



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

June 2023

Beach Party with Tim Amann

Wear your beachiest clothes and dance the night away to Tim's music.

Wednesday, June 21, 6:30-8:30pm

Enjoy some fresh watermelon!



World Elder Abuse Awareness Day

June 15, 10am-2pm

Join us to learn about scams, meet and greet public officials, watch skits featuring your peers, get information from resource tables, and hear real testimonies of victims of abuse.

Lunch will be provided: your choice of barbeque or an Asian meal—Free

Pre-registration for lunch required by 6/9 at the Front Desk. Details on pg. 2



**Center Closed:
Monday, June 19
in observance of Juneteenth**

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.

April-September: Wednesdays 9:00 a.m. - 9:00 p.m.



Upcoming Special Events & Activities

Tap Dance Day

Join us to celebrate International Tap Dance Day with our own tap students and their instructor Denise Love.

Tue., 6/6, 1pm, Free



FLAG DAY with ORLEANS EXPRESS

Wed., 6/14, 1pm, Free

Come and celebrate flag day with us while listening to music by Orleans Express and enjoy some light refreshments.

Pre-registration required.



FATHER'S DAY CELEBRATION

Join us for a jazz performance by BonnieJazz as you enjoy some treats with friends!

**Tue., 6/20, 1pm,
Pre-registration
required.**



CATCH A RISING STAR

Catch a Rising Star is an interactive program featuring music from your favorite musicals and films. Presented by Alan Rubinstein. Sing, share feelings and be inspired by great music and the inside scoop behind the productions!

Pre-register at Holiday Park or online at ActiveMontgomery with these codes:

R07106-305 for Interactive Music Theater — **Wed. 6/7; 1pm**

R07106-306 for Lights, Camera, Action — **Wed. 6/21; 1pm**

WEAAD REGISTRATION

Stop by the Front Desk before **Thursday, June 9** to register for this event with your choice of lunch: BBQ or Asian meal!

Or you can register online at ActiveMontgomery.com using the following codes:

Asian Meal Options: **R07107-305**

or

Barbeque Meal Options: **R07107-306**

Menu available to view at the Front Desk

OUTDOOR FITNESS EQUIPMENT ORIENTATION

Taught by Carla and sponsored by Mo.Co. Rec. Learn the basics of how to safely use the equipment in the outdoor circuit.

Register now for these dates at the Front Desk or online at ActiveMontgomery.com using these codes:

Wed. 6/7, 5-6pm: R07060-303

Mon. 6/12, 2-3pm: R07060-321

Wed. 6/28, 5-6pm: R07060-514

WEDNESDAY EVENING SPECIAL EVENTS

Balinese Music & Dancing

Come watch Julia Clifford perform beautiful Balinese dancing with traditional music.

Pre-registration required.

Wednesday, June 7, 6-7pm; Free

A Book & A Movie

Join us for a book discussion on “Before We Were Yours” by Lisa Wingate followed by the movie

“Stolen Babies” about the Tennessee orphanage run by Georgia Tann, starring Leah Thompson and Mary Tyler Moore, so you can observe its similarities.

Pre-registration required.

Wednesday, June 14, Book Club starts 4:30pm; Movie starts at the latest at 6pm; Free



Beach Party Dance with Tim Amann

Join us for a beach-themed dance with music by Tim and special refreshments.

Pre-registration required.

Wednesday, June 21, 6:30-8:30pm; Free

Smart DriverTek with Ken Ow

Technology is changing the driving experience! The AARP Smart DriverTek workshop discusses the latest vehicle safety technology, highlighting how it works and how it might extend your safe driving years!

Pre-registration required.

Wednesday, June 28, 6-7:30pm; Free

Scarf Tying

Join us to learn many creative ways for tying a scarf. Scarves provided, or bring your favorite.

Pre-registration required.

Wednesday, July 5, 6-7pm; Free

Colombian Music with DJ El Rey del Sabor

Join us to listen and dance to Colombian music. Enjoy light refreshments from Colombia.

Pre-registration required.

Wednesday, July 12, 6:30-8pm; Free

UPCOMING WEDNESDAY EVENING EVENTS

A Night of Sounder Sleep

Bring your favorite pillow or stuffed animal and wear your comfiest loungewear as we explore different methods of relaxing for the best possible sleep.

Pre-registration required.

Wednesday, July 19, 6-7pm; Free

A Book & A Movie

Join us for a book discussion on “A Man Called Ove” by Fredrik

Backman followed by the movie “A Man Called Otto” starring Tom Hanks, Truman Hanks and Mariana Treviño, so you can observe its similarities. *Pre-registration required.*

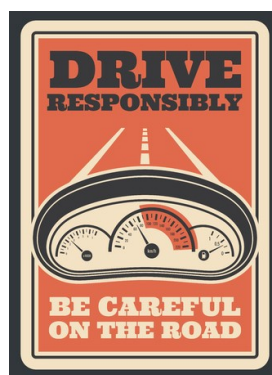
Wednesday, July 26, Book Club starts 4:30pm; Movie starts at the latest at 6pm; Free



AARP Driver Safety

“We Need To Talk” is a free program which helps drivers, caregivers and family members learn about the difficult topic of transitioning from driving. The seminar includes: learning to recognize the social meaning of driving; how to observe driving skills objectively; create opportunities to talk about driving safety, mobility needs and social interaction; and explore alternative transportation needs.

Wednesday, August 2, 6-7:30pm



Country Line Dance & Cook-Out

See the July Newsletter for more details.

Pre-registration required.

Wednesday, Aug. 30, 5-8pm; \$5 fee

WEDNESDAY EVENING CLASSES

Beginners Watercolor

Taught by our own Steve Hanks and sponsored by HPSI. Learn the basics of Watercolor painting and practice your painting skills. *Pre-registration required.*

May 3-June 28 (9 weeks), 6:30-8:30pm; \$65 cash/check

Fitness & Fun

Taught by Regine, and sponsored by HPSI. This fun general fitness class will focus on aerobics, strength training for muscle and bone health, and fall prevention techniques. You will need weights, bottle of water for hydration and the ability to get on the ground. The class is designed to work on balance, mobility, flexibility and strength. *Pre-registration required.*

July 12-Sept. 13 (9 weeks), 4:30-5:30pm; \$35 cash/check

Outdoor Fitness Equipment Orientation

Taught by Carla sponsored by Montgomery County Recreation. Learn how to safely and correctly use the outdoor fitness circuit. Get tips and tricks from Carla on how to improve your techniques. *Pre-registration required.* These are 1-time classes.

Upcoming sessions: 6/7; 6/28; 5-6pm; Free

Yoga

Current session will end 6/28. No class 6/21.

Taught by Kath, PhD., who's been teaching yoga for 14 years. Sponsored by HPSI. This class is a combination of chair, standing and floor yoga. An introduction to asana poses to improve strength and balance. Learn proper breathwork and take part in guided meditation. Please bring your own mat. *Pre-registration required.*

July 12-Sept. 13 (10 weeks), 7-8pm; \$40 cash/check

Classes and Drop-in Activities

Please register at the Front Desk.

DANCE

BALLROOM: INTERMEDIATE

The current session will end on 6/7.

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smooth: Tango & Foxtrot. Rhythm: Rumba, Hustle, Salsa.**

Smooth	Wed	6/21-9/6	2:30-3:20pm	\$50	12 wks
Rhythm	Wed	6/21-9/6	3:30-4:20pm	\$50	12 wks

CHINESE FOLK DANCING - Beginner

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

Fri	Ongoing	11-11:50am	Free
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HULA INTERMED. CHOREOGRAPHY

The current session will end on 6/5.

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.

No class 7/24.

Mon	6/26-8/28	1-1:50pm	\$30	9 wks
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INTERNATIONAL FOLK DANCING

The current session will end on 6/9.

Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience is needed. No partner required.

Fri	7/7-8/11	11-11:50am	\$25	6 wks
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LINE DANCE- PARTY FAVORITES

The current session will end on 6/10.

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 7/20, 8/17.

Lv I	Thur	6/22-8/31	11-11:50am	\$35	9 wks
Lv II	Thur	6/22-8/31	10-10:50am	\$35	9 wks

Classes and Drop-in Activities

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

TAP DANCING (BEG.)

The current session will end on 6/6.

Taught by Denise and sponsored by HPSI. Designed for students who are completely new to tap dance or those returning for a review. A scaffold of basic tap skills is introduced at this level (such as balance, body alignment, and with a series of tap techniques and terms). **No class 7/4.**

Tue	6/20-9/5	1-1:50 pm	\$55	11 wks
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TAP DANCING (INT.)

The current session will end on 6/7.

Taught by Denise and sponsored by HPSI. Designed for students who have taken one or more beginners tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations and rhythms will be taught in a fun atmosphere. Occasional discussion on the historical tap dance world will be covered.

Wed	6/21-9/6	1-1:50 pm	\$60	12 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

The current session will end on 6/8.

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

Beg.	Thur	6/22-9/7	12-12:50pm	\$50	12 wks
Adv.	Thur	6/22-9/7	11-11:50am	\$50	12 wks

BIODANZA

The current session will end on 6/9.

Taught by Luisa and sponsored by HPSI. Biodanza offers a set of natural and very simple movements, such as walking, accompanied by music and carried out in a group setting. It's suitable for everyone and you don't need to know how to dance.

Coming back this Fall!

EASY FIT DANCING

The current session will end on 6/5 & 6/7.

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.

Coming back after Labor Day!

MOVE AND GROOVE DANCE FITNESS

Taught by Carla and sponsored by MoCo.

Rec. This is a terrific class 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. There will be easy-to-follow verbal and visual cues that will keep you moving to fun upbeat music.



Mon	7/10-8/28	11-11:50am	Free	8 wks
Wed	7/12-9/6	11-11:50am	Free	9 wks

EVERY BODY'S YOGA

The current session will end on 6/7.

Taught by Regine and sponsored by HPSI. A yoga class to increase flexibility, give you a sense of energy and well-being while a guided relaxation activity will help promote a good night's sleep. **No class on 7/19.**

Wed	6/28-9/6	3-3:50pm	\$40	10 wks
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FITNESS EQUIPMENT ORIENTATION

—INDOOR 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.

Thur	7/13	11-11:50 am	\$5 each	1 time class
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FITNESS EQUIPMENT ORIENTATION

—OUTDOOR Taught by Carla and sponsored by Mo.Co. Rec. Learn the basics of how to safely use the equipment in the outdoor circuit.

Mon	6/12	2-3pm	Free	
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HATHA YOGA FOR ALL

The current session will end on 6/6 and 6/9.

Taught by Debbie and sponsored by HPSI. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength, bone strength, flexibility, breathing and some meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class. **Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.**

No class on 7/4.

Virtual	Tue	6/20-9/5	9-9:50am	\$45	11 wks
In Person	Fri	6/23-9/8	9-9:50am	\$50	12 wks

Classes and Drop-in Activities

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

LATIN RHYTHM CARDIO FITNESS

The current session will end on 6/6 and 6/8.

Taught by Tony and sponsored by HPSI. Let's have fun dancing together! This low impact but high energy class of combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. The music is hot, and the moves are fun to get a great workout. **No class 7/4.**

Tue	6/20-9/5	2-2:50pm	\$45	11 wks
Thur	6/22-9/7	10-10:50am	\$50	12 wks

MEDITATION

The current session will end on 6/9.

Taught by Patrick and Padma and sponsored by HPSI. Meditation is a mainstream practice for stress reduction and mental concentration.

Fri	6/23-9/8	11-11:50am	Free	12 wks
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NIA DANCE FITNESS

The current session will end on 6/8.

Taught by Smita and sponsored by HPSI. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts (such as yoga). Students will move to joyful, uplifting and soothing music. Appropriate for all levels.

Thur	6/29-8/24	9-9:50am	\$35	9 wks
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SENIOR SHAPE—STABILITY BALL

Sponsored by Suburban Hospital. An exercise class that will tone and define your core muscles and help build better balance. Hand-held weights required.

Register at: <https://events.suburbanhospital.org/>

Mon	4/3-6/26	12-12:45 pm		
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TAI CHI BEGINNERS

Taught by Milan. Learn the basics of this ancient, beautiful and relaxing form of exercise.

Wed	Ongoing	9:30-10:20am	Free	
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TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

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

Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword. **No class 6/5, 6/12, 6/19, 9/4.**

Mon	Ongoing	2:30-3:25pm	Free	
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YOGA FOR BALANCE

The current session will end on 6/6.

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. **No class 7/4.**

Tue	6/20-9/5	10-10:50am	\$45	11 wks
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YOGA (CHAIR)

The current session will end on 6/6.

Taught by Linda and sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses. **No class 7/4.**

Tue	6/20-9/5	11:15-12:05pm	\$45	11 wks
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YOUR BODY IS MEANT TO MOVE

The current session will end on 6/8.

Taught by Sonia and sponsored by HPSI. Exercise to music from the 60s and 70s with movements that work the muscles which strengthens the bones, with music to motivate you to relax and enjoy the exercise even more.

Thur	7/13-9/7	2-3pm	\$35	9 wks
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ZUMBA FOR ALL

The current session will end on 6/6.

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. **No class 7/4, 7/11.**

Tue	6/20-9/5	11-11:50am	\$40	10 wks
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ZUMBA GOLD ADVANCED

The current session will end on 6/7.

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

Wed	6/21-9/6	10-10:50am	\$45	12 wks
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ZUMBA GOLD TONING

The current session will end on 6/9.

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

Fri	6/23-9/8	10-10:50am	\$45	12 wks
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Classes and Drop-in Activities

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

ARTS AND CRAFTS

CHINESE BRUSH PAINTING

The current session will end on 6/8.

Taught by Nicki and sponsored by HPSI. Learn the basics and explore how to paint flowers, birds and small animals.

Thur	7/6-8/31	1—3pm	\$95	9 wks
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DRAWING (BASIC)

The current session will end on 6/6.

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing.

Returning in September, watch for more info.

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 (INT. & ADV.)

The current session will end on 6/5.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. This class will be a hybrid of in-person and virtual alternating every other week, starting in-person.

Returning in September, watch for more info.

WATERCOLOR (INT. & ADV.)

The current session will end on 6/6.

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique.

Returning in September, watch for more info.

WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Drop-in.

Fri	Ongoing	1-2:55pm	Free
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LANGUAGE CLASSES

EVERYDAY ENGLISH

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

Tue	Ongoing	10-10:55am	Free
Thur	Ongoing	10-10:55am	Free

INTRODUCTION TO FRENCH

The current session will end on 6/7.

Taught by Gilles and sponsored by HPSI. For students with little to no knowledge of French. **No class 7/12.**

Wed	6/21-9/6	9-9:50pm	\$30	11 wks
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FRENCH: BEGINNER

The current session will end on 6/7.

Taught by Gilles and sponsored by HPSI. Learn and practice your French. **No class 7/12.**

Wed	6/21-9/6	11-11:50am	\$30	11 wks
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FRENCH: INTERMEDIATE

The current session will end on 6/7.

Taught by Gilles and sponsored by HPSI. Learn and practice your French. Prior knowledge required.

No class 7/12.

Wed	6/21-9/6	10-10:50am	\$30	11 wks
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FRENCH (CONVERSATION)

The current session will end on 6/7.

Taught by Gilles and sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required. **No class 7/12.**

Wed	6/21-9/6	12-12:50am	\$30	11 wks
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INTRO. TO HINDI

The current session will end on 6/5.

Taught by Uma and sponsored by HPSI. Learn basic conversational skills in Hindi including greetings, introductions, everyday words, numbers and more.

Mon	7/12-8/28	11-11:50am	Free
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SPANISH (BASIC)

The current session will end on 6/5.

Taught by Jairo, MC Recreation. Learn basic conversational skills in Spanish including greetings, introductions, everyday words, numbers and more.

Spanish 101	Mon	6/26-8/28	11-11:50am	Free
Advanced	Mon	6/19-8/28	10-10:50am	Free

The 1:00 PM Holiday Park Daily Show – June 2023

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

Nutrition and Cancer and the Role of Antioxidants with Rhonda Good nutrition is an integral part of treatment for cancer patients. Healthy eating habits are important during and after cancer treatment. Antioxidants are being studied to understand their potential role in decreasing the risk of developing cancer. Come join us for a discussion on this important topic.	Thur. June 1
Dance Club Friday with The Metropolitan Get your dancing shoes on to start the weekend. Another great Friday afternoon. <i>Light refreshments served.</i>	Fri. June 2
Movie: “A Father’s Legacy” (2020) - 90 mins. A young man sets out to find the father he never knew. Starring Tobin Bell and Jason Mac	Mon. June 5
Celebrating International Tap Dance Day Join us to celebrate international Tap Dance Day with our own tap students and their instructor Denise Love.	Tue. June 6
Catch A Rising Star—Pre-registration required. “The Problem-Solving Project” is an interactive music theater program where Alan portrays characters representing pre-selected issues. The audience will respond to the characters as they address interpersonal and social issues through their present and past experiences. Sponsored by the Maryland State Arts Council. Pre-registration required.	Wed. June 7
Off-The-Beaten Path in Montgomery County with Ralph Buglass An illustrated presentation on the “Top 10” lesser-known spots in Montgomery County with historical importance, amazing natural beauty or superlative in some other way. Learn about some famous residents’ homes and houses designed by famous architects, spots with connections to events of national significance, oases of natural beauty, museums every bit as good as those on the Mall, still-standing relics of our past and more.	Thur. June 8
Dance Club Friday with Mike Surratt Mike is back with his tunes to delight everyone. Get your dancing shoes on and start the weekend off on the right foot! <i>Light refreshments served.</i>	Fri. June 9
Music of the Roaring Twenties with Mike Suser The roaring twenties really did roar. Rebounding from the horrors of WWI, 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, and then perform them, with Michael Suser on piano and Charlene Cochran on vocals.	Mon. June 12
John Lewis with Sheldon Lehner This gem from John Meacham deserves your attention. Come hear about Lewis’s lifetime search for “one America” ... all through making “Good Trouble, Necessary Trouble”.	Tue. June 13
Flag Day Celebration—Pre-registration required. Come and celebrate flag day with us while listening to music by Orleans Express and enjoy some light refreshments.	Wed. June 14

The 1:00 PM Holiday Park Daily Show – June 2023

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

WEAAD—Pre-registration required.

Join us to learn about scams, meet and greet public officials, watch skits featuring your peers, get information from resource tables, and hear real testimonies of victims of abuse. Pre-registration required with preferred choice of lunch: barbeque or an Asian meal.

Thur. June 15

Dance Club Friday with Take Two

Take Two will make your toes dance to the fun and popular beats!
Light refreshments served.

Fri. June 16

Center Closed: Juneteenth

Mon. June 19

Father's Day Jazz Music with BonnieJazz

Join us for a jazz performance by BonnieJazz as you enjoy light refreshments with friends!
Pre-registration required.

Tue. June 20

Catch A Rising Star—Pre-registration required.

“Lights, Camera, Action” is a creative music theater experience. Participants engage in a series of theater games, group singing and ice breakers opportunities. Sponsored by the Maryland State Arts Council.

Pre-registration required.

Wed. June 21

Tell Us Your Story Presentation

Join us to hear funny, heartfelt, engaging stories from a brave, talented group of local writers who took the Tell Us Your Story class. Learn how they wrote such powerful work, based on their life experiences. You may just be inspired to go home and write down some memories of your own!

Thur. June 22

No 1PM Program

Fri. June 23

American Impressionism with Joan Hart

This presentation will focus on the American Impressionists and their colorful, light-filled landscapes. So take a journey through their eyes, from the gently rolling countryside of Connecticut to the green mountains of Vermont to the brilliant skies of the islands off the coast of Maine.

Mon. June 26

Managing Medications with Suburban Hospital

The American Impressionists. This presentation will focus on the American Impressionists and their colorful, light-filled landscapes. So take a journey through their eyes, from the gently rolling countryside of Connecticut to the green mountains of Vermont to the brilliant skies of the islands off the coast of Maine.

Tue. June 27

Body Language Interview

Join Officer Katie Beard to discuss the typical body language criminals exhibit when lying after being caught committing a crime.

Wed. June 28

Holiday Park Singers Class Performance

Join our very own choir group as they perform for us everything they've learned so far!

Thur. June 29

Dance Club Friday with Night and Day

Another Friday afternoon of music, fun and lots of dancing to start the weekend with your friends! *Light refreshments served.*

Fri. June 30

Classes and Drop-in Activities

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

GAMES

BRIDGE FOR BEGINNERS I



Taught by Rochelle and sponsored by HPSI. This series of bridge lessons will teach you the basics. All lessons include instruction, exercises and practice. Designed for those who are new to bridge.

Tues	7/11-8/15	1-3pm	\$60	6 wks
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BRIDGE FOR BEGINNERS III

The current session will end on 6/6.

Taught by Rochelle and sponsored by HPSI. Continue learning the basics of bridge with short lessons followed by supervised practice.

Returning in September!

BRIDGE INTERMEDIATE III

The current session will end on 6/8.

Taught by Rochelle and sponsored by HPSI. If you've taken Basic Bridge classes or been playing bridge for a year or two, then this series will enable you to hone your bridge skills at the table. It will include a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions.

Returning in September!

BRIDGE DROP-IN

Have fun playing with other Bridge players. Partners not required. Led by a Holiday Park volunteer.

Tue	Ongoing	10-12pm	Free
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BRIDGE (Duplicate)

Allen hosts. 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 (Supervised)

Led by Rochelle and sponsored by HPSI. For students who have been playing bridge and/or taking lessons, join us to practice your bidding and play of pre-dealt hands. Each hand will be reviewed after each table has played it your scores will be compared to those of others in the room as well as those who have played them at bridge clubs.



Thur	7/6-8/17	1-3pm	\$70	7 wks
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BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

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

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

Daily	Ongoing	All day	Free
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MAH JONGG

Drop-in and enjoy playing with friends.

Mon	Ongoing	starts at 1:00 pm	Free
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RUMMIKUB

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

Daily	Ongoing	starts at 1:00 pm	Free
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SCRABBLE

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

Wed	Ongoing	starts at 1:00pm	Free
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SPORTS

BOCCE BALL COURT

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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OPEN GYM—FITNESS ROOM

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

Daily	Ongoing	9am-4pm	Free
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SHUFFLEBOARD

Play this beachy game even when the weather is cold. Enjoy a good time with other players. Drop-in.

Mon & Wed	Ongoing	2:30-3:30pm	Free
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Classes and Drop-in Activities

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

SPECIAL INTERESTS

BEHIND THE HEADLINES

Gerald 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 & Ethylyn. Join us monthly to discuss the current month's book and relevant topics. See Page 3 for monthly Wednesday Evening book listings.

Wed	6/13	4:30pm	Free
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JOURNALING CLUB

Led by Carol & Ethylyn and sponsored by HPSI. Join us monthly to work on your journal and learn how to start a journal and express your creativity and feelings. Bring your own journal.

Tue	6/14	2:15-3:45	Free
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PHOTOGRAPHY CLUB

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

Wed	6/7 & 6/21	10-12 pm	Free
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TELL US YOUR STORY

Current session ends on 6/15. No class on 6/8.

Taught by Laura. If you've always wanted to write about the most meaningful events and people in your life, this new class series is just for you. All experience levels are welcome! You'll learn to write compelling stories through creative writing exercises, lectures and discussions. You'll build skills and confidence in writing and get to know your classmates in a lively, welcoming class.

Pre-registration required.

Thur	6/29-8/24	2-3:30pm	Free
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WRITING GROUP

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

Fri	Ongoing	10-11:25am	Free
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TECHNOLOGY

CHROMEBOOK ESSENTIALS

Presented by Senior Planet Montgomery. This 5-week course will cover the essentials of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. Please bring your Chromebook to the class. If you don't have one let us know and we will secure one for you.

If you are interested in this course, leave your name and phone number at the front desk to join the waitlist for the next session coming up.

Tue & Thur	5/16-6/15	10-11:15am	Free
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COMPUTER ESSENTIALS

Presented by Senior Planet Montgomery. This 10-session course will cover the essentials of how to use a computer.

If you are interested in this course, leave your name and phone number at the Front Desk. No class on 6/19.

Mon & Wed	5/15-6/21	10-11:15am	Free
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MUSIC

DRUM CIRCLE FOR RELAXATION

Drum Circles are beneficial to overall health and well-being and helps to soothe stress and increase relaxation. Join this fun class and start feeling happy and satisfied through the beat of the drums. **Pre-register with a member of County Staff or online at ActiveMontgomery.com**
Returning in the Fall!

HOLIDAY PARK SINGERS

Back by popular demand! Find, restore or renew your singing voice when you join this singing group led by Franklyn Johnson also known as BonnieJazz. **Pre-register with a member of County Staff or online at ActiveMontgomery.com**

Fri	7/7-9/8	11-12 noon	Free
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Multicultural Programs

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)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	10-10:55am	Gratis
Ju	Seguido	10-10:55am	Gratis

Gramática Inglesa para personas de habla Hispana

Con David. Unase a este grupo para aprender algunos trucos y consejos gramaticales para hablar bien inglés.

Lu & Mi	Seguido	10-10:50am	Gratis
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Superando los Cambios: Grupo de Apoyo Emocional

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

Ma	Seguido	11-11:55 am	Gratis
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Toma de tensión arterial:

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

Lu	Seguido	10-12 pm	Gratis
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VIETNAMESE CORNER



Happy Life Vietnam Seniors Group

Join for health and fitness classes and games.
Sinh hoạt hàng tuần
Cao Niên Việt Nam
Hội Cao niên người Việt vui khỏe
Họp mặt thứ 5, từ 9-2 giờ chiều
Phòng 30

Thur	Ongoing	9-2 pm	Free
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The Consignment & Gift Shop

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

Jewelry accepted on Tuesdays, and Household Goods accepted on Wednesdays. Clothing is never accepted.



Holiday Park Seniors, Inc. Corner

CLASS REGISTRATION INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:30 pm Monday thru Friday, Wednesdays until 7:30pm**, 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

The Café

*Open Monday thru 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.*

PLANT ROOM NEWS

- Water newly planted trees and shrubs until they become established (for about 2 years), especially in the summer and fall. Water deeply by allowing the water to soak into the soil directly underneath and around the root ball.
- Remove spent lilac and rhododendron blossoms.
- Pinch fall-blooming plants like mums and asters to make them bushier.
- Prune azaleas after they bloom and before July 1.
- Cut iris flower stalks down to the crown when they are finished blooming. Leave the foliage alone. If your iris are overcrowded after flowering lift and divide them. Check rhizomes for disease.
- Warm-season annual flowers like zinnias, sunflowers, and cosmos can still be started from seeds.
- Consider recycling yard waste at home- let grass clippings remain on your lawn; or add grass clippings and leaves to a compost bin and make your own natural soil conditioner. You can get a compost bin for free from the county (montgomerycountymd.gov/yardtrim or build your own.

Come to see us in the Plant Room. We still have lots of tomatoes and other vegetables and herbs: Tuesdays and Fridays 9-12

Health and Wellness Services

BLOOD PRESSURE SCREENING -

Mondays: 10—12 noon & Thursdays: 9—11.
There will be a Spanish speaker available for screenings from 10:30-12 noon on Mondays.



MEDICAL EQUIPMENT LOAN

CLOSET - Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs (\$10.00 per month with a \$50.00 refundable deposit). Check with our Reception Desk staff for availability of equipment.

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.

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 (\$7.05). 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!! *******



Support Groups

COPING WITH CHANGE -

Thursdays 10:30am—11:30 am.
Led by social worker Stephanie Svec, LCPC.
Free. Individual appointments for consultations available at 11:30 am.
Call 301-572-6585 x 2104 for appointments.

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.

Coffee & Conversations

Coffee with a Cop

Wed., 6/14, 9:30 am



Enjoy conversation with Officer Katie Beard from the Montgomery County Police and learn more about your community and discuss safety concerns.

Fire Safety, One Cup of Coffee (Or Hot Chocolate) At A Time!

Thur., 6/22, 9:30 am

Join us to connect with Jim Resnick as he provides info in an informal café setting, with coffee or hot cocoa, and snacks!



Center & County Services

General Information and Policies

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)

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



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 under the screen in the lobby, across from the Front Desk, that is always on display!

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

Transportation Options For Older Adults

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).



***Look What is Coming in July 2023...
A sampling of Holiday Park 1:00 pm Programs***

**Holiday Park
Senior Center
Directory:**

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:

Youmna Badr
Amy Clemmer
Arthur Clemmer

Maria Mercedes Diaz

Jairo Gomez

Gail Jacobson

Kamarr Louissaint

Tyler Mungo

William Song

Corinne Verard-Eppley

India Wilson

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

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:

Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

July 3, M. Movie
July 4, T. Center Closed: Independence Day
July 5, W. Jefferson Building with Joseph Bragin
July 6, Th. Live Music: 4th of July Celebration with Tom Delaney
July 7, F. Dance Club Friday with Gary Brown

July 10, M. Book Discussion with Dan Lieberman
July 11, T. Hawaiian Social—Pre-registration required
July 12, W. Cooking Demo with Nikki
July 13, T. Lafayette with the Historical Society
July 14, F. Dance Club Friday with Mike Surratt

July 17, M. Oil Therapy
July 18, T. Health Talk with Suburban Hospital
July 19, W. Vietnamese Coffee
July 20, T. Acupressure for Stress Relief with Allison
July 21, F. Dance Club Friday with BonnieJazz

July 24, M. Nutrition Lecture with Rhonda Brandes, RD, LDN
July 25, T. Live music with Mike Susser
July 26, W. Friendship
July 27, T. Tech Thursday
July 28, F. Dance Club Friday with Retro Rockets

July 31, M. Little Women with the Historical Society of Mo. County

**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

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Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership will resume later in 2023. This \$20.00 a year Card allows you to receive reduced rates for classes and programs. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

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.