

2020-2021



Senior Programs Newsletter

A MESSAGE FROM THE SENIOR PROGRAMS STAFF



Active Aging Week, October 5–11, 2020, is a celebration of all the amazing things older adults can do! During the week there will be programs available to help you focus on staying active—physically, emotionally and in your social life. There will be plenty of fun and informative virtual programs and outdoor

events, such as Bingo, Voting Information, Home Safety Tips, Yoga, and Walk at Brookside Gardens. In addition, outdoor pop-up sites at Damascus Senior Center, Schweinhaut Senior Center and North Potomac Senior Center for you to participate in while being socially distanced. Get ready to participate in all the exciting programs planned for Active Aging Week. Register on www.mocorec.com for classes and events.

The File of Life (FOL) Program of Montgomery County is a system designed to furnish important information about your medical history to paramedics in an emergency. Medics need it to be able to quickly diagnose your condition and provide emergency care effectively. The FOL packet enables Montgomery County Fire and Rescue personnel to obtain a quick and accurate medical history when a patient or family member is unable to offer one. It's a red, magnetic packet that contains important medical information about you and provides an area to list contact information for your doctor, family members, insurance information and any other information rescue personnel should know. FREE FOL packets are available upon request to residents of Montgomery County. To access File of Life for additional information or to register go to www.mcfrs.org/mcsafe and search for "file of life" or call 240-777-2430.

FILE OF LIFE	
Name:	
Address:	
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	



REC

ADULT 55+

CLASSES, PROGRAMS & EVENTS

NEW PROGRAMS START SOON



TO REGISTER VISIT
WWW.MOCOREC.COM

UPCOMING FALL REC PROGRAMS

Campfire Dessert Chat #98691

Campfire Dessert Chat #98693

Outdoor Yoga #97636

Outdoor Yoga #97290

Hula Dance #94602

Line Dance Party Favorites #93326

Virtual Trivia #93343

Virtual Fashion Show #97621

Virtual Intro to Hindi #97770

Virtual Leg Strength Exercises #96810

Feeling Crafty *Celebrate the Colors of Fall* Kits #97522

REGISTRATION OPEN OR OPENING SOON!

SPACE IS LIMITED!

REGISTER AT WWW.MOCOREC.COM



See specific activity for more information.

240-777-6840 ■ Hablamos Español ■ www.mocorec.com

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Contact a Therapeutic Recreation Specialist at 240-777-6870 or @rec.mainstream@montgomerycountymd.gov to request accommodations.



VOTING PROCESS INFORMATION—QUESTIONS & ANSWERS

THURSDAY, OCTOBER 1ST AT 1 PM—#93147

The Presidential Election is almost here and this is your chance to get answers to your questions. Dr. Gilberto Zelaya from AARP will be discussing several important topics related to voting for the 2020 General Election. Topics include information on:

- ⇒ Mail-in voting (formerly absentee voting)
- ⇒ How to get an mail-in ballot (formerly absentee ballot)
- ⇒ What process to expect on Election Day
- ⇒ Where will I be able to vote
- ⇒ How will I be able to vote
- ⇒ Who can vote by mail-in ballot
- ⇒ How will I receive my mail-in ballot
- ⇒ The significant need for poll and election workers.

To register go to ActiveMontgomery.org to register for this very important session and get all your questions answered.

Important Note: A recent change in the law requires the State Board of Elections and each local board of elections to refer to absentee ballots as "mail-in ballots" and absentee voting as "mail-in voting." Please note that this change in terminology does NOT change the process of mail-in voting.

VOTE EARLY

YOUR TIME | YOUR VOICE | YOUR VOTE

GENERAL ELECTION
EARLY VOTING DATES AND TIMES

Monday, October 26, 2020 through Monday, November 2, 2020 7:00 am - 8:00 pm

Voters may go to any early voting site in Montgomery County and cast a ballot. Early voting results are tallied on Election Night, just like votes cast on Election Day. If you vote early, you may not vote by mail or on Election Day.

- Activity Center at Bohrer Park
- Damascus Community Rec Center
- Executive Office Building
- Germantown Community Rec Center
- Jane E. Lawton Community Rec Center
- Marilyn Praisner Community Rec Center
- Mid-County Community Rec Center
- Potomac Community Rec Center
- Sandy Spring Volunteer Fire Department (The Ballroom)
- Silver Spring Civic Building
- Wheaton Library & Community Rec Center

The eleven early voting locations will be open on Election Day November 3, 2020 from 7:00 am - 8:00 pm.

MOCO REC PROGRAMS IN ACTION

Acrylic
Painting
Beginners
welcome



Outdoor
Tai Chi at
North
Potomac
Senior
Center



Keeping fit playing
Human Foosball at North
Potomac Soccer Field



Hula
Dancing at
Holiday
Park



Beginners Hula Lessons at
Holiday Park Senior Center



Sign up at

mocorec.com

2020 CENSUS DEADLINE IS SEPTEMBER 30TH!

Every household can respond to the 2020 Census online, by phone, or by mail. Households that have not received their invitation or cannot locate it can still respond online—even without their invitation or Census ID—by providing their address. To respond online, visit www.2020Census.gov or use 844-330-2020 to respond by phone.

DON'T DELAY...RESPOND TODAY TO THE 2020 CENSUS!

Everyone counts. The goal of this census is to count every living person in the U.S. once, only once, and in the right place. We need your help to make sure everyone in your community gets counted.

Census data are important. The U.S. Constitution requires a census every 10 years. The results are used to determine the number of seats each state has in Congress, draw boundaries for voting districts, and determine how more than \$675 billion in federal funding is spent in communities each year.

Taking part is your civic duty. Completing the census is required; it is a way to participate in our democracy and say "I count!"

Your information is confidential. Federal law protects your responses. Your answers can only be used to produce statistics and cannot be used against you by any government agency or court.

SENIOR CONNECTION

The Senior Connection has a team of dedicated volunteers, and even during this pandemic they are able to assist with the following:

- Transportation to essential medical appointments (*this will evolve as the county opens up*)
- Grocery shopping from a provided list and form of payment
- Prescription delivery
- Providing check-in-chat phone calls
- Manna box delivery (must be registered with Manna)

If you need assistance, please call the office (301-962-0820) with the details of your request. They will reach out to you as soon as possible.



Feeling Crafty?

REGISTER NOW

ACTIVE #97518



TO REGISTER VISIT
WWW.MOCOREC.COM

BEAD IT KITS

KIT INCLUDES:

Kit includes materials to make jewelry, bookmarks, and home décor item.
Create items at home at your pace and display your items on Zoom!
No Zoom...No Problem. Send picture of your items and we will display them.

HOW TO GET A KIT:

For Delivery with your Meal-Contact Sheila at 202-450-8057 or email at Sheila.hall@Montgomerycountymd.gov

OR

For Pick-up at Holiday Park Senior Center

Monday, September 28th between 10am and Noon

For Pick-up at North Potomac Senior Center

Wednesday, September 30th between 10am and Noon

REGISTER AT ACTIVE MONTGOMERY—#97518

FEE: \$25



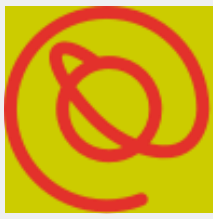
See specific activity for more information.

240-777-4925 ■ Hablamos Español ■ www.mocorec.com

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SENIOR PLANET

STAY CONNECTED EVEN AT HOME!

Aging with Attitude

Senior Planet Montgomery is a free program designed for Montgomery County residents 60 years and older to harness the power of technology. Classes are now being offered online using Zoom video conferencing and focus on how to thrive at home. Topics introduce online programs and resources that enable learning, shopping, entertainment, connecting to loved ones, and staying active. A home internet connection and a device is all that is required to participate. Check out classes; sign-up for our e-newsletter at www.seniorplanet.org/Montgomery.

Contact our team to learn more at mocoinfo@seniorplanet.org or 240-753-0676

Tech Question? Give us a call. Senior Planet National Tech Hotline: 920-666-1959

LOOKING FOR LOW-COST INTERNET OPTIONS

Check out low-cost options below. If you are denied enrollment or need assistance obtaining a device, contact Senior Planet and Montgomery County will try to assist you.

COMCAST INTERNET ESSENTIALS

1-855-846-8376/1-855-765-6995 for Spanish/video chat in ASL on their website www.internetessentials.com.

RCN INTERNET FIRST

800-746-4726 • www.rcn.com/internet-first

Limited service area: Silver Spring, Chevy Chase, Gaithersburg.

VERIZON

1-800-837-4966 • verizon.com/info/low-income-internet

What is Rec Room?



Montgomery County's Recreation Rec Room is a virtual recreation hub for residents to enjoy from home.

It can be challenging to stay fit and active during this time, so we have created exciting ways to do all things Rec while you are home. You will find arts & crafts, fitness videos, virtual classes and trips, and fun recreational ideas. You can access Rec Room at mcorec.com. Have fun! Stay Fit. Stay Healthy. Stay Creative.

How many varieties of apples can you name?

Good Luck!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Welcome Autumn

Autumn arrives on Tuesday, September 22, 2020. In autumn, the leaves turn gorgeous shades of red and gold, pumpkin spice desserts and drinks are everywhere, bushels of apples in every variety are in abundance, and the air is crisp and cool. Make sure you celebrate glorious fall by taking a nature walk or trying a new recipe.

APPLE CRISP RECIPE

Ingredients

- Three pounds of apples-Golden Delicious, Fuji or Gala apples peeled, cored, and cut into 1/4-inch slices
- 1/4 cup honey
- 1/2 cup chopped pecans or walnuts
- 3/4 cup all-purpose flour
- 1/2 cup packed light brown sugar
- 3 tablespoons unsalted butter cut into small pieces

Directions

- Preheat oven to 350°F.
- In a shallow baking dish, combine the apples, honey, nuts. Toss and set aside.
- In a bowl, combine the flour, sugar, and butter.
- Using your hands, work the butter into the flour mixture until crumbly
- sprinkle over the apples.
- Bake about 45 minutes. Apples will be tender and the topping is golden brown.
- Remove from oven, cover and let sit for 10 minutes.
- Serve warm and enjoy!

Did You Know?

- ⇒ The science of growing apples is called pomology.
- ⇒ The top producing apple states are Washington, New York, Michigan, Pennsylvania, California, and Virginia.
- ⇒ Americans eat about 16 pounds of fresh apples per person per year.
- ⇒ Apples can float because they contain 25 percent air.
- ⇒ It takes about 36 apples to make one gallon of apple cider.
- ⇒ Apples are fat-free, sodium-free, cholesterol-free and a good source of fiber.

OUTDOOR WALKING

Register for one of MoCo's Walking Programs

NATURE WALK #93351

WALKING CLUB #90806

NATURE WALKING #93246

Advantages of Outdoor Walking:

- ♦ You get your dose of vitamin D
- ♦ No special equipment is required
- ♦ Improved circulation
- ♦ More efficient breathing
- ♦ Reduced risk of heart disease

With all the benefits above, the only thing you have to lose when you participate in one or all of MoCo's Outdoor Walking programs is a few pounds!



When you participate in a MoCo Rec walking program you never know who might join you.



Montgomery County Recreation Senior Programs Team

Contact Us

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