



Happenings

February 2022

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Black History Month

With Civil Rights Attorney Howard Feinstein

Tuesday, February 1

1 - 2:30 p.m. In the Garden Room

Please join us on to commemorate Black History Month in 2022! Our guest will be Howard Feinstein, civil rights attorney and musician. Howard, who has appeared at the Center several times previously, will play a variety of piano tunes, and lead a discussion of where we have been and where we are going in the long struggle for civil rights. He will also be discussing the legacy of freedom songs which have characterized the civil rights movement.

Akhmedova Ballet: Valentine's Day

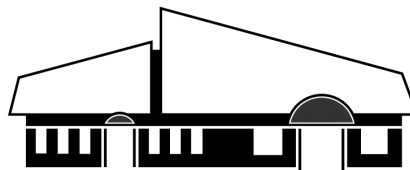
Saturday, February 5

1 - 2:30 p.m. in the Auditorium

The award-winning Akhmedova Ballet Academy has trained students for professional ballets all over the world, and they're returning to Schweinhaut for another breathtaking performance. Come see classically trained dancers accompanied with beautiful music!



Monday, February 21 for
President's Day



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, just select MCGuest.

Class Cancellations

Senior Fit postponed until Feb. 12.

Tuesday Tai Chi Chuan is postponed until further notice.

No Dance Class on Wednesday, Feb. 2.



MONTGOMERY COUNTY
Recreation

Special Programs

Black History Month Music & Entertainment with Howard Feinstein • Tuesday, February 1 • 1 - 2:30 p.m. • Garden Room

Please join us to commemorate Black History Month 2022. Our guest will be Howard Feinstein, civil rights attorney and musician. Howard, who has appeared at the Center several times previously, will play a variety of piano tunes, and lead a discussion of where we have been and where we are going in the long struggle for civil rights. He will also be discussing the legacy of freedom songs which have characterized the civil rights movement.

Chinese New Year Celebration with Li Ly Chang • Wednesday, February 2 • Noon - 2 p.m. • Auditorium

Welcome Chinese New Year 2022, the year of the Golden Tiger! This year represents hope, courage, strength and wisdom. We will celebrate together in a decorated hall with Pianist and composer Li-Ly Chang. She will perform classical and popular piano music from China, Taiwan, Hong Kong, Macau and her original compositions during the festivities.

Lunch will be separate from Nutrition Lunch Program. Pre-Registration is required for catered lunch from Brothers Chinese. Sign up at the front desk or by calling 240-777-8085.

Cardmaking with Cindy Boccucci • Saturday, February 5 • 11:30 a.m. - 2:30 p.m. • Art Room

Join us at the Center to learn how to make your own personal greeting, holiday, celebratory, and other types of cards! Materials will be provided. **Pre-registration is required, sign up at the Front Desk. \$5 fee, additional \$5 for extra materials.**

Playing the Angklung • Saturdays beginning February 5 • Noon - 2 p.m. • Garden Room

The Angklung is a traditional Indonesian musical instrument made out of bamboo. The Angklung ensemble is unique as the group of bamboo creates a harmony of sounds through different notes. This program will involve practice sessions once a week for the month of February, followed by an interactive performance on March 5, 2022.

Akhmedova Ballet Performance: Valentine's Day • Saturday, February 5 • 1 - 2:30 p.m. • Auditorium

The award-winning Akhmedova Ballet Academy has trained students for professional ballets all over the world, and they're returning to Schweinhaut for another breathtaking performance. Come see classically trained dancers accompanied with beautiful music!

Black History Movie: "Black List Volume 1" (2008) • Tuesday, February 8 • 12:30 - 2:30 p.m. • Garden Room

This documentary explores the lives of several African American leaders, including artists, activists and athletes.

Black History Movie: "Black List Volume 2" (2009) • Wednesday, February 9 • 12:30 - 2 p.m. • Garden Room

This documentary explores the lives of several African American leaders, including artists, activists and athletes.

Valentine's Day Karaoke with Teanna & George • Friday, February 11 • 1 - 3 p.m. • Auditorium

Enjoy the holiday with karaoke brought to you by White Oak center Director Teanna Abrahams, and our very own singer George Kelly! Appetizers will be provided.

Pre-registration is required. Sign up at the Front Desk or call 240-777-8085 to register.

Tax Aide Program • Mondays & Tuesdays beginning February 14 • All Day • Auditorium

Retirement and other life changes making taxes complicated? Our IRS-certified volunteers offer free tax preparation assistance for taxpayers unable to afford a tax preparation service. **Schedule an appointment at 240-777-2577 or go to the website <https://www.montgomerycountymd.gov/volunteercenter/tax-aide/>**

Black History Movie: "The Jackie Robinson Story" (1950) • Tuesday, February 15 • 12:30 - 2:30 p.m. • Garden Room

Runtime 1hr 17min. Color version. Jackie Robinson stars as himself in this inspirational classic. This film chronicles his life, from youth, through his college career at UCLA, to his rise as a legend with the Brooklyn Dodgers. Jackie triumphs over racial injustices and emerges as one of America's true heroes.

Black History Movie: "Bleaching Black Culture" (2014) • Saturday, February 19 • 10:30 - 11:30 p.m. • Garden Room

Bleaching Black Culture examines the impact African Americans have on art, culture, technology and more.

Black History Movie: "Selma" (2014) • Tuesday, February 22 • 12:30 - 2:30 p.m. • Garden Room

PG-13. Runtime 2hr 8min. A film based on the historic 1965 march led by Dr. Martin Luther King Jr. that helped guarantee equal voting rights for black people and galvanize the Civil Rights Movement. 'Selma' follows the three-month period leading up to the march to Montgomery that resulted in the signing of the Voting Rights Act.

LOOKING FOR VOLUNTEERS^z

We're looking for volunteers to help us out, both with the front desk and to help set up our programs and special events!

If you're interested and would like to apply, please contact Karen Maxin at karen.maxin@montgomerycountymd.gov

Do you have a suggestion about a new activity or an idea you would like to see at the center? We would love to hear from you!
Please use the suggestion box by the Daily Schedule table or email Karen at karen.maxin@montgomerycountymd.gov



We Want Your Feedback!

Nutrition Program - *Socialize while enjoying a healthy meal!*

Monday through Friday • Noon • Almost Café

The cost of the meal is \$5.93. For people age 60 or older, or 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 \$2.00. Please make or cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance. **For more information, call 240-777-8085 and ask for the Nutrition Site Manager.**

Daily Transportation - *Door-to-door daily transportation!*

Back on Fridays!

Monday through Friday • Pick up starts at 8 a.m. • Drop off starts at 2 p.m.

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call 240-777-8085. **Changes or cancellations, call Evelyn Kittrell at 301-255-4214.**

Montgomery County Inclement Weather Policy

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety the first notification is made through Montgomery County's emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or call 240-777-6889, or visit our Facebook or Twitter.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as the first priority.

Re-Occurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics <i>Instructor: Carol Reese</i>	Tues. & Thurs. from 9:30 a.m. - 1 p.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	\$20 per month
	Collage Meet Up <i>Facilitator: Karen Leeman</i>	2nd Mon. from 1 - 3:30 p.m.	Work on your projects with others who share the same interest. Bring your own supplies.	-
	Fun with Art <i>Facilitator: Barbara Hunter</i>	Wed. & Fri. from 10 a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	-
	Origami <i>Facilitator: Lois Dicker</i>	2nd Mon. from 1 - 3 p.m.	Learn the Japanese art of paper folding.	Free
	Anne's Knitting Corner <i>Coordinator: Peggy Margaret Safa</i>	Wed. from 1 - 3 p.m.	Group makes a variety of knitted and crocheted items for area charities.	Free
EDUCATIONAL	Book Discussion <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. from 1 - 2:30 p.m.	We will be comparing 2 books by Harper Lee - To Kill a Mockingbird and Go Set a Watchman. The two books focus on the same story and have the same characters but from different perspectives. Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	-
	Italian Class <i>Instructor: Nina Baccanari</i>	Weds. from 1 - 2:30 p.m.	Class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. Participants should have a working knowledge of the Italian language.	Free
	Writer's Group <i>Facilitators: David Lindsay & Beverly Moss</i>	1st & 3rd Tuesdays from 10 a.m. - Noon	Friendly and informal group where participants share their essays, poems, novel excerpts, commentaries, and other written works. Bring anything you would like to share, and if you don't have anything written, drop in to listen and discuss! Class is now being held virtually - Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free

Activity	Day & Time	Description & Contact	Fee
Chair Stretch & Strength (Video, No Instructor)	Mon, Tues, Wed 8:30 - 9:30 a.m.	This video guided class will improve your ability to be stable, balanced, and mobile. Participate at your own risk. Drop-in.	Free
Ballroom Dance <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. from Noon - 1 p.m.	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
Let's Dance <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. from 1 - 1:30 p.m.	Offers a time for practice and fun after our Ballroom Dance class!	Free
Chair Yoga <i>Instructor: Joy Bartholomew</i>	Tues. from 10 - 11 a.m.	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
Line Dancing <i>Instructor: Jo Ann Eng</i>	Sat. from 10:30 a.m. - Noon	Learn how to line dance while having fun. These classes will keep you moving.	Free
<i>Holy Cross Hospital & Kaiser Permanente Presents</i> Senior Fit <i>Instructor: Mike Werle</i>	Sat. from 9:30 - 10:15 a.m. <i>Postponed until Feb. 12.</i>	Focus on increasing strength and muscle endurance while improving balance and flexibility. Call 301-754-8800 to register. Must complete form prior to participating.	Free
Spinning Wheels <i>Instructor: Donald Lewis</i>	Wed. from 10 - 11 a.m.	Donald Lewis has returned! Join him for an hour to ride our spinning bikes.	Free
Tai Chi Chuan <i>Instructors: Glenn Moy (Tues.) & Kirk Talbott (Fri.)</i>	Tues. & Fri. from 1:30 - 2:30 p.m. <i>Tuesdays postponed until further notice.</i>	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
The Pickleball Experience <i>Instructor: Coach Brad Praleg</i>	Thurs. 3:00 - 4:00 p.m. Session: 12/2 - 1/27	We are partnering with Wheaton Senior Center to do a pickleball class between the two centers. Learn how to play and the rules, then take your new skills to the court. Sign up at front desk.	Free
Qi Gong <i>Instructors: Mike Kornely & Julia Schuker</i>	Sat. from Noon - 1 p.m.	Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free
Yin Yoga <i>Instructor: Adina Crawford</i>	Sat. from 9:30 - 10:30 a.m.	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 joints. <i>Please bring your own mat, towel, and pillow.</i>	Free

<i>The Affiliated Sante Group Presents</i> Coping with Change Cancelled	<i>Not in session for the month of February.</i>	This weekly discussion group speaks about how to deal with life changes and cope positively with them. <i>Meetings are virtual - call 301-741-7764 or speak to the Front Desk to register.</i>	Free
Lighten Up for the New Year! <i>Facilitator: Josephine T. Djoukeng, Ph. D & Pamela Holden, LCSW-C</i>	Thurs. from 1 - 2 p.m. Sat. from 11:30 a.m. - 12:30 p.m.	Are you ready to surrender the COVID pounds? Join our 8-week nutritional, educational, and counseling group to explore the origins of hereditary diseases.	Free
Maximizing The Quality of Life <i>Facilitator: Edie Mahlmann, LCSW</i>	Thurs. from 11 a.m. - Noon	A support group that confronts the challenges and options that are present in the process of aging. Group is looking for more members.	Free
Nutrition 101 <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	Tues. from 1:30 - 2:30 p.m. Thurs. from 1 - 2 p.m.	Join nutritionist and Certified Wellness Wave Life Coach, Josephine, to discuss how to be your best healthy self.	Free
<i>Holy Cross Hospital Presents</i> Diabetes Self-Management Follow Up	Tues. from 9:30 a.m. - Noon Session: 1/4 & 2/1	Follow-up to the six-week workshop about living with type 2 or 3 Diabetes. There will be 3 follow up session, come back with any questions or if you'd like a refresher.	Free

	Activity	Day & Time	Description & Contact	Fee
G A M E S	BINGO! <i>Facilitator: Linda Disharoon</i>	Mon. & Thurs. from 10:30 - 11:30 a.m.	Win prizes and have fun! Maximum two cards per person.	\$1
	Pinochle Games <i>Facilitator: George Kelly</i>	Wed. from 1 - 3 p.m. Resumes Jan. 5	Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.	Free
	Scrabble Tips & Tricks <i>Facilitator: Marcia Bowens</i>	Mon. from 11 a.m. - Noon	Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters!	Free
M U S I C	Encore Choral	Mon. from 10 a.m. - Noon	For more info, call 301-261-5747 or visit www.encorecreativity.org .	Fee
	Seasoned Players <i>Facilitator: Helen Cothran</i>	1st & 3rd Wed. from 1:30 - 3 p.m.	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.	Free
	<i>Folklore Society of Greater Washington Presents</i> Song Circle <i>Facilitator: Fred Stollnitz</i>	Zoom 3rd Wed. from 1 - 3 p.m..	Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. FSGW.org/song-circles - to reach them.	Free
S E R V I C E S	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>	2nd Tues. from 10:30 - 11:30 a.m.	Call 240-777-1062 to make an appointment for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free
S P O R T S	Beginner Pickleball	Fri. from 10:30 a.m. - Noon	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis.	Free
	Billiards	Center Hours	Come on in and shoot some pool! Pool Room is open to everyone.	Free
	Intermediate Pickleball	Mon. from Noon - 1:45 p.m.	Suitable for players that know the rules and have mastered the basic shots of the game.	Free
	Ping Pong	Mon. from Noon - 1:45 p.m. Fri. from 10:30 a.m. - Noon	Ping Pong is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles.	Free



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

AARP

Affiliated Sante Group

Akhmedova Ballet Academy

Alzheimer's Association

Beacon Newspapers

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

Holy Cross Hospital

Montgomery County Stroke Association

Senior Planet Montgomery

South Four Corners Citizens Association

Suburban Hospital

U.S. Postal Service

Woodmoor Pastry Shop

Giant Foods

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

Announcements

Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems?
Call Elaine Hughes at 301-589-0720 or email at eshughes2@juno.com and get your clothes mended, free of charge!

Maximizing YOU! Notice

Maximizing You is currently in need of new members. This group discusses issues on aging. Learn to live better, and be nicer to yourself. Please let us know if you would like to participate!

Attention All

ACTIVE Montgomery Participants

You may have noticed that our programs do not have ACTIVE numbers this month - We're still requiring our participants to sign up for each program while we transition over to the new system, so we are asking that you sign up at the front desk or on our clipboards for all programs you wish to attend in the future. You can also call 240-777-8085 to register.

Upcoming Programs – Look at what is coming in March!



Monday, March 7	Tax Aide Program on Mondays until April 22
Tuesday, March 8	Living Well: A Self Management Workshop (1 of 6)
Saturday, March 12	Cardmaking with Cindy
Tuesday, March 15	Living Well: A Self Management Workshop (2 of 6)
Tuesday, March 22	Living Well: A Self Management Workshop (3 of 6)
Thursday, March 24	Nutrition Presentation: Mind Diet
Tuesday, March 29	Living Well: A Self Management Workshop (4 of 6)

*Please note that the above programs are tentative and changes could be made.
We will make every effort to relay any changes as they occur.*

Community Meetings

Community meetings are currently tentative. We will notify you beforehand if meeting dates are decided.



Check out our Website!

www.mocorec.com

The redesigned website puts more information at your fingertips with streamlined menus, simplified site navigation, detailed information about senior centers, aquatic centers, and recreation centers, including center-specific calendars of events.

Do not forget to take a look at our Margaret Schweinhaut Senior Center page to see our current newsletter, calendar of daily happenings, and so much more!