



# Holiday Park Hi-Lites

*It is Grand to be 55+ in Montgomery County!*

## March 2020

Year 39 Volume 5



### Mardi Gras Celebration with the Dixieland Band

**Thursday, March 5th, 1:00 pm,  
Free**

Listen and dance to the music of the Dixieland band while enjoying wonderful refreshments. Limited space available  
Co-sponsored by HPSI



### St. Patrick's Day Celebration with Tom Delaney

**Thursday, March 12th, 1:00  
pm, Free**

Enjoy the music of Ireland and have a delicious green drink. Limited space available.

Co-sponsored by HPSI

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### The Better Angels: Five women who changed the American Civil War



**Monday, March 16th, 1:00 pm, Free**

Celebrate Women's History Month with the Montgomery County Historical Society.

Please see pg. 8 for more information.



Holiday Park Senior Center  
3950 Ferrara Drive, Wheaton, MD 20906  
Phone: (240) 777-4999

Center Hours:  
Monday thru Friday 8:45 a.m. - 4:00 p.m.



### The monthly Hi-Lites is sponsored by HPSI (Holiday Park Seniors, Inc.)

Information containing advertisements do not constitute any involvement, support, or endorsement by Montgomery County Government, Montgomery County Recreation, or the individual facility or program.

## Upcoming Events



### OPEN HOUSE

Tuesday, April 28th, 10:00 am to 2:00 pm

Invite your family and friends. All are welcome

View Drawings, Watercolors, Chinese Brush Paintings, Photography Displays, Crafts and Woodcarvings by your fellow Holiday Park Members. Enjoy class demos. Café and Gift Shop open for your eating and shopping pleasure.

Free donuts while they last!

## Wednesday Evening Returns

Wednesday Evening programs returns in April. The center will stay open beginning April 1st, 2020 until 9:00 pm. Please pick up your copy of the “Great Evenings at Holiday Park, Spring 2020” to learn all about the exciting programs lined up. From a meet and greet with the staff and volunteers to the Cinco De Mayo Celebration, to street foods of India, we will learn, experience and enjoy the cultures of the world.

Do not miss the fun! Pick up your copy today!



## Announcements

**CENTER CLOSED:** Monday, April 6th through Friday, April 10th for spring cleaning. Enjoy!

**RSVP/AARP TAX-AIDE PROGRAM :** To schedule an appointment call 240-777-2577 (Monday - Friday, 9:30 - 3:30 pm).

## Plant Room Corner

Cut back perennials and grasses to about two inches above ground. Prune non-flowering trees and shrubs before you detect signs of new growth. You can also plant cool weather crops outdoors such as spinach, kale, broccoli, lettuce, and peas. Now is the time to repot houseplants if the plant is pot-bound (roots are growing out of the drainage hole or the roots have taken the shape of the pot.) For advice to determine whether you need to repot your houseplants, visit the Plant Room on Tuesdays or Fridays from 9-12.

## Inclement Weather Policy

Holiday Park follows Montgomery County Schools for closures:

- If county schools are closed, all center activities are cancelled including the lunch program.
- If county schools close early, the center will also close early.
- If county schools are on a delayed opening schedule, there will be no lunch program and the center bus will not run. The center will open at 10:00 am.

Please call the main line 240-777-4999 for a recorded update of the center’s operating hours and/or check your Local News for Alerts. You can also get messages by registering at AlertMontgomery: [alert.montgomerycountymd.gov](http://alert.montgomerycountymd.gov).

# Classes and Drop-in Activities

Registration for Spring classes begins March 2nd. Stop by the Front Desk to enroll.

## Fitness and Dance

### AS EASY AS ABC... Exercise Class

Taught by Matt Rundell. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights used. **Winter classes end: 3/18.**

<b>Beg.</b>	Wed	4/15-6/24	10-10:55am	\$52; \$44/HPSI
<b>Adv.</b>	Wed	4/15-6/24	9-9:55 am	\$52; \$44/HPSI

### BALLROOM: FUNDAMENTALS

Taught by Ron & Amy Wagaman. These fun beginner classes will teach you basic routines. They also will help experienced dancers improve their technique. Couples and single students welcome. **Smooth:** Quickstep & Argentine Tango. **Rhythm:** Rumba & Bachata. **Winter classes end: 3/10. No classes: 4/28 & 6/16.**

<b>Smooth</b>	Tue	4/14-6/23	1-1:55pm	\$43; \$36/HPSI
<b>Rhythm</b>	Tue	4/14-6/23	2-2:55pm	\$43; \$36/HPSI

### BALLROOM: INTERMEDIATE

Taught by Ron & Amy Wagaman. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcomed. **Smooth:** Waltz & Viennese Waltz. **Rhythm:** Jitterbug & Hustle. **Winter classes end: 3/11.**

<b>Smooth:</b>	Wed	4/15-6/24	2:45-3:40pm	\$52;\$44/HPSI
<b>Rhythm:</b>	Wed	4/15-6/24	3:45-4:40pm	\$52;\$44/HPSI

### BALLROOM: TWO LEFT FEET

Taught by Bill Goldberg and Ellen Moran. A fun introduction to ballroom. Learn the basics. No partner required.

Mon	Ongoing	1:00-1:55pm	\$5 for 2 drop-ins
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### CARDIO CRAZE

Taught by Zelda Williams. Move to a variety of aerobic exercises designed to increase periods of low to moderate cardio intensity, including toning, and flexibility. **Winter classes end: 3/18.**

Wed	4/15-6/24	11:00-11:55am	\$52; \$44/HPSI
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### CHAIR AEROBICS

Taught by Judy Dorset. A fun aerobic style chair exercise class designed to improve overall fitness. **No classes: 4/28.**

Tue	4/14-6/9	1:30-2:30pm	\$38; \$32/HPSI
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### CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming Shan. Combines tai chi, qigong, ballet & expressive dance movements. Drop-in.

Thu	Ongoing	2:00-2:55pm	Free
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### DANCING TO THE BEAT

Taught by Zelda Williams. Dance to the beat to improve your aerobic fitness.

Tue	Ongoing	10:00-10:55am	\$5 for 2 drop-ins
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### EASY FIT DANCING

Taught Marcia . Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun.

Mon	Ongoing	11:00-11:50am	\$5 for 2 drop-ins
Thu	Ongoing	11:15-12:10pm	\$5 for 2 drop-ins

### FITNESS EQUIPMENT ORIENTATION

Training on the safe use of the fitness room's equipment.

Wed	3/18	1-2:30pm	\$10
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### FITNESS ROOM STRENGTH TRAINING

Taught by NiClaire. Individually designed workouts improve fitness using the weight training equipment in the Fitness Room. Space is limited. **Winter classes end: 3/16 & 3/20. No classes: 5/18 & 5/25.**

Mon	4/13-6/22	2-2:55pm	\$54; \$45/HPSI
Fri	4/17-6/26	1-1:55 pm	\$66; \$55/HPSI

### FLEXIBLE STRENGTH

Taught by Matt Rundell. Class combines standing and floor work, designed to increase posture, flexibility, range of motion, and core strength. Bring a mat to class. **Winter classes end: 3/19.**

Thu	4/16-6/25	9:00-9:55am	\$52; \$44/HPSI
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### HEALTHY HAPPY BONES

Taught by Zelda Williams. Build bone density by strengthening, and stretching along with weight-bearing and balance to music that will make you move. **Winter classes end: 3/18.**

Wed	4/15-6/24	12:00-12:55pm	\$52; \$44/HPSI
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### HULA DANCE

Taught by Dawn Felsen. A class that will teach the mechanics of Hula dance steps & hand movements. Students will also, learn the history and the terminology of Hula. **Winter classes end: 3/27.**

Beg.	Fri	4/17-5/15	11:00-11:55am	\$24; \$20/HPSI
Int.	Fri	5/22-6/19	11:00-11:55am	\$24; \$20/HPSI

# Classes and Drop-in Activities

Registration for Spring classes begins March 2nd. Stop by the Front Desk to enroll.

## INTERNATIONAL FOLK DANCING

International & Israeli folk dances with Sharon Katz. Easy steps and movements. No partner required. **Winter classes end: 3/20. No classes: 5/29.**

Fri	4/17-6/26	11:00-11:55 am	\$48;\$40/HPSI
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## LINE DANCING

Choreographed line dancing to songs from a variety of musical styles. See instructor to check your level. Monday class instructors are YY and Team, and Tuesday class instructor is Wendy Yang. **Winter classes end: 3/16 & 3/17. No classes: 4/28, 5/18, 5/25 & 6/16.**

<b>Basic</b>	Tue	4/14-6/23	2-2:55pm	\$43; \$36 /HPSI
<b>Inter. I</b>	Tue	4/14-6/23	1-1:55pm	\$43; \$36 /HPSI
<b>Inter. II</b>	Mon	4/13-6/22	1-1:55pm	\$43; \$36 /HPSI
<b>Improver</b>	Mon	4/13-6/22	2-2:55pm	\$43; \$36 /HPSI

## NIA DANCE FITNESS

Taught by Smita Khatri. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts (such as yoga). Students will move to joyful, uplifting and soothing music. Appropriate for all levels. **Winter classes end: 3/19.**

Thu	4/16-6/25	10:00-10:55am	\$60; \$50/HPSI
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## PILATES (CHAIR)

Taught by Amina. Pilates trains you to breathe mindfully to engage abdominal muscles during a series of different types of resistance movements for the body. Improve coordination, upper body alignment & strengthen deep pelvic floor muscles. These exercises are done in a chair.

Fri	4/17-6/26	9:00-9:55am	\$52; \$44/HPSI
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## PILATES (MAT)

Taught by Amina. Pilates is a mind/body movement system to engage deep pelvic floor to upper abdominal muscles supporting the spinal column. Use your body weight to regain strength, mobility and flexibility using muscles from head to toe. This class is welcoming to the beginner, challenging to the experienced and possible for all in between. Mat required. **Winter classes end: 3/20.**

Fri	4/17-6/26	10:00-10:55am	\$52; \$44/HPSI
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## QI GONG

Taught by Michelle DeStefano. Calming the mind and calming the body allows healing. Qigong is described as "movement in meditation". This class is designed to gently stimulate muscle, breathing and the flow of energy throughout the body. **Winter classes end: 3/18.**

Wed	4/15-6/24	2:00-2:55pm	\$52; \$44/HPSI
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## SQUARE DANCING

Taught by Tom Sellner. No partner needed. **Winter classes end: 3/19.**

Thu	4/16-6/25	11:00-11:55am	\$52; \$44/HPSI
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## TAI CHI CHUAN

<b>With Sando Lee</b>	Tu	Ongoing	9:00-9:55am	Free
<b>Basic w/ L. Gross</b>	W	Ongoing	10:30-11:00 am	Free
<b>With M. Karlan (warm up class)</b>	W	Ongoing	11:00-11:25 am	Free
<b>Adv. w/ L. Gross</b>	W	Ongoing	11:30-11:55am	Free
<b>With Lee/ Karlan</b>	Th	Ongoing	9:30-10:25am	Free

## TAI CHI SWORD

<b>With W. Lim</b>	Mon	Ongoing	2:30-3:25pm	Free
<b>With H. Lee</b>	Thu	Ongoing	9:00-9:25am	Free

## TAP DANCING

Taught by Emily Mayo. A fun style of dance that anyone can learn, regardless of previous dance experience. Beginning tap dance classes focus on learning single tap steps, then incorporating the steps into series of combinations. A few of the basic tap steps include the brush, flap, shuffle and ball changes. **Winter classes end: 3/18.**



Wed	4/15-6/24	5:00-5:55pm	\$52; \$44/HPSI
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## WALK THE WALK

A self-guided, and self-paced indoor walking group for healthy living.

Mon & Wed	Ongoing	3- 4:00pm	Free
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## YIN YOGA

Taught by Smita Khatri. Yin yoga is a gentle, slow-paced style of yoga where postures are held for 3-5 minutes. Most postures are done seated or lying on the floor. The emphasis is on cultivating a sense of stillness in the body and mind. Requires ability to sit or lie on the floor with the support of props (at least one blanket and two blocks). **Winter classes end: 3/19.**

Thu	4/16-6/25	11:15-12:10pm	\$60; \$50/HPSI
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## YOGA FOR BALANCE

Taught by Linda Smith, Ph.D. An introduction to yoga asana poses with attention to stability and strength improvement. **Winter classes end: 3/17. No classes: 4/28 & 6/16.**

Tue	4/14-6/23	10-10:55am	\$43; \$36/HPSI
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# Classes and Drop-in Activities

Registration for Spring classes begins March 2nd. Stop by the Front Desk to enroll.

## YOGA (CHAIR)

Taught by Linda Smith, Ph.D. Low impact using bands to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses. **Winter classes end: 3/16. No classes: 5/18 & 5/25.**

Mon	4/13-6/22	11:15-12:10pm	\$43; \$36 /HPSI
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## YOGA (CHAIR-PLUS)

Taught by Linda Smith, Ph.D. Uses yoga poses adapted to a chair to increase flexibility, reduce joint pain, with emphasis on knees, shoulders and hips. This class expands the popular chair yoga class offered on Mondays. Students should anticipate standing asanas in addition to seated stretch. Bring 2 blocks, a mat and a single (not looped) cotton strap. **Winter classes end: 3/17. No classes: 4/28 & 6/16.**

Tues	4/14-6/23	11:15-12:10pm	\$43; \$36 /HPSI
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## YOGA (EN ESPAÑOL)

Taught by Romelia Blanco. Holistic approach to Yoga in Spanish. This class will return in the summer.

## YOGA (GENTLE)

Taught by Linda Smith, Ph.D. This class focuses on meditation, breathing, core strength, balance and flexibility. Good for beginners. **Winter classes end: 3/16. No classes, 5/18 & 5/25.**

Mon	4/13-6/22	10-10:55am	\$43; \$36/HPSI
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## YOUR BODY IS MEANT TO MOVE

Taught by Niclaire Jones. Exercises balance & strength with balls, bands and weights. Seated & standing movements for people with varying abilities and physical limitations. **Winter classes end: 3/16, 3/18 & 3/20. No classes: 5/18 & 5/25. Note: New time for Advance class.**

<b>Basic</b>	W	4/15-6/24	12-12:55pm	\$60; \$50/HPSI
<b>Inter.</b>	M	4/13-6/22	12-12:55pm	\$49; \$41/HPSI
<b>Adv.</b>	F	4/17-6/26	12:-12:55 pm	\$60; \$50/HPSI

## ZUMBA

Taught by Megan Ganesh and Dance4Life & Health instructors. All-body exercise with Latin rhythms to keep you balanced and give you strength. **No classes: 4/28 & 6/16.**

Tue	4/14-6/23	9-9:55am	\$43; \$36/HPSI
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## ZUMBA (LOW IMPACT)

Taught by Megan Ganesh and Dance4Life & Health instructors. Great for beginners and/or those with joint problems. **No classes 5/18 & 5/25.**

Mon	4/13-6/22	10-10:55am	\$43; \$36/HPSI
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## ZUMBA GOLD ADVANCED

With Mitzi of Rendezvous Dance and Fitness Studio. The original dance-fitness party. **Winter classes end: 3/18.**

Wed	4/15-6/24	9:30-10:25am	\$52; \$44/HPSI
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## ZUMBA GOLD TONING

With Mitzi of Rendezvous Dance and Fitness Studio. Incorporates Gold workout with light weight training. **Winter classes end: 3/20.**

Fri	4/17-6/26	10-10:55am	\$52; \$44/HPSI
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## Arts and Crafts

### CHINESE BRUSH PAINTING

Taught by Peihua Chiang (Nicki). Learn the basics and explore how to paint flowers, birds and small animals. **Winter classes end: 3/19.**

Thu	5/28-7/2	1-3:00pm	\$72; \$60/HPSI
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### CRAFT CORNER

Led by Claire Fisch. Join us for some fun and creative time! 1 session.

Wed	3/11	10-1pm	\$5 for materials
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### DRAWING (BASIC)

Taught by Steve Hanks. Learn the fundamentals of drawing. **Winter classes end: 3/18.**

Wed	4/15-7/15	10-12:30pm	\$168; \$140/HPSI
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### KNIT & CROCHET WORKSHOP

Led by Shirley McIntosh and Carma Wilson. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for area charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
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### WATERCOLOR (ADVANCED)

Taught by Steve Hanks. Expand your knowledge of watercolor technique. **Winter classes end: 3/17. No classes: 4/28 & 6/16.**

Tue	4/14-7/14	10-12:30pm	\$156; \$130/HPSI
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### WATERCOLOR (BASIC & INTERM.)

Taught by Steve Hanks. A class to learn basics and improve your watercolor technique. **Winter classes end: 3/17. No classes: 4/28 & 6/16.**

Tue	4/14-7/14	1-3:30pm	\$156; \$130/HPSI
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# Classes and Drop-in Activities

Registration for Spring classes begins March 2nd. Stop by the Front Desk to enroll.

## WOODCARVING

Led by Roland Paradis & Lillian Porter. Experienced hobbyists offer instruction. Drop-in.

Fri	Ongoing	1:00-2:55pm	Free
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## Computer Classes

### COMPUTER (BASIC)

Taught by Jackie Morse. Intro. to computers and email.

T & Th	3/10-3/26	10:00-11:55am	\$36; \$30 w/HPSI
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### COMPUTER (INTERMEDIATE)

Taught by Jackie Morse. Learn how to navigate the internet and make the most of your computer. **No classes: 4/7 & 4/9.**

T & Th	3/31-4/23	10:00-11:55am	\$36; \$30 w/HPSI
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### COMPUTER WORKSHOP

Led by Kathleen McFarland & Joel Greer. Help with your computer questions. Ongoing.

Wed	Ongoing	1:30-3:30pm	\$2 drop-in
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## INTRODUCTION TO DIGITAL CULTURE FOR IPADS

Taught by Steven Schrier. This class will help you better understand digital culture. You will be able to connect more easily, avoid scams and fraud, identify reliable health resources, and virtually attend cultural events.

**Prerequisites:** This class is for students who have taken iPad basics or iPad Essentials, or are somewhat comfortable using a touch screen on a tablet or smartphone. Please bring your fully charged and updated iPad to the class. Make sure to have an email address. **Winter classes end 3/20.**

## Language Classes

### EVERYDAY ENGLISH

Vocabulary and conversational English to help you get comfortable in everyday conversation.

Interm. w/ John	Mon.	Ongoing	10:00-10:55am	Free
Basic w/ Deb	Tue.	Ongoing	10:00-10:55am	Free
Interm. w/ John	Wed.	Ongoing	10:00-10:55am	Free
Interm. w/ John	Thu.	Ongoing	10:00-10:55am	Free
Interm. w/ John	Fri.	Ongoing	10:00-10:55am	Free

## FRENCH: BASIC & INTERMEDIATE

Taught by Gilles Gouin. Learn and practice your French. **No classes 5/13 & 5/20.**

Basic	Wed	4/15-6/24	9:30-10:20am	\$32; \$27/HPSI
Int.	Wed	4/15-6/24	10:30-11:20am	\$32; \$27/HPSI

## FRENCH (CONVERSATION)

Taught by Gilles Gouin. Practice your French by holding conversations in French. **No classes 5/13 & 5/20.**

Wed	4/15-6/24	11:30-12:20pm	\$32; \$27/HPSI
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## GERMAN BASICS

Taught by Maria and Paul Coombs. This introductory class will cover: greetings, weather, family, shopping, restaurant, train station and hotel visits through dialog in a fun way. This class will include exercises in grammar and vocabulary. Required textbook— Ultimate German Beginner – Intermediate by Living Language, which is available through Amazon.com as a new or used book. The spring class is a continuation of the winter class. **Winter classes end 3/20.**

Fri	4/17-6/26	11:00-11:55am	\$39; \$33 w/HPSI
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## INTRO. TO HINDI

Taught by Uma Mani. Learn basic conversational skills in Hindi including greetings and introductions, everyday words, numbers and many more. **Winter classes end 3/16. No classes 5/18 & 5/25.**

Mon	4/13-6/22	11:00-11:55am	\$32; \$27 w/HPSI
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## MANDARIN (BASIC)

Taught by Chang-Rong Yuan. Learn and practice your Mandarin.

Fri	4/17-6/19	10:00-10:55am	\$39; \$33/HPSI
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## SIGN LANGUAGE (BASIC)

Taught by Michelle DeStefano. Learn the basics of sign language to communicate with the deaf and hard of hearing. **Winter classes end 3/18. Spring dates to be confirmed.**

Wed	4/15-6/24	1:00-1:55pm	\$39; \$33 w/HPSI
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## SPANISH

Taught by Romelia Blanco. Learn or brush up your Spanish. **Winter classes end: 3/17 & 3/20. This class will return in the summer.**

## SPANISH READING CLUB

Practice Spanish through reading. Drop-in.

Thu	Ongoing	1:00-2:30pm	Free
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# Classes and Drop-in Activities

Registration for Spring classes begins March 2nd. Stop by the Front Desk to enroll.

## Performing Arts

### ACTING CLUB

Led by Michael D'Andrea. Members practice their performing skills with new plays. We are seeking new actors. No experience needed, just enthusiasm! This group performs twice a year.

Tue	Ongoing	12:45-1:45pm	Free
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### HOLIDAY PARK SINGERS

Taught by Cynthia Thurston. Find, restore or renew your singing voice. **Winter classes end: 3/23. No classes 4/20, 5/18 & 5/25.**

Mon	4/13-6/22	10-10:55am	\$28; \$24/HPSI
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## Games

### BRIDGE BASICS LEVEL III

Taught by Rochelle Cohen. Learn the basics of bridge with short lessons followed by time for supervised practice. **Winter classes end: 3/19. No classes: 4/30 & 5/7.**

Thu.	4/23-6/25	1:00-3:00pm	\$96; \$80/HPSI
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### BRIDGE (INTERMEDIATE LEVEL III)

Taught by Rochelle Cohen. If you've taken basic bridge or been playing bridge for a year or two, this series will enable you to hone your bridge skills. It will include a quick review of the basics plus, forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. **Winter classes end: 3/17. No Classes: 4/28, 5/5, 5/12 & 6/16.**

Tue.	4/14-6/30	1:00-3:00pm	\$96; \$80 w/HPSI
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### BRIDGE (Duplicate)

Entries sold beginning at noon. ACBL sanctioned.

Wed	Ongoing	12:45-3:00pm	\$4.00 per person
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### BRIDGE (Open Party)

Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
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### BRIDGE (Practice)

Adv.	Mon	Ongoing	10:00 –12:00 pm	Free
Interm.	Wed	Ongoing	10:00 –12:00 pm	Free

### CHESS CLUB

Led by Ed Wilbur. Come and enjoy a good game of chess with other chess game lovers.

Wed	Ongoing	1:00pm	Free
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### CHESS FUNDAMENTALS

Taught by George Delgado. Learn the fundamentals of chess. **This class will return in summer.**

### MAH JONGG CLUB

Drop-in and enjoy playing with friends.

Mon	Ongoing	12:30-4:00pm	Free
Fri	Ongoing	12:30-4:00pm	Free

### PINOCHLE CLUB

Interested in playing pinochle with other center members? Day and time to be determined.



Please sign up in the Red Book at the Reception Desk

### PUZZLE CLUB

Sally and Elizabeth host. Drop-in for a fun filled puzzle making experience.

Daily	Ongoing	afternoons	Free
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### SCRABBLE

Ray Greene hosts. Drop-in board game.

Wed	Ongoing	1:00pm	Free
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## Special Interests

### BEHIND THE HEADLINES

Phyllis Freirich & other volunteers facilitate this drop-in discussion.

Mon	Ongoing	10:00-11:25am	Free
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### BOOK TALK

Facilitated by Ann Grau. The March book: *The Tattooist of Auschwitz* by Heather Morris.

Wed	3/11	Ongoing	1-1:55pm	Free
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### PHOTOGRAPHY CLUB

The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month. Drop-in.

Wed	3/4 & 3/18	10:00-11:25am	Free
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### WRITING WITH FRANK

Writing club led by Ray Greene where you can share your written work with other peers. Drop-in.

Fri	Ongoing	10:00-11:25am	Free
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## The 1:00 PM Holiday Park Daily Show – March 2020

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

### **Game Day—“Family Feud”**

Come play “Family Feud” with Janet and Dorothy for a fun afternoon.

**Mon. Mar. 2**

### **An Armchair Tour of American Art at the National Gallery**

Take a tour of this unforgettable American collection, including panoramic landscapes of the Hudson River School, the dramatic seascapes of Winslow Homer and much more. Presented by Joan Hart.

**Tues. Mar. 3**

### **Bingo with Carmen**

Spring is almost here! Enjoy a fun afternoon winning at bingo.

**\$1 for 2 cards**

**Wed. Mar. 4**

### **Mardi Gras Celebration with the Dixieland Band**

Come listen and dance to the wonderful music of the Dixieland band. When the music ends, enjoy light refreshments. Space limited. Free.

**Thurs. Mar. 5**

### **Dance Club Friday with Mark Hanak 1-3 PM**

Another fun Dance Club Friday with music by Mark.

**\$6 at the door; \$4 with HPSI card**

**Fri. Mar. 6**

### **Holi: Indian Festival of Colors**

Learn about Holi, an ancient Hindu festival that heralds the arrival of spring. It is also celebrated in the fall for a good harvest. People celebrate the festival by coloring each other with colored powders in an atmosphere of good humor. Presented by Uma Mani.

**Mon. Mar. 9**

### **Everyone's Got a Story to Tell**

Join Dan Lieberman as he talks about and shares photos of East Berlin Germany before and after the fall of the wall. This is a power-point presentation.

**Tues. Mar. 10**

### **Poetry Reading by Poet Alexander Marshall**

Join Alexander Marshall as he shows a video recitation of “By These Shores” and reads some of his other poetry.

**Wed. Mar. 11**

### **St. Patrick’s Day Celebration with Tom Delaney**

Wear some green, listen to the traditional music of Ireland, and laugh at plenty of Irish jokes, and enjoy a green drink with your friends. Space limited. Free.

**Thurs. Mar. 12**

### **Dance Club Friday with Mike Surratt 1-3 PM**

Another magical dance club as Mike plays your favorite songs.

**\$6 at the door; \$4 with HPSI card**

**Fri. Mar. 13**

### **The Better Angels: Five women who changed the American Civil War**

A power-point presentation about five women who made important contributions to the Union cause before during and after the Civil War. Presented by the Montgomery County Historical Society.

**Mon. Mar. 16**



## The 1:00 PM Holiday Park Daily Show – March 2020

### **The Voice Your Choice Program**

Have you thought about what kind health care you would want if you couldn't speak for yourself? Have you put anything in writing? This program will give you information on choosing a health care decision maker, putting it in writing and making sure the information is easily available in an emergency. Speaker Sara Hufstader, Project Coordinator for Nexus Montgomery.

\*\*\*You will be able to register your information online during this session.

**Tues. Mar. 17**

### **BINGO!**

Join Carmen as she calls your winning numbers.

**\$1.00 for 2 cards**

**Wed. Mar. 18**

### **Tech Thursday: Mindfulness Apps**

Join Breana Clark from Senior Planet as she talks about mindfulness and its physical and mental benefits. Learn about popular apps that teach breathing and meditation techniques.

**Thurs. Mar. 19**

### **Dance Club Friday with the Night and Day Band 1-3 PM**

Join with your friends for an enjoyable afternoon of dancing.

**\$6 at the door; \$4 with HPSI card**

**Fri. Mar. 20**

### **DVD: "Late Night"**

2019 Comedy/Drama. After 30 years a late night talk show host suspect she may lose her seat in late-night TV unless she manages a game changing transformation. Starring Emma Thompson, Mindy Kaling and John Lithgow. 1hr, 42min.

**Mon. Mar. 23**

### **Improve Your Well-Being Through Self-Care**

Self-care is vital for our over all well-being. This program focuses on providing the knowledge and skills to help you develop a self-care plan. Learn how self-care activities can help you cope with stress and improve your mental and physical health. Facilitated by EveryMind Educators.

**Tues. Mar. 24**

### **"It's Your Business" Game**

A panel game similar to the old TV show "What's My Line". A fun afternoon of questions and answers. Presented by Senior Entertainment, LLC

**Wed. Mar. 25**

### **Live Music: A Jazzy Afternoon with the Christiana Drapkin Jazz Trio**

A swinging program of Jazz standards, Samba, Bossa Nova and more! Christiana on vocals along with her pianist and bassist.

**Thurs. Mar. 26**

### **Dance Club Friday with the Kaufman Band 1-3 PM**

Give Dick and his band a warm welcome and listen to their energizing music as they play many of our old favorites.

**\$6 at the door; \$4 with HPSI card**

**Fri. Mar. 27**

### **Essential Oils Aromatherapy**

Emotions such as anxiety, depression and insomnia may be treated with Essential Oils. Here this interesting presentation by Adrienne Hausman.

**Mon. Mar. 30**

### **The ABCs of Senior Housing and Care**

Learn about different Housing and Care options for seniors from a Senior Living Advisor. These include assisted living, independent living, memory care and in home care. Presented by Bonnie Danker of Care Patrol.

**Tues. Mar. 31**

## Multicultural & Partnership Programs

### Multicultural Programs

#### CHINESE SENIOR CITIZEN GROUP FOR CULTURE & HEALTH

Led by Jean Moy— on the 2nd and 4th Tuesday of each month from 10:00-11:30 am.

#### LA ESQUINA LATINA

**Yoga en Español**—martes y viernes a las 11:00 am. (vea la página 4 para más información.)

**Conversación en Inglés (Everyday English)**, todos los días de 10:00-10:55. (vea la página 6).

**Artes manuales** con Carmen Sánchez, los martes y jueves de 10:30—11:55 am

**Educación Cívica:** Continuaremos con las clases los Martes de 1:00 a 1:55 pm en un futuro cercano.

#### **Superando los Cambios: Grupo de Apoyo Emocional**

El jueves 12 de marzo tendremos nuestro grupo de apoyo Superando los Cambios, donde revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro nuevo terapeuta de Santé Group José Hernandez. A las 10:00 de la mañana.

#### **Presentación Especial Sobre Programa de Estampillas De Comida—SNAP**

El jueves 16 de abril les estaremos dando información sobre SNAP /estampillas de comida y responderemos a sus preguntas sobre el proceso. También le conectamos con recursos gratuitos de alimentos e información sobre otros recursos y servicios del Condado de Montgomery.

El jueves 23 de abril le ayudaremos a aplicar para SNAP /estampillas de comida.

Para más información, comuníquese con  
Maria Mercedes al 240-777-4965

### Wednesday Evenings Book Club

Book Club, meets from 4:15-5:15 pm on the following dates with these books:

- March 18: *Silent Patient* by Alex Michaelides
- April 15: *The Last Gasp* by Howard Levine

### Partnership Programs at Holiday Park

#### **AARP SMART DRIVER TEK Workshops Wednesday, March 4, 2:00– 3:30 pm**

Technology is changing the driving experience. The AARP Smart Driver TAK Workshop class discusses the latest vehicle safety technology highlighting how it works and how it might extend your safe driving years!

Space is limited. To register please call 1/877-805-4115 or go online at [www.aarp.org/findaworkshop8](http://www.aarp.org/findaworkshop8)

#### **Gilchrist Immigrant Resources Center**

#### **CITIZENSHIP PREPARATION CLASS**

**Tuesdays and Thursdays,  
9:00-12:00pm.**

Study to become a U.S. citizen! Learn U.S. history, politics and civics, improve English reading, writing and speaking, and prepare for citizenship interview.

Eligibility: Must have been a permanent resident for at least four years.

Call 240-777-4940 for details on how to register.

#### **SUBURBAN HOSPITAL CLASSES**

For fees and registration call 301-896-3939.

Stability Ball: Mon., Apr.,13 - June 29, 9:00 - 9:45 am. **No classes: 4/6, 5/25. Winter classes end: Mar., 30.**

Weight Training: Fri., Apr. 3 - June 26, 11:00 - 11:45 am. **No classes: Apr., 10. Winter classes end: Mar., 27**

Weight Training (Advanced) : Fri., Apr., 3 - June 26, 10:00 - 10:45 am. **No classes: Apr., 10. Winter classes end: Mar., 27.**

## Health and Wellness Services



SUBURBAN HOSPITAL  
JOHNS HOPKINS MEDICINE

### HEARTWELL: A Program of Heart Health and Preventive Care with Suburban Hospital

**Heart Well** with Nurse Mary Flynn; Wednesdays 9:00 am—12:00 pm.

Visit Mary in the health suite to learn the importance of maintaining a healthy blood pressure and ways to incorporate strategies into your daily routine through diet, exercise and stress management.



**DIABETES SUPPORT GROUP:** Fourth Wednesday of every month at 12:30—1:30 pm.

Suburban Hospital's Nurse Mary Flynn serves as the Diabetes Support Group facilitator. Come share support, knowledge and resources. Call Lena Grayson at 301-942-8523 for details. Newcomers are welcome.

**HEARING AND HEARING AID CLINIC:** Next clinic: **Mon., March 16th, 9:30 am– 11:00 am.**

If you are having problems or questions about your hearing or hearing aids, please come to our monthly walk-in clinic. The services provided include: hearing screenings, visual inspection of your ear canal, clean and check of hearing aids, and answers to your questions about hearing, hearing loss, hearing aids and assistive devices. If you cannot come to the clinic, you may call 301-946-2434 for the same services by appointment. Service brought by: Hearing HealthCare Inc.

**ASK THE PHARMACIST** - Drop-in on Fridays from 10 am to 12 noon.

Retired pharmacist Stanley Cohen is in on Fridays to answer medication questions.



**BLOOD PRESSURE SCREENING** - Monday & Wednesday: 10 am - 12 noon.

Call us for Friday availability.

**MEDICAL EQUIPMENT LOAN CLOSET** - Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs (\$10.00 per month with a \$50.00 refundable deposit). Check with our Reception Desk staff to verify availability of equipment.

### COUNSELING SUPPORT GROUPS

**COPING WITH CHANGE** - Thursdays 10:30—11:25 am.

Led by social worker Stephanie Svec, LCPC. Drop-in. Free. Individual appointments for consultations available at 11:30 am. Call 301-572-6585 x 2104 for appointments.

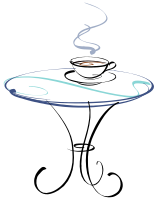
**MAX YOU - MAXIMIZE THE QUALITY OF LIFE** - Tuesdays 10:30—11:25 am.

Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

**WIDOWED PERSONS SUPPORT GROUP** – Thursdays, 2:00– 3:30 pm.

This group is led by Caring Matters' trained facilitators. Pre-registration required for new members. Contact Jim Rossi, at 301-990-0854 or [JIMR@CARINGMATTERS.ORG](mailto:JIMR@CARINGMATTERS.ORG). Free.

## Center Services



### THE CAFÉ

**Open Monday thru Friday, 9:45 am - 1:15 pm**

Sit and socialize while you enjoy a selection of cold sandwiches, snacks and beverages at the Café! Enjoy the Café Photo Galleries supported by the Photo Club at HPSC.

**Become a Café Volunteer and help extend the Café hours.**



### THE GIFT SHOP *Stop by for retail therapy*

Open Mon., Wed., Thurs., & Fri. from 9:30 am - 1:00 pm. Open Tues., 9:30 am - 3:00 pm.

Jewelry consignments are accepted on Tue., 9:30 am - 12:30 pm.

General consignments are accepted Wed. 9:30 am - 12:30 pm.

Consigners pay a *one-time administrative* fee of \$5.00. Visit the Gift Shop for more information.

### LIBRARY SERVICES

Fridays at 1:00 - 3:00 pm. Our library welcomes most contributions of popular fiction & current non-fiction. Books in our library are for your reading enjoyment. We are seeking a volunteer librarian.

### OPEN GYM—FITNESS ROOM

Open Monday through Friday, from 9 am until closing. Drop-in. Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation and Fitness Room Strength Training for closed times.

### SHIP - STATE HEALTH INSURANCE ASSISTANCE PROGRAM. Call 301-255-4250 for an appointment.

This program assists with Medicare insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

### SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available on Wednesdays at HPSC with Anita Josephs. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, provide housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.

### PING PONG ROOM

On our second floor. Three tables to enjoy a good ping-pong match with a friend. Open daily. Drop-in.

### PLANT ROOM

Open Tuesdays and Fridays, 9:00 am - 12:00 noon. Across the hall from the Billiard Room. We grow plants and also offer advice.

### POOL/BILLIARD ROOM

Open daily. Keep your attention sharp and your accuracy skills on target as you enjoy a good time with other players. Drop-in.

## Calling for Suggestions

### Calling for suggestions:

Have you attended presentations or other events that you would like to see here at Holiday Park? Have you noticed anything in the building that need repairing? Tell us how we can improve. We strive to provide the highest level of quality service and programs.

Leave your comments or suggestions in the box located on the Front Desk counter.

## Center & County Services

### General Information and Policies

**HOLIDAY PARK SENIOR CENTER** is open to adults aged 55 and over.

#### **HOLIDAY PARK HI-LITES *VIA MAIL***

To receive the newsletter by mail, leave stamped (79 cents), self-addressed business envelopes at the Reception Desk with the months you want written on the envelopes.

#### **HPSI SCHOLARSHIPS**

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSC staff for an application.

#### **SENIORS WITH DISABILITIES**

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6870, TTY 240-777-6974.

#### **CLASS FEES POLICY**

Only cash or check accepted. There is a \$20 returned check fee. Classes with low enrollment will be cancelled the week prior to its start date.

#### **REFUNDS POLICY**

Class fees are not pro-rated if you join late. Refunds may only be requested in writing at least three working days PRIOR to the first class. These will be refunded 100%. Refund requests two days or less before class starts are subject to a \$5 processing fee and will be considered on a case by case basis. Refund request approval is not guaranteed. After a class starts, approved refunds are pro-rated and also subject to a \$5 processing charge.

#### **ONE-TIME PASS**

HPSI sponsored classes offer a \$5 one-time pass to try out a class or program before registering for it. Each participant is limited to a single one-time pass per session.

### Senior Nutrition Program

**Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon!** A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$5.72). Please make or cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.



\*\*\*Please bring exact change to make your donation!! \*\*\*\*\*

### Transportation Options For Older Adults

#### **JCA Curb-to-curb transportation**

Transportation is available Monday-Thursday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call. *Leisure World residents*, please call Robin at 301-255-4214.

#### **Senior Connection**

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

#### **Connect-A-Ride**

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).

**Holiday Park  
Senior Center Directory:**

Dolors Ustrell,  
Center Director

Gayathri Aluvihare,  
Assistant Center Director

Staff:

Justin Arias  
Youmna Badr  
Arthur Clemmer  
Maria Mercedes Diaz  
Kadian Graham  
Kelly Hernandez-Salas  
Gail Jacobson  
Alina Johnson-Weider  
Anita Knox  
Barrington Malcolm  
Judy Matthews  
Catherin Quito  
Stella Rodriguez  
India Wilson

**Holiday Park Seniors,  
Inc. (HPSI)**

Judy Houseknecht,  
Administrator

Merle Biggin,  
Treasurer

Board Members:  
Ethelyn DeStefano  
Joyce Dubow  
Carol Mamon  
Phyllis Rand

**Follow us on  
Facebook  
@HolidayParkSeniors**

**Check us out on the  
web at  
www.holidaypark.us**

***Look What is Coming in April 2020...  
A sampling of Holiday Park 1:00 pm Programs***

Apr. 1, W. Bingo with Carmen  
Apr. 2, Th. Every Thing Wrapped!  
Apr. 3, F. Dance Club Friday with Tim Amann  
**\$6 at the door; \$4 with HPSI card**

Mon. April 6 through Fri. April 10  
**Center Closed**—Have a good Holiday

Apr. 13, M. DVD - to be announced  
Apr. 14, T. Presentation on Recycling by Larissa Johnson  
Apr. 15, W. Bingo with Carmen  
Apr. 16, Th. Live music: The Amelia Ensemble  
Apr. 17, F. Dance Club Friday with Mark Hanak  
**\$6 at the door; \$4 with HPSI card**

Apr. 20, M. Holocaust Remembrance Day with Gerald Schneider  
Apr. 21, T. Presentation by Suburban Hospital  
Apr. 22, W. Celebrate Earth Day with a Drum Circle  
Apr. 23, Th. Tech Thursday: Money Matters  
Apr. 24, F. Dance Club Friday with Mike Surratt  
**\$6 at the door; \$4 with HPSI card**

Apr. 27, M. Capital Splendor—MC History Society  
Apr. 28, T. Open House—Art and Photo Displays  
Apr. 29, W. Japan in a Suitcase  
Apr. 30, Th. Jazzman Piano performance

*\*NOTE: Please be advised that programs are subject to change.  
Check the daily schedule near the front door for the most current information.*

**Two Cards Make Holiday Park Count**

**HPSI MEMBERSHIP**

This \$20.00 a year Card allows you to receive reduced rates for classes and programs as well as entrance to special Holiday Park events. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

**THE REC CARD**

Have you requested your card yet? We just updated our system, so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE.** Sign-up at the reception desk.