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Senior Programs Newsletter

A MESSAGE FROM THE RECREATION DEPARTMENT

HAPPY NEW YEAR

Welcome 2021

"May your troubles be less and your blessings be more, and nothing but happiness come through your door."

~Irish Blessing

We hope you had a relaxing, safe and healthy holiday season. We are busy planning new and exciting programs for you to enjoy in 2021. But don't worry, we will continue to offer your favorite programs. If you have a suggestion for a program, please contact a Senior Program Recreation Team member.

For information and to register for a Montgomery County Recreation program, visit www.mocorec.com.

Yours truly,

The Senior Recreation Team

EXCITING NEW 55+ PROGRAMS

- WAKE UP CALL—Carol Fuentevilla is back for this new conversation group. We hope you have a cup of coffee or tea nearby. This Monday Wake-Up Call is an opportunity to check in with possibly new and old acquaintances and to think about your day and your week. In the last six months you have had to make many changes in your routines and we hope these times to share are helpful. Carol was Holiday Park's Center Director for 20 years before retiring in 2014. You can join this group online or via the phone. This FREE program is sponsored by HPSI. To register for this program call 240-777-6896 or email HolidayParkSeniors@outlook.com. Program begins Monday, January 4th at 8am. Active #10102.
- MANAGING YOUR MENTAL HEALTH DURING A PANDEMIC—The ElderSAFE Center will provide helpful tips to stay mentally healthy and lead you through grounding exercises to reduce stress and anxiety. Free. Program available in English Active #97472, Spanish Active #97473 and Mandarin Active #97474.
- ADVENTIST HEALTHCARE CARDIAC PRESENTATION—This presentation will involve information on cardiac health, nutrition, and fitness and an overview of the Adventist Healthcare cardiac rehabilitation program. Free. Active #101111.
- THE LOOK OF LOVE: VIRTUAL FASHION SHOW—See our Sensational Seniors strut their stuff in a virtual Valentine's Fashion Showcase. This is an event you do not want to miss! Enjoy from the show from the comfort of your chair as we broadcast this wonderful event. Free. Active #101060. Are you interested in modeling? Email Teanna.abraham@montgomerycountymd.gov.
- COFFEE AND CREATIVE EXPRESSIONS—Grab a cup of coffee (or tea) and relax while listening to others recite poems and read short stories. Have a favorite poem or short story? Bring it along and share it with the group. Free. Active #100330.
- DINE AND WINE VIRTUAL LUNCH—Bring your lunch along with wine or beverage of your choice and hop on Zoom to Dine and Wine and socialize the virtual way. We will eat, chat and laugh away the hour. Free. Active #101057.
- DIGESTIVE WELLNESS—Josephine Tsobgni Djoukeng will present this class on Digestive Wellness. She will discuss how to strengthen the immune system and prevent disease through healthy digestion. Free. Active #106413.

REGISTER AT ACTIVEMONTGOMERY.COM



Finished Ornament from Holiday Craft Kit

PICTURES OF
FINISHED HOLIDAY
CRAFT KIT PROJECTS



Holiday Craft Kit finished Candy Wreath



Registration Open at
Activemontgomery.com
#101159

Hot Cocoa Social

FRIDAY, JANUARY 15TH AT 3PM

It may be cold outside, but we will be warm inside with hot cocoa and cookies. Join Sheila and Mary virtually to share an hour of wonderful winter memories and a fun cocoa facts.



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

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or

@rec.mainstream@montgomerycountymd.gov to request accommodations.



BONE BUILDERS EXERCISE CLASS

Are you interested in improving your balance? If so, sign up today 55+ Bone Builders class. Space is very limited for this virtual class. Bone Builders exercise class focuses on stretching, strengthening, and balance. Class will be held over Zoom so that you get fit from home over the computer.

CLASSES ARE HELD TUESDAYS AND THURSDAYS

NOW UNTIL MARCH 18 2021

1:30PM TO 2:30PM

Montgomery County Recreation partners with Health and Human Services, Aging and Disability Services to offer Bone Builders, a free, volunteer-led, exercise program.

Bone Builders helps you to improve balance and enhances energy and wellbeing. Studies show that adults 55+ who participate in a weight training program twice weekly for a year, gained an average of 1 percent of bone density.

One hour classes held twice per week are designed to increase bone density. Participants use ankle weights and hand weights, and participate in warm-up, cool-down and balance exercises. Bone Builders classes rely on weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density.



AFFILIATED SANTÉ GROUP



Are you feeling isolated at home? Are you struggling with your emotions? Are you frustrated with all that is changing? If so, contact the Santé Group, Seniors' Services. Seniors' Services offers individual therapy for home-bound older

adults and their caregivers in Montgomery County, free of charge. Or you can join one of their weekly virtual Coping with Change groups. During the Covid-19 pandemic, all their services will be offered via telehealth.

For more information, contact Seniors' Services at 301-572-6585, ext. 2104 or on the web at www.thesantegroup.org.

for Maryland Residents 65 +

FREE



Senior Call Check

Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

*A daily automated call to
verify your well-being, at
a time scheduled at your
convenience.*

*Register today or tell a
loved one about this
program!*





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.

"FIRST TIME" TRIVIA

Can you name the "first" for the following trivia questions.

1. Who was the first woman designated a full-fledged "chef" in 1958?
2. Who was the first man to walk on the moon?
3. Who was the first Miss America?
4. Who was the first US President to speak on television?
5. Who was the first female poet to read a poem at a US presidential inauguration?
6. John D. Rockefeller became the world's first _____ in 1916.
7. What was the Beatles' first song to be played in the US?
8. The first Academy Awards ceremony was held on _____.
9. What city and state was the first traffic light stalled?
10. Who was the first American woman in space?
11. Who appeared on the cover of the first TV Guide?
12. What was the name of the first amusement park built in the US?
13. What state did the first McDonald's franchise open?
14. What year did the first Starbucks open?

First Time Trivia Answers

1. Julia Child
2. Neil Armstrong
3. Margaret Gorman in 1921
4. Franklin D. Roosevelt at the NY World's Fair in 1939
5. Maya Angelou read "On the Pulse of Morning," at Clinton's inauguration in 1993
6. Billionaire
7. "She Loves You"
8. May 16, 1929
9. Cleveland, Ohio in August 1914
10. Sally K. Ride in 1983.
11. Desi Arnaz, Jr and Lucille Ball in 1953
12. Lake compounce in Connecticut. Opened in 1846
13. 1955 in Des Plains, Illinois
14. 1971 in Seattle, Washington

DR. MARTIN LUTHER KING TIMELINE AND QUOTES

MLK TIMELINE

January 1929	Born in Atlanta, Georgia
June 1953	Married Coretta Scott
September 1954	Became a pastor at Dexter Avenue Baptist Church in Montgomery, AL
June 1955	Awarded doctorate in theology from Boston University
December 1955	Supported Montgomery, Alabama bus boycott
January 1956	Montgomery, AL home was bombed
January 1957	Named chairman of now Southern Christian Leadership Conference
September 1958	Published first book, <i>Stride Toward Freedom: The Montgomery Story</i>
August 1963	Delivered "I Have a Dream" speech at march in Washington, D.C.
January 1964	Named Time magazine's Man of the Year
December 1964	Received Nobel Prize
April 3, 1968	Delivered last speech, "I've Been to the Mountaintop," in Memphis, TN
April 4, 1968	Assassinated at the Lorraine Motel in Memphis, Tennessee

A FEW OF MARTIN LUTHER KING, JR. QUOTES

"Injustice anywhere is a threat to justice everywhere."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

"The time is always right to do what is right."

"True peace is not merely the absence of tension; it is the presence of justice."

"Our lives begin to end the day we become silent about things that matter."

"Free at last, Free at last, Thank God almighty we are free at last."

"Faith is taking the first step even when you don't see the whole staircase."

"In the end, we will remember not the words of our enemies, but the silence of our friends."



QUICK AND EASY SOUP RECIPES

January is National Soup Month, so here are two easy soup recipes to try.

POTATO SOUP

INGREDIENTS

- 3 pounds russet potatoes, peeled and cut into 1 inch pieces
- 2 cups of 2% milk
- 1 cup shredded cheddar cheese
- 12 green onions, chopped
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

1. Fill a large pot of water with enough water to cover potatoes and bring it to a boil.
2. Reduce to a simmer for 15-20 minutes until potatoes are soft when poked with a fork.
3. Remove potatoes from heat and drain all but 1/2 inch of water from the pot.
4. Add the milk, garlic powder, salt, and pepper to pot of potatoes then gently mash the potatoes with the back of a fork until it is as chunky or smooth as you want.
5. Cook on low heat for additional 5 minutes.
6. Serve in bowl topped with cheese and green onion.

BEEF AND CABBAGE SOUP

INGREDIENTS

- 1 pound of ground beef
- 1/2 head of cabbage chopped
- 4 cups of chicken broth
- 1 can 14 oz, diced tomatoes, undrained
- 2 teaspoons onion powder
- 1 teaspoon minced garlic
- 1/2 teaspoon black pepper
- 1 teaspoon salt

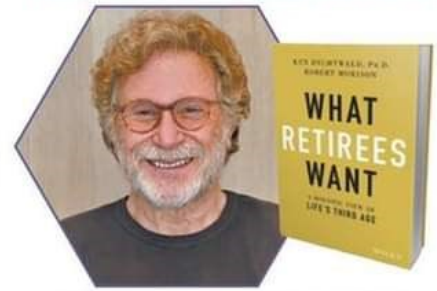
INSTRUCTIONS

1. Brown the ground beef in a large skillet.
2. Drain the grease from the ground beef and add the beef into a large stockpot.
3. Add in chicken broth, onion powder, garlic, pepper and salt to stockpot.
4. Get the mixture to boiling. Once boiling add in cabbage and can of tomatoes.
5. Stir and simmer for 15-20 minutes.
6. Serve and enjoy!

2020 Virtual 50+ EXPO



KEYNOTE SPEAKER



Ken Dychtwald, PhD, a national expert on aging and author of the new book, *What Retirees Want*

PRESENTED BY



WHAT:

A 50+Expo like you've never seen before:

More than 60 hours of speakers, classes and entertainment, 100 exhibitors, and 3 months in which to enjoy it! Plus, weekly door prizes

A sampling of our programs:

Classes: Meditation 101; Line Dancing; Drawing with Pastels; Healthy Cooking

Speakers: Low Vision Solutions, Interview with the Oldest Living Tuskegee Airman; Fall Prevention Gear and Gadgets; Caregiving During COVID; Options for Intergenerational Activity

Entertainment: Jazz piano; Stand-up Comics; Classical String Quartet; Classical Piano; Jazz Singing

WHERE:

All online at a new website designed just for this event:
www.beacon50expo.com



WHEN:

The Virtual 50+Expo goes live **Sunday, November 1 at noon, and continues through January 31, 2021.**

WHO:

Brought to you free of charge by the Beacon Newspapers, in partnership with the Baltimore County Department of Aging and the Howard County Office on Aging & Independence.

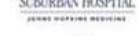
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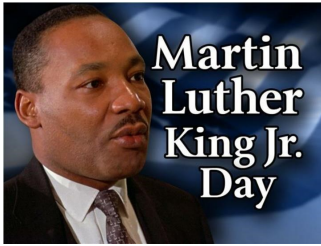
MEDIA SPONSORS



www.beacon50expo.com – going live Nov. 1.
Businesses and organizations interested in exhibiting/sponsoring: Call Alan at (443) 285-9336.

MLK WEEK of Service 2021

January 16-24



Honor the life and teachings of Dr. Martin Luther King Jr. by serving our community on MLK Day—and throughout the week surrounding the holiday. Montgomery County Volunteer

Center's annual MLK Day of Service event has gone virtual and expanded to a week this year, January 16-24, 2021, with a variety of home-based and safely distanced service opportunities available. Project activities include writing letters of encouragement to foster children, creating toys for service dogs, making premie hats, to making fleece blankets, plus more. Choose to participate in one program or several! All programs will help others in our community.

Beginning Monday, January 4th you can view details and sign-up for projects on our website at www.montgomerycountymd.gov/volunteercenter/volunteers/MLK. Projects are expected to fill quickly and some of the projects will indicate that pre-registration is required.

“Life’s most persistent and urgent question is,
‘What are you doing for others?’ ”

— *Dr. Martin Luther King Jr.*



Montgomery County Recreation Senior Programs Team

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See specific activity for more information.

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

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