



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

January 2017

Year 36 Volume 2



Chinese New Year Festival

January 26, 1—3 pm

You do not want to miss out on this amazing celebration of colors, traditions, music, dances, and a demonstration of Tai Chi.

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CENTER CLOSINGS:

Winter Closing: December 26, 2016 —
January 2, 2017.
Martin Luther King Jr. Day:
January 16, 2017



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, the Department of Recreation, or the individual facility or program.

HPSI BOARD ELECTIONS – February 6-10, 2017

There will be an election for new Holiday Park Seniors, Inc. Board members the week of February 6th through the 10th. Ballots will be available at the Reception counter. You must show your HPSI membership card to vote and sign the voters list. There are presently two openings on the board.

The individuals running for election are:

Ethelyn DeStefano – worked part time as a Music Librarian for the DC Youth Orchestra. She also worked at Gallaudet University as an Administrator for 23 years. She volunteered in Holiday Park’s Gift Shop for three years and is currently on her third year as a volunteer at the Reception Desk. She highly regards Holiday Park and wants to continue seeing it succeed. She believes she can help achieve this by being on the Board.

Yann King – retired as the Deputy Director of Information and Technology Center at the Department of Labor in 2010. He had served in the federal government for 26 years. After retirement he attended the photo club, tai chi classes and worked out at Holiday Park. In 2012 he volunteered to teach Tai Chi Sword at the center. This weekly drop in class averages 15-20 students. He enjoys the friendliness of the people at the center and admires the hard working spirit of the staff. He would be honored and happy to serve on the HPSI Board.

Carol Mamon – has lived in Montgomery County for over 30 years. She has been a front desk volunteer for a year and a half and has helped with the Wednesday evening programs and other events. She enjoys many of the activities at the center and would like the opportunity to help with keeping programs and classes that can be enjoyed by all the seniors.

Phyllis Rand – has a long standing record of volunteer service to the community with a passion for seeing our senior population thrive and flourish. In addition to enjoying her time volunteering at Holiday Park’s Reception Desk, she is a volunteer with the Montgomery County Long Term Care Ombudsman Program where she advocates for seniors in nursing homes. She is also involved with Court Watch (which monitors domestic violence cases), Teen Court (a program for first time teen offenders) and is a member of the Citizens Review Board for Children (which reviews cases of children in out of home placement). Through the Jewish Council of Aging she participates in Dialogue Across the Ages. She believes she has both the experience and skill set

Announcements

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 and all activities cancelled. 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, but please call the main line 240-777-4999 for a recorded update of class schedules and/or check your Local News for Alerts.

Elevator Renovation Project 2017!

The County has started a project to renovate our elevator. This is very good news. The project is scheduled to start in February. We appreciate your understanding during the construction. Thank you!

Classes and Drop-in Activities

Registration for Winter classes is underway!

Classes with low enrollment will be cancelled prior to start date.

Fitness and Dance

AS EASY AS ABC ... Exercise Class

Beginner: Wed., 1/11/17, 10:00-10:55 am

Advanced: Wed., 1/11/17, 9:00-9:55 am

Taught by Matt Rundell. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights used. 8 sessions. ~ Fee: \$38 or \$32 W/HPSI

BABY BOOMER BOOGIE

Tue., 1/10/17, 10:00-10:55 am

Taught by Ann Johnson, and sponsored by Holy Cross Hospital. A combination of basic universal dance steps and diverse musical styles for a creative cardio workout that will leave you feeling energized! 8 sessions. ~ Fee: \$43 or \$36 W/HPSI

BALLROOM: TWO LEFT FEET

Mon., 1:00-1:55 pm

Taught by Bill Goldberg and Ellen Moran. A fun introduction to ballroom. Learn basic steps, lead and follow, and simple routines. No partner required. Right feet available with practice. Ongoing.

~ Fee: \$5.00 for 2 drop-ins

BALLROOM DANCING

Smooth: Wed., 1/11/17, 2:45-3:40 pm

Rhythm: Wed., 1/11/17, 3:45-4:40 pm

Taught by Ron and Amy Wagaman. Designed for those with some basic ballroom dance experience who want to learn new dance patterns. For this session we will work on the Waltz for Smooth, and East Coast Swing for Rhythm Dances. 8 sessions.

~ Fee: \$38 or \$32 W/HPSI

BEGINNER CHINESE FOLK DANCING

Thu., 3:00-3:55 pm

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

Drop-in. Ongoing. ~Free

BONE BUILDING WORKOUT

Taught by Joanne Zoladz. Toning, strengthening and stretching major muscle groups while sitting, standing and/or on a mat. 8 sessions.

Section 1: Wed., 1/11/17, 12:00-12:55 pm

Section 2: Fri., 1/13/17, 12:00-12:55 pm

~ Fee: \$38 or \$32 W/HPSI

CARDIO RHYTHM

Wed., 1/11/17, 11:00-11:55 am

Taught by Joanne Zoladz. Low to moderate intensity aerobic workout including muscle toning, flexibility. 8 sessions. ~ Fee: \$38 or \$32 W/HPSI

EASY FIT DANCING

Mon., Tue., & Thu., 11:15-12:10 pm

Taught by Marcia Young. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Ongoing. ~Fee: \$5.00 for 2 drop-ins

FITNESS EQUIPMENT ORIENTATION

Wed., 1/25/17, 1:00-2:15 pm— With Tony.

Fri., 2/24/17, 10:00-11:15am— With Keith.

Training on the safe use of the fitness room's equipment. ~ Fee \$4.00

FITNESS ROOM STRENGTH TRAINING CLASS

Taught by Tony Bryan (Fri) & Keith Federman (Mon). Individually designed workouts improve fitness using the weight training equipment, treadmills and bikes in the HP Fitness Room. Space is limited.

Section 1: Fri., 1/13, 12:00-12:55 pm (8 s.)

Section 2: Mon., 1/9, 2:00-2:55 pm (6 s.)

~ Fee: \$43 or \$36 W/HPSI for 8s

~ Fee: \$32 or \$27 W/HPSI for 6 s

FLEXIBLE STRENGTH

Thu., 1/12/17, 9:00-9:55 am

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. 8 sessions.

~ Fee: \$38 or \$32 W/HPSI

INTERNATIONAL FOLK DANCING

Fri., 1/13/17, 11:00-11:55 am

International, world-wide & Israeli folk dances with Sharon Katz. Easy steps and movements. No partner required. Newcomers welcomed. 8 sessions.

~ Fee: \$28 or \$24 W/HPSI

Classes and Drop-in Activities

Registration for Winter classes underway!

Classes with low enrollment will be cancelled prior to start date.

LINE DANCING



Taught by Wendy Yang. Choreographed line dancing to songs from a variety of musical styles with our new instructor. 8 sessions.

Basic: Tue., 1/10/17, 2:00-2:55 pm

Adv. Beg./Int.: Tue., 1/10/17, 1:00-1:55 pm

~ Fee: \$32 or \$28 W/HPSI

LINE DANCING ADVANCED PRACTICE



Mon, 1/9/17, 2:00-2:55 pm

Choreographed line dancing to songs from a variety of musical styles. See facilitator to check whether you are at an advanced level. 8 sessions.

~ Free

SQUARE DANCING

Thu., 1/12/17, 11:00-11:55am

Taught by Tom Sellner. Dance along to great music. Dance buzz swing, grand square and other great figures. No partner needed. 8 sessions.

~ Fee: \$28 or \$24 W/HPSI

TAI CHI CHUAN

Ongoing. Drop-in.

Tue., 9:00-9:55 am - with S. Lee

Wed., 10:30-11:00 am (Basic)- with L. Gross

Wed., 11:00-11:30 am (Exercises) - M. Karlan

Wed., 11:30-11:55 am (Adv.) - with L. Gross

Thu., 9:30-10:25 am - with S. Wong

~ Free

TAI CHI SWORD

Ongoing. Drop-in.

Mon., 2:45-3:40 pm Taught by Y. King

Thu., 9:00-9:25 am Taught by H. Lee

~ Free

TOTAL BODY WORKOUT

Fri., 1/13/17 11:00-11:55am

Taught by Joanne Zoladz. Enjoy upbeat music incorporating fun dance routines, muscle-strengthening exercises, balance challenges, core work and stretches. Bring a mat for floor work and hand weights. 8 sessions.

~Fee: \$38 or \$32 W/HPSI



YOGA FOR BALANCE

Tue., 1/10/17, 10:00-10:55am

Taught by Linda Smith, Ph.D. An introduction to yoga asana poses with attention to stability and strength improvement. 8 sessions.

~Fee: \$38 or \$32 W/HPSI

YOGA (BODY BALANCE)

Wed., 1/11/17, 11:00am-11:55am

Taught by Sandy Rothwell. This class is intended for release of tension and relief of mild pain. Classic yoga poses, at a basic level, are designed to support better breathing, walking, and space orientation. Students work on chairs or their own mats. 8 sessions.

~ Fee: \$28 or \$24 W/HPSI

YOGA (CHAIR)

Mon., 1/9/17, 11:15-12:10 pm

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. 6 sessions.

~ Fees: \$28 or \$24 W/HPSI

YOGA (GENTLE)

Mon., 1/9/17, 10:00-10:55 am

Taught by Linda Smith, Ph.D. This class focuses on meditation, breathing, core strength, balance and flexibility. Good for beginners. 6 sessions.

~ Fees: \$28 or \$24 W/HPSI

YOGA (EN ESPAÑOL)

Taught by Romelia Blanco. Holistic approach to Yoga in Spanish. 8 sessions.

Tuesday Class: 1/10/17. 11:00-11:55 am

Friday Class: 1/13/17, 11:00-11:55 am

~Fee: \$24 or \$20 W/HPSI

Classes and Drop-in Activities

Registration for Winter classes underway!

Classes with low enrollment will be cancelled prior to start date.

YOUR BODY IS MEANT TO MOVE

Exercises balance & strength with balls, bands and weights. Seated & standing movements for people with varying abilities and physical limitations.

BASIC: Wed., 1/11/17, 12:00-12:55 pm

Taught by Tony. 8 sessions

~Fee: \$38 or \$32 W/HPSI

INTERM: Mon., 1/9/17, 12:00-12:55 pm

Taught by Keith. 6 sessions

~Fee: \$28 or \$24 W/HPSI

ADVANCED: Fri., 1/13/17, 10:30-11:25 am

Taught by Tony. 8 sessions.

~Fee: \$38 or \$32 W/HPSI

ZUMBA

Tue., 1/10/17, 9:00-9:55 am

Taught by Josie Sim. All-body exercise with Latin rhythms to keep you balanced and give you strength. 8 sessions. ~ Fee: \$38 or \$32 W/HPSI

ZUMBA (LOW IMPACT)

Mon., 1/9/17, 10:00-10:55 am

Taught by Megan Riggs. Great for beginners and/or those with joint problems. 6 sessions.

~ Fee: \$28 or \$24 W/HPSI

ZUMBA GOLD ADVANCED

Wed., 1/11/17, 9:30-10:25 am

With Mitzi of Rendezvous Dance and Fitness Studio. The original dance-fitness party. 8 sessions.

~ Fee: \$38 or \$32 W/HPSI

ZUMBA GOLD TONING

Fri., 1/13/17, 10:00 -10:55 am

With Mitzi of Rendezvous Dance and Fitness Studio. Incorporates Gold workout with light weight training. 8 sessions. ~ Fee: \$38 or \$32 W/HPSI

Arts and Crafts

BASIC DRAWING

Wed., 1/11/17, 10:00 am-12:30pm

Taught by Steve Hanks. Learn the fundamentals of drawing. 8 sessions.

~ Fee \$96 or \$80 W/HPSI

CRAFT CORNER

Wed., 1/11/17, 10:00 -1:00 pm

Led by Claire Fisch. Join us! 1 session.

~ Fee \$5

KNIT & CROCHET WORKSHOP

Wed., 10:00 - 12:00 noon

The *Retired Senior Volunteer Program* makes a variety of knitted and crocheted items for area charities. Ongoing. Drop-in.

~ Free

WATERCOLOR (ADVANCED)

Tue., 1/10/17, 10:00 am—12:30 pm

Taught by Steve Hanks. Expand knowledge of watercolor technique. 8 sessions.

~ Fee \$96 or \$80 W/HPSI

WATERCOLOR (BASIC & INTERM.)

Tue., 1/10/17, 1:00-3:30 pm.

Taught by Steve Hanks. A class to learn the basics and improve your watercolor techniques. 8 sessions.

~ Fee \$96 or \$80 W/HPSI

WATERCOLOR (REVISITED)



Section 1: Mon., 1/9/17, 9:30 am –11:55 am
8 sessions

Section 2: Thu., 1/12/17, 9:30 am– 11:55 am
10 sessions

Taught by Geri Smith. Learn how to enhance your work using dramatic light and shadow, different compositional vantage points, intense transparent colors, experiment with other mediums in combination with your watercolors. Bring your own supplies to the first class, please. Prior knowledge of watercolor techniques is required.

~ Fee:

8 sessions: \$96 or \$80 W/HPSI

10 sessions: \$120 or \$100 W/HPSI

WOODCARVING

Fri., 1:00 - 2:55 pm

Experienced hobbyists offer instruction. Ongoing. Drop-in.

~ Free

Classes and Drop-in Activities

Registration for Winter classes starts underway!

Classes with low enrollment will be cancelled prior to start date.

Computer Classes

BASIC COMPUTER in Spanish

Thu. & Fri., 1/12/17, 10:00 am– 11:55 am

Taught by George Delgado. Learn the basics of using a computer. 16 sessions.

~Fee \$57 or \$48 W/HPSI

COMPUTER (BASIC)

Mon & Fri 2/13/17, 10:00 -12:00 pm

Taught by Patricia Jackson. Introduction to computers and email. 8 sessions.

~Fees: \$28 or \$24 W/HPSI

COMPUTER CLUB

Mon., 9:30 -10:30 am

Facilitated by Satish Shah. Meet with other techies who like you enjoy computers and the newest applications. Ongoing. Drop-in.

~Free

COMPUTER (INTERMEDIATE)

Tue. & Thu., 1/10/17, 10:00-11:55 am

Taught by Jackie Morse. Learn how to navigate the internet and make the most of your computer. 16 sessions.

~Fee \$57 or \$48 W/HPSI

COMPUTER WORKSHOP

Wed., 1:30 - 3:30 pm

Help with your computer questions. Purchase coupons at Reception Desk. Ongoing.

~ Fee \$2.00 per drop-in

Language Classes

EVERYDAY ENGLISH

Basic: Tue., 10:00– 10:55 am

Intermediate: Wed., 10:00—10:55 am

Fri., 10:00—10:55 am

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

~ Fee: \$5

SPANISH (BEGINNER)

Tue. & Fri., 1/10/17, 1:00-2:25 pm

Taught by Romelia Blanco. The program is focused on grammar and practice through reading, speaking and writing through creative activities, group readings, music and role playing. 16 sessions.

~Fee: \$57 or \$48 W/HPSI

SPANISH (INTERMEDIATE)

Tue. & Fri., 1/10/17, 9:00-10:25am

Taught by Romelia Blanco. The program is focused on grammar and practice through reading, speaking and writing through creative activities, group readings, music and role playing. 16 sessions.

~Fee: \$57 or \$48 W/HPSI

SPANISH READING CLUB

Thu., from 1:00– 2:25 pm

Practice Spanish through reading. Ongoing. Drop-in.

~Free

SPANISH WITH LINDA

Thu., 1/12/17, 10:00-10:55 am

Taught by Linda Katz. This class provides a review and a continuation on learning the Spanish language. This class will only accept returning students from Linda's classes. 5 sessions.

~Fee: \$19 or \$16 W/HPSI

Performing Arts

ACTING CLUB

Tue, 12:30-2:30 pm.

Led by Michael D'Andrea. Club members will continue to practice their performing skills with new plays. Ongoing.

~Free

SING YOUR BEST

Mon., 1/9/17, 10:30-11:30 am

Taught by Cynthia Thurston. Find, restore or renew your singing voice. 6 sessions.

~ Fee: \$21 or \$18 W/HPSI

Classes and Drop-in Activities

Registration for Winter classes underway!

Classes with low enrollment will be cancelled prior to start date.

Special Interests

BINGO

Wed. 1/4 & 1/18, 1:00 pm

With Carmen Sanchez. Join us for a fun game in English and Spanish. Great prizes and good fun! Drop-in. ~ \$1 for 2 cards

BEHIND THE HEADLINES

Mon., 10:00 am - 11:25 am

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

BOOK TALK

Wed. 1/10, 1:00 pm– 1:55 pm

Facilitated by Ann Grau. This month's book is *When Breath Becomes Air* by Dr. Paul Kalanithi. Drop-in. Ongoing. ~ Free

BRIDGE (Basic)

Thu., 1/12/17, 10:00 am-12:00 pm

Taught by Roz Dixon. Learn the basics of bridge with short lessons followed by time for supervised practice. 8 sessions. ~ Fee \$48 or \$40 w/HPSI

BRIDGE (Intermediate)

Tue., 1/10/17, 10:00 am-12:00 pm

Taught by Roz Dixon. Learn new plays followed by time for supervised games. 8 sessions. ~ Fee \$48 or \$40 w/HPSI

BRIDGE (Duplicate)

Wed., 12:45 pm - 3:30 pm

Entries sold beginning at noon. ACBL sanctioned. Ongoing. ~ Fee \$4.00 per person

BRIDGE (Open Party)

Fri. Sign-in at 12:45 pm.

Partners not required. Drop-in. Ongoing. ~ Free

BRIDGE (Practice)

Mon., 10:00am - 11:55 am (advanced)

Wed., 10:00 am - 11:55 am—registration closed. Ongoing. ~ Free

CHESS CLUB

Wed., 1:00 - 3:30 pm

Led by Satish Shah. Come and enjoy a good game of chess with other chess game lovers. Ongoing. ~ Free

PHOTOGRAPHY CLUB

Wed. 1/4/17 & 1/18/17, 10-11:30 am

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

SCRABBLE

Wed., at 1:00 pm

Ray Greene hosts. Drop-in board game with 3-5 tables weekly. Ongoing. ~ Free

WORLD POLITICS & GLOBAL CONFLICT

Thu. 1/19/17, 11:00 am- 12:25 pm

Discussion group led by John Starrels, Ph.D on current world affairs. 4 sessions. ~ Free

WRITING: SHORT AND SWEET

Mon., 1/9/17, 12:00-1:00 pm

With John Starrels. Improve your writing skills and understand the writing game. Strengthen your drafting ability. Write snappy, (600 words) prose. Identify your lead idea and put it on the page. You will also learn to re-edit your 1st draft, and submit for peer review. 6 sessions. ~ Fee: \$7 or \$6 W/HPSI

WRITING WITH FRANK

Fri., from 10:00 am- 11:25 am

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



The 1:00 PM Holiday Park Daily Show – January 2017
Entertainment, history, travel, art, health and wellness & conversation

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

CENTER CLOSED

Mon., Jan. 2

DVD: “Learning To Drive” (2015) 89 min.

Tue., Jan. 3

Academy Award nominee Patricia Clarkson and Academy Award winner Ben Kingsley star in this feel-good, coming of (middle) age comedy about a mismatched pair who help each other overcome life’s road blocks.

Bingo

Wed., Jan. 4

Carmen is back in the New Year to call the numbers and host a fun game of Bingo.
\$1 for 2 cards

Health Talk with Adventist Healthcare

Thu., Jan. 5

Join us for a health talk where we will be discussing heart health information for wise and healthy aging

Dance Club Friday with Mark Hanak 1-3 PM

Fri., Jan. 6

A Holiday Park favorite! Mark is back with his classy style to dance with you as he plays some great tunes.
\$6 at the door; \$4 with HPSI card

Investment Series with Edward Jones Investments (1 of 2)

Mon., Jan. 9

Tax free investing! What matters is not what you make, but what you get to keep.

Music Appreciation Lecture with Sam Patsy

Tue., Jan. 10

Join Sam to listen to some of his favorite duets.

Art Social

Wed., Jan. 11

Let your creative side shine in this Art event where you get to express yourself through a paintbrush as Steve skillfully leads you to reproduce a still image of the season. Lots of fun and no prior experience required.

Pre-registration required. **Fee: \$3.**

A Blizzard Of Safety

Thu., Jan. 12

Presentation on Emergency Preparedness and Fire Safety with retired Battalion Chief Jim Resnick.

Dance Club Friday with Mike Surratt 1-3 PM

Fri., Jan. 13

The fabulous Mike Surratt is performing for all of us to enjoy!
\$6 at the door; \$4 with HPSI card

CENTER CLOSED

Mon., Jan. 16

The 1:00 PM Holiday Park Daily Show – January 2017

Hoarding with Walt Sonnevile

Tue., Jan. 17

Are you sure that you need to keep all those papers, items and other objects that you have gathered in your home since you moved for the first time, including 5 boxes of pencils and 30 plastic containers? Maybe you are hoarding? Come and learn more about this.

DVD: “Eye In The Sky” (2016) 103 min.

Wed., Jan. 18

An operation to capture terrorists in Kenya is complicated when a young girl enters the kill zone, triggering an international dispute over the implications of modern warfare. Starring Helen Mirren, Aaron Paul, and Alan Rickman.

Tech Thursday: Apps for transportation

Thu., Jan. 19

Tech Moxie will present transportation options through your smartphone or tablet.

Dance Club Friday with Tim Amann 1-3 PM

Fri., Jan. 20

Tim will lead us into the weekend dancing away with today’s Dance Club Friday gig.

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

Investment Series with Edward Jones Investments (2 of 2)

Mon., Jan. 23

This is the second edition of this investment series.

Nutrition after 50 with Suburban Hospital

Tue., Jan. 24

Are you interested in learning how to optimize your day-to-day food choices in order to impact your overall health? Registered dietitian Jill Johnson will present a blueprint for meal planning, what to look for on food labels and diet modifications that will help you look and feel your best in your 50s and beyond.

Live Music with Jesse Palidofsky

Wed., Jan. 25

Come and listen to the wonderful sounds of Jesse Palidofsky’s music and enjoy a relaxing afternoon with your friends.

\$2; FREE with HPSI card

Chinese New Year Festival 1-3 PM

Thu., Jan. 26

You do not want to miss out on this amazing celebration of colors, traditions, music, dances, and a demonstration of Tai Chi.

Dance Club Friday with Rearview Mirror, 1-3 PM

Fri., Jan. 27

Get your dancing shoes on! Get set, GO!

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

Syrian Refugee Crisis

Mon., Jan. 30

Join us for this educational lecture by Lena Alfi on the Syrian Refugee Crisis, how it got to this point, and what can be done to help the displaced refugees caught in this tragic situation.

Tax Preparation Done Right with RSVP/AARP tax preparation program

Tue., Jan. 31

Learn from a seasoned tax preparer about selecting a reputable tax preparation service provider, criteria for free tax preparation assistance, gathering the necessary documentation, tax deductions, changes in the tax code that could impact you and more.

Multicultural Programs and Community Partnership Classes

Multicultural Programs

CHINESE SENIOR CITIZEN GROUP FOR CULTURE & HEALTH

Led by Jean Moy - 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 5 para más información.)

Conversación en Inglés (Everyday English), martes, miércoles y viernes de 10:00-10:55. (vea la página 6).

Clases de Alfabetización en Español e Inglés con Roxana Ready, los jueves de las 10:30 — 11:25 am

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

Max You en Español– Grupo de Crecimiento Emocional con Carol Josa. Jueves 1:00– 1:45 pm.

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

Partnership Classes

SUBURBAN HOSPITAL CLASSES HELD AT HOLIDAY PARK

ADVANCED WEIGHT TRAINING

Fri., 1/6 - 3/31, 10:00 - 10:45 am. Please bring your own mat.

WEIGHT TRAINING

Fri., 1/6 - 3/31, 11:00 - 11:45 am. Please bring your own mat.

STABILITY BALL

Mon., 1/9 - 3/27, 9:00 - 9:45 am. Please bring your own mat.



RSVP/AARP Tax Aide Program

Get your 2016 income tax prepared and sent to IRS free of charge, if you have a simple tax return and you live or work in Montgomery County.

The RSVP/AARP Tax-Aide Program will begin preparing tax returns the week of February 6, and plans to open its Scheduling Office on January 30. At that time, you may schedule an appointment by calling 240-777-2577 from 10 am until 3:00 pm, Monday through Friday, or going to www.montgomeryserves.org/tax-aide/overview to schedule on-line. Please schedule by March 1, in order to guarantee an appointment. (Make sure that you select a date when you know you will have all of your required papers.)

The program has more than 100 counselors qualified by the IRS to prepare these tax returns at 20 plus sites throughout Montgomery County. Kensington Park Library, near Holiday Park, is one of those sites.

For fees and registration call 301-896-3939

Health and Wellness Services



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

Heart Well with Nurse Mary Flynn; Wednesdays and Thursdays 9:00 am—2:00 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. The Nurse will not be in on the third Thursday of the month.



Healthy Highlights: Meet Nurse Mary: Second Thursday of the month at 12:30 pm
Look for Nurse Mary in the Lobby to learn health and wellness strategies. Have all your health questions answered.

DIABETES SUPPORT GROUP: Fourth Wednesday of every month at 12:30 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: Third Friday of the month, 9:30 am– 11:30 am.
If you are having problems or questions about your hearing or hearing aids, please come to our monthly walk-in clinic. Services provided at no charge: hearing screening, hearing aid cleaned & checked, minor hearing aid repairs, answer questions about hearing and hearing loss, discuss options to help you find solutions to help you live better with hearing loss. If you cannot come to the clinic, you may call 301-946-2434 for the same services by appointment.

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 pm

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.

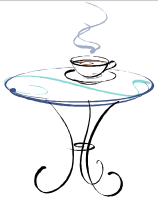
COUNSELING SUPPORT GROUPS

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. 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 GROUPS-Thursdays 2:00-4:00 pm.
Groups for persons widowed within the last two years. Pre-registration required. Call 301-949-7398 for information.

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

Open Mondays, Wednesdays, Thursdays, and Fridays from 9:30 - 1:00, and on Tuesdays, 9:30 to 3:00. General consignments are accepted Wed. mornings 9:30 - 12:30. Jewelry consignments are accepted on Tues. mornings, 9:30 - 12:30.

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



LIBRARY SERVICES

Mondays and Fridays at 11:30 am with our volunteer librarian, Sylvia Nisenoff. Our library welcomes most contributions of popular fiction & current non-fiction. Books in our library are for your reading enjoyment . ~Free!

MOBILE POST OFFICE

The Post Office will be at the center to assist you with your mailing needs. Tuesdays, 10:30 am– 12:00 pm.

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 - SENIOR HEALTH INSURANCE ASSISTANCE PROGRAM (By appointment only)

Call the SHIP office at 301-255-4250 for an appointment. Counselors are available on Mondays, Tuesdays and Wednesdays from 10:00 am to 12:00 noon for appointments at Holiday Park. Assists with health insurance claims, prescription drug plans and questions about selecting supplemental health insurance. For assistance with Part D drug plans, pick up a form in the Lobby.

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 including tax assistance programs.

PING PONG ROOM

On our second floor. One table to enjoy a good ping-pong match with a friend or another Center patron. Open daily. Drop-in. ~Free!

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. Special requests: stop in & ask.

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. ~Free!

WELCOME TO HOLIDAY PARK!

Join us for a meet and greet, as well as a tour of the Center! Learn about the Center's programs and services, get to know your peers and have coffee with our wonderful ambassador Gail! Please call to sign up: 240-777-4999. Every Tuesday at 10 am.

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 (70 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.

LATE REGISTRATION AND 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 three 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. HPSI-sponsored classes have two fees: a lower fee for members and a higher fee for non-members. A HPSI card is required to qualify for the lower fee. Only cash or check accepted. There is a \$20 returned check fee.

CLASS CANCELLATION DUE TO LOW ENROLLMENT

Classes with low enrollment will be cancelled the week prior to its start date. Register promptly.

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 (\$5.49). Please make or cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with Sherine or Barrington.



Transportation Options For Older Adults

JCA Curb-to-curb transportation

Transportation is available Monday-Friday 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 62 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).



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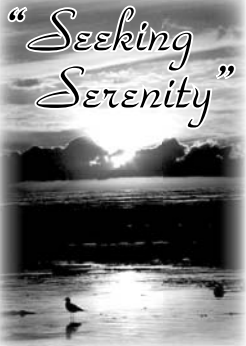
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Center Directory:**

Dolores Ustrell,
Center Director

Staff:

Gayathri Aluvihare
Youmna Badr
Amy Clemmer
Arthur Clemmer
Clara De La Rosa
Maria Mercedes Diaz
Sherine Dimitri
Elizabeth Gonzalez
Gail Jacobson
Barrington Malcolm

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

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:
Linda Davis
Wanda Harris
Elsa Montoya
Sheila Privor

Emeritus Member:
Beth Layton

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***Look What is Coming in February 2017...
a sampling of Holiday Park 1:00 pm Programs***

- Feb. 1 Bingo—\$1 for 2 cards
Feb. 2 DVD Movie: “The Help”
Feb. 3 Dance Club Friday: Stan Hamrick Duo
\$6 at the door or \$4 with HPSI card
- Feb. 6 Movie Discussion on “The Help”
Feb. 7 Art appreciation lecture with Joan Hart
Feb. 8 Live Music with the Plumer Family
\$2 or FREE with HPSI card
- Feb. 9 Music appreciation with Irv Chamberlain —Black History
Feb. 10 Valentine’s Day Dance with Mike Surratt
\$6 at the door or \$4 with HPSI card
- Feb. 13 Foot Health with Dr. Nagorski
Feb. 14 Live Music with Dale Jarrett
\$2 or FREE with HPSI card
- Feb. 15 Exploring Laughter: a Valentine’s Special with Steffi Phelan
Feb. 16 Tech Thursday: Get the most out of Google
Feb. 17 Dance Club Friday: Night and Day Band
\$6 at the door or \$4 with HPSI card
- Feb. 20 Center Closed
Feb. 21 Keeping your eyes healthy with Suburban Hospital
Feb. 22 Live Music with Dixieland Express
\$2 or FREE with HPSI card
- Feb. 23 Real Stories of Success: my own journey and failures
Feb. 24 Mardi Gras Party with The Colliders
\$6 at the door or \$4 with HPSI card
- Feb. 27 Music appreciation with Irv Chamberlain —Love Songs
Feb. 28 The life of Rosa Parks with Prof. A. Smith

**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.