



Happenings

June 2025

Schweinhaut Staff

Center Director:

Karen Maxin

Asst. Center Director:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

Sena Alemu

Hilda Ampaw

JoAnn Charles

Jairo Gomez

Brenda Harding

Gerry Olson

Jennifer Posner

Abeale Tekele

Kyra Winthrop-St. Gery

Game Day



Mondays June 2 - Aug 25 • 1:00-3:00pm

Come and join us on Monday's to play a variety of games with our staff. See page 2 for more details.

Father's Day Celebration



with Tim Briceland-Betts #R07309-500

Thursday, June 12 • 1:00pm - 2:00pm

See page 2 for more details

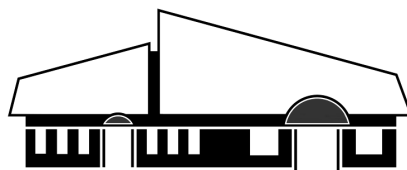
Important Notice: Program Attendance Policy

Due to high demand and active waitlists for our programs, it is essential that all registered participants attend the sessions they sign up for. If you are registered for a program and do not attend for 3 consecutive times you will be automatically unenrolled from that program. This allows us to offer spots to those on the waitlist and ensure fair access for all interested participants. Thank you for your understanding and cooperation.

Closures, Class Cancellations or Changes

June 19, Closed for Juneteenth

July Veterans program will meet second Wed of the month going forward.



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 #R07088-303

Fridays, June 6, 13, 20, & 27 • 12:30pm - 2:00pm • Garden 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.

June 6 **Bride War**; June 13 **Meet Bill**; June 20 **Café Society**; June 27 **Moneyball**.

Senior Planet: "Exploring AI" #R07105-338

Tuesdays and Thursdays, June 3 to June 5 • 1:00pm - 2:00pm • Garden Room

Artificial Intelligence (AI) is a hot topic, and for good reason! AI technology is rapidly developing and increasingly impacting our lives. This multi-week series will explain the AI tools that have been part of everyday life for a while and also explore cutting edge applications of the technology. We'll look at ways we can use AI tools to help with a variety of tasks from writing emails to creating artistic images. You'll also learn tips for identifying AI-generated content, best practices for using AI, and how to stay safe.

Superpower Dance Circle #R07012-342

Wednesdays, June 4, 11, 18, & 25th • 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 culminates 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.

Vietnam War: "How, When & Why" & A Few Poems #R07312-501

Wednesday, June 4 • 1:00pm - 2:00pm • Garden Room

Come and hear some great war poetry written by nationally recognized poets and discuss the Vietnam War with a civilian contractor who lived and worked there and two combat veterans who fought there. Montgomery County residents Richard Epstein, Bill Gray and Art Wong will share their experience about life in Viet Nam and discuss why we were there and major milestones throughout the war.

Game Day with Staff #R07112-514

Mondays June 2 - August 25 • 1:00 - 3:00pm • 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 social time in hopes to nurture friendships along the way.



Mindful Movement & Fitness Demo #R07077-505

Monday, June 9 • 11:00am - 12:00pm • Garden Room

This class integrates a variety of techniques, including posture and mobility exercises, dynamic stretching, breathing techniques, and gentle strength-building movements. It incorporates principles from rehabilitative movement, Taoist exercises, Buteyko breathing, and functional fitness to improve balance, flexibility, and overall well-being. The experience is engaging, interactive, and fun, with a focus on moving the whole body in ways that promote long-term vitality.

Karaoke with Gina & Janee from Centerwell Home Care #R07080-533

Wednesday, June 11 • 10:30am - 11:45am • Garden Room

Join us for a fun time singing with Gina & Janee. They will provide a brief presentation about their services and how the services can be significantly impacted by healthy singing. Centerwell will provide light refreshments.

Father's Day Celebration with Tim Briceland-Betts #R07309-500

Thursday, June 12 • 1:00pm - 2:00pm • Garden Room

Tim Briceland-Betts will do a special Father's Day medley of classic American folk songs from the 60's and 70's with a few Beatles favorites added in. Come, sing along and enjoy! Light refreshments will be served. Registration is required and space is limited.

Special Programs

Mini-Trip: Second Ave Thrift Store #R07101-582

Friday, June 13 • 9:30am - 12:00pm • Lobby

Let's go thrifting at 2nd Avenue Thrift Store. This infamous thrift store stocks over 10,000 items every day in their spacious location.

Essential Oils Usage in Biblical Times #R07028-541

Tuesday, June 17 • 11:00am - 12:00pm • Daisy Room

During biblical times, essential oils were used for holy ceremonies, physical healing, and daily needs. There are over 1,000 references to essential oils in the Old and New Testaments. We will explore some of these oils including Frankincense and Myrrh.

Cardio Drumming with Everest Wellness #R07060-325

Wednesday, June 18 • 10:30am - 11:30am • Auditorium

Cardio Drumming is designed for older adults. This unique workout uses movement with drumsticks and an exercise ball to create memorable, musical, and fun workouts!

Metro Travel Training Workshop #R07105-534

Friday, June 20 • 9:30am - 12:00pm • Garden Room

Join us for Travel Training, a free three-hour workshop designed to help 50+ seniors get confident and comfortable taking local public transit. The class combines a field trip on a Ride On bus & Metro train with a classroom overview of transit essentials, including reading the Metro map, understanding digital signs, loading a fare card, creating a trip itinerary, and where to find emergency and accessibility features. Advance registration is required! No Walk-ins! To learn more and register, call 301-738-3252 or email connectaride@AccessJCA.org.

Monthly Dance Party with Walter Ware #R07106-523

Friday, June 20 • 1:00pm - 2:30pm • Auditorium

Join us for a great time with Walter Ware. He hopes to inspire dancing while singing some Motown Classics. Enjoy music of a great era such as Marvin Gaye, The Spinner, The Temptations and many more.

Mini-Trip: Laurel Dutch Country Market #R07101-581

Friday, June 27 • 9:30am - 12:00pm • Lobby

Dutch Country Market sells homemade food, baked goods, and sandwiches since 1997. In our 5,700-square foot Market, we make and sell quality food based on Amish County recipes and flavors. Our products come from Amish and Mennonite farmers and are either locally sourced or come from Lancaster County, PA

Emergency Preparedness Presentation by OEMHS #R07105- 513

Monday, June 30 • 11:00am - 12:00pm • Garden Room

Join the Montgomery County Office of Emergency Management at the Schweinhaut Senior Center for a presentation on preparing for natural and human-made hazards. Learn practical safety tips, explore volunteer opportunities, and receive free preparedness materials. OEMHS staff will be on hand to answer your questions.

Independence Day Performance by Schweinhaut

Angklung USA #R07089-511

Monday, June 30 • 1:00- 2:00pm • Auditorium

Join us for an Independence Day performance by the Schweinhaut Angklung USA group. They will perform songs that make us proud to be in the USA. Come and share your enthusiasm for this important holiday. Light refreshments will be served.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-501 <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 #R07095-525 <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 #R07052-502 <i>Facilitator: Barbara Hunter</i>	Wed. 10:30am - 12:00pm	Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. Bring your own supplies.	Free
	Origami Activity #R07096-501 Lois Dicker Activity #R07096-503 <i>Facilitator: Debbie Pichler</i>	1st Mon. 1:00pm - 3:00pm June 23rd 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
	MSSC Stitchers Activity #R07003-504 <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 #R07065-504 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	Book is TBD.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-505	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 #R07058-505 <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
	Military Discussion Group Activity #R07312-501	1st Wed. 1:00pm - 2:00pm	Come and hear some great war poetry written by nationally recognized poets and discuss the Vietnam War with a civilian contractor who lived and worked there and two combat veterans who fought there.	Free
FITNESS	Basic Functional Balance Exercise Activity #R07030-500 <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 #R07050-504 <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 #R03010-519 Activity #R03010-505	Tues. & Thur. 10:30am - 11:30am Mon. & Wed. 8:15am - 9:15	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 #R07012-533 <i>Instructor: Georgia Martin</i>	Mon.	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. All of these classes focus on cardio exercise, but many also incorporate strengthening and toning techniques.	Free

	Activity	Day & Time	Description & Contact	Fee
F I T N E S S	Yin Yoga Activity: #R07032-517 <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 #R07060-513 <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 #R07011-508 <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 #R07060-512 <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 9:30am - 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 301-557-7895 or register online by emailing seniorfit@holycrosshealth.org	Free
	Tai Chi Chuan Activity #R07025-504 <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 #R07059-503 <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 #R07085-502 <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 #R07099-501 <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 #R07086-504	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 #R07110-502 <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 #R07024-503 <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	Tues. & Thurs. 1:00pm - 2:00pm	As a Nutritionist and Certified Wellness Wave Life Coach, Josephine will host a discussion on how to be your best healthy self.	Free
	Brewing Healthy Relationships Activity #R07111-506 <i>Facilitator: Wubet Tezera</i>	Fridays 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 like improved focus, digestion, and antioxidant support. All are welcome.	Free

LANGUAGE

English Conversation Activity #R07021-508 *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 #R07019-502 *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

Beginner Italian Class Activity #R07021-504 *Facilitators: Nina Baccanari and Graziella Caminiti*

Weds.
1:00pm - 2:00pm

This class will cover vowels, numbers, alphabet, seasons, days, months, grammar, phrases, vocabulary, and other basic principles.

Free

Intermediate Italian Class Activity #R07021-506 *Facilitators: Maria Goudiss and Suzan Daley*

Weds.
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

Beginner Spanish Class Activity #R07015-508 *Facilitator: Mauricio Burgos*

Thurs.
9:30am - 10:30am

Come and learn the 2nd most spoken language in the entire world with Mauricio's beginner Spanish class! This session will cover basics such as ABCs, numbers, seasons, months, days of the week, and many more rudimentary concepts, to prepare you for the next level.

Free

Beginner Plus Spanish Class Activity #R07015-509 *Facilitator: Rocio Torresano*

Thurs.
10:30am - 11:30am

This session will introduce simple phrases and sentences at a slow pace. Basic questions and answers about participants' surroundings, people they know, things they have, or any other familiar topics will be tried out.

Free

MUSIC

Seasoned Players Activity #R07056-502 *Facilitator: Helen Cothran*

1st & 3rd Weds.
1:30pm - 3:30pm

Come rehearse songs and/or line dances to perform at nursing homes and senior centers.

Free

Folklore Society of Greater Washington Presents **Song Circle Activity #R07080-516** *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 #R07109-503 *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

SERVICES

Blood Pressure Screening Activity #R07108-505 *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

Indoor Shuffleboard Activity #R07121-502 Facilitator: Cathy Fisher	Tues. 12:30pm - 2:00pm	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 #R07124-501 Facilitator: Cathy Fisher	Thurs. 1:00pm - 2:00pm	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 #R07091-502 (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 #R07103-503 M-F Activity #R07103-505 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 #R07097-505 Mon. Activity #R07097-506 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 #R07091-513 Instructor: Coach Brad Paleg	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 #R07091-514 Instructor: Coach Brad Paleg	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 #R07091-515 Instructor: Coach Brad Paleg	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.

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

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

Announcements

Have Our Newsletter Emailed

You can have our monthly newsletter emailed directly to your personal email address! Sign up at the front desk or call 240-777-8085 to give us your email address.

Schweinhaut Walking Club

Tuesdays starting July 15th we will be having a walking club. Meet in our lobby to begin the walk. Wear comfortable

clothing and bring water to stay hydrated.

Senior Adventures Camp

Schweinhaut will once again host a Senior Adventures Camp! Enjoy great lunches, trips to the Air & Space Museum and Brookside Gardens, and a lively "Let the Games Begin" day featuring classic games and game shows from past decades. Don't miss the fun and friendship! Save the dates: July 29, 30, 31.

Upcoming Programs and Closures



Wed, July 9

The Four Chaplains by Veteran Wayne Stinchcomb
#R07312-301

Mon, July 14

Motown with Jumpin Joe Phillips #R07106-524

Wed starting July 15-Aug 12

Schweinhaut Walking Club #R07035-512

Thurs, July 17

Vaccine Clinic by Giant Pharmacy #R07108-336

Fri, July 18

Dance Party with Walter Ware #R07106-523

Tues, July 29 - Thurs, July 31

Senior Adventure Camp #R07104-425

*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.com