



Happenings

April 2026

Schweinhaut Staff

Center Director:

Karen Maxin

Asst. Center Director:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

Sena Alemu

Louise Basso-Luca

JoAnn Charles

Sofonias Gizaw

Jairo Gomez

Brenda Harding

Gerry Olson

Jennifer Posner

Kyra Winthrop-St. Gery

NEW CLASS American Sign Language Class **Wednesday's April 8 - May 27 • 12:30pm - 1:30pm**

This will be an 8 week class. See Pg. 2 for details.

Mobile Dentist #R07108-338

Thursday, April 16 • 9:00am - 3:00pm

We are fortunate to have been given another day with the mobile dentist. See Pg. 3 for details.

Spring Tea Piano Performance #R07107-379

Friday, April 24 • 1:00pm - 2:00pm • Garden Room

Spring tea is always so refreshing, indicating the new beginning of the season with good energy, laughter and inspiration.

See Pg 2 for details

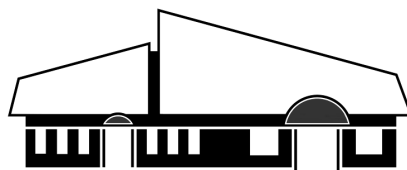
Catch a Rising Star #R07106-320

Tuesday, April 14 • 10:30am - 12:00pm • Auditorium

"Movie Magic Emphasis" is a program of self-awareness that uses film/movie music and short conversations that will inspire the audience in meaningful ways. See Pg. 2 for details.

Closures, Class Cancellations or Changes

- Billiard Lessons for Ladies has added a second class.



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085; Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, select MCGuest.



MONTGOMERY COUNTY
Recreation

Special Programs

Afternoon Cinema Fridays #R07088-307

Fridays, April 3, 10, 17 & 24 • 12:30pm - 2:00pm • Daisy Room

Join us on Fridays for a movie presentation in the Daisy Room. Check the bulletin board for a poster and synopsis of each week's designated film. Movies are subject to change.

April 3: The Greatest Showman (2017), April 10: Nine Lives (2016), April 17: The Wizard of OZ (1939) and April 24: Spider-Man (2002).

Billiard Lessons for Ladies #R07103-310 • 10:00am - 11:00am • Billiards

Billiard Lessons for Ladies #R07103-309 • 11:00am - 12:00pm • Billiards

Tuesdays, April 7, 14, 21, & 28

This program is so popular we have added a second class. Have you thought about learning how to shoot billiards? Join this fun class with Jennifer Dunkin to learn the basics and perhaps some not so basic shots.

American Sign Language Class #R07021-314

Wednesdays, April 8 - May 27 • 12:30pm - 1:30pm • Garden Room

Learn to communicate with your hands and better communicate with the hard of hearing. You will learn the ABCs, numbers and basic words for a conversation. Some of the ASL will be taught through songs. This will be an 8-week class.

Balance & Cardio Drum Exercise with Everest Wellness #R07060-324

Tuesdays, April 7, 14, 21, & 28 • 12:30 - 1:30pm • Auditorium

Everest Wellness will provide balance exercises the 1st, 2nd, 3rd Tuesday (and 5th if there is one). The 4th Tuesday will be cardio drumming.

Mini-Trip: Cherry Blossom Trip #R07101-353

Wednesday, April 8 • 9:30am - 2:00pm • Lobby

Enjoy seeing the Cherry blossoms that are near the Tidal Basin, enjoy Jefferson Memorial, Franklin Roosevelt Memorial and MLK Jr. Memorial. Bring a picnic lunch to have at your leisure.

Mini-Trip: Kenwood Cherry Blossoms #R07101-343

Friday, April 10 • 9:30am - 12:00pm • Lobby

Kenwood is part of the broader Montgomery County cherry blossom experience, making it a hidden gem for springtime visitors in the D.C. area. With its quiet streets, abundant blossoms, and welcoming atmosphere, Kenwood offers a serene, photogenic, and family-friendly alternative to the busy Tidal Basin.

DIY: Fantasy Spring Bloom Craft #R07113-302

Monday, April 13 • 1:00pm - 2:30pm • Art Room

Spring is in the air! Help us decorate and bring the Lobby Tree to life by making a "Fantasy Spring Bloom" of your own creation! After class, we will hang your unique Spring Blossom on the tree for everyone to enjoy. At the end of May, you can take your decor blossom home and hang where you desire or gift it to someone special in your life!

Tech Café #R07084-326

Tuesday, April 14 • 12:45pm - 1:45pm • Daisy Room

The Sienna School Students will be back to do another "Tech Cafe". If you have technology questions, bring in your devices and Sylvia along with a few high school peers will help answer your questions.

Senior Planet: iPad Basics 10 Course #R07105-370

Tuesdays, April 14 - June 16 • 1:00pm - 2:00pm • Garden Room

In this 10-week course, you'll learn the basics of how to operate the Apple iPad and navigate the internet in ways that can enrich your life. During the course, you'll learn how to take pictures, use email, search the internet for information, download apps, and connect to people, organizations and interests that matter to you.

Special Programs

Catch a Rising Star “Movie Magic Emphasis” #R07106-329

Tuesday, April 14 • 10:30am - 12:00pm • Auditorium

"Movie Magic Emphasis" is a program of self-awareness that uses film/movie music (vocal and piano/ keyboard selections) and short conversations that will inspire the audience in meaningful ways. The participants become the rising stars as they sing, share feelings and moods as inspired by the music and the film plot. This program is sponsored by the Maryland State Arts Council.

Mobile Dentist #R07108-338

Thursday, April 16 • 9:00am - 3:00pm • Front of Building

Mantoni Mobile Dentist will be at our center for free dental appointments. Participants must be registered as openings are very limited. You will be assigned an appointment when you register at the front desk. You must be over 60 with no dental insurance.

Friday Dance Party #R0710-326

Friday, April 17 • 12:30pm - 2:00pm • Auditorium

Join us for a great time with Walter Ware. He hopes to inspire dancing while singing some Motown Classics. Enjoy music of a great era such as Marvin Gaye, The Spinners, The Temptations and many more.

Mini-Trip: Brookside Gardens #R07101-347

Tuesday, April 21 • 9:30am - 12:00pm • Lobby

Brookside Gardens is Montgomery County's incomparable, award-winning 50-acre public display garden within Wheaton Regional Park. Included in the gardens are several distinct areas: Aquatic Garden, Azalea Garden, Butterfly Garden, Children's Garden, and many more. The Formal Gardens areas include a Perennial Garden, Yew Garden, the Maple Terrace, and Fragrance Garden. We will return to the center in time for lunch.

Seniors on Strike Bowling Trip #R07101-387

Monday, April 20 • 9:30am - 2:00pm • Lobby & Trips

Join us for a fun filled day bowling with our center and other participating centers. The cost of \$5.00 for the event includes shoe rental, pizza, water, soft drinks and arcade card. Space is limited.

Spring Tea Piano Performance #R07107-379

Friday, April 24 • 1:00pm - 2:00pm • Auditorium

Spring tea is always refreshing and symbolizes the beginning of a new season with good energy, laughter and inspiration. Lily Chang will perform music from around the world with themes on "Welcoming the Spring". Add to the festivities and fun by bringing your favorite teacup from home.

Tech Workshop to Avoid Phishing Scams #R07105-369

Saturday, April 25 • 12:00pm - 3:00pm • Daisy Room

Rohan, a local high school student, is leading a technology workshop at the senior center to help older adults recognize and avoid phishing scams. The session will cover common warning signs, practical strategies for staying safe online, and how to protect personal information from digital threats.

Fraud, Scams & ID Theft #R07105-368

Tuesday, April 28 • 10:00am - 11:00am • Garden Room

Keeping Seniors Safe is a leading community outreach effort for the Montgomery County Police Department. The program was established to increase awareness of safety issues within the community. Participants will be provided brochures and tip sheets to take home so no need to take notes.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-306 Instructor: Yvonne Roberts	Tues. & Thurs. 9:30am - 1:00pm	A creative class where bisque becomes art! You can bring your own pieces or select from our supply. There is a limit of 4 pieces per month.	Free
	Card Making Activity #R07095-322 Instructor: Cindy Boccucci	2nd Sat. 9:30am - 2:30pm	Allow your creativity to flow as you make unique and personalized greeting cards under the instruction of Cindy Boccucci.	Free
	Fun with Art Activity #R07052-306 Facilitator: Barbara Hunter	Wed. 10:00am - 12:00pm	Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. <i>Bring your own supplies.</i>	Free
	Origami: Introductory & Advanced Activity #R07096-305 Facilitator: Debbie Pichler	NEW DAYS 2nd & 4th Tues 10:00am - 12:00pm	Discover the Japanese art of paper folding! Come fold, create, and have fun with fellow origami enthusiasts! This program meets on the second and fourth Tuesday of each month. Class is 10 - 11 AM: Introductory Session & 11 - 12PM: Advanced.	Free
	Stitchers Activity #R07003-305 Facilitator: Carol Bannerman	Wed. 1:00pm- 3:00pm	Whatever needlework you prefer (knitting, crocheting or embroidery), join us to practice your craft in this friendly group. Use our donated yarn to create useful items for community charities.	Free
EDUCATIONAL	Book Discussion Activity #R07065-305 Facilitator: Marjorie Hoffman	2nd Tues. 1:00pm - 2:30pm	April book: Night Watchman by Louise Erdrich	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-310	3rd Thurs. 9:30am - 10:15am	Share a cup of coffee or tea with us as we engage in an open discussion. Your input on preferred programs/activities at MSSC is valuable, and we'll address any concerns at that time that you may have.	Free
	Writer's Group Activity #R07058-312 Facilitator: Beverly Moss	1st & 3rd Tues. 10:00am - 12:00pm	Join fellow writers as they share essays, poems, stories, and more in this friendly, informal virtual group. Share your work or just listen—everyone is welcome! Contact Karen at karen.maxin@montgomerycountymd.gov for the Zoom link.	Free
FITNESS	Basic Functional Balance Exercise Activity #R07030-300 Instructor: Julien Elie	1st & 4th Fri. 9:30am - 10:30am	Light exercise, focused on building posterior musculature and developing core strength that is critical to having a well-balanced body.	Free
	Ballroom Dance Activity #R07050-301 Instructors: Ellen Moran & William Goldberg	Wed. 12:00pm - 1:30pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples are welcome. Followed by Let's Dance!	Free
	Bone Builders Activity #R03010-301 currently on waitlist	Tues. & Thurs. 10:30am - 11:30am	The program aims to maintain and increase bone density, preventing osteoporosis. Classes focus on balance, strength training, and posture, using dumbbells and ankle weights to stimulate bone growth.	Free
	Dance Fitness Activity #R07012-322 Instructor: Georgia Martin	Mon. 9:30am -10:30am	A popular style of dance fitness class is cardio dance. This type of class is what many people associate with dance fitness. This category includes classes like Zumba®, hip hop and more. These classes focus on cardio while incorporating strength and toning techniques.	Free
	Kickboxing Activity #R07060-308 Instructor: Julien Elie	3rd Fri. 9:30am - 10:30am	Kickboxing classes can be a little intimidating for beginners but don't worry, you can move at your own pace. Learn the proper mechanics of offensive and defensive moves in kickboxing.	Free

	Activity	Day & Time	Description & Contact	Fee
F I T N E S S	Line Dancing Activity #R07011-308 Instructor: Jo Ann Eng	Sat. 10:30am - 12:00pm	Learn how to line dance to your favorite songs under the instruction of Jo Ann.	Free
	Low Impact Exercise Activity #R07060-310 Instructor: Julien Elie	2nd Fri. 9:30am - 10:30am	This class offers simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than in our traditional exercise classes.	Free
	<i>Holy Cross Health & Kaiser Permanente Present</i> Senior Fit Instructor: Chatarina Lindvall	Tues. & Thurs 9:00am - 9:45am	Holy Cross Health and Kaiser Permanente offer Senior Fit, a 45-minute exercise class designed for adults 55+, to improve strength, flexibility, endurance and balance. Classes are ongoing. Call 301-754-8800 or register online by emailing seniorfit@holycrosshealth.org	Free
	Superpower Dance Circle Activity #R07012-342 Instructor: Jane Pinczuk	Wed. 9:00am - 10:00am	Join our dance party atmosphere and move to popular music, incorporating various dance styles including hip-hop, jazz, Latin, international, modern, scarf-drumstick (magic wands) and social line dance. The class culminates with cool-down stretches, deep breathing techniques and guided meditation.	Free
	Tai Chi Chuan Activity #R07025-316 Instructor: Glenn Moy	Tues. 2:00pm - 3:00pm	An ancient system of physical and mental harmony. This exercise emphasizes relaxation, balance, and coordination.	Free
	Qi Gong Activity #R07059-305 Instructors: Mike Kornely & Julia Schuker	Sat. 12:00pm - 1:00pm	Qi Gong has been a part of traditional Chinese medicine for centuries. This gentle and meditative form of exercise is perfect for seniors looking to increase their strength, balance, and reduce stress.	Free
	Yin Yoga Activity: #R07032-307 Instructor: Adina Crawford	Sat. 9:15am - 10:15am	This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical body joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
G A M E S	BINGO! Activity #R07085-302 Facilitator: Linda Disharoon	Mon. & Thurs. 10:30am - 11:30am	Join us to have a fun-filled hour playing BINGO with your friends or friends you haven't met before. One winner per game.	Free
	Pinochle Card Game Activity #R07099-305 Facilitator: George Kelly	Wed. 1:00pm - 3:00pm	Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.	Free
	Game Day Play #R07086-304	Mon-Fri 12:30pm - 2:00pm	Join staff for hours of fun where you can choose what game you want to play. Choose from a variety of games such as Rummikub, Chess, Dominoes and more! Besides being good for your brain, this activity will be a great opportunity for socializing and building new friendships.	Free
	Chess Club Activity #R07110-303 Facilitator: Clifford DuThinh	Mon. 10:30am - 1:00pm	Chess, a classic board game, is played by two opponents on a checkered board with the goal of capturing the opponent's king. Beginners are encouraged to join!	Free
H E A L T	Nutrition 101 Activity #R07024-308 Facilitator: Josephine Tsobgni Djoukeng, Ph.D.	Tues. & Thurs. 1:00pm - 2:00pm	As a Nutritionist and Certified Wellness Life Coach, Josephine will host a discussion on how to be your best healthy self.	Free
	Brewing Healthy Relationships Activity #R07111-303 Facilitator: Wubet Tezera	Fri. 10:30am - 12:00pm	Join us for a traditional Ethiopian coffee ritual that fosters connection and open discussion. This practice supports healthy relationships, encourages sharing everyday concerns, and offers health benefits such as improved focus, digestion, and antioxidant support. All are welcome.	Free

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**English Conversation
Activity #R07021-304**
Facilitator: Linda Winter

Mon. & Thurs.
1:00pm - 2:30pm

This group offers an opportunity for conversation if you can read English but are not sure about speaking English. It is also a chance to meet people from other countries. We look forward to meeting you. Free

**French Conversation
Activity #R07019-300**
Facilitator: Kodjovi Abotchi

2nd, 4th & 5th
Saturdays
10:30am - 12:00pm

If you have knowledge of French, this class is for you. Kodjovi will cover simple conversations and grammar to help you brush up on your skills. He will include music and poems at some of the classes. Free

**Italian Beginner Class
Activity #R07021-311**
*Facilitators: Nina Baccanari and
Graziella Caminiti*

Wed.
1:00 - 2:00pm

This class will cover vowels, numbers, alphabet, seasons, days, months, grammar, phrases, vocabulary, and other basic principles. Free

**Italian Intermediate Class
Activity #R07021-312**
*Facilitators: Maria Goudiss and
Suzan Daley*

Wed.
2:00 - 3:00pm

This is an intermediate Italian class. A working knowledge of Italian is necessary. The class focuses on speaking and reading Italian. Free

**Spanish Class Level 1
Activity #R07015-305**
Facilitator: Mauricio Burgos

Thurs.
9:30am - 10:30am

This session will cover pronunciation, the alphabet, numbers, seasons, days of the week and daily expressions. Free

**Spanish Class Level II
Activity #R07015-306**
Facilitator: Amparo Ocasio

Wed.
10:30am - 11:30am

This session will introduce basic Spanish grammar structure in simple sentences and increase vocabulary for everyday use through the use of music, written materials and participant interaction activities. Bienvenidos! Free

**Spanish Class Level III
Activity #R07015-307**
Facilitator: Ana Bustamante

Mon.
11:00am - 12:00pm

Join this group for a simple conversation to help improve your skills to be able to communicate with other people. Free

**Spanish Class Level IV
Activity #R07015-308**
Facilitator: Rocio Torresano

Thurs.
10:30am - 11:30am

This level will focus on listening, comprehension, reading, writing, and speaking in sentences related to routine tasks. Learners will practice simple, direct exchanges of information on familiar topics, everyday activities, local geography, and current events. The focus will be on using clear, slow, and standard speech, as well as understanding and conveying the main Free

**Seasoned Players
Activity #R07056-302**
Facilitator: Helen Cothran

1st & 3rd Wed
1:30pm-3:30pm

Seasoned Players invite you to join them to rehearse songs and/or line dances to perform at nursing homes and other senior centers. Free

*Folklore Society of Greater
Washington Presents*
**Song Circle
Activity #R07080-307**
Facilitator: Fred Stollnitz

In Person or Zoom
2nd Fri. of the Month
1:30pm - 3:30pm

Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. Contact FSGW.org/song-circles for information on how to join on Zoom. Free

**Angklung Music Lesson
Activity #R07109-304**
Facilitator: Ari Peach

Sat.
12:00pm - 2:00pm

Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument crafted from bamboo. You will then get the opportunity to perform at various events in the community. Free

**Blood Pressure Screening
Activity #R07108-319**
Facilitator: Bernadette Denis

Fri.
1:00pm - 2:00pm

Come get your blood pressure checked for free by Bernadette every Friday, in our library. Free

**Senior Services in
Montgomery County**
Facilitator: Anita Joseph

2nd Tues. of
the month

Call 240-777-1062 to **make an appointment** to meet with Anita the 2nd Tuesday of the month at MSSC. Anita will provide information about senior services, assistance in obtaining services, benefits, and education on offerings available to seniors. Free

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Indoor Shuffleboard Activity #R07121-??????????? <i>Facilitator: Cathy Fisher</i>	Will Begin in Nov.	Whether you're a seasoned player or a beginner, learn the basics of Shuffleboard or sharpen your skills. Everyone is welcome to play and have a great time!	Free
Bocce Ball Play Activity #R07124-304 <i>Facilitator: Cathy Fisher</i>	Mon. 12:30pm - 1:30pm	Learn the basics of Bocce Ball in this fun, hands-on session! We'll cover rules, scoring, and techniques to help you improve your game. Bring friends and enjoy this classic outdoor activity together.	Free
Open Pickleball Activity #R07091-300 (Subject to Change)	Fri. See monthly schedule	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure. Sign up for the email schedule.	Free
Billiards Activity #R07103-306 M-F Activity #R07103-305 Sat.	M-F 8:00am - 4:00pm Sat. 9:00am - 3:00pm	Come in and join us for a game of Billiards. The Pool Room is open to everyone during center hours.	Free
Table Tennis Activity #R07097-308 Mon. Activity #R07097-309 Fri. (Subject to Change)	Mon. 12:00pm - 2:00pm Fri. from 10:30am - 12:00pm	Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table, using small paddles. See front desk for equipment.	Free
Newbies + Beginner Pickleball Activity #R07091-310 <i>Instructor: Coach Brad Paleg</i>	Thurs. 1:00pm - 2:00pm	This class is for beginners or those starting to learn pickleball. No prior experience needed. Learn rules, gameplay, strokes, and court skills in a safe, fun, social setting. Limited space, early sign-up recommended!	Free
Advanced Beginner Pickleball Activity #R07091-312 <i>Instructor: Coach Brad Paleg</i>	Thurs. 2:00pm - 3:00pm	This class is for players with at least 3 months of experience who can dink, serve, and return consistently. It will help you build a solid foundation to improve your pickleball skills, including non-volley zone (NVZ) play and resetting skills.	Free
Intermediate Beginner Pickleball Activity #R07091-313 <i>Instructor: Coach Brad Paleg</i>	Thurs. 3:00pm - 4:00pm	You have developed a strong pickleball foundation. You understand the importance of coming up to the NVZ line and can effectively play from that area. The class, using instruction, drills, and recreational play, will help you as you advance both your skills and strategies.	Free

Nutrition Program - Socialize while enjoying a healthy meal!

Monday through Friday • Noon • Almost Café

The cost of the meal is \$8.40. For people age 60 or older and a spouse of any age, a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$3.00. Cancel or change your reservations for lunch, Monday through Friday, at least 72 hours in advance. Currently not taking new participants.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager, Lisa Buchsbaum.

Daily Transportation— Door to Door Transportation

Monday through Friday • Pickup start at 8am • Depart the center at 2pm

Our daily bus to the center is available for pickup in our area.

For Information, cancellations, changes, or to check if you're in our pickup area, please contact Evelyn Kittrell at 301-255-4214.



Community Partnerships Make Wonderful Things Happen! Thank you to the following organizations...

- AARP
- Adventist Health Care
- Affiliated Sante Group
- Akhmedova Ballet Academy
- Beacon Newspaper
- Brooke Grove Retirement Village
- The Folklore Society of Greater Washington
- Friends of the Margaret Schweinhaut Senior Center (FOMSSC)
- Holy Cross Health
- Senior Planet
- United Health Care & Integral Health Care
- U.S. Postal Service
- Woodmoor Pastry Shop

Support The Friends of the MSSC, Inc. For more details, see the main office.

Announcements

New Advisory Board Members

The Friends of the Margaret Schweinhaut Senior Center (FOMSSC) are seeking people like you to join the Board. Through our ongoing activities and financial resources, we help the Center and support Director Karen Maxin to provide the very best services to our senior community. We have already purchased equipment, renewed the pool room, funded programs, and supported special events. Our Board meets once a month at the Center to explore new ways to make a difference. Let's begin 2026 together by giving back to the Center that gives us all so much. If you are interested please email Peter Reiss, board president, at preiss372@gmail.com or call him at 202-549-1387. We look forward to hearing from you.

Have Our Newsletter Emailed

You can receive our monthly newsletter emailed directly in your inbox! Sign up at the front desk or call 240-777-8085 to be added to our email list. You can help save money and reduce paper waste.

Pickleball Schedule

The open Pickleball Play schedule is posted at the center. We can email it to you; call 240-777-8085 to get on the list.

Upcoming Programs and Closures



Saturday, May 9	Akhmedova Ballet Presents "Mother's Day Show"
Tuesday, May 12	Karaoke with Michelle
Friday, May 15	Music as Wellness with Jeremy
Closed May 23-25	In observance of Memorial Day
TBD	Glenstone Museum
TBD	Federal Plaza in Rockville

Please note that the above programs are tentative and changes could occur. We will make every effort to relay any changes as they occur. Keep an eye out for notice of any additional programs in the corridor next to front desk.



Check out the recreation website at MOCOREC.COM

Register for programs at Activemontgomery.org