



# Happenings

## August 2026

### Schweinhaut Staff

#### Center Director:

Karen Maxin

#### Asst. Center Director:

Michelle Riemer

#### Nutrition Manager:

Lisa Buchsbaum

#### Recreation Assistants:

Sena Alemu

Louise Basso-Luca

JoAnn Charles

Sofonias Gizaw

Jairo Gomez

Brenda Harding

Gerry Olson

Jennifer Posner

Kyra Winthrop-St. Gery

### Fall Activity Registration Day

Tuesday, August 11 • 9am

Register online or in person at our front desk.

*All programs require registration*

### Senior Day at the MoCo Fair #R07101-542

Tuesday, August 18 9:30am - 2:00pm

See Page 3 for Details

**NEW**

### Cornhole & Table Tennis Play #R07320-500

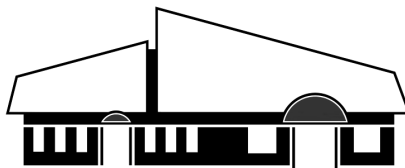
Tuesdays in August • 1:00pm - 2:00pm

See Page 3 for Details

**We are excited to share that our FOMSSC group will begin sponsoring monthly American History presentations starting in September. Sessions will be held on the second Tuesday of each month.**

### Closures, Class Cancellations or Changes

No Beginner Italian Class in August.



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085; Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, select MCGuest.



MONTGOMERY COUNTY  
**Recreation**

# Special Programs

## **Mindful Movement Class #R07077-507**

**Mondays, August 3, 10, 17, 24 & 31 • 8:15am - 9:00am • Garden Room**

Yiu Kee Yu 's class will help each other tailor mindful movements for your unique body to help reduce injury and improve your daily tasks. Any time you are under stress, just take a break and do one quick exercise to recover.

## **Senior Shape Stability Ball Class by Suburban Hospital**

**Mondays, July 6 - Sept 28 • 12:00pm - 12:45pm • Auditorium**

Utilizing a chair for support and stability, participants engage in low-impact exercises aimed at improving flexibility, strength, and balance. A stability ball, exercise band and light weights will be used. Registration required under Senior Shape at [www.events.suburbanhospital.org](http://www.events.suburbanhospital.org). There is a fee of \$40.00 for the 3-month session. Scanning your rec pass at center front desk is required.

## **Billiard Lessons for Ladies #R07103-512 • 10:00am - 11:00am**

## **Billiard Lessons for Ladies #R07103-511 • 11:00am - 12:00pm**

**Tuesdays, August 4, 11, 18 & 25 • Billiards Room**

This program is so popular we have added a second class. Have you thought about learning how to shoot billiards? Join this fun class with Jennifer Dunkin to learn the basics and perhaps some not so basic shots.

## **Balance & Cardio Drum Exercise with Everest Wellness #R07060-593**

**Tuesdays, August 4, 11, 18 & 27 • 12:30 - 1:30pm • Auditorium**

Everest Wellness will provide balance exercises the 1st, 2nd, 3rd Tuesday (and 5th if there is one). The 4th Tuesday will be cardio drum circle.

## **Table Tennis (Ping Pong) #R07097-507**

**Tuesdays, August 4, 11, 18, & 25 • 10:30am - 12:00pm • Garden Room**

Table tennis is a fast-paced indoor sport played between two or four players using small paddles and a lightweight plastic ball. It's great for improving hand-eye coordination, reflexes, and friendly competition.

***The center now offers extra large paddles and an oversized ball set, which can be used if participants prefer larger equipment for fun, accessibility, or introductory play.***

**NEW**

## **Cornhole & Table Tennis Play #R070320-500**

**Wednesdays, August 5, 12, 19 & 26 • 1:00pm - 3:00pm • Garden Room**

Please join us for a fun afternoon of Cornhole and Table Tennis! Advisory Board member Wayne Mara has kindly volunteered to provide instruction for both games. We hope to see you there for some friendly competition and relaxation! ***Come & play on our two new ping pong tables in the Garden Room.***

**NEW**

## **Baggo Game Play #R07320-501**

**Thursdays, August 6, 13, 20, & 27 • 1:00pm - 2:30pm • Garden Room**

Enjoy a friendly game of Baggo, a fun and easy bean bag toss game that's great for all skill levels! Players take turns tossing bean bags onto a slanted board, earning points by landing on the board or through the hole.

**NEW**

# ***Special Programs***

## **Student Tech Help #R07105-519**

**Saturdays, August 8, 15 & 22 • 10:00m - 2:00pm • Library**

Need help with your phone, tablet or laptop? Rohan Rai is available to troubleshoot your devices, install software, walk you through social media, and much more. No appointment needed just drop in during the designated hours.

## **Afternoon Cinema Fridays #R07088-503**

**Fridays, August 7, 14, 21 & 28 • 12:30pm - 2:30pm • Daisy Room**

Join us on Fridays for a movie presentation in the Daisy Room. Check the bulletin board for a poster and synopsis of each week's designated film. Movies are subject to change.

Aug. 7: Dog; Aug. 14: The Avengers; Aug. 21: Dirty Dancing; Aug. 28 Ratatouille.

## **Karaoke Fun #R07106-529**

**Tuesday, August 11 • 10:30am - 11:30am • Garden Room**

Join us for some fun Karaoke time with your friends. This will be a fun and engaging way for us to express ourselves, socialize and create more memorable.

## **Senior Planet: (3 of 6) Lyft Silver #R07105-587**

**Tuesday, August 11 • 1:00pm - 2:00pm • Garden Room**

Tired of traffic jams and parking hassles? In this workshop, we'll explore Lyft Silver, the streamlined version of the popular rideshare app. It's designed for easier navigation and a smoother, more comfortable ride experience. Learn how to book a ride with Lyft Silver

## **Mini-Trip: Laurel Dutch Market #R07101-591**

**Friday, August 14 • 9:30am - 12:00pm • Lobby**

Country Market sells homemade food, baked goods, and sandwiches since 1997. In our 5,700-square foot Market, we make and sell quality food based on Amish County recipes and flavors. Their products come from Amish and Mennonite farmers and are either locally sourced or come from Lancaster County, PA.

## **Mini-Trip: Montgomery County Agricultural Fair #R07101-542**

**Tuesday, August 18 • 9:30am - 2:00pm • Lobby**

Join us for Senior Day at the 77th Annual Montgomery County Fair. You will be greeted at the Heritage (Garden Room) Building with refreshments and then off to explore the many attractions and exhibits on display. There are plenty of air-conditioned buildings. When you are done and want to cool down and relax come back to the Heritage building anytime for entertainment and fun. Bus departs MSSC at 9:30 and returns by 2:00.

## **Senior Planet: (4 of 6) Emojis, Gifs & More #R07105-587**

**Tuesday, August 25 • 1:00pm - 2:00pm • Garden Room**

In this lecture we'll review what some of the most common emojis mean, where to find them on your smartphone keyboard, and when to use them.

## **Mini-Trip: Federal Plaza Shopping Day #R07101-592**

**Friday, August 28 • 9:30am - 12:00pm • Lobby**

Federal Plaza is located on Rockville Pike in Rockville. The property includes a TJ Maxx, Dollar Tree, Micro Center, Ross, and Trader Joe's among many other stores to choose from for your shopping pleasure.

# Recurring Activities

|             | Activity                                                                                                         | Day & Time                                       | Description & Contact                                                                                                                                                                                                                                                                                  | Fee  |
|-------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| ART         | <b>Ceramics</b><br><b>Activity #R07098-501</b><br><i>Instructor: Yvonne Roberts</i>                              | Tues. & Thurs.<br>9:30am - 1:00pm                | A creative class where bisque becomes art! You can bring your own pieces or select from our supply. There is a limit of 4 pieces per month.                                                                                                                                                            | Free |
|             | <b>Card Making</b><br><b>Activity #R07095-525</b><br><i>Instructor: Cindy Boccucci</i>                           | 2nd Sat.<br>9:30am - 2:30pm                      | Allow your creativity to flow as you make unique and personalized greeting cards under the instruction of Cindy Boccucci.                                                                                                                                                                              | Free |
|             | <b>Fun with Art</b><br><b>Activity #R07052-502</b><br><i>Facilitator: Barbara Hunter</i>                         | Wed.<br>10:00am - 12:00pm                        | Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. <i>Bring your own supplies.</i>                                                                                                                                                                            | Free |
|             | <b>Origami: Introductory &amp; Advanced</b><br><b>Activity #R07096-501</b><br><i>Facilitator: Debbie Pichler</i> | NEW DAYS<br>2nd & 4th Tues<br>10:00am - 12:00pm  | Discover the Japanese art of paper folding! Come fold, create, and have fun with fellow origami enthusiasts! This program meets on the second and fourth Tuesday of each month. Class is 10 - 11 AM: Introductory Session & 11 - 12PM: Advanced.                                                       | Free |
|             | <b>Stitchers Corner</b><br><b>Activity #R07003-504</b><br><i>Facilitator: Carol Bannerman</i>                    | Wed.<br>1:00pm - 3:00pm                          | Whatever needlework you prefer (knitting, crocheting or embroidery), join us to practice your craft in this friendly group. Use our donated yarn to create useful items for community charities.                                                                                                       | Free |
| EDUCATIONAL | <b>Book Discussion</b><br><b>Activity #R07065-504</b><br><i>Facilitator: Marjorie Hoffman</i>                    | Zoom & In-person<br>2nd Tues.<br>1:00pm - 2:30pm | We are excited to announce that our Book Discussion group will be meeting by Zoom & In-Person. Class is on break & will resume in September.                                                                                                                                                           | Free |
|             | <b>Coffee &amp; Conversation with MSSC Staff</b><br><b>Activity #R07092-505</b>                                  | 3rd Thurs.<br>9:30am - 10:15am                   | Join us for coffee or tea and share your ideas for MSSC programs and activities, while we also address any questions or concerns.                                                                                                                                                                      | Free |
|             | <b>Writer's Group</b><br><b>Activity #R07058-505</b><br><i>Facilitator: Beverly Moss</i>                         | 1st & 3rd Tues.<br>10:00am - 12:00pm             | Join fellow writers as they share essays, poems, stories, and more in this friendly, informal virtual group. Share your work or just listen—everyone is welcome! <b>Contact Karen at <a href="mailto:karen.maxin@montgomerycountymd.gov">karen.maxin@montgomerycountymd.gov</a> for the Zoom link.</b> | Free |
| FITNESS     | <b>Basic Functional Balance Exercise</b><br><b>Activity #R07030-500</b><br><i>Instructor: Julien Elie</i>        | 1st & 4th Fri.<br>9:30am - 10:30am               | Light exercise, focused on building posterior musculature and developing core strength that is critical to having a well-balanced body.                                                                                                                                                                | Free |
|             | <b>Ballroom Dance</b><br><b>Activity #R07050-504</b><br><i>Instructors: Ellen Moran &amp; William Goldberg</i>   | Wed.<br>12:00pm - 1:30pm                         | Learn the basic steps, lead and follow, and simple routines. Singles and couples are welcome. Followed by Let's Dance!                                                                                                                                                                                 | Free |
|             | <b>Bone Builders</b><br><b>Activity #R03010-505</b>                                                              | Tues. & Thurs.<br>10:30am - 11:30am              | The program aims to maintain and increase bone density, preventing osteoporosis. Classes focus on balance, strength training, and posture, using dumbbells and ankle weights to stimulate bone growth.                                                                                                 | Free |
|             | <b>Balance &amp; Cardio Drumming</b><br><b>Activity #R07060-593</b><br><i>Instructor: Jeremy Sherron</i>         | Tues<br>12:30pm - 1:30pm                         | Join us every Tuesday for fun and fitness! The 1st, 2nd, 3rd (and 5th, if applicable) Tuesdays feature balance exercises to improve stability, strength, and coordination. The 4th Tuesday is Cardio Drum Circle.                                                                                      | Free |
|             | <b>Kickboxing</b><br><b>Activity #R07060-513</b><br><i>Instructor: Julien Elie</i>                               | 3rd Fri.<br>9:30am - 10:30am                     | Kickboxing classes can be a little intimidating for beginners but don't worry, you can move at your own pace. Learn the proper mechanics of offensive and defensive moves in kickboxing.                                                                                                               | Free |

| Activity                        |                                                                                                              | Day & Time                         | Description & Contact                                                                                                                                                                                                                                                                                                                | Fee  |
|---------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| F<br>I<br>T<br>N<br>E<br>S<br>S | <b>Line Dancing</b><br><b>Activity #R07011-508</b><br><i>Instructor: Jo Ann Eng</i>                          | Sat.<br>10:30am - 12:00pm          | Learn how to line dance to your favorite songs under the instruction of Jo Ann.                                                                                                                                                                                                                                                      | Free |
|                                 | <b>Low Impact Exercise</b><br><b>Activity #R07060-512</b><br><i>Instructor: Julien Elie</i>                  | 2nd Fri.<br>9:30am - 10:30am       | This class offers simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than in our traditional exercise classes.                                                                                                              | Free |
|                                 | <b>Holy Cross Health &amp; Kaiser Permanente Senior Fit</b><br><i>Instructor: Chatarina Lindvall</i>         | Tues. & Thurs<br>9:00am - 9:45am   | Holy Cross Health and Kaiser Permanente offer Senior Fit, a 45-minute exercise class designed for adults 55+, to improve strength, flexibility, endurance and balance. Classes are ongoing. Call 301-754-8800 or <b>register online by emailing <a href="mailto:seniorfit@holycrosshealth.org">seniorfit@holycrosshealth.org</a></b> | Free |
|                                 | <b>Superpower Dance Circle</b><br><b>Activity #R07012-545</b><br><i>Instructor: Jane Pinczuk</i>             | Wed.<br>9:30am - 10:30am           | Join our dance party atmosphere and move to popular music, incorporating various dance styles including hip-hop, jazz, Latin, international, modern, scarf-drumstick (magic wands) and social line dance. The class culminates with cool-down stretches, deep breathing techniques and guided meditation.                            | Free |
|                                 | <b>Tai Chi Chuan</b><br><b>Activity #R07025-504</b><br><i>Instructor: Glenn Moy</i>                          | Tues.<br>2:00pm - 3:00pm           | An ancient system of physical and mental harmony. This exercise emphasizes relaxation, balance, and coordination.                                                                                                                                                                                                                    | Free |
|                                 | <b>Qi Gong</b><br><b>Activity #R07059-503</b><br><i>Instructors: Mike Kornely &amp; Julia Schuker</i>        | Sat.<br>12:00pm - 1:00pm           | Qi Gong has been a part of traditional Chinese medicine for centuries. This gentle and meditative form of exercise is perfect for seniors looking to increase their strength, balance, and reduce stress.                                                                                                                            | Free |
| G<br>A<br>M<br>E<br>S           | <b>Yin Yoga</b><br><b>Activity: #R07032-517</b><br><i>Instructor: Adina Crawford</i>                         | Sat.<br>9:15am - 10:15am           | This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical body joints.                                                                                                                                                                     | Free |
|                                 | <b>BINGO!</b><br><b>Activity #R07085-502</b><br><i>Facilitator: Linda Disharoon</i>                          | Mon. & Thurs.<br>10:30am - 11:30am | Join us to have a fun-filled hour playing BINGO with your friends or friends you haven't met before. One winner per game.                                                                                                                                                                                                            | Free |
|                                 | <b>Pinochle Card Game</b><br><b>Activity #R07099-501</b><br><i>Facilitator: George Kelly</i>                 | Wed.<br>1:00pm - 3:00pm            | Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.                                                                                                                                                                                                | Free |
|                                 | <b>Game Day with Friends</b><br><b>#R07086-504</b>                                                           | Mon-Fri<br>12:30pm - 3:00pm        | Join staff for hours of fun where you can choose what game you want to play. Choose from a variety of games such as Rummikub, Chess, Dominoes and more! Besides being good for your brain, this activity will be a great opportunity for socializing and building new friendships.                                                   | Free |
|                                 | <b>Chess Club</b><br><b>Activity #R07110-503</b><br><i>Facilitator: Clifford DuThinh</i>                     | Mon.<br>10:30am - 1:00pm           | Chess, a classic board game, is played by two opponents on a checkered board with the goal of capturing the opponent's king. Beginners are encouraged to join!                                                                                                                                                                       | Free |
| H<br>E<br>A<br>L<br>T           | <b>Nutrition 101</b><br><b>Activity #R07024-503</b><br><i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i> | Tues. & Thurs.<br>1:00pm - 2:00pm  | As a Nutritionist and Certified Wellness Life Coach, Josephine will host a discussion on how to be your best healthy self.                                                                                                                                                                                                           | Free |
|                                 | <b>Brewing Healthy Relationships</b><br><b>Activity #R07111-506</b><br><i>Facilitator: Wubet Tezera</i>      | Fri.<br>10:30am - 12:00pm          | Join us for a traditional Ethiopian coffee ritual that fosters connection and open discussion. This practice supports healthy relationships, encourages sharing everyday concerns, and offers health benefits such as improved focus, digestion, and antioxidant support. All are welcome.                                           | Free |

# L A N G U A G E

**English Conversation  
Activity #R07021-508**  
*Facilitator: Linda Winter*

Mon. & Thurs.  
1:00pm - 2:30pm

This group offers an opportunity for conversation if you can read English but are not sure about speaking English. It is also a chance to meet people from other countries. We look forward to meeting you.

Free

**French Conversation  
Activity #R07019-502**  
*Facilitator: Kodjovi Abotchi*

2nd, 4th & 5th  
Saturdays  
10:30am - 12:00pm

If you have knowledge of French, this class is for you. Kodjovi will cover simple conversations and grammar to help you brush up on your skills. He will include music and poems at some of the classes.

Free

**Italian Intermediate Class  
Activity #R07021-506**  
*Facilitators: Maria Goudiss and  
Suzan Daley*

**Summer Break  
June-August**  
Wed.  
2:00 - 3:00pm

This is an intermediate Italian class. A working knowledge of Italian is necessary. The class focuses on speaking and reading Italian. **Class will resume September 1, 2026.**

Free

**Spanish Class Level 1  
Activity #R07015-504**  
*Facilitator: Mauricio Burgos*

Thurs.  
9:30am - 10:30am

This session will cover pronunciation, the alphabet, numbers, seasons, days of the week and daily expressions.

Free

**Spanish Class Level II  
Activity #R07015-508**  
*Facilitator: Amparo Ocasio*

Wed.  
10:30am - 11:30am

This session will introduce basic Spanish grammar structure in simple sentences and increase vocabulary for everyday use through the use of music, written materials and participant interaction activities. Bienvenidos!

Free

**Spanish Class Level III  
Activity #R07015-509**  
*Facilitator: Ana Bustamante*

Mon.  
11:00am - 12:00pm

Join this group for a simple conversation to help improve your skills to be able to communicate with other people.

Free

**Spanish Class Level IV  
Activity #R07015-514**  
*Facilitator: Rocio Torresano*

Thurs.  
10:30am - 11:30am

This level will focus on listening, comprehension, reading, writing, and speaking in sentences related to routine tasks. Learners will practice simple, direct exchanges of information on familiar topics, everyday activities, local geography, and current events. The focus will be on using clear, slow, and standard speech, as well as understanding and conveying the main idea in short, straightforward messages.

Free

**Seasoned Players  
Activity #R07056-502**  
*Facilitator: Helen Cothran*

1st & 3rd Wed  
1:30pm-3:30pm

Seasoned Players invite you to join them to rehearse songs and/or line dances to perform at nursing homes and other senior centers.

Free

*Folklore Society of Greater  
Washington Presents*  
**Song Circle  
Activity #R07080-516**  
*Facilitator: Fred Stollnitz*

**Summer break July  
& August**  
2nd Fri. of the Month  
1:30pm - 3:30pm

Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. Contact FSGW.org/song-circles for information on how to join on Zoom.

Free

**Angklung Music Lesson  
Activity #R07109-503**  
*Facilitator: Ari Peach*

Sat.  
12:00pm - 2:00pm

Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument crafted from bamboo. You will then get the opportunity to perform at various events in the community.

Free

**Blood Pressure Screening  
Activity #R07108-505**  
*Facilitator: Bernadette Denis*

Fri.  
1:00pm - 2:00pm

Come get your blood pressure checked for free by Bernadette every Friday, in our library.

Free

**Senior Services in  
Montgomery County**  
*Facilitator: Anita Joseph*

2nd Tues. of  
the month

Call 240-777-1062 to **make an appointment** to meet with Anita the 2nd Tuesday of the month at MSSC. Anita will provide information about senior services, assistance in obtaining services, benefits, and education on offerings available to seniors.

Free

# S E R V I C E S

|                                                                                                                            |                                                       |                                                                                                                                                                                                                                                                                   |      |
|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Indoor Shuffleboard</b><br><b>Activity #R07121-</b><br><i>Facilitator: Cathy Fisher</i>                                 | Will Begin in November                                | Whether you're a seasoned player or a beginner, learn the basics of Shuffleboard or sharpen your skills. Everyone is welcome to play and have a great time!                                                                                                                       | Free |
| <b>Bocce Ball Play</b><br><b>Activity #R07124-503</b><br><i>Facilitator: Cathy Fisher</i>                                  | Mon.<br>12:30pm - 1:30pm                              | Learn the basics of Bocce Ball in this fun, hands-on session! We'll cover rules, scoring, and techniques to help you improve your game. Bring friends and enjoy this classic outdoor activity together.                                                                           | Free |
| <b>Open Pickleball</b><br><b>Activity #R07091-507</b><br><b>(Subject to Change)</b>                                        | Fri.<br>See monthly schedule                          | Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure. Sign up for the email schedule.                                                                                                      | Free |
| <b>Billiards</b><br><b>Activity #R07103-509 M-F</b><br><b>Activity #R07103-510 Sat.</b>                                    | M-F 8:00am - 4:00pm<br>Sat. 9:00am - 3:00pm           | Come in and join us for a game of Billiards. The Pool Room is open to everyone during center hours.                                                                                                                                                                               | Free |
| <b>Table Tennis</b><br><b>Activity #R07097- 505 Mon.</b><br><b>Activity #R07097-506 Fri.</b><br><b>(Subject to Change)</b> | Mon.<br>12:00pm - 2:00pm<br>Fri.<br>10:30am - 12:00pm | Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table, using small paddles. See front desk for equipment.                                                                                                                     | Free |
| <b>Newbies + Beginner</b><br><b>Pickleball</b><br><b>Activity #R07091-513</b><br><i>Instructor: Coach Brad Paleg</i>       | Thurs.<br>1:00pm - 2:00pm                             | This class is for beginners or those starting to learn pickleball. No prior experience needed. Learn rules, gameplay, strokes, and court skills in a safe, fun, social setting. Limited space, early sign-up recommended!                                                         | Free |
| <b>Advanced Beginner</b><br><b>Pickleball</b><br><b>Activity #R07091-514</b><br><i>Instructor: Coach Brad Paleg</i>        | Thurs.<br>2:00pm - 3:00pm                             | This class is for players with at least 3 months of experience who can dink, serve, and return consistently. It will help you build a solid foundation to improve your pickleball skills, including non-volley zone (NVZ) play and resetting skills.                              | Free |
| <b>Intermediate Beginner</b><br><b>Pickleball</b><br><b>Activity #R07091-515</b><br><i>Instructor: Coach Brad Paleg</i>    | Thurs.<br>3:00pm - 4:00pm                             | You have developed a strong pickleball foundation. You understand the importance of coming up to the NVZ line and can effectively play from that area. The class, using instruction, drills, and recreational play, will help you as you advance both your skills and strategies. | Free |

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

### **Monday through Friday • Noon • Almost Café**

The cost of the meal is \$8.40. For people age 60 or older and a spouse of any age, a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$3.00. Cancel or change your reservations for lunch, Monday through Friday, at least 72 hours in advance.

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

## ***Daily Transportation— Door to Door Transportation***

### **Monday through Friday • Pickup start at 8am • Depart the center at 2pm**

Our daily bus to the center is available for pickup in our area.

**For Information, cancellations, changes, or to check if you're in our pickup area, please contact Evelyn Kittrell at 301-255-4214.**



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

AARP

Adventist Health Care

Affiliated Sante Group

Akhmedova Ballet Academy

The Folklore Society of Greater Washington

Friends of the Margaret Schweinhaut Senior Center (FOMSSC)

Holy Cross Health

Senior Planet

United Health Care & Integral Health Care

U.S. Postal Service

Woodmoor Pastry Shop

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

# Announcements

## WE WANT YOUR RECYLING We're Collecting Shoe Boxes

This summer, the Department of Recreation's Kids Camps will be using shoe boxes to create solar ovens to make s'mores. Instead of recycling these items at home, we invite you to help give them a new life through fun and imaginative activities. A collection box is located in the hallway near the lockers. Thank you for recycling AND supporting the campers' creativity!

## Have Our Newsletter Emailed

You can receive our monthly newsletter emailed directly in your inbox! Sign up at the front desk or call 240-777-8085 to be added to our email list. You can help us save money and reduce paper waste.

## Open Pickleball Schedule

The open Pickleball Play schedule is posted at the center. We can email it to you; call 240-777-8085 to get on the list.  
**The dates are subject to change.**

## Upcoming Programs and Closures



September 15

Latino Heritage Event

September 16

Rita Clarke & The Naturals

September

Mini-Trip: Dollar Tree on Rockville Pike

September

Mini-Trip: Baugher's Farmers Market & Restaurant

September 25

Ice Cream Social

September 14

**NEW** Monthly History Presentations from Montgomery History sponsored by FOMSSC

*Please note that the above programs are tentative and changes could occur. We will make every effort to relay any changes as they occur. Keep an eye out for notice of any additional programs in the corridor next to front desk.*



Check out the recreation website at [MOCOREC.COM](http://MOCOREC.COM)

Register for programs at [Activemontgomery.org](http://Activemontgomery.org)