

**Holiday Park Senior Center Directory:**

Dolors Ustrell,  
Center Director

Marco D'Ottavi  
Assistant Center Director

Staff:

Justin Arias  
Amy Clemmer  
Arthur Clemmer  
Maria Mercedes Diaz  
Gail Jacobson  
Alina Johnson-Weider  
Smita Khatri  
Anita Knox  
William Song  
Corinne Verard-Eppley  
India Wilson

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

Judy Houseknecht,  
Administrator

Merle Biggin,  
Treasurer

Yomna Badr,  
Programming

Board Members:  
Joyce Dubow  
Carol Mamon  
Janet McDonald  
Steven Schrier

**Follow us on Facebook**  
**@HolidayParkSeniors**

*Look What is Coming in June 2022...  
A sampling of Holiday Park 1:00 pm Programs*

June 1, W.	Memorial Day Patriotic Music with Steffi
June 2, Th.	Skincare Lecture with Anne Arundel Dermatology
June 3, F.	Dance Club Friday with Tim Amann
June 6, M.	Genealogy Program (Part 1) with Lorraine Minor
June 7, T.	Latin Rhythm Cardio Fitness Demo with Tony
June 8, W.	Felt Art Presentation with Margo Lehman
June 9, Th.	Energy Bingo with Larissa Johnson
June 10, F.	Dance Club Friday with Mike Surratt
June 13, M.	Genealogy Program (Part 2) with Lorraine Minor
June 14, T.	World Elder Abuse Awareness Day Program
June 15, W.	Live Music with Frank Plumer
June 16, Th.	"Journey to Juneteenth" with Carl Butler
June 17, F.	Line Dance Social with Robin Marshall
June 20, M.	Center Closed: Juneteenth
June 21, T.	Father's Day Social with Dale Jarrett
June 22, W.	Trivia with Janet & Dorothy
June 23, Th.	Drum Circle with Katy Gaughan
June 24, F.	Dance Club Friday with Take Two Band
June 27, M.	Nutrition Lecture with Rhonda Brandes, RD, LDN
June 28, T.	"My Inspired Life as a Sports Official" with Sheldon Lehner
June 29, W.	"17-year-Cicadas" with the Historical Society
June 30, Th.	Mark Twain's Wife with Candace Ridington

*\*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**

HPSI MEMBERSHIP	THE REC CARD
Membership will resume later in 2022. 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.	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 <b><u>This card is FREE.</u></b> Sign-up at the reception desk.



# Holiday Park Hi-Lites

*It is Grand to be 55+ in Montgomery County!*

## May 2022

**Cinco de Mayo**


**Thu., 5/5, 1:00 pm**

Celebrate Cinco de Mayo with DJ Flores! Wear your bright colors and join the fun!



Light refreshments will be served.  
*Pre-register at the Front Desk.*

**More details on page 2.**



**SAVE THE DATE:**

**Registration for Summer classes starts May 9th.**

New email to register for virtual HPSI classes:  
[HolidayParkSeniors@gmail.com](mailto:HolidayParkSeniors@gmail.com)

Thank you!

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**Jazz Trio Concert with Christiana Drapkin**

**Thu., 5/12, 1:00 pm**



Join us for a swinging program of showtunes in honor of Mother's Day.

**More details on page 2.**



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

Center Hours:  
 Monday thru Friday 9 a.m. - 4:00 p.m.



CONVERSATION WITH A COP

COVID-19 Vaccination Clinic

Wed., 5/4, 9:30 am

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

Free! - Monthly!

Here are the upcoming dates for the Covid-19 Vaccination Clinic at Holiday Park:

Wed. May 11  
Wed. May 25  
Wed. June 8

To qualify for an appointment, you must be 50+ years old and it must have been at least 4 months since your last dose.

The clinic is available for appointments all day from 9am-4pm.

Pre-registration required, inquire at the Front Desk.



SPECIAL EVENTS:

Thur., 5/5, 1:00 pm—Free

Cinco de Mayo

Celebrate Cinco de Mayo with DJ Flores! Fiesta, dancing and good friends to celebrate this Mexican holiday. Wear your bright colors and join the fun!

Light refreshments will be served.

Pre-register at the Front Desk.



Thu., 5/12, 1:00 pm—Free

Jazz Trio Concert with Cristiana Drapkin

“Here’s to Mom!” a swinging program of show tunes from the Great American Song Book, Jazz Standards, beautiful ballads and cheerful songs in honor of Mother’s Day.

UPCOMING SPECIAL EVENTS:

Thur., 5/26, 9:00-10:00 am—Free

Tai Chi Chuan with Yann King

Welcome Yann for this one-time class, while Yann is visiting the area. He will lead this one-hour session for old time’s sake.



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 240-777-6870, TTY 240-777-6974.

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 (\$5.93). Please make or 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!! \*\*\*\*\*



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).





Health and Wellness Services

**BLOOD PRESSURE SCREENING** - Mondays & Fridays: 10—12 noon. 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 to verify availability of equipment.



COUNSELING 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.

Center Services



The Café

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



THE GIFT SHOP

*Open Tuesday  
and Wednesday  
9:30AM-1:00PM,  
Volunteers Permitting.*

GAME ROOM

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

MOBILE POST OFFICE

The Post Office will be at the center to assist you with your mailing needs. Tuesdays, 10:30 am– 11:30 am.

OPEN GYM—FITNESS ROOM

Open Monday through Friday, from 9:00am until closing. Drop-in. 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 and Fitness Room Strength Training for closed times.

PING PONG ROOM

On our second floor. Three tables to enjoy a good ping-pong match with a friend. Open daily. Drop-in.

PLANT ROOM

We are delighted to welcome you back to the HPSI Plant Room. We are open on Tuesdays and Fridays from 10-12. Please come by and see us. We have a nice assortment of plants for sale at just \$1.00 each.

POOL/BILLIARD ROOM

Open daily. Keep your attention sharp and your accuracy skills on target as you enjoy a good time with other players. Drop-in.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Josephs. 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.

WEDNESDAY EVENING CLASSES

EVERYBODY’S YOGA with Dr. Linda Smith

Taught by Linda. 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.

Wed.	6/29-8/17	5:30-6:20pm	\$16
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BELLY BLEND DANCING with Ann

Taught by Ann. Belly blend is a fun dance class which fuses traditional belly dance with other types of dance such as Latin, African and Modern Dances.

Wed	6/29-8/17	6:30-7:20pm	\$16
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WEDNESDAY EVENING PROGRAMS

A Book and A Movie: “The Help”

Join us for a book discussion on the book *The Help* by Kathryn Stockett followed by the movie, “The Help” starring Emma Stone, Viola Davis and Octavia Spencer so you can observe its similarities. The viewing of the movie will start at 5:45pm. A light dinner will be available for purchase at the café at 5:15 pm.

Wed., 5/25, 4:30 pm



SNEAK PEEK INTO JUNE EVENING PROGRAMS

Lecture at the Park: BBQ Safety and Demo with Fire and Rescue

Join Jim Resnick as he demos how to safely use the grill this summer, flipping burgers, and hot dogs as he substitutes his fire helmet for a chef’s hat.

Wed., 6/1, 6-7 pm

Live Music with Tom Delaney: “The Harmonica Man”

Join us for Tom’s newest show and light refreshments to enjoy with your friends. Snacks available for purchase at the Café.

Wed., 6/8, 6-7 pm

Sip & Paint

Join us for a fun creative night of art, and some punch. Chat with your friends as you create paint-splashed memories that you can take home. No prior experience required, only smiles. Pre-registration required.

Wed., 6/15, 6-7 pm

Senior Prom in Monte Carlo with Night & Day Band

Join us for another magical night of music and dancing with your friends, with a Monte Carlo themed atmosphere. Pre-registration required. A light dinner will be available for purchase at the café at 5:15 pm.

Wed., 6/22, 6-8 pm

A Book and A Movie: “The Circle”

Join us for a book discussion on the book *The Circle* by Dave Eggers followed by the movie, “The Circle” starring Emma Watson and Tom Hanks, so you can observe its similarities. The viewing of the movie will start at 5:45pm. A light dinner will be available for purchase at the café at 5:15 pm.

Wed., 6/29, 4:30 pm

And more to come... More information on upcoming lectures, evening classes and schedules in the June newsletter!

*The Wednesday evening programs are sponsored by HPSI with the collaboration of Montgomery County Recreation.*

Classes and Drop-in Activities

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

Fitness and Dance

**AS EASY AS ABC... Exercise Class**  
Taught by Matt. 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.

<b>Beg.</b>	Thu	6/23-9/8	12-12:50pm	<b>\$48</b>
<b>Adv.</b>	Thu	6/23-9/8	11-11:50am	<b>\$48</b>

**BALLROOM: INTERMEDIATE**  
Taught by Ron & Amy. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcomed. **Smooth: Waltz & Foxtrot. Rhythm: Rumba & Cha-Cha.**

<b>Smooth</b>	Wed	6/22-9/7	2:30-3:20pm	<b>\$50</b>
<b>Rhythm</b>	Wed	6/22-9/7	3:30-4:20pm	<b>\$50</b>

**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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**CHAIR AEROBICS**  
Taught by Tony. A fun aerobic style chair exercise class designed to improve overall fitness.

Thu	6/23-9/8	2-2:50pm	<b>\$48</b>
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**CHAIR DANCE**  
Taught by Sharon. Chair Dancing is designed for adults who need to use a chair for extra support while they have fun exercising to music.  
**To register email: HolidayParkSeniors@gmail.com**

Virtual	Thu	6/23-7/28	1-1:50pm	<b>\$18</b>
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**EASY FIT DANCING**  
Taught by Marcia. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights. **No class on 7/4.**

<b>Mon</b>	6/27-8/29	11-11:50am	<b>\$27</b>
<b>Wed</b>	6/22-9/7	11-11:50am	<b>\$36</b>

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

Wed	Begins 6/1	9:30-10:20am	Free
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**FITNESS EQUIP. ORIENTATION**  
Training of the safe use of the fitness room’s equipment.

Tue	5/10	1-2:30 pm	<b>\$10</b>
Thu	6/16	1-2:30 pm	<b>\$10</b>

**FITNESS ROOM STRENGTH TRAINING**  
Taught by Tony. Individually designed workouts improve fitness using weight training equipment safely.

<b>Basic</b>	Thu	6/23-9/8	11:30-12:20pm	<b>\$48</b>
<b>Advanced</b>	Thu	6/23-9/8	12:30-1:20pm	<b>\$48</b>

**HATHA YOGA FOR ALL**  
Taught by Debbie. 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**

<b>Virtual</b>	Tue	6/21-8/30	9-9:50am	<b>\$44</b>
<b>In Person</b>	Fri	6/24-8/26	9-9:50am	<b>\$30</b>

**HULA DANCE (Beginner)**  
Taught by Dawn. A class that teaches the mechanics of Hula dance steps & hand movements. Students learn the history & the terminology of Hula. **No class 7/4 or 7/25.**

Mon	6/27-8/29	2-2:50pm	<b>\$24</b>
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**HULA INTERMED. CHOREOGRAPHY**  
Taught by Dawn. 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 on 7/4 or 7/25.**

Mon	6/27-8/29	1-1:50pm	<b>\$24</b>
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**INTERNATIONAL FOLK DANCING**  
Taught by Sharon. Easy and fun dances from around the world. No previous experience is needed.

Fri	6/24-9/9	11-11:50am	<b>\$21</b>
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**LATIN RHYTHM CARDIO FITNESS**  
Taught by Tony. Let's have fun dancing together! This new low impact but high energy class of Latin Rhythms 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 on 7/19.**

Tue	6/21-9/6	2-2:50pm	<b>\$40</b>
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**LINE DANCE– PARTY FAVORITES**  
Taught by Robin. 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 on 7/14.**

<b>Lv I</b>	Thu	6/23-9/8	11-11:50am	<b>\$33</b>
<b>Lv II</b>	Thu	6/23-9/8	10-10:50am	<b>\$33</b>

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

**Artes manuales** con Carmen, los martes y jueves de 10:30—11:55 am

Ma	Seguido	10:30-11:55am	Gratis
Ju	Seguido	10:30-11:55am	Gratis

**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

Lu	Seguido	10-12 pm	Gratis
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Para más información, comuníquese con  
Maria Mercedes al 240-777-4965

Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter?

Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

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

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed under the screen in the lobby, across from the Front Desk, that is always on display!

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

Volunteers  
Needed

We need volunteer like you. Please consider committing some of your time to make a big difference!

Here are some of the openings we currently have:

- Reception Desk
- Gift Shop
- Special Events

To apply, leave your information at the Front Desk and we will get back to you soon. Thank you for wanting to make a difference!



Classes and Drop-in Activities

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

Games

BRIDGE FOR BEGINNERS IV

Taught by Rochelle. This series of lessons will continue covering the fundamentals of modern bridge with a focus on bidding and playing strong hands, including slam hands. As always, there will be a combination of short lessons followed by supervised play. No class on 7/19.

Tue	6/21-9/6	1– 3pm	\$66
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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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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. Starts 5/25.

Wed	Ongoing	12:30-4pm	Free
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MAH JONGG

Donna hosts. 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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CLASS REGISTRATION INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from 9:30 am to 3:30 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

SCRABBLE

Ray hosts. Drop-in board game.

Wed	Ongoing	starts at 1:00pm	Free
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Special Interests

BEHIND THE HEADLINES

Gerald facilitates this drop-in discussion group.

Mon	Ongoing	10-11:25am	Free
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PHOTOGRAPHY CLUB

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

Wed	5/4 & 5/18	10-12 noon	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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News From the Plant Room

Begin planting warm-season crops like squash, pepper, eggplant, and tomato as soon as the night-time temperatures are consistently in the high 50’s—usually by Mother’s Day in our area.



To suppress weeds in your garden, consider eco-friendly approaches to mulch around plants: Use dried grass clippings, leaves collected from last fall, sections of newspaper covered with straw, black landscape fabric.

If you need to prune azaleas or rhododendrons, wait until after they bloom. Do this before July 1 to preserve next year’s blooms.

Move houseplants outdoors after the danger of frost has passed. Place them in a shady location and over a period of two weeks or so gradually introduce them to more sunlight.

Please visit the Plant Room on Tuesdays and Fridays. We have tomatoes, peppers, squash, cucumbers, basil, parsley and more!

Classes and Drop-in Activities

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

NIA DANCE FITNESS

Taught by DRA Fitness. 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. No class 7/21.

Thu	6/23-9/8	10– 10:50am	\$44
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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. This class is designed for students with some experience.

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

Taught by Denise. Beginning tap dance classes focus on learning single tap steps, then incorporating the steps into series of combinations.

Wed	6/22-9/7	1-1:50pm	\$50
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YOGA FOR BALANCE

Taught by Linda. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment. No class on 7/19.

Tue	6/21-9/6	10-10:50am	\$44
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YOGA (CHAIR)

Taught by Linda. Low impact using bands to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses. No class on 7/19.

Tue	6/21-9/6	11:15-12:05pm	\$44
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YOUR BODY IS MEANT TO MOVE

Taught by Regine. Exercises, balance & strength with balls, bands and weights. Seated & standing movements for people with varying abilities and physical limitations. Please make sure to bring your own weights and other equipment for the class.

Basic/Int.	Wed	6/22-9/7	11-11:50am	\$36
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ZUMBA GOLD ADVANCED

With Mitzi. The original dance-fitness party.

Wed	6/22-9/7	10-10:50am	\$48
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ZUMBA GOLD TONING

With Mitzi. Incorporates Gold workout with light weight

Fri	6/24-9/9	10-10:50am	\$48
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Arts and Crafts

KNIT & CROCHET WORKSHOP

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

Wed	Ongoing	10-11:30am	Free
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WOODCARVING

Led by Val. Experienced hobbyists offer basic 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
Thu	Ongoing	10-10:55am	Free

BASIC ENGLISH FOR VIETNAMESE 

Taught by Van. Basic English to help you Vietnamese speakers get a foundation of English.

Tue	Starting soon	12:30-2:00pm	Free
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FRENCH: BASIC & INTERMEDIATE

Taught by Gilles. Learn and practice your French.

Basic	Wed	6/22-9/7	9- 9:50am	\$36
Int.	Wed	6/22-9/7	10-10:50am	\$36

FRENCH (CONVERSATION)

Taught by Gilles. Practice your French by holding conversations in French.

Wed	6/22-9/7	11-11:50am	\$36
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INTRO. TO HINDI

Taught by Uma. Learn basic conversational skills in Hindi including greetings and introductions, everyday words, numbers and much more. No class: 7/4.

Mon	6/27-8/29	11-11:50am	Free
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The 1:00 PM Holiday Park Daily Show – May 2022

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

<b>Beauty Day for Mother’s Day with Maria Celeste Mora</b> Spend an afternoon being pampered and seeing how beautiful you will feel inside and out, as we get ready to celebrate Mother’s Day.	<b>Mon. May 2</b>
<b>Aspects of Christianity with Dr. Hebbar</b> Feast of the Pentecost & Paul the Apostle extraordinaire. This lecture will be provided via Zoom. You can join in-person or remotely. Zoom link available upon request.	<b>Tue. May 3</b>
<b>Aspects of Islam with Dr. Hebbar</b> What is Ramadan all about? Some aspects of Quranic theology. This lecture will be provided via Zoom. You can join in-person or remotely. Zoom link available upon request.	<b>Wed. May 4</b>
<b>Cinco de Mayo Celebration</b> Let’s celebrate this Mexican holiday with your friends, and wear your brightest colors. Fiesta, dancing and good company as we embrace this holiday with DJ Flores. <i>Pre-registration required.</i>	<b>Thu. May 5</b>
<b>Dance Club Friday with Tim Amann</b> Tim is back for another afternoon of fun, dancing and socializing with your friends! <i>Light refreshments will be served.</i>	<b>Fri. May 6</b>
<b>“How to File a Claim” with the Office of Consumer Protection</b> Learn about common situations that consumers face where the Office of Consumer Protection can get involved, like home improvement, landscaping, movers, utilities, retail, shipping, internet scams and more. Learn the process of filing a complaint and what to expect throughout the complaint process.	<b>Mon. May 9</b>
<b>Bingo with Linda and Connie</b> Connie and Linda are calling the numbers. Fun prizes and a good time with your friends.	<b>Tue. May 10</b>
<b>Movie: “Paris Can Wait” (2016) - 92 mins.</b> The wife of a successful movie producer takes a car trip from the south of France to Paris with one of her husband's associates. Starring Diane Lane, Arnaud Viard, and Alec Baldwin.	<b>Wed. May 11</b>
<b>Live Music: Jazz Trio Concert with Christiana Drapkin</b> With Christiana on vocals, and with her pianist and bassist, this Jazz Trio will present “Here’s to Mom!” a swinging program of showtunes from the Great American Song Book, Jazz Standards, beautiful ballads and cheerful songs in honor of Mother’s Day.	<b>Thu. May 12</b>
<b>Dance Club Friday with Mike Surratt</b> Another amazing Dance Club Friday with Mike Surratt. <i>Light refreshments will be served.</i>	<b>Fri. May 13</b>

The 1:00 PM Holiday Park Daily Show – May 2022

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

<b>“The Neighbors Game” with Carl Butler</b> Participate in a game of stereotypes. Define stereotype, what causes it, and discuss techniques to steer away from this behavior.	<b>Mon. May 16</b>
<b>Live Music with Jesse Palidofsky</b> Jesse is back with his lively tunes for a fun get-together.	<b>Tue. May 17</b>
<b>Trivia with Janet &amp; Dorothy</b> Get ready to test your knowledge and have fun with Janet and Dorothy hosting this trivia game.	<b>Wed. May 18</b>
<b>No Program —Volunteer Recognition</b>	<b>Thu. May 19</b>
<b>Line Dance Social with Robin Marshall</b> Another Line Dance Social with upbeat music that Robin puts together for you! No partner required! <i>Light refreshments will be served.</i>	<b>Fri. May 20</b>
<b>The Life of George &amp; Ira Gershwin with Mike Suser</b> Join us for a presentation on the composers George and Ira Gershwin as Mike takes us through their lives and works with illustrations of their musical numbers.	<b>Mon. May 23</b>
<b>Nutrition Lecture with Rhonda Brandes, RD, LDN.</b> What are some myths about nutrition? Join this lecture and learn about the misconceptions regarding nutrition. Learn the truths about calories in calories out and the high-fat foods we enjoy, etc.	<b>Tue. May 24</b>
<b>Things to Know about Valuing, Keeping, Tossing and Selling with Daniel Sanders</b> Downsizing? Relocating? Or simply Spring-Cleaning? Learn how to decide what to keep and what to sell while getting top dollar for your precious household property.	<b>Wed. May 25</b>
<b>Auto Theft Prevention with Officer Beard</b> Learn from Officer Katie Beard some strategies to prevent from getting your car broken into.	<b>Thu. May 26</b>
<b>Dance Club Friday with Rearview Mirror</b> Get ready for the weekend, put your dancing shoes on and let’s boogie! <i>Light refreshments will be served.</i>	<b>Fri. May 27</b>
<b>Center Closed: No Program Memorial Day</b>	<b>Mon. May 30</b>
<b>Art Appreciation Lecture with Joan Hart</b> Take a journey into Van Gogh’s most visionary work of art, exploring the mystery behind its creation as well as the extraordinary painting itself. We’ll also discover the history of The Starry Night’s first owners including a Dutch woman who hung it in her home for decades.	<b>Tue. May 31</b>