



Happenings

May 2022

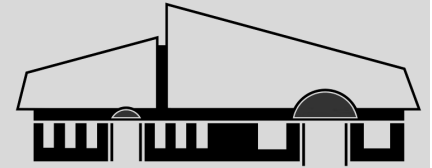
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50th Anniversary

1st Committee Meeting

Monday, May 9th
1:00 - 2:00 p.m. in the



Did you know that MSSC will be turning 50 years old this year? We are needing help planning an event for this very important milestone. Help is needed with decorating, researching the history of our building, creating slide shows with pictures from the past. If you would like to join our committee, please come to our first meeting on Monday, May 9th from 1:00 - 2:00 p.m. If interested sign up at the front desk or email Karen at karen.maxin@montgomerycountymd.gov

Senior Picnic at Smokey Glen Farm

• Wednesday, June 22th • 10:00am - 2:00pm • \$5 Fee•

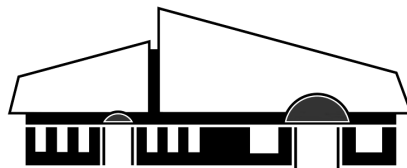
Join us for a fun filled day at Smokey Glen Farm celebrating YOU! You will enjoy games, music and a delicious BBQ lunch. Coach Bus Transportation is available and sign up is required as space is limited. **Bus will leave from MSSC at 9:00am and return by 3:00pm. If MSSC fills up we can try to sign you up at other centers but not guaranteed.**

Class Cancellations or Changes

Pickleball Play 5/5
Low-impact will resume on May 5th at 8:30
Kickboxing will resume on May 4th at 8:30



Closed Memorial Day 5/30/22



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.



MONTGOMERY COUNTY
Recreation

Special Programs

Living Well: A Self-Management Workshop

• Tuesdays 4/19/22 – 5/24/22 • 9:30am – 12:00pm • Garden Room

Anyone living with a long-term health condition is welcome to attend this 6-session workshop to get tools to improve your overall health and well-being. Discover new ways to break the "symptom cycle" and make action plans for a healthier, happier you.

Angklung Music Lessons

• Saturdays • 12:00pm - 2:00pm • Garden Room

The Angklung is a traditional Indonesian musical instrument made of bamboo. The Angklung ensemble is unique as the group of bamboo creates a harmony of sounds through different notes. Join us to learn how to play beautiful music with this Indonesian bamboo instrument. No experience necessary.

Keeping Seniors Safe by MoCo Police

• Wednesday, May 4 • 10:00am - 11:00am • Garden Room

Our guest speakers will talk to us about personal safety, while out and in our homes. This presentation will provide tips and recommendations for keeping ourselves safe while shopping. Tips on avoiding becoming the victim of frauds and scams, identity theft, computer crime, as well as correct use of the 911 emergency phone system will be covered. The speaker will provide opportunity for questions and answers as well. **Sign up at the front desk or by calling 240-777-8085.**

Mothers Day Luncheon & Tea with Li Ly Chang

• Thursday, May 5th • 12:00pm - 2:00pm • Auditorium

Join us for a luncheon & tea to honor all Mother's. Li Ly will play background music during lunch and then play music and explain the history of the music for the remainder of time. **Sign up is required as space is limited to 40 for this special luncheon, sign up at the center or call 240-777-8085.**

Cardmaking with Cindy Boccucci

• Saturday, May 7th • 11:30am - 2:30pm • 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. **Sign up at our registration area or call the center at 240-777-8085. \$5 fee, additional \$5 for extra materials.**

Encore Chorale Performance

• Monday, May 9th • 12:00pm - 1:00pm • Auditorium

The Encore Chorale will perform a variety of pieces including Omnia Sole, West Side Story, Who Could Ask for Anything More, Alleluia Flourish, and more! The Conductor for the performance is Jeanne Kelly.

Angklung Performance

• Tuesday, May 10th • 1:00pm - 2:00pm • Auditorium

Join us to celebrate Mother's Day and Asian American and Pacific Islander Heritage Month. There will be an opening dance, and closing with interactive Angklung performance where the audience are invited to join playing Angklung together.

Akhmedova Ballet Spring Performance

• Saturday, May 28th • 1:00pm - 2:30pm • 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!

DJ Tyzer Karaoke

• Friday, May 20th • 12:30pm - 2:00pm • Garden Room

Warm up your vocal chords and get ready to sing! If you've never tried karaoke before you will not regret it!

Pre-registration is required, sign up at the center or call 240-777-8085.

Shopping Trip to Hillandale Shopping Center

• Thursday, May 26th • 9:30am - 2:00pm • Meets in Lobby

Enjoy shopping at the thrift, grocery store, and the many other shops at Hillandale. Bus leaves MSSC at 9:30 and returns by 12:00 noon. **Pre-registration is required, sign up at the Front Desk.**

May Classic Movie Madness • Garden Room

"Ronald Reagan This is the Army" • Saturday, May 4th • 12:30 - 2:15 p.m. •

"Happy Go Lovely" • Wednesday, May 11th • 12:30 - 2:15 p.m. •

"Road to Bali" • Monday, May 16th • 12:30 - 2:15 p.m. •

"Milton Berle" • Monday, May 23rd • 12:30 - 2:15 p.m. •

Changes at MSSC

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We are having items taken from our center so we are making some changes. We are storing our equipment & supplies in locked closets. If you need to get into a locked room or closet please ask front desk staff for assistance. Keys for Instructors & Contractors are now kept at the front desk area for safe keeping and will be signed in & out daily by front desk staff.

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 join us for Coffee & Conversations with Staff on the 3rd Thursday of the month at 9 am or put a note in our suggestion box located in the lobby by the schedule monitor.



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 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 Transportation*

Monday through Friday • Pick ups start at 8am • Leaves the center at 2pm

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 and speak to the Nutrition Manager.

Changes or cancellations, call Evelyn Kittrell at 301-255-4214.

Montgomery County Inclement Weather Policy

If Montgomery County Public Schools are closed MSSC will be closed, If there is a delayed opening MSSC opens at 10:00am.


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 their first priority.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-301 Instructor: Carol Reese	Tues. & Thurs. from 9:30a.m. - 1:00p.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	\$20 per month
	Collage Meet Up Activity #R07095-307 Facilitator: Clare Wilson	2nd Mon. from 1:00p.m. - 3:30p.m.	Discover your creative talents and join the group making collages, personal art books, and creative origami. Beginners are welcome, so come and get inspired by others. Bring your project or begin a new one. Some materials are provided.	Free
	Fun with Art Activity #R07052-301 Facilitator: Barbara Hunter	Wed. & Fri. from 10:00a.m. - 12:00p.m.	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
	Origami Activity #R07096-303 Facilitator: Lois Dicker	2nd Mon. from 1:00p.m. - 3:00p.m.	Learn the Japanese art of paper folding.	Free
	Anne's Knitting Corner Activity #R07003-303 Facilitator: Peggy Margaret Safa	Wed. from 1:00p.m. - 3:00p.m.	Group makes a variety of knitted and crocheted items for area charities.	Free
EDUCATIONAL	Book Discussion Activity #R07065-302 Facilitator: Marjorie Hoffman	2nd Tues. from 1:00p.m. - 2:30p.m.	The Neuroscientist Who Lost Her Mind: My Tale of Madness and Recovery by Barbara K. Lipska Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-303	3rd Thurs. from 9:00a.m. - 9:45a.m.	Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.	Free
	Italian Class Activity #R07021-307 Instructor: Nina Baccanari	Weds. from 1:00p.m. - 2:30p.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
	Spanish Class For Beginners Activity #R07015-301 Instructor: Rocio Torresano	Thurs. from 10:00a.m. - 11:00a.m. 3/24/22-5/13/22	A beginners Spanish class with the desired outcome: Upon completion, participants will be able to: (1) Communicate in Spanish at an elementary level in the areas of reading, writing, speaking, and listening. (2) Express appropriately at the elementary level of proficiency use simple sentences. (3) During class interact with peers in Spanish at a elementary level.	Free
	Writer's Group Activity #R07058-306 Facilitators: David Lindsay & Beverly Moss	1st & 3rd Tuesdays from 10:00a.m. - 12:00p.m.	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 Activity #R07042-301 <i>(Video, No Instructor)</i>	Tues & Wed. 8:30am - 9:30am	This video guided class will improve your ability to be stable, balanced, and mobile. Drop-in class.	Free
	Basic Functional Balance Exercise Instructor: Julien Elie	Mon. 8:30am- 9:30am May 2 - May 30	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well balanced body.	Free
	Kickboxing Instructor: Larry Davis	Wed. 8:30am- 9:30am May 4 - May 25	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well balanced body.	Free
	Low Impact Instructor: Larry Davis	Fri. 8:30am- 9:30am May 6 - May 27	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well balanced body.	Free
	Ballroom Dance Activity #R07011-301 Instructors: Ellen Moran & William Goldberg	Wed. from 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
	Let's Dance Activity #R07011-301 Instructors: Ellen Moran & William Goldberg	Wed. from 1:00pm - 1:30pm	Offers a time for practice and fun after our Ballroom Dance class!	Free
F I T N E S S	Chair Yoga Activity #R07032-305 Instructor: Joy Bartholomew	Tues. from 10:00am - 11:00am	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
	Line Dancing Activity #R07011-304 Instructor: Jo Ann Eng	Sat. from 10:30 am - 2:00pm	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 Instructor: Mike Werle	Sat. from 9:30am - 10:15am	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
	Tai Chi Chuan Activity #R07025-306 Instructors: Glenn Moy (Tues.) & Kirk Talbott (Fri.)	Tues. & Fri. from 1:30pm - 2:30pm	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
	The Pickleball Experience Activity #R07091-302 Instructor: Coach Brad Praleg	Thurs. 2:30pm- 4:00 p.m. May 26 - July 29	Learn how to play and the rules, then take your new skills to the court. Sign up at front desk space is limited, more sessions to come.	Free
	Qi Gong Activity #R07059-302 Instructors: Mike Kornely & Julia Schuker	Sat. from 12:00pm - 1:00pm	Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free
	Yin Yoga Activity #R07032-306 Instructor: Adina Crawford	Sat. from 9:30am - 10:30am Session 4/30 - 6/18	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
 Brenda's Walking Group Activity #R07082-311 Facilitator: Brenda Harding (Wed,) Karen Maxin (Fri.)	Wed. and Fri. from 10:00am - 11:00am	Join us for a fun, invigorating walk through the park with an MSSC staff person. Wear comfortable clothes, walking shoes and bring your water bottle. Keep an eye out for future walks to other parks & gardens in MoCo.	Free	
M U S I C	Encore Chorale	Mon. from 10:00am - 12:00pm	For more info, call 301-261-5747 or visit www.encorecreativity.org .	Free
	Seasoned Players Activity #R07080-304 Facilitator: Helen Cothran	1st & 3rd Wed. from 1:30pm - 3:00pm	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 Activity #R07080-303 Facilitator: Fred Stollnitz	In Person or Zoom 3rd Tues from 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 to join.	Free

	Activity	Day & Time	Description & Contact	Fee
G A M E S	BINGO! Activity #R07085-302 Facilitator: Linda Disharoon	Mon. & Thurs. from 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	\$1
	Pinochle Card Game Activity #R07099-301 Facilitator: George Kelly	Wed. from 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
	Scrabble Tips & Tricks Activity #R07099-302 Facilitator: Marcia Bowens	Mon. from 11:00am - 12:00pm	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
	Chess Club Activity #R07110-301 Facilitator: Clifford DuThinh	1st, 2nd, 4th Thurs. 1:00pm - 2:00pm	Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board. The objective of the game is to capture the opponent's king. Beginners are welcome.	Free
H E A L T H	 <i>The Affiliated Sante Group Presents</i> Support Group for Grieving Activity #R07076-303 Facilitator: Suzanne LaFauce, LGPC	Mon. from 1:00pm - 2:00pm. Starting 5/16	Have you experienced the loss of a loved one? We are here to offer support with the guidance of Senior Services LGPC Therapist Suzanne LaFauce. Let us help you through the difficult days while you allow yourself to grieve in a healthy way.	Free
	Maximizing The Quality of Life Activity #R07043-302 Facilitator: Edie Mahlmann, LCSW.	Thurs. from 11:00am - 12:00pm	A support group that confronts the challenges and options that are present in the process of aging. Group is looking for new members.	Free
	Nutrition 101 Activity #R07024-303 Facilitator: Josephine Tsobgni Djoukeng, Ph.D.	Tues. from 1:30pm - 2:30pm Tues. from 1:00pm - 2:00pm	Join nutritionist and Certified Wellness Wave Life Coach, Josephine, to discuss how to be your best healthy self.	Free
S E R V I C E S	Senior Services in Montgomery County Facilitator: Anita Joseph	2nd Tues. from 10:30am - 11:30am	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 Activity #R07091-301	Fri. from 10:30am - 12:00pm	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis.	Free
	Billiards Activity #R07103-301	M-F 8:00am-4:00pm Sat. 9:00am-3:00pm	Come on in and join us for a game of Billiards. Pool Room is open to everyone during center hours.	Free
	Intermediate Pickleball Activity #R07091-302	Mon. from 12:00pm - 2:00pm	Suitable for players that know the rules and have mastered the basic shots of the game.	Free
	Table Tennis Mon Activity #R07097-301 Fri Activity #R07097-302	Mon. from 12:00pm - 2:05pm Fri. from 10:30am - 12:00pm	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

Beacon Newspapers

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

Holy Cross Hospital

South Four Corners Citizens Association

Suburban Hospital

U.S. Postal Service

Woodmoor Pastry Shop

Giant Foods

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!

Brenda's Walking Group

We are looking for volunteers to help with the walking group on Wednesdays and Fridays at 10am. Please call 240-777-8085 if interested.

Friends of The Margaret Schweinhaut Senior Center (FOMSSC)

FOMSSC is seeking new members of the board. Friends support center activities in many areas. If you are interested, please contact FOMSSC President Peter Reiss at 202-549-1387 or Preiss372@gmail.com for more information.

New Registration System

If you haven't filled out the NEW registration form please do. Please make sure you have filled emergency contact. See staff at front desk to register and get an access card.

Donations For Ukraine

Anne's Knitting Corner is Partnering with a local church to raise donations for Ukraine's people in need. We would like to collect personal hygiene products such as toothbrushes, toothpaste, soap, shampoo, razors, woman's feminine products, etc.

Upcoming Programs – Look at what is coming in June



Monday, June 14th	Glenn Pearson Band
Thursday, June 16th	Coffee and conversation with staff
Friday, June 17th	Orleans Express Band
Wednesday, June 22nd	Senior Picnic at Smokey Glen Farm
Saturday, June 25th	D.C. Labor Chorus Performance
June TBA	Trip to MGM National Harbor

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.



Check out our Website!

<https://www.montgomerycountymd.gov/rec/>

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs.

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