



Happenings

September 2022

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Schweinhaut 50th Anniversary Celebration

• October 8th, 2022 • 9 - 4pm

Come and enjoy a fun filled day showcasing our programs. We will have a farmers market, entertainment, demonstrations of classes and food throughout the day. We will also be designating the month of October with special events, programs, and music to honor our center.

New Registration Area using Computers

Don't have a computer at home? Not sure how to register for a program or class? Starting August 1st we will be designating two computers in our computer area for participants to register themselves for our programs and events. Staff will be on hand to show you the process and answer questions you may have. Our goal is to have our participants get familiar with and be able to navigate registering themselves for all our programs.

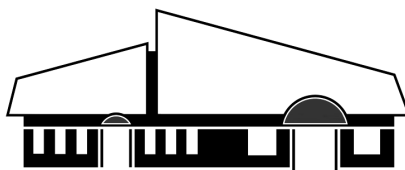
The Mobile Dentist will return mid September date to be determined.

Notice will be posted in hallway by the lobby when available.

Class Cancellations or Changes

Center closed on Sat. Sep 3 – 5 for Labor Day

No Pickleball on Fri. Sep 30th



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

October Celebration Month at MSSC

Whole week of exercises by Julien Elie

Oct. 3 Basic Functional Balance Exercise 8:30am– 9:30am

4 Fall Prevention 1:00pm-2:00pm

5 Kick Boxing 11:00am-12:00pm

6 Fall Prevention 1:00pm-2:00pm

7 Low Impact Exercise 8:30am-9:30am

Medicare Resource Table

Every Tuesday in October 9:00am-1:00pm

Music by Selina Johnson * New Entertainer*

October 3rd & 17th 1:00pm-2:30pm

Vaccine Clinics

October 7th and 21st 10:00am-2:00pm

50th Anniversary Celebration

October 8th 9:00am-4:00pm

Vintage Entertainment 12:00pm-1:00pm

DJ Tyzer 2:30pm-4:00pm

Music by Howard Feinstein

October 11th 1:00pm-2:30pm

Holiday Tyme with Essential Oils by Adrienne Hausman

October 14th from 11am-12pm

Special Programs

Fall Prevention Presentation by Adventist Healthcare

• Friday, September 9 • 10:30 - 11:30 a.m. • Garden Room

Are you fearful of falling or have you fallen recently? Do you know that falls are the leading cause of brain injury? Adventist Healthcare Rehabilitation will provide education about falls, recommend changes you can make at home, and determine your risk of falling based on a standardized questionnaire. Your scores will help determine if you may be referred for outpatient Physical Therapy, or review some exercises you can perform at home to reduce your risk.

Our Own Voice by Shannon Parkin #R07028-107

• Saturday, September 10 • 11:30 a.m. – 2:30 p.m. • Art Room

Shannon Heath Parkin, a volunteer with the National Alliance on Mental Illness NAMI Montgomery County, will share her recovery story after decades of depression and attempting suicide in 2015 through an In Our Own Voice presentation. Shannon will share how with the support of NAMI, she learned to work with a recreational therapist as she returned to activities she had enjoyed. Shannon received the Transforming Lived Experience award from the American Association of Suicidology in April of 2022.

DJ Tyzer #R07080- 308

• Saturday, September 17 • 1:00 p.m. – 2:30 p.m. • Auditorium

Join us for an hour and a half of dancing, singing and socializing with your friends. Light refreshments will be served.

Music by Selina Johnson (New Entertainment to MSSC)

• Monday, September 12 • 1 - 2:30 p.m. • Auditorium

Selina is thrilled to offer a diverse and spirited collection of musical selections at the Schweinhaut Senior Center from Elvis and Billy Joel to Stevie Wonder, Diana Ross & The Supremes. Come join the Extravaganza!

Sign up at our registration area or call the center at 240-777-8085.

Recycling Tips & Info by Dept of Environmental Protection - Garden Room

• Friday, September 16 • 2:00 - 3:00 p.m. • Garden Room

Come and learn about recycling in Montgomery County. There will be lots of tips and information to make you a successful recycler.

Make a Personalized Sewing Kit by United Healthcare & Chris Farmer—Garden Room

• Tuesday September 22 • 11:00am-12:00p.m. •

Join Chris Farmer from Integral Benefits Group and UnitedHealthcare in personalized sewing kit making.

Ask questions for the upcoming annual election period, enjoy light refreshments, and have some fun!

High Cholesterol Presentation #R07028-106

• Thursday, September 20 • 1:00 - 2:00 p.m. • Garden Room

Join Nutritionist Josephine Djoukeng for a presentation on salt and sugar diet: Learn what they have in common for poor health issues.

Vaccine Clinic Presented by Germantown Giant Food Pharmacy

• Friday, September 23 • 10:00 a.m. - 2:00 p.m. • Garden Room

Rimple Gabri from Giant Food will be offering a Vaccine clinic. Besides the Flu shot they will also be providing Shingles, Tetanus, Pneumonia and Covid vaccines. Bring your Medicare card and any secondary insurance information. No appointments necessary but registration is required. **Sign up at our registration area or call front desk at 240-777-8085.**

Schweinhaut Dance with Music by Mike Suratt #R07013

• Tuesday, September 27 • 1:00 - 3:00 p.m. • Auditorium

Our Advisory Board (FOMSSC) has provided a four month series of music every 4th Tuesday of the month. Join us for the 4th date of the series. Music will be performed by Mike Suratt who plays swing, cha cha, rumbas and so much more. **Pre-registration is required.**

Changes at MSSC

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We are excited to see our paint job is almost completed. We have completed our Bocce court. We have new furniture and chairs in the lobby and we have new security cameras, it is looking beautiful.

Do you have a suggestion about a new activity or an idea you would like to see at the center? We would love to hear from you!

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



We Want Your
Feedback!

Nutrition Program - *Socialize while enjoying a healthy meal!*

Monday through Friday • Noon • Almost Café

The cost of the meal is \$5.93. For people age 60 or older, or a spouse of any age a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$2.00. Please cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager.

Daily Transportation— *Door to Door Transportation*

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

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call 240-777-8085 and speak to the Nutrition Manager.

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

Montgomery County Inclement Weather Policy

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

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety the first notification is made through Montgomery County's emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or call 240-777-6889, or visit our Facebook or Twitter.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as their first priority.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-301 <i>Instructor: Carol Reese</i>	Tues. & Thurs. from 9:30a.m. - 1:00p.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	\$20 per month
	Card Making <i>Instructor: Cindy Boccucci</i>	Sat. Sept. 10 11:30am-2:30pm	Learn how to make unique cards.	\$5
	Collage Meet Up Activity #R07095-307 <i>Facilitator: Clare Wilson</i>	2nd Mon. from 1:00p.m. - 3:30p.m.	Discover your creative talents and join the group making collages, personal art books, and creative origami. Beginners are welcome, so come and get inspired by others. Bring your project or begin a new one. Some materials are provided.	Free
	Fun with Art Activity #R07052-301 <i>Facilitator: Barbara Hunter</i>	Wed. & Fri. from 10:00a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
	Origami Activity #R07096-303 <i>Facilitator: Lois Dicker</i>	2nd Mon. from 1:00p.m. - 3:00p.m.	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
EDUCATIONAL	Anne's Knitting Corner Activity #R07003-303 <i>Facilitator: Peggy Margaret Saffa</i>	Wed. from 1:00p.m. - 3:00p.m.	The Knitters make a variety of knitted and crocheted items for area charities.	Free
	Book Discussion Activity #R07065-302 <i>Facilitator: Marjorie Hoffman</i>	1:00p.m. - 2:30p.m. (Sept. 3rd Week)	We will be discussing "Lincoln Highway". Lincoln Highway follows a crew of kids — some fresh out of reform school — who hit the road in search of a better future, with a few detours along the way. Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-303	3rd Thurs. from 9:00a.m. – 9:45a.m.	Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.	Free
	Italian Class Activity #R07021-307 <i>Instructor: Nina Bacchanari</i>	Weds. from 1:00p.m. - 2:30p.m.	Class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. Participants should have a working knowledge of the Italian language.	Free
	Spanish Class Activity #R07015-301 <i>Instructor: Rocio Torresano</i>	Thurs. from 10:00a.m. - 11:00a.m.	TBD	Free
	Writer's Group Activity #R07058-306 <i>Facilitators: David Lindsay & Beverly Moss</i>	1st & 3rd Tuesdays from 10:00a.m. - 12:00p.m.	Friendly and informal group where participants share their essays, poems, novel excerpts, commentaries, and other written works. Bring anything you would like to share, and if you don't have anything written, drop in to listen and discuss! Class is now being held virtually - Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free

Activity	Day & Time	Description & Contact	Fee
Basic Functional Balance Exercise Activity #R07039-303 Instructor: Julien Elie	Monday 8:30am– 9:30am	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well balanced body.	Free
Ballroom Dance Activity #R07011-301 Instructors: Ellen Moran & William Goldberg	Wed. from 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
Let's Dance Activity #R07011-301 Instructors: Ellen Moran & William Goldberg	Wed. from 1:00pm - 1:30pm	Offers a time for practice and fun after our Ballroom Dance class!	Free
Chair Yoga Activity #R07032-305 Instructor: Joy Bartholomew	Tues. from 10:00am - 11:00am	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
Kickboxing Activity #R07060-307 Instructor: Julien Elie	Wed. from 11:00am - 12:00pm	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 every offensive and defensive move in kickboxing.	Free
Line Dancing Activity #R07011-304 Instructor: Jo Ann Eng	Sat. from 10:30am - 12:00pm	Learn how to line dance while having fun. These classes will keep you moving.	Free
Low Impact Activity #R07060-306 Instructor: Julien Elie	Fri. from 8:30am - 9:30am	Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than our traditional exercise classes.	Free
<i>Holy Cross Hospital & Kaiser Permanente Presents</i> Senior Fit Instructor: Mike Werle	Sat. from 9:30am - 10:15am	Focus on increasing strength and muscle endurance while improving balance and flexibility. Call 301-754-8800 to register. Must complete form prior to participating.	Free
Tai Chi Chuan Activity #R07025-306 Instructors: Glenn Moy (Tues.) & Kirk Talbott (Fri.)	Tues. & Fri. from 1:30pm - 2:30pm	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
Beginner Level Pickleball Activity #R07091 Instructor: Brad Paleg	Thurs. 1:00pm - 2:30pm	For those who have never played pickleball or are just beginning playing pickleball.. No experience necessary.	Free
Inermediate Level Pickleball Activity #R07091-304 Instructor: Coach Brad Praleg	Thurs. 2:30pm- 4:00 p.m.	Learn how to play and the rules, then take your new skills to the court. Sign up at front desk space is limited, more sessions to come.	Free
Qi Gong Activity #R07059-302 Instructors: Mike Kornely & Julia Schuker	Sat. from 12:00pm - 1:00pm	Qi Gong is back. Please Join Us - Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free
Yin Yoga Activity #R07032-308 Instructor: Adina Crawford	Sat. from 9:30am - 10:30am Sep 10 + 24th	This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
<i>The Affiliated Sante Group Presents</i> Circle of Support Activity #R07076 - 303 Facilitator: Suzanne LaFauce, LGPC	Mon. from 1:00pm - 2:00pm.	Have you experienced the loss of a loved one? We are here to offer support with the guidance of Senior Services LGPC Therapist Suzanne LaFauce. Let us help you through the difficult days while you allow yourself to grieve in a healthy way.	Free
Nutrition 101 Activity #R07024-303 Facilitator: Josephine Tsobgni Djoukeng, Ph.D.	Tues. from 1:30pm - 2:30pm Thurs. from 1:00pm - 2pm	Join nutritionist and Certified Wellness Wave Life Coach, Josephine, to discuss how to be your best healthy self.	Free

	Activity	Day & Time	Description & Contact	Fee
GAMES	BINGO! Activity #R07085-302 <i>Facilitator: Linda Disharoon</i>	Mon. & Thurs. from 10:30am - 11:30am	Win prizes and have fun! Maximum two cards per person.	\$1
	Pinochle Card Game Activity #R07099-301 <i>Facilitator: George Kelly</i>	Wed. from 1:00pm - 3:00pm	Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.	Free
	Scrabble Tips & Tricks Activity #R07099-302 <i>Facilitator: Marcia Bowens</i>	Mon. from 11:00am - 12:00pm	Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters.	Free
	Chess Club Activity #R07110-301 <i>Facilitator: Clifford DuThinh</i>	1st, 2nd, 4th Thurs. 1:00pm - 2:00pm	Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board. The objective of the game is to capture the opponent's king. Beginners are welcome.	Free
MUSIC	Encore Chorale <i>Facilitator: Jeanne Kelly</i>	Returning in Sep. Mon. from 1:30pm - 3:30pm.	For more info, call 301-261-5747 or visit www.encorecreativity.org .	Free
	Seasoned Players Activity #R07080-304 <i>Facilitator: Helen Cothran</i>	In Person or Zoom 2nd Fri. from 1:30 - 3:30 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> Song Circle Activity #R07080-303 <i>Facilitator: Fred Stollnitz</i>	In Person or Zoom 2nd Fri. of 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 to join.	Free
	Angklung Music Lesson Activity #R07109-301 <i>Instructor: Ari Peach</i>	Sat 12 --2pm	Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument. Then get the opportunity to preform at various functions..	
SERVICES	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>	2nd Tues. from 10:30am - 11:30am	Call 240-777-1062 to make an appointment for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free
SPORTS	Open Pickleball Activity #R07091-301	Fri. from 10:30am - 12:00pm	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure.	Free
	Billiards Activity #R07103-301	M-F 8:00am–4:00pm Sat. 9:00am –3:00pm	Come on in and join us for a game of Billiards. Pool Room is open to everyone during center hours.	Free
	Intermediate Pickleball Activity #R07091-302	Mon. from 12:00pm - 2:00pm	Suitable for players that know the rules and have mastered the basic shots of the game.	Free
	Table Tennis Mon Activity #R07097-301 Fri Activity #R07097-302	Mon. from 12:00pm - 2:00pm 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.	Free



**Community Partnerships
Make Wonderful Things Happen!
Thank you to the following organizations...**

AARP

Adventist Health Care

Affiliated Sante Group

Akhmedova Ballet Academy

Beacon Newspapers

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

Holy Cross Hospital

South Four Corners Citizens Association

United Health Care & Integral Health Care

U.S. Postal Service

Woodmoor Pastry Shop

Announcements

Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems?
Call Elaine Hughes at 301-589-0720 or email at eshughes2@juno.com and get your clothes mended, free of charge!

Donations For Ukraine

Anne's Knitting Corner is partnering with St. Andrews Ukraine Cathedral to raise donations for Ukraine's people in need. We would like to collect personal hygiene products such as toothbrushes, toothpaste, soap, shampoo, razors, woman's feminine products, etc. They were very appreciative of our 1st Donation. Thanks so much.

New Military Group

We are looking for a few good Women and Men. Schweinhaut is looking for people to facilitate a military group at our center email Karen at karen.maxin@montgomerycountymd.gov if your interested.

Returning to the Schweinhaut Center!!!

Maximizing the Quality of Life
Activity #07043-302 with Facilitator Edie Mahlmann, LCSW.

A support group that confronts the challenges and options that are present in the process of aging.

Upcoming Programs – Look at what is coming in October



Mondays, October 3rd and 17th

Music by Selina Johnson

Tuesday, October 4th

Medicare Benefits Resource Table

Tuesday, October 4th + 6th

Fall Prevention Exercise with Julien

Friday, October 7th

Vaccine Clinic Presented by Giant Food Pharmacy

Saturday, October 8th

50th Anniversary Party

Saturday, October 11th

The Music of Louisiana/New Orleans by Howard Feinstein #R07089-315

Saturday, October 29th

Akhmedova Ballet Performance

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. Keep an eye out for additional programs at our information area.



Check out our Website!

at mocorec.com

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

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