	2 -2:50pm	\$5	4 wks
-----	----------	-----------	-----	-------

LANGUAGE CLASSES

EVERYDAY ENGLISH

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

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.

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

FRENCH

Winter class ends 3/26. Taught by Gilles and sponsored by HPSI. Learn and practice your French.

Beginner	Wed	4/30-6/4	9-9:50am	\$15	6 wks
Interm.	Wed	4/30-6/4	10-10:50am	\$15	6 wks

FRENCH: CONVERSATION

Winter class ends 3/26. Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required.

Wed	4/30-6/4	11-11:50am	\$15	6 wks
-----	----------	------------	------	-------

SPANISH FOR BEGINNERS



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

Tue	3/25-6/3	10:30-11:20am	\$30	11 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
-------	---------	---------	------

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

Classes and Drop-in Activities

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

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

On our second floor. Several tables available to enjoy a good game with a friend. Many games available. Drop-in.

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

AMERICAN MAH JONGG

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

Mon.	Ongoing	1—4 pm	Free
------	---------	--------	------

RUMMIKUB

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

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

RUMMIKUB with Evelyn

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

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

SCRABBLE

Ray hosts this drop-in game with 3-5 games at a time.

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

BRIDGE

BRIDGE FOR BEGINNERS II

Winter class ends 3/18. Taught by Rochelle and sponsored by HPSI. The lessons will cover the fundamentals of modern bidding, play of the hand, and some defensive principles. Each class includes interactive lecture, exercises, and supervised play.

Tue	3/25-6/3	1-3pm	\$110	11 wks
-----	----------	-------	-------	--------

BRIDGE INTERMEDIATE II

Winter class ends 3/13. Taught by Rochelle and sponsored by HPSI. It will include 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.

Thu.	3/27-6/5	1-3pm	\$110	11 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	12-4pm	Free
-----	---------	--------	------

BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
-----	---------	--------------------	------

SPECIAL INTERESTS

BEHIND THE HEADLINES

Gerry 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. .

March 17: *"Encounter in Rendlesham Forest"* by Nick Pope.

April 18: *"The Art of Racing in the Rain"* by Garth Stein

Wed	3pm book talk	Free
-----	---------------	------

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	3/18; 4/15; 5/20	2:15-3:45	Free
-----	------------------	-----------	------

MINDFULNESS MEDITATION

Led by Doug & Li. We meditate for about 10 minutes at the beginning and end of the class. In between we talk about ways to be mindful in our daily life.

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

PHOTOGRAPHY CLUB

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

Wed	3/5 & 3/19	10-12 pm	Free
-----	------------	----------	------



ROSEBUD HAPPY DISCUSSION GROUP

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

Thu.	3/13 & 3/27	11-11:50 am	Free
------	-------------	-------------	------

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

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

Nutrition Talk with Rhonda from Senior Nutrition Program: Food Additives **Mon. Mar. 3**

Should You Be Concerned About Food Additives? Join Rhonda and hear all about what additives in your food are all about.

Live Music: Cuatro de Marcho **Tue. Mar. 4**

Join us for this live music program that combines Irish-Latino music.

Light refreshments served.

Pre-registration required

“Become A Dementia Friend” with the Aging & Dementia Friends of Montgomery County, presented by Colleen Kemp from Jewish Council for the Aging **Wed. Mar. 5**

During this friendly and interactive session, you'll learn more about dementia, how it affects a person and what you can do to help people affected by dementia in your community. Big or small, every action counts!

Movie: Chocolat (2000) 119 min. **Thu. Mar. 6**

When mysterious Vianne and her child arrive in a tranquil French town in the winter of 1959, no one could have imagined the impact that she and her spirited daughter would have on the community stubbornly rooted in tradition. Within days, she opens an unusual chocolate shop, across the square from the church. Her ability to perceive her customers' desires and satisfy them with just the right confection, coaxes the villagers to abandon themselves to temptation -- just as Lent begins.

Celebrating International Women’s Day with Christiana’s Jazz Trio **Fri. Mar. 7**

We present in honor of International Women’s Day an upbeat and swinging program of Jazz Standards and show tunes from the Great American Song Book, beautiful Ballads and cheerful melodies. *Light refreshments served.*

Pre-registration required

Folk Singing with Michael Bloom **Mon. Mar. 10**

Like to sing? Join Michael and friends and sing-along. Lyric books and instrumental accompaniment will be provided.

Nowruz New Year Celebration with Mehrnaz **Tue. Mar. 11**

Nowruz, the grand celebration of spring and the Iranian New Year, symbolizes life, renewal, and hope. Rooted in ancient Persian culture, it arrives with the scent of green sprouts, the seven-Sin table, and the fragrance of blooming flowers. People across Iran and neighboring countries welcome it with new clothes, family visits, and heartfelt joy. This global celebration carries a universal message of friendship, peace, and the rejuvenation of the human spirit.

Creating Art With Vita **Wed. Mar. 12**

Come have fun and play with some art materials. Enjoy some time relaxing and reducing stress No art experience necessary. All materials will be provided.

Pre-registration required. Limited to 20 participants.

Live Music: St. Patrick’s Day with Tom Delaney **Thu. Mar. 13**

Get dressed in green and join the party for another fun St. Patrick’s Day celebration with Tom and his Irish themed tunes. *Light refreshments served.*

Pre-registration required

Dance Club Friday: Rearview Mirror, 1-3 PM **Fri. Mar. 14**

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

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

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

Bingo

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

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

Mon. Mar. 17

Health Talk: Super Foods For a Healthy You with Suburban Hospital

Learn how to optimize your day-to-day food choices that will influence your overall health. A nurse and certified diabetes educator at Suburban Hospital, will discuss easy and simple ways to incorporate super foods into your diet for optional nutrition that will help you look and feel your best.

Tue. Mar. 18

Live Music with Night & Day Duo: "And the Winner is..." (History of Academy Award Winning songs since 1935).

The Academy Award for **Best Original Song** has been given since the 7th Academy Awards in 1935. Many incredible songs have been awarded over the 88 years it has existed, but we're going to concentrate on the period from 1935 to 1975. This was a Golden Age for Hollywood, and for songwriters in general. Some of the winners include "*Somewhere Over the Rainbow*", *Raindrops Keep Fallin' on My Head*, and *The Way we Were*". In our presentation, we'll look at the history of each tune we've chosen, and then perform it for you. You'll be amazed at how many great tunes have gotten the award over the years.

Wed. Mar. 19

Sheldon Presents: "Pop" Music Through the Years... Stellar Performers Only

Some of these great performers you will recognize by name or sight. Some of these talents you will know little about. This review of the David Remnick book "Holding the Note" will be especially appreciated by Music lovers.

Thu. Mar. 20

A 60's Sing-Along Dance Party with Paul and Quyen!

Come and have fun with your friends. Join this 60's themed sing-along party where everyone can sing and dance to their favorite 60's songs!

Fri. Mar. 21

Live Music with Dale Jarrett

Join Dale for another special afternoon filled with his great songs, enthusiasm and upbeat tunes. **Pre-registration required**

Mon. Mar. 24

Everyone's Got A Story with Steve

Stephen Jacoby will share about growing up in Atlantic City.

Tue. Mar. 25

Emergency Preparedness with MC Office of Emergency Management

Join us to discuss various natural and human-caused hazards in the County and practical steps for preparedness.

Wed. Mar. 26

Tech Thursday: Protecting Your Personal Info. Online

This presentation will cover the ins and outs of how to protect your personal information online. From tips for staying safe in cyberspace, like safe browsing, to how to recognize online scams and when it's ok or not, to share your personal information online.

Thu. Mar. 27

Dance Club Friday with Tim Amann 1-3PM

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

Fri. Mar. 28

Storytelling with Margarete

Margarete will tell the story: "Immigrants: The suitcase you carried to America". Come and learn about this fascinating journey.

Mon. Mar. 31

Classes and Drop-in Activities

Please register at the Front Desk.

WRITING GROUP

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

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

MUSIC

PIANO CLUB

Led by Joanne. 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	3/3; 4/7	2-3:45 pm	Free
-----	----------	-----------	------

PRACTICE PIANO

Led by Emmy Vickers. This is a class to improve your skills. Limited to Piano Club members only. Pre-registration required. See group leader.

Mon	3/10; 4/14	2-3:45 pm	Free
-----	------------	-----------	------

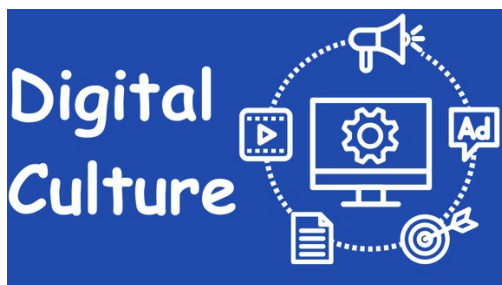


TECHNOLOGY

INTRO. TO DIGITAL CULTURE

Taught by Senior Planet Montgomery. This 5-week course explores from communications to staying healthy. Learn about exploring safely online and using social media. Explore your interests and passions.

Tue & Th	4/8-5/8	10-11:15 am	Free
----------	---------	-------------	------



Multicultural Programs

Please register at the Front Desk.



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 són 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

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro terapeuta de Santé Group José Hernández.

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

Toma de tensión arterial:

Con Gladis Para más información, comuníquese con Maria Mercedes al 240-777-4965

Lu	Seguido	10-12 pm	Gratis
----	---------	----------	--------

Yoga (en Silla) en Español:

La sesión de invierno termina marzo 10 y 13.

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

Lu	3/24-6/2	11-11:50 am	\$40
Ju	3/27-6/5	11-11:50 am	\$40

Multicultural Programs



ASIAN CORNER

Active Golden: Meet & Greet

Hosted by Hung and Tuyet. Join this South East Asian group and make some new friends!

Tue.	Ongoing	9:15-10:30am	Free
Fri.	Ongoing	9:15-10:30am	Free

Active Golden: Bingo

Registration required.

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

Tue	Ongoing	1:00-2:30 pm	Free
Fri	Ongoing	10:30-11:45 pm	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	2:30-3:30 pm	Free
Fri	Ongoing	1-1:45 pm	Free



Cultural and Positive English Exercises

Taught by Van. **Registration required.**

Basic English to help get a foundation of English. **No class on 3/4. New Thursday classes added!**

Tue	Ongoing—no class 3/4	10am-12pm	Free
Thu	Starting in March!	TBA	Free

Active Golden: Gentle Exercise

Led by Venus. **Registration required.**

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

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

Fri	Ongoing	11:00-11:50am	Free
-----	---------	---------------	------

Plant Room Tips



- Begin cleaning up garden beds. Cut back spent flower stalks stems left for wildlife habitat over the winter to 8-24 inches.
- Plant cool weather crops like lettuce, kale, spinach, peas.
- Begin planting shrubs, trees.
- If you haven't been fertilizing house plants, it's okay to do it now.
- These annual plants are recommended for container gardens that will attract butterflies, birds, and beneficial pollinators: Lantana, Penta, Petunia, Nicotiana, Sweet William, Zinnia.

If you need help or have questions, visit us in the Plant Room. Open Tuesday and Friday mornings.

Health and Wellness Programs

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

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 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.

Please bring exact change to make your donation!!

On Tuesdays and Fridays, the lunch program will be split into two seatings: 11:45am & 12:30pm. Please arrive 15 minutes early to check in.



The Café



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

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 12:30 pm, and Wednesdays from 9:30am to 12:30pm, volunteers permitting.



Both Jewelry and Household Goods accepted on Wednesdays.
Clothing is never accepted.

*Come in for your next great gift or decoration!
Open Tuesdays and Wednesdays from
9:30 am to 12:30 pm.*

NARFE News

Relieve Stress and Save your Plants and Trees: March 25, starting at 1 PM

RSVP at BachJChauF@gmail.com or call 301-589-7465, limited space available.

Gardening reduces stress and improves your mental health, but not if your plants and trees keep dying. Two presentations will help bring back the peace that gardening should provide. The first, "Easy to Grow Houseplants" discusses some common house plants and provides information on plant selection, locations, containers, and tools required (including for those with mobility issues and special needs). Also, the presenter, Master Gardener Bonita Condon, will tell you about maintenance and propagation of your plants, and common pests and diseases.

The second speaker, Dylan Orr, Planting Specialist for Maryland Forest Service's 5- Million Trees Initiative, will tell us how to better plant and care for trees. A little know-how will keep them healthier and alive longer.

You can also access this meeting online via Zoom:

Meeting ID: 846 5440 6850

Passcode: 307663

Or call 301-715-8592 and key in the ID and Passcode above if requested.

Coffee and Conversations

Fire Safety one Cup of Cocoa at A Time

Tue., 3/18 at 10:00 —11:30 am

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



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).



Inclement Weather Policy

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

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

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

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

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

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

Please check the Recreation website at www.mocorec.com, MCR Facebook and X for cancelations, late openings and closures. We also encourage you to register for Rec Alerts from AlertMontgomery.

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



Please see Judy or Marco, or ask at the Front Desk!

The Plant Room



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

Center & County Services

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

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, 3/5 & 3/19, 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

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

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 mcorec.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!

**Holiday Park
Senior Center Directory:**

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:

Cecilia Altamirano
Kelly Arroliga
Youmna Badr
Arthur Clemmer
Maria Mercedes Diaz
Gail Jacobson
Sandra Johnson
Ryan Roach
Debbie Scholz
William Song
Corinne V erard-Eppley
India Wilson

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

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:
Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

***Look What is Coming in April 2025...
A sampling of Holiday Park 1:00 pm Programs***

- Apr. 1, T. James Alexander Simpson, An Example of Early American
Portrait Painters with Montgomery History
- Apr. 2, W. Sip & Paint hosted by Youmna
- Apr. 3, Th. Chinese Lantern Making with Wendy
- Apr. 4, F. Dance Party with "The Colliders", 1-3 PM
- Apr. 7, M. Nutrition Talk with Rhonda from Senior Nutrition Program
- Apr. 8, T. Dance Lecture with Dr Gray—**Pre-registration required**
- Apr. 9, W. Energy Savings and Sustainability
- Apr. 10, Th. Drawing a Backdrop with Dennis
- Apr. 11, F. Celebrating World Tai Chi and Qi Gong Day with Wendy
- Apr. 14, M. Chinese Food and Medicine with Quyen
- Apr. 15, T. Health Talk with Suburban
- Apr. 16, W. Tea & Poetry for National Poetry Month
- Apr. 17, Th. Tech Thursday
- Apr. 18, F. No Program
- Apr. 21, M. Game Day with Emmy
- Apr. 22, T. Sheldon Presents...
- Apr. 23, W. Celebrating Earth Day
- Apr. 24, Th. Craft Day
- Apr. 25, F. Line Dance Spring Party
- Apr. 28, M. Acupressure for (De)Stress Month with Allison
- Apr. 29, T. Swan Lake presented by Ballet of Maryland
- Apr. 30, W. Photo Scavenger Hunt



**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.** 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.