

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

December 2025

Schweinhaut Staff

Center Director:

Karen Maxin

Asst. Center Director:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

Sena Alemu

Hilda Ampaw

Louise Basso

JoAnn Charles

Jairo Gomez

Brenda Harding

Gerry Olson

Jennifer Posner

Kyra Winthrop-St. Gery

International Holiday Bash #R07107-210

Wednesday, December 3 • 10:30am-1:30pm

Join us for our annual Holiday Party at Long Branch Senior
See Pg. 3 for details.

Class Registration

To ensure the safety and accountability of all participants, it is **mandatory** to register for any class you wish to attend. Each registration form includes a **liability waiver**, which is essential in the event of an injury or accident. In the coming weeks, staff will be visiting each class to verify participant registration. If you are **not registered**, you will be asked to visit the front desk to complete the process before continuing in the class. We appreciate your cooperation and understanding as we uphold these important policies to keep our programs safe and well-organized for everyone.

Holiday Music with Glenn Pearson Swing Band #R07107-270

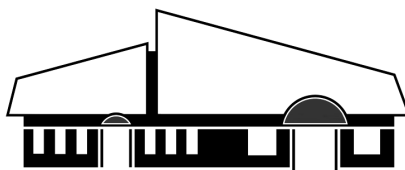
Monday, December 22 • 1:00pm-2:00pm

See Pg. 3 for details

Closures, Class Cancellations or Changes

Please welcome new staff member Louise Basso

- Center will close at 3:00pm on 12/24 and will reopen 1/5/26.
- Tai Chi Dec 2 will have video, no Instructor.



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 #R07088-203

Fridays, December 5, 12 & 19 • 12:30pm - 2:00pm • Daisy Room

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

Dec 5: Planes, Trains and Automobiles (1987), Dec 12: Daddy's Home 2 (2017), and Dec 19: It's a Wonderful Life (1946 B & W Version).

Billiard Lessons for Ladies #R07103-205

Tuesdays, December 2, 9, 16 & 23 • 11:00am - 12:00pm • Billiards Room

Have you thought about learning how to shoot billiards? Join this fun class to learn the basics and perhaps some not so basic shots. Space is limited so please register soon. If the class is full, please get on the waitlist as spots could become available.

Superpower Dance Circle #R07012-243

Wednesdays, December 3, 10, 17 & 24 • 9:00am - 10:00am • Auditorium

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 ends with cool-down stretches, deep breathing techniques, and guided meditation. Our program is designed to be engaging, fun, expressive and a beneficial experience. Sheer scarves will be provided.

Rummikub Play #R07086-203

Mondays, December 1, 8, 15 & 22 • 12:30pm - 2:00pm • Garden Room

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.

Balance & Cardio Drum Exercise with Everest Wellness #R07060-234

Tuesdays, December 2, 9, 16 & 23 • 12:30 – 1:30pm • Auditorium

Everest Wellness will provide balance exercises the 1st, 2nd, 3rd Thursday (and 5th if there is one). There will be no Cardio Drum Circle this month.

International Holiday Bash at Long Branch Senior Center #R07107-210

Wednesday, December 3 • 10:00am - 1:30pm

Join us for our International Holiday Bash that will be held at Long Branch Senior Center. Celebrate the season with music, food, and fun from around the world! We'll be taking the JCA bus "with no more than 20 participants. Bus will depart the center at 9:30am. If the bus is full, participants are welcome to drive themselves. Registration is required either way.

Vaccine Clinic by Giant Pharmacy #R07108-205

Friday, December 5 • 10:00am - 2:00pm • Daisy Room

Pharmacist Rimple Gabri from Giant Pharmacy will be offering this Vaccine clinic. Besides the Flu shot they will also be providing Shingrix, Tetanus, Pneumonia, Covid and Hepatitis B vaccines. The updated Covid vaccines will be offered, and the RSV +al Virus. Bring your Medicare card and any secondary insurance information. No appointments necessary but registration is required.

Akhmedova Ballet Presents "Mini Nutcracker Show" #R07094-202

Saturday, December 6 • 1:00 – 2:30pm • Auditorium

Akhmedova Ballet Academy dancers present our enchanting Mini-Nutcracker and folk dances from around the world, followed by a meet-and-greet and photo opportunities

Housing Initiative Partnership Program #R07105-138

Tuesday, December 9 • 10:00am - 11:00am • Garden Room

Home sharing helps address isolation among seniors, the needs of homeowners who may require an additional stream of income, as well as the needs of those seeking affordable housing options.

Special Programs

Mini-Trip: Montgomery Mall Shopping & Lunch #R07101-220

Friday, December 12 • 9:30am - 2:00pm • Lobby

Come and enjoy a festive day of holiday shopping and lunch with friends! Montgomery Mall offers a fantastic variety with over 167 stores, restaurants, and services —perfect for finding gifts, treating yourself or just enjoying the holiday atmosphere.

DIY Bird & Squirrel Feeders #R07113-200

Thursday, December 18 • 12:30pm - 2:00pm

Join us for a cozy and creative session as we make feeders for our furry and feathered friends! With winter approaching it's the perfect time to give back to nature and support the wildlife to help them thrive through the colder months. We will paint a squirrel stand, adding your own flair that squirrels will love. Create a pinecone birdfeeder by crafting a natural, eco-friendly feeder to attract beautiful birds all season long.

Holiday Music with Glenn Pearson Swing Band #R07107-270

Monday, December 22 • 1:00pm - 2:00pm • Garden Room

To get us into the holiday spirit, we will once again be serenaded with live music from the talented Glenn Pearson Band with vocalist Dick Kaufmann. They'll be performing seasonal favorites with a jazzy twist! So, whether you're dancing, singing along, or just enjoying the festive vibes, this is a holiday event you won't want to miss. Light refreshments will be served. We look forward to seeing you.

Mini-Trip: Brunch at the Original Pancake House #R07101-221

Tuesday, December 16 • 9:30am - 12:00pm • Lobby

Come enjoy brunch with your friends. the Original Pancake House, known for its warm atmosphere and extensive menu featuring classic and international pancake recipes. From fluffy omelets to specialty pancakes and hearty brunch favorites, there's something for everyone. A senior menu is also available. Join us for great food and even better company!

Montgomery County Inclement Weather Policy

For weather-related updates, visit www.mocorec.com, MCR Facebook, or our center. Register for Rec Alerts via Alert Montgomery.

- MCPS closure: All programs and classes are canceled. Senior Centers open at 10 a.m. for drop-in activities.
- MCPS 2-hour delay: Programs before 10 a.m. are canceled. Senior Centers open at 10 a.m., but senior transport and nutrition programs are canceled.
- Early dismissal (MCPS): Programs after 2 p.m. canceled. Facilities remain open for drop-in activities.
- County Government delay: facilities will open at the delayed time; earlier programs canceled.
- County Government early closure: all facilities close, and programs after that time are canceled.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-204 <i>Instructor: Yvonne Roberts</i>	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 #R07095-227 <i>Instructor: Cindy Boccucci</i>	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 #R07052-204 <i>Facilitator: Barbara Hunter</i>	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 Activity #R07096-202 <i>Facilitator: Lois Dicker</i> Activity #R07096-203 <i>Facilitator: Debbie Pichler</i>	1st Mon. 1:00pm - 3:00pm Thurs. 12/11 10:00am - 12:00pm	Learn the Japanese art of paper folding. Join others to create fun creations to take home or put on display in our library display case.	Free
	Stitchers Activity #R07003-205 <i>Facilitator: Carol Bannerman</i>	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 #R07065-203 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	December book: Remarkably Bright Creatures by Shelby Van Pelt.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-206	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 you may have.	Free
	Writer's Group Activity #R07058-205 <i>Facilitator: Beverly Moss</i>	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
	Veterans Discussion Group Activity #R07312-203	2nd Wed. 1:00pm - 2:30pm	Cancelled for December.	Free
FITNESS	Basic Functional Balance Exercise Activity #R07030-205 <i>Instructor: Julien Elie</i>	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 #R07050-206 <i>Instructors: Ellen Moran & William Goldberg</i>	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 #R03010-219 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 #R07012-204 <i>Instructor: Georgia Martin</i>	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

	Activity	Day & Time	Description & Contact	Fee
F I T N E S S	Yin Yoga Activity: #R07032-211 <i>Instructor: Adina Crawford</i>	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
	Kickboxing Activity #R07060-204 <i>Instructor: Julien Elie</i>	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
	Line Dancing Activity #R07011-207 <i>Instructor: Jo Ann Eng</i>	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 #R07060-205 <i>Instructor: Julien Elie</i>	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 <i>Instructor: Chatarina Lindvall</i>	Tues. & Thurs 9:15am - 10:15am	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
	Tai Chi Chuan Activity #R07025-207 <i>Instructor: Glenn Moy</i>	Tues. 2:00pm - 3:00pm	An ancient system of physical and mental harmony. This exercise emphasizes relaxation, balance, and coordination.	Free
G A M E S	Qi Gong Activity #R07059-204 <i>Instructors: Mike Kornely & Julia Schuker</i>	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
	BINGO! Activity #R07085-212 <i>Facilitator: Linda Disharoon</i>	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 #R07099-205 <i>Facilitator: George Kelly</i>	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
	Rummikub Play Activity #R07086-203	Mon-Fri 12:30pm - 2:00pm	Rummikub is a 2-4 player game combining the elements of the card game Rummy and Mahjong.	Free
	Chess Club Activity #R07110-204 <i>Facilitator: Clifford DuThinh</i>	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 H	Nutrition 204 Activity #R07024-106 <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	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 #R07111-202 <i>Facilitator: Wubet Tezera</i>	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

LANGUAGE

**English Conversation
Activity #R07021-204**
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 #R07019-200**
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 #R07021-203**
*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 #R07021-205**
*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 #R07015-205**
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 #R07015-206**
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 #R07015-208**
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 #R07015-207**
Facilitator: Rocio Torresano

Thurs.
10:30am - 11:30am

This level will focus on listening, understanding, reading, writing and speaking sentences on routine tasks requiring a simple and direct exchange of information on familiar topics and activities, local geography and current events. Emphasis will be on mastering clear, slow and standard speech as well as delivering and understanding the main point in short and simple messages.

Free

**Seasoned Players
Activity #R07056-203**
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 #R07080-208**
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 #R07109-202**
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 #R07108-204**
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

MUSIC

SERVICES

Indoor Shuffleboard Activity #R07121-203 <i>Facilitator: Cathy Fisher</i>	Mon. 12:30pm - 1:30pm	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 #R07124-100 <i>Facilitator: Cathy Fisher</i>	Starting in Spring	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 #R07091-211 (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 #R07103-203 M-F Activity #R07103-204 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 #R07097-203 Mon. Activity #R07097-204 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 #R07091-212 <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 #R07091-213 <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 #R07091-214 <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 \$8.26. 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 or 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

FOMSSC

Holy Cross Health

Senior Planet

United Health Care & Integral Health Care

U.S. Postal Service

Woodmoor Pastry Shop

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

Announcements

Join the Advisory Board

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 support the center to provide services to our senior community. The 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 so much. If you are interested please email Peter Reiss, board president, at preiss372@gmail.com or call **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

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



Wednesdays starting January 7

Mindful Movement & Fitness

TBD

Karaoke

Monday, January 19

Closed for
Martin Luther King Jr. Day

Wednesday, January 21

Rummikub Tournament

Wednesday, January 21

Mobile Health Unit with Dental Services

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