

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

February 2026

Schweinhaut Staff

Center Director:

Karen Maxin

Asst. Center Director:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

Sena Alemu

Hilda Ampaw

Louise Basso-Luca

JoAnn Charles

Sofonias Gizaw

Jairo Gomez

Brenda Harding

Gerry Olson

Jennifer Posner

Kyra Winthrop-St. Gery

Spring Program Registration Day

Wednesday, February 18

Registration opens at 9am; register online or at our front desk.

Mardi Gras Party with Joe Phillips #R07106-230

Friday, February 20 • 12:30pm - 2:00pm

Get ready to celebrate in true New Orleans style! Join us for an unforgettable afternoon filled with festive music and non-stop dancing. You are welcome to dress in Mardi Gras attire & beads to bring the celebration to life (beads will be provided.)

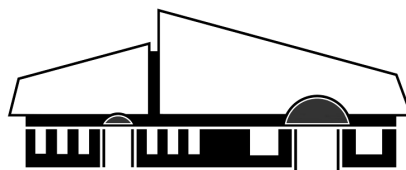
Mobile Dentist #R07108-200

Thursday, February 19 • 9:00am - 3:00pm

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

Closures, Class Cancellations or Changes

- Closed Monday, February 16 for Presidents' 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, select MCGuest.



MONTGOMERY COUNTY
Recreation

Special Programs

Afternoon Cinema Fridays #R07088-203

Fridays, February 6, 13, 20 & 27 • 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.

Feb 6: Selma (2014), Feb 13: Bob Marley One Love (2024), Feb 20: The Soloist (2009) and Feb 27: Hidden Figures (2017).

Billiard Lessons for Ladies #R07103-205

Tuesdays, February 3, 10, 17 & 24 • 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.

Senior Planet: Exploring AI: Series of 10 topics #R07105-227

Tuesdays, February 3 - March 10 • 1:00pm - 2:00pm • Garden Room

Join us for an engaging and informative series of 10 lectures designed to introduce older adults to the fascinating world of Artificial Intelligence. Whether you're curious about how AI works, how it's used in everyday life, or how it might impact the future, this series is for you!

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

Tuesdays, February 3, 10, 17 & 24 • 12:30pm - 1:30pm • Auditorium

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

NEW Mindful Movement & Fitness Class #R07077-206

Wednesdays, February 4, 11, 18 & 25 • 10:30am - 11:30am • Almost Cafe

Mindful Movement and Fitness is a six-week holistic wellness class combining dance-inspired movement, healthy breathing, gentle stretching, and uplifting music. This program draws from a wide range of movement and healing modalities and is highly adaptable.

Cardboard Boat Regatta Design & Build #R07107-232

Fridays, February 6 - February 27 • 10:00am - 12:00pm • Art Room

Represent your center and be a part of the design and build team for this year's Cardboard Boat Regatta! Each boat is to be made of cardboard boxes, duct tape, and garbage bags only. No sealants or other materials allowed. Official Cardboard Boat Regatta rules will be given on first design and build meeting. Each boat will be racing against time to be declared the fastest vessel in the water, also awards will be given for the most creative cruiser and team spirit.

Mini-Trip: Laurel Dutch Country Market #R07101-251

Friday, February 6 • 9:30am - 2:00pm • Lobby

Dutch Country Market has been selling homemade food, baked goods, and sandwiches since 1997. The 5,700 sq ft Market, offers quality food based on Amish County recipes and flavors. The products come from Amish and Mennonite farmers and are either locally sourced or come from Lancaster County, PA.

Same Day Access: Call-n-Ride #R07105-228

Friday, February 13 • 10:30am - 11:30am • Garden Room

Experiencing unreliable Metro Access Service? Join us for an informative session on the same day Call-n-Ride service. If you've had challenges with Metro Access don't miss this opportunity. A representative from the Department of Transportation (DOT) will share important information and answer your questions to help you navigate and make the most of this service.

Akhmedova Ballet Presents "Valentines Day Show" #R07094-203

Saturday, February 14 • 1:00pm - 2:30pm • Auditorium

Akhmedova Ballet Academy dancers will perform award winning competition pieces, followed by an interactive Q&A for our audience to learn more about our dancers.

Special Programs

Karaoke with Michelle #R07106-229

Tuesday, February 17 • 10:30am - 11:30am • Garden Room

Join us for some fun Karaoke time with your friends. This will be a fun and engaging way for us to express ourselves, socialize and create more memorable experiences.

Giant Vaccine Clinic #R07108-205

Tuesday, February 17 • 10:00am - 1:00pm • Library

The pharmacist will provide Flu shots. In addition they will 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.

Mobile Dentist #R07108-200

Thursday, February 19 • 9:00am - 3:00pm • Outside Parking Lot

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

All Alone Book Discussion by Author Paul Mink #R07105-235

Tuesday, February 24 • 10:00am - 11:30am • Garden Room

We're excited to welcome our very own participant, volunteer, and local author Paul Mink for a special discussion of his new book, *All Alone*. Join us as Paul Bluefield (pen name) shares insights into his writing journey and the inspiration behind *All Alone*. This is a great opportunity to connect with a talented local author and fellow community member. If you have a copy of *All Alone*, Paul will be happy to sign it for you. Don't miss this engaging and inspiring event!

Mini-Trip: National Museum of Health & Medicine #R07101-252

Wednesday, February 25 • 9:30am - 12:00pm • Lobby

The museum's vision is to preserve, inspire, and inform the history, research, and advancement of military and civilian medicine through world-class collections, digital technology and public engagement. The exhibits of the museum will show challenges and innovations related to military medicine, including trauma, pathology, and surgery through real human remains, models, images, and related artifacts.

Montgomery County Inclement Weather Policy

For weather-related updates, visit the Montgomery County Recreation (MCR) website at www.mcorec.com, MCR Facebook, or MCR X (formerly Twitter). Register for Rec Alerts via Alert Montgomery.

- **MCPS Closed:** All programs/classes canceled. Aquatic, Recreation, and Senior Centers open at 9 a.m. for drop-in only. Senior transportation and nutrition canceled.
- **MCPS 2-Hour Delay:** Centers open at 9 a.m. Programs before 10 a.m. canceled. Senior transportation and nutrition canceled.
- **MCPS Early Dismissal:** Programs starting at 2 p.m. or later canceled. Drop-in activities continue.
- **County Government Delayed Opening:** Facilities open at the delayed time; programs before then canceled.
- **County Government Early Closure:** Facilities close at the announced time; programs end or are canceled at that time.

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 Tues. 2/10 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	February book: Orphan Train by Christina Baker Kline	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
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 Class Full - Waitlist Only	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
4	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

	Activity	Day & Time	Description & Contact	Fee
F I T N E S S	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
	Superpower Dance Circle Activity #R07012-243 <i>Instructor: Jane Pinczuk</i>	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 #R07025-207 <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
	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
	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.	Free
G A M E S	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
	Game Day Play #R07086-203	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 #R07110-204 <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 101 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

L A N G U A G E

**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.
1:00pm - 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.
2:00pm - 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, 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 idea in short, straightforward 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

M U S I C

S E R V I C E S

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 \$8.40. 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. The program is not currently taking new participants, but we'd be happy to add you to the waitlist.

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 • Pickups start at 8am • Depart the center at 2pm

Our daily bus to the center is available for pickup in our area. See a staff member for the new participant transportation form.

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

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 MSSC, Inc.
For more details, see the main office.**

Announcements

Seeking 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.

New Staff:

Please welcome our new staff member Sofonias Gizaw.

Upcoming Programs and Closures



Thursday, March 5

DIY Gnome/Leprechaun Wood Painting Craft

Wednesday, March 11

2026 Cardboard Boat Regatta at MLK Pool

Friday, March 20

Dance Party with Walter Ware

TBD

Mini Trip: Brunch at First Watch

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