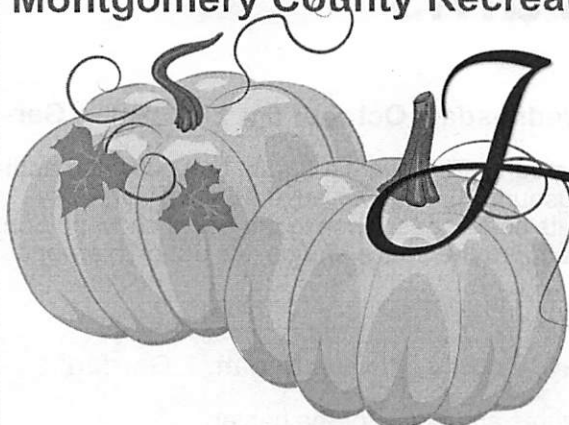


# Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972

& the Senior Planet Montgomery Headquarters



# Happenings

## October 2021

### In this Issue:

Weekday Special Programs	2
Saturday Programs	3
Nutrition Program	3
Daily Transportation	3
Art	4
Educational	4
Fitness	5
Health	5 & 6
Games	6
Music	6
Services	6
Sports	6
Community Meetings	7
Announcements	7

### Halloween Party

With Dick Kaufmann & the Glenn Pearson Trio

Friday, October 29 • 1 - 2 p.m.

Celebrate Halloween with us! Come in a costume, or just come as you are. Lunch provided by our Nutrition Program. After the music, we will hold a costume contest, and winners will be judged based on cuteness, scariness, and creativity. Come in a costume for a chance to win a Halloween-themed prize!

**Pre-registration required, space is limited. Price for lunch ages 55-59 is \$5.93. Donations requested for 60+.**

### IMPORTANT NOTICE

During the long break, much of our info has become outdated. As soon as possible, please update your access cards and emergency contact info at our Front Desk!

### ACTIVEMontgomery Implementation

According to new Montgomery County guidelines and in order to keep better track of the attendance of our participants, we are now requiring registration for ALL programs. If any of our programs interests you, please sign up either with our Front Desk or through the ACTIVE online system from your computer at home - we have provided ACTIVE numbers for each program in our newsletter starting this month and will continue to do so going forward.

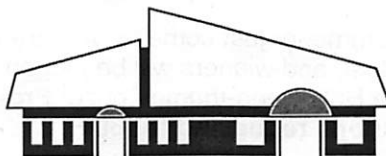
### NEW! Hybrid Programs

Soon, we will be offering the option to participate in our programs virtually as well as in person! This way, participants can join our programs from the safety of home right along with everyone who comes to the center.

To participate in any of these programs, simply register with ACTIVEMontgomery or at our Front Desk and Zoom and other links will be provided.



No closings in October.



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

**Sally Ride: Reach for the Stars • ACTIVITY #137914 • Wednesday, October 6 • 1 - 2 p.m. • Garden Room**

Presented by award-winning actress and Smithsonian Scholar Mary Ann Jung. This lively program has delighted audiences at the Kennedy Space Center and the National Air and Space Museum. Blast off for adventure with Dr. Sally Ride, America's first female astronaut, and learn about her journey and its challenges. Then in the game show portion, participants can guess at odd, surprising facts about life in zero gravity aboard the space shuttle. It's out of this world fun!

**Monthly Coffee with Staff • ACTIVITY #137915 • Thursday, October 7 • 9 - 10 a.m. • Garden Room**

Join MSSC staff for a cup of coffee and conversation to share your thoughts and ideas for the center.

**DEP: Energy Bingo • ACTIVITY #137916 • Thursday, October 7 • 1 - 2 • Garden Room**

Energy Bingo is a combination of Bingo and Jeopardy - a game all about energy efficiency! The game takes about 45 minutes, and players win energy saving measures like LED light bulbs. One final winner gets a Home Energy Kit.

**Movie Day: "The Witches of Eastwick" (1987) • ACTIVITY #137921 • Wednesday, October 13 • 1 - 3 p.m. • Garden Room**

Rated R. Runtime 1hr 58min. Genres: Comedy, fantasy, horror. Three single women in a picturesque village have their wishes granted, at a cost, when a mysterious and flamboyant man arrives in their lives.

**Coffee with a Cop: Frauds & Scams • ACTIVITY #137920 • Thursday, October 21 • 1 - 2 p.m. • Garden Room**

Presented by Officer Joy Bartholomew of the Montgomery County Police Department. Frauds and scams occur in person, over the phone and by mail. Let's talk about the current trends in frauds and scams, how to identify them and how to respond.

**World Bingo Day • ACTIVITY #136174 • Friday, October 22 • 1 - 4 p.m. • Garden Room**

Join us and thousands of others nationwide in an exciting, high-energy online bingo game to set a World Record and raise awareness about the effects of social isolation in our community. We will be playing with participants all over the world virtually here at Margaret Schweinhaut Senior Center. Refreshments will be served. We will have an added bus at 4 p.m. to take seniors home in our designated area. **Pre-registration is required, sign up at Front Desk.**

**Trivia & Harvest Crafts • ACTIVITY #138695 • Tuesday, October 26 • 1 - 2:30 p.m. • Garden Room**

Come and join Karen and Rita in making a fall-themed craft and participate in some fun fall Trivia. Enjoy a warm cup of cider while socializing with others. **Pre-registration is required, see Front Desk or call 240-777-8085 to register.**

**Personal Safety, Frauds & Scams • ACTIVITY #138697 • Thursday, October 28 • 10 - 11 a.m. • Garden Room**

Officer Michael Conrad from the Montgomery County Police Department will do a combination presentation on safety tips, as well as fraud and scams to raise the awareness of Montgomery County citizens as well as provide preventative measures to lessen the chances of becoming a victim. Handouts and brochures on these topics as well as a list of Federal, State and County resources will be provided.

**Halloween Costume Party w/ Glenn Pearson Trio • ACTIVITY #138698 • Friday, October 29 • 1 - 2 p.m. • Auditorium**

Celebrate Halloween with us! Come in a costume, or just come as you are. Lunch provided by our Nutrition Program. After the music, we will hold a costume contest, and winners will be judged based on cuteness, scariness, and creativity. Come in a costume for a chance to win a Halloween-themed prize! **Pre-registration required, space is limited. Price for lunch ages 55-59 is \$5.93. Donations requested for 60+.**

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

We Want Your Feedback!

## **Saturday Programs** - *Bring your weekday working friends with you!*

### **National Chess Day • ACTIVITY #137917 • Saturday, October 9 • All Day • Daisy Room**

Chess is a game that requires strategic forethought, concentration and is widely believed to sharpen the minds of all who play. It's a game that's celebrated with it's own holiday that falls on the second Saturday in October and is known as National Chess Day. So, why not grab a board and one of your friends and enjoy spending the day with a few matches of this ancient game.

### **Akhmedova Ballet: Columbus Day • ACTIVITY #137922 • Saturday, October 9 • 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 a breathtaking performance of Columbus Day on Saturday, October 9th.

### **Flu Clinic & Free Medication Review • ACTIVITY #137918 • Saturday, October 9 & Thursday, October 14 • 9 a.m. - Noon • Garden Room**

A pharmacist will be here to offer vaccinations for the flu, as well as any non-flu vaccines you may be missing out on, such as vaccines for covid, shingles, pneumonia, hepatitis, and tetanus. You may also request a medication review for other vaccinations if you are missing any. **Please remember to bring your insurance card and ID.**

### **Cardmaking with Cindy Boccucci • ACTIVITY #137919 • Saturday, October 16 • 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 for materials.**

### **MD Senior Olympics - Billiards Tournament • ACTIVITY #138702 • Saturday, October 23 • 9 - 3 p.m. • Pool Room**

Do you enjoy playing pool? Consider participating in the Maryland Senior Olympic games! Games will be singles, 8-ball pocket. **Pre-registration is required, see Front Desk for forms. \$15 fee to participate. Deadline to register is October 18.**

### **Flutist Mammo Rosetti • ACTIVITY (See Front Desk) • Saturday, October 20 • 1 - 2 p.m. • Garden Room**

Mammo Rossetti returns playing his flute. He'll playing classical pieces as well as movie themes and pop tunes. He'll also answer any audience questions.

## **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.**

# Re-Occurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	<b>Ceramics</b> ACTIVITY #133578 <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
	<b>Collage Meet Up</b> ACTIVITY #133579 <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.	-
	<b>Digital Photo Editing</b> ACTIVITY (See Front Desk) <i>Facilitator: Paul Mink</i>	Saturdays from 10 a.m. - Noon Session: 10/2 - 12/18	This class will teach participants how to make albums, edit lighting and saturation, and more, all using photo editing software Picasa. <i>Space limited to 10 participants. Pre-register at Front Desk or call 240-777-8085.</i>	Free
	<b>Fun with Art</b> ACTIVITY #138692 <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.	-
	<b>Origami</b> ACTIVITY #133582 <i>Facilitator: Lois Dicker</i>	1st Mon. from 1 - 3 p.m.	Learn the Japanese art of paper folding.	Free
	<b>Anne's Knitting Corner</b> ACTIVITY #133583 <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	<b>Book Discussion</b> ACTIVITY #136005 <i>Facilitator: Marjorie Hoffman</i>	4th Thurs. from 1 - 2:30 p.m.	Love to read? Come and discuss a wide variety of books and written media. <b>A new book will be discussed every month. Group will meet via Zoom until further notice - email Karen for link.</b>	-
	<b>Italian Class</b> ACTIVITY #133585 <i>Instructor: Nina Baccanari</i>	Wed. 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. <b>Participants should have a working knowledge of the Italian language.</b>	Free
	<b>Writer's Workshop</b> ACTIVITY (See Front Desk)	Biweekly from 10 a.m. - Noon Session: 10/5 - 12/28	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!	Free

	Activity	Day & Time	Description & Contact	Fee
	<b>Ballroom Dance</b> ACTIVITY #133586 <i>Instructors: Ellen Moran &amp; 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
	<b>Chair Stretch &amp; Strength</b> ACTIVITY #133988 <i>(Video, No Instructor)</i>	Mon. at 8:45 a.m. Wed. at 9:30 a.m. Fri. at 8:30 a.m.	This video guided class will improve your ability to be stable, balanced, and mobile. <b>Participate at your own risk. Drop-in.</b>	Free
	 <b>Chair Yoga</b> ACTIVITY #137913 <i>Instructor: Joy Bartholomew</i>	Wed. from 10 - 11 a.m. Session: 10/6 - 11/10	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
	 <b>Intro to Kickboxing</b> ACTIVITY #137387 <i>Instructor: Larry Davis</i>	Wed. from 11. a.m. - Noon Session: 9/15 - 10/21	Learn the proper mechanics of every offensive and defensive move in kickboxing.	Free
F I T N E S S	<b>Let's Dance</b> ACTIVITY #136010 <i>Instructors: Ellen Moran &amp; William Goldberg</i>	Wed. from 1 - 1:30 p.m.	Offers a time for practice and fun after our Ballroom Dance class!	Free
	<b>Line Dancing</b> ACTIVITY #133591 <i>Instructors: 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
	 <b>Low-impact Fitness</b> ACTIVITY #137391 <i>Instructor: Julian Elie</i>	Mon. & Wed. from 9:30 - 10:30 a.m. Session: 9/13 - 10/20	A basic level exercise that emphasizes fun and movement. <i>You will be notified the week before if you need to bring weights, exercise ball, etc.</i>	Free
	<b>Spinning Wheels</b> ACTIVITY #133598 <i>Instructor: Donald Lewis</i>	Tues. from 10 - 11 a.m. Begins Sept. 7	Donald Lewis has returned! Join him for an hour to ride our spinning bikes.	Free
	<b>Tai Chi Chuan</b> ACTIVITY #133593 (Tues.) & #133594 (Fri.) <i>Instructors: Glenn Moy (Tues.) &amp; Kirk Talbott (Fri.)</i>	Tues. & Fri. from 1:30 - 2:30 p.m. Begins Sept. 7	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
	<b>Qi Gong</b> ACTIVITY #133595 <i>Instructors: Mike Kornely &amp; 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
	 <b>Zumba Fitness</b> ACTIVITY (See Front Desk) <i>Instructor: Nwabundo Okafor</i>	Sat. from 9:30 - 10:30 a.m. Session: 10/2 - 11/6	Zumba is a calorie burning cardio workout that combines easy-to-follow dance moves typically with Latin beats.	Free
	<i>The Affiliated Sante Group Presents</i> <b>Coping with Change</b>	-	A supportive discussion group on dealing with life changes and positively coping with them. <b>Tentative - please see the Announcements section on Page 6 for details.</b>	-
H E A L T H	<b>Maximizing You!</b> ACTIVITY #133596 <i>Facilitator: Edie Mahlmann, LCSW</i>	Thurs. from 11 a.m. - Noon	Do something for yourself! This group discusses issues on aging. Learn to live better, and be nicer to yourself. <b>NOTICE: Group needs more members.</b>	Free
	<b>Nutrition 101</b> ACTIVITY #133597 <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> <b>Diabetes Self-Management Workshop</b> ACTIVITY #137912	Tues. from 9:30 a.m. - Noon Session: 10/5 - 11/9	Join this free six-week workshop to improve your ability to manage your health and maintain an active and fulfilling life while living with Type 2 Diabetes or Pre-Diabetes.	Free

	Activity	Day & Time	Description & Contact	Fee
<b>G A M E S</b>	<b>BINGO!</b> ACTIVITY (See Front Desk) Facilitator: Linda Disharoon	Mon. & Thurs. from 10:30 - 11:30 a.m.	Win prizes and have fun! Maximum two cards per person.	\$1
	<b>Bocce Ball</b> ACTIVITY #136245 Facilitator: Cathy Fisher	Wed. from 11 a.m. - 1 p.m.	Relaxed but strategic game with an ancient lineage.	Free
	<b>Game On!</b> ACTIVITY #133604 Facilitator: Liz Brigham	Sat. from 10 a.m. - 2:30 p.m. Tues. & Fri. from 10 a.m. - 3:45 p.m.	Play Rummikub and a variety of card games. Learn to play 5 Crowns and golf.	Free
	<b>Mahjong</b> ACTIVITY #136022	Tues. & Fri. from 10 a.m. - Noon	Individuals of all skills are welcome. Please bring your set.	Free
	 <b>Pinochle Game</b> ACTIVITY (See Front Desk)	Wed. from 1 - 3 p.m. Session: 10/6 - 12/26	Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.	Free
	 <b>Scrabble Tips &amp; Tricks</b> ACTIVITY #137911 Facilitator: Marcia Bowers	Mon. from 11 a.m. - Noon	Former Scrabble tournament player will demonstrate how to get the most out of each rack. We will cover cheat sheets and rules that experts use to manage their rack.	Free
	<b>Wii Bowling</b> ACTIVITY #136023	Wed. from 10:30 a.m. - Noon	Pick up the controller and knock down the pins or go for a strike!	Free
<b>M U S I C</b>	<b>Encore Chorale</b> ACTIVITY #136024	Mon. from 10 a.m. - Noon	For more info, call 301-261-5747 or visit <a href="http://www.encorecreativity.org">www.encorecreativity.org</a> .	Fee
	<b>Seasoned Players</b> ACTIVITY #136026 Facilitator: Helen Cothran	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> <b>Song Circle</b> ACTIVITY #136029 Facilitator: Fred Stollnitz	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.	Free
<b>S E R V I C E S</b>	<b>Senior Services in Montgomery County</b> ACTIVITY #136246 Facilitator: Anita Joseph	2nd Tues. from 10:30 - 11:30 a.m.	Call 240-777-1062 to <b>make an appointment</b> for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free
	<b>Beginner Pickleball</b> ACTIVITY #136035	Fri. from 10:30 a.m. - Noon	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis.	Free
<b>S P O R T S</b>	<b>Billiards</b> ACTIVITY (See Front Desk)	Center Hours	Come on in and shoot some pool! Pool Room is open to everyone.	Free
	<b>Intermediate Pickleball</b> ACTIVITY #136043	Mon. from Noon - 1:45 p.m.	Suitable for players that know the rules and have mastered the basic shots of the game.	Free
	<b>Ping Pong</b> ACTIVITY #136241	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

# 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 and get your clothes mended, free of charge!

## Maximizing YOU! Notice

Maximizing You is currently in need of new members! Please let us know if you would like to participate, or we may be canceling this program for the future.

## Updates to Coping with Change

While the Sante Group will not be returning to the Schweinhaut Center in the near future due to COVID-19, we are considering moving the class to a Zoom call in which you can participate here at our center, or from your own computer at home! If you have interest in participating in a Zoom call for Coping with Change, please let our Front Desk know or call 240-777-8085 and we'll add you to the waiting list!

*This program is currently tentative, pending your interest. Please let us know if you are willing to participate.*

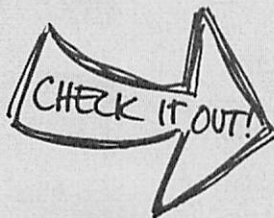
## Upcoming Programs – Look at what is coming in November!

Tuesday, November 2	Bone Builders or Senior Fit Returns
Thursday, November 4	Monthly Coffee with Staff
Wednesday, November 10	Joan Hart Presents: Monet at Home
Thursday, November 11	MSSC CLOSED
Saturday, November 13	Cardmaking with Cindy Boccucci
Wednesday, November 17	Song Circle
Friday, November 19 - Sunday, November 21	American Indian Jewelry Show
Wednesday, November 27	Thanksgiving Party with Li Ly Chang

*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](http://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!

### Get our Happenings:

Visit us online at <https://www.montgomerycountymd.gov/rec/Resources/Files/seniors/SSCnewsletter.pdf>

Subscribe to our monthly e-mail at [public.govdelivery.com/accounts/MDMONTGOMERY/subscriber/new](http://public.govdelivery.com/accounts/MDMONTGOMERY/subscriber/new)

Grab a hardcopy from the center or provide six (6) self-addressed, stamped (70¢ Postage) envelopes to receive them in the mail.

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