

NORTH POTOMAC SENIOR CENTER



13850 Travilah Road • Rockville MD 20850
240-773-4805

JANUARY 2022 NEWSLETTER

Welcome 2022!

Happy New Year to All! I cannot believe it is 2022 already! So many wonderful things happened at North Potomac Senior Center in 2021. In August, the Center opened for the community five days a week after being closed for a 1½ years, JCA transportation became available for 55+ residents living within five miles of the Center, the Senior Nutrition Lunch program returned offering a balanced nutritious meals five days a week, the Center celebrated its five-year anniversary with a hot breakfast, fitness demonstrations, a jazz concert, and a fall harvest festival. We had our first Table Tennis Tournament, Hanukkah Celebration, and Breakfast & Bingo with Santa, in addition to new programs and returning favorites. The staff would like to thank the community for their tremendous support and look forward to seeing you in 2022. If you would like more information on programs at North Potomac Senior Center, give us a call at 240-773-4805. Happy 2022!

INCLEMENT WEATHER POLICY

Our inclement weather policy is below:

When Montgomery County Public Schools are closed, senior centers are closed and all senior classes and programs, including lunch and transportation, will be CANCELED.

If Montgomery County Public Schools have a delayed opening, all classes or events scheduled to begin at or before 10:00 am will be canceled. The Center will open at 10:00 am and lunch and transportation will be canceled. For information, you can also log onto:

<https://www.montgomerycountymd.gov/rec/about/inclementweather.html>

When schools close early, each situation will be looked at carefully to make the safest decision we can for each center and close when we can.

NEW WORKSHOPS AT NORTH POTOMAC SENIOR CENTER

Holy Cross Health will be offering four Health and Wellness Workshops at North Potomac Senior Center beginning January 2022. For information and to register for a workshop contact Holy Cross Health at 301-754-7000 or www.holycrosshealth.org.

MEMORY ACADEMY

This 5 week workshop teaches memory training techniques that work for everyone. Fee \$5.00.

Mondays, January 10, 2022 to February 7, 2022 (with snow day 2/14/2022)

10am to 12pm

DIABETES SELF-MANAGEMENT WORKSHOP

This Free 6 week workshop series is for those who want to learn how to better manage their health and maintain an active life while living with Type 2 Diabetes or Pre-Diabetes. Caregivers and family members welcome.

Mondays, February 28, 2022 to April 4, 2022 (with snow day 4/11/22)

10am to 12:30pm

MATTER OF BALANCE

This 8 week class will help you learn how to reduce your risk of falls.

Mondays, April 18, 2022 to June 6, 2022

10am to 12pm

LIVING WELL SELF-MANAGEMENT WORKSHOP

Learn how to improve your health and live a better life with a 6 week Living Well Workshop. Learn how to maximize your potential even when a long-term health condition may require you to alter your activities. Discover new ways to break the "symptom cycle." Caregivers welcome.

Class meets on Mondays 10am to 12:30pm

June 13, 2022 to July 18, 2022

Free

CONTACT HOLY CROSS HEALTH FOR REGISTRATION AND INFORMATION AT
[HTTPS://WWW.HOLYCROSSHEALTH.ORG](https://www.holycrosshealth.org) OR CALL HOLY CROSS AT 301-754-7000

Special Saturday Event

Winter Sparkle Paint and Sip Party



SATURDAY, JANUARY 8TH

11AM-1PM

\$25 — ACTIVE #138965

Join DeShanna from Part-Time Picasso for light refreshments, beverages and to create a one of a kind 16 x 20 piece of canvas art... a sparkly snowman. Register today. Space is limited!

If anyone under the age of 55 would like to attend, please contact Sheila at Sheila.hall@montgomerycountymd.gov or 240-773-4806 to be registered.



HOT TEA MONTH

January is National Hot Tea Month

Drink your tea slowly and reverently as if it is the axis on which the world revolves—slowly, evenly, without rushing toward the future.

Live the actual moment.

Only this moment is life.

—Thich Nhat Hanh

How many different flavors
of tea can you list?
Good Luck!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Tea is the second most consumed beverage—second to water. Research suggests that drinking tea can have health benefits, such as keeping your body hydrated and aiding in digestion.

Did you know? Tea bags were invented in 1908 in the United States by Thomas Sullivan. He created small silk bags to give samples of tea to his customers. Some of them thought that the bags were supposed to be put directly in the tea pot, like a metal infuser, rather than emptied out. Thus, the tea bag was created by accident!

Find out other tea fun facts with us as we Celebrate National Hot Tea Month on Wednesdays in January at 12:30pm with *Tea Time and Trivia*. Active #144209. A different tea will be available weekly.

NEW PROGRAMS FOR JANUARY

Fridays at 12:30 pm. Bring your friends to play Rummikub and Scrabble. Active #144208.

Fridays at 2:00 pm. Sit back and enjoy an afternoon matinee complete with popcorn. Active #144207.

Tuesdays at 12:00 pm. Stretch, Strengthen and Breathe with Susan. Active #144219.

Tuesdays at 1:00 pm. Introduction to Scale Modeling taught by Patrick Hoff. Six week session begins on January 19th. Fee \$25. Active #138742.

Second Tuesdays beginning January 11th at 1:00pm. Creative Writing Group led by Revathi Vikram. Active #144186.

"FIRST TIME" TRIVIA

Can you name the "first" for the following trivia questions.

1. Who was the first woman designated a full-fledged "chef" in 1958?
2. Who was the first man to walk on the moon?
3. Who was the first Miss America?
4. Who was the first US President to speak on television?
5. Who was the first female poet to read a poem at a US presidential inauguration?
6. John D. Rockefeller became the world's first _____ in 1916.
7. What was the Beatles' first song to be played in the US?
8. The first Academy Awards ceremony was held on _____.
9. What city and state was the first traffic light stalled?
10. Who was the first American woman in space?
11. Who appeared on the cover of the first TV Guide?
12. What was the name of the first amusement park built in the US?
13. What state did the first McDonald's franchise open?

First Time Trivia Answers

1. Julia Child
2. Neil Armstrong
3. Margaret Gorman in 1921
4. Franklin D. Roosevelt at the NY World's Fair in 1939
5. Maya Angelou read "On the Pulse of Morning," at Clinton's inauguration in 1993
6. Billionaire
7. "She Loves You"
8. May 16, 1929
9. Cleveland, Ohio in August 1914
10. Sally K. Ride in 1983.
11. Desi Arnaz, Jr and Lucille Ball in 1953
12. Lake compounce in Connecticut. Opened in 1846

DR. MARTIN LUTHER KING TIMELINE AND QUOTES

MLK TIMELINE

January 1929	Born in Atlanta, Georgia
June 1953	Married Coretta Scott
September 1954	Became a pastor at Dexter Avenue Baptist Church in Montgomery, AL
June 1955	Awarded doctorate in theology from Boston University
December 1955	Supported Montgomery, Alabama bus boycott
January 1956	Montgomery, AL home was bombed
January 1957	Named chairman of now Southern Christian Leadership Conference
September 1958	Published first book, <i>Stride Toward Freedom: The Montgomery Story</i>
August 1963	Delivered "I Have a Dream" speech at march in Washington, D.C.
January 1964	Named Time magazine's Man of the Year
December 1964	Received Nobel Prize
April 3, 1968	Delivered last speech, "I've Been to the Mountaintop," in Memphis, TN
April 4, 1968	Assassinated at the Lorraine Motel in Memphis, Tennessee

A FEW OF MARTIN LUTHER KING, JR. QUOTES

"Injustice anywhere is a threat to justice everywhere."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

"The time is always right to do what is right."

"True peace is not merely the absence of tension; it is the presence of justice."

"Our lives begin to end the day we become silent about things that matter."

"Free at last, Free at last, Thank God almighty we are free at last."

"Faith is taking the first step even when you don't see the whole staircase."

"In the end, we will remember not the words of our enemies, but the silence of our friends."

QUICK AND EASY SOUP RECIPES

January is National Soup Month, so below are two tasty and easy soup recipes to try.

POTATO SOUP

INGREDIENTS

3 pounds russet potatoes, peeled and cut into 1 inch pieces
2 cups of 2% milk
1 cup shredded cheddar cheese
12 green onions, chopped
1 teaspoon garlic powder
1 teaspoon salt
1/4 teaspoon black pepper

DIRECTIONS

1. Fill a large pot of water with enough water to cover potatoes and bring it to a boil.
2. Reduce to a simmer for 15-20 minutes until potatoes are soft when poked with a fork.
3. Remove potatoes from heat and drain all but 1/2 inch of water from the pot.
4. Add the milk, garlic powder, salt, and pepper to pot of potatoes then gently mash the potatoes with the back of a fork until it is as chunky or smooth as you want.
5. Cook on low heat for additional 5 minutes.
6. Serve in bowl topped with cheese and green onion.

BEEF AND CABBAGE SOUP

INGREDIENTS

1 pound of ground beef
1/2 head of cabbage chopped
4 cups of chicken broth
1 can 14 oz, diced tomatoes, undrained
2 teaspoons onion powder
1 teaspoon minced garlic
1/2 teaspoon black pepper
1 teaspoon salt

INSTRUCTIONS

1. Brown the ground beef in a large skillet.
2. Drain the grease from the ground beef and add the beef into a large stockpot. Add in chicken broth, onion powder, garlic, pepper and salt to stockpot.
3. Get the mixture to boiling. Once boiling add in cabbage and can of tomatoes.
4. Stir and simmer for 15-20 minutes. Serve and enjoy!

for Maryland Residents 65 +

FREE



Senior Call Check

Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

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verify your well-being, at
a time scheduled at your
convenience.*

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