Holiday Park Hi–Lites

It is Grand to be 55+ in Montgomery County!

SEPTEMBER 2026



Stay in the Know: Holiday Park's Construction Project— Phase III Presentation

NEW DATE:
Thursday, September 3rd, 1PM

Do you want to get an update on how the construction project is going and how Phase III will look like and impact you? Join us for this discussion and get your questions answered.

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Dances of the Jewish Holidays at Margaret Schweinhaut Sr Ctr

Friday, September 18th, 1PM

Join Sharon to learn about and dance many of the dances associated with the Jewish holidays. Join us for this joint program. Open to all.

Pre-registration required — ActiveMontgomery: R07107-114

Tim Amann provides music for everyone to listen & enjoy. Join us!



Tuesday, 9/1 at 1pm



Center Closed: Monday, September 7th.

Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
Phone: (240) 777-4999
www.mocorec.com
Center Hours: Monday thru Friday 9:00 am - 4:00 pm

Construction Zone!!



The Phase 3 of the project begins on September 28th!

- Until Sept. 25, entry to the facility is through the back clearly marked at the back parking lot by the plant room/ billiard room.
- Please park in the back parking lot during this time.
- For pedestrian safety, please use the pedestrian only sidewalk located to the left side of the building.

Thank you for your understanding.

Changes during Phase 3:

- Phase 3 starts on September 28.
- Be on the lookout for the new Entry Signs
- For your safety we strongly encourage using the pedestrian walkway to go from the back parking to the Front of the building.
- During this time the Exercise Room, Billiards, Music, Table Tennis & Bocce Ball court will be CLOSED and will reopen in Spring. There are other community and senior Centers that offer these amenities. The outdoor exercise area will still be available.
- The Lunch program will return to the Dining Room with Hot, Cold and Vegetarian options.
- The Café will be open in the Dining Room.
- The Gift Shops is Closing starting September until Spring 2027.



Updates & Announcements

Mini Trip to the Phillips Collection

Friday, September 11th
9:20am to 2:00pm from Holiday Park

Register Now! Space Limited

NOTE: Bring $15 CASH with you on day of event to pay for your museum entrance fee!

Fire Safety One Cup of Cocoa at A Time



Wednesday, 9/16, 10/21, 11/18, & 12/16
at 9:30 —11:00 am

Enjoy conversation with Kristy from MoCo Fire & Rescue Service who will discuss fire safety and answer your questions and concerns.



Monday, September 21 at

10 am in Spanish

1pm in English

Open Enrollment happens from October 15 – December 7 and is the time every year when you can make changes to your coverage. The changes you make during Open Enrollment are effective January 1 of next year (the plan must get your enrollment request by December 7).
Montgomery County SHIP provides a free Part D plan comparison service where counselors compare plans and help you understand Prescription Drug plan differences.

HPSC Classes at Mid-County Community Recreation Center

[located at 2004 Queensguard Road, Silver Spring, MD 20906 (240-777-6820)]

Starting this Fall

Registration for HPSI classes at Holiday Park Senior Center only

LANGUAGE CLASSES at Mid-County

CONVERSATIONAL ENGLISH

Taught by Deb. Very basic English, vocabulary & conversational English to help you get comfortable in everyday conversation. **No Class 10/20, 11/3, & 11/24.**

Tue	**9/15-12/15**	**11-11:50am**	**Free**

FRENCH (BEG. & INT.)

Taught by Gilles; sponsored by HPSI. Learn and practice your French. **No Class 10/21, 11/11, and 11/25 for Beg. and Int.**

BEG	**Wed**	**9/16-12/16**	**9:30-10:20am**	**$35**	**11 wks**
INT	**Wed**	**9/16-12/16**	**10:30-11:20am**	**$35**	**11 wks**

FRENCH: CONVERSATION

Taught by Gilles; sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required. **No Class 10/21, 11/11, and 11/25.**

Wed	**9/16-12/16**	**11:30-12:20am**	**$35**	**11wks**

SPANISH: INTERMEDIATE

Taught by Karen; sponsored by HPSI. A class for those who want to learn and practice Spanish. **No Class 10/20, 11/3, & 11/24.**

Tue	**9/15-12/15**	**11:30am-12:20pm**	**$40**	**11 wks**

SPANISH: CONVERSATION

Taught by Karen; sponsored by HPSI. Practice your Spanish by holding conversations in Spanish. Basic knowledge required. **No Class 10/20, 11/3, & 11/24.**

Tue	**9/15-12/15**	**12:30-1:20pm**	**$40**	**11 wks**

HPSI Classes Registration

Monday, August 10th

Please come to the front desk for registration forms, and for classes information.

Payment is via check, cash, or coupons

ARTS AND CRAFTS at Mid-County

CHINESE BRUSH PAINTING

Taught by Nicki; sponsored by HPSI. This class is designed to teach both beginning students and for students who have some experience in Chinese Brush painting. **No Class 11/26.**

Thu	**11/5-12/17**	**12:30-2:30pm**	**$50**	**6 wks**

DRAWING & WATERCOLOR

Taught by Steve; sponsored by HPSI. Learn the fundamentals of drawing and watercolor. **No Class 10/20, 11/3, & 11/24.**

Tue	**9/15-12/15**	**12:30-2:30pm**	**$110**	**11 wks**

WATERCOLOR (Interm./Adv.) In Person

Taught by Steve; sponsored by HPSI. This class is for experienced artists and is presented "in person". Expand your knowledge of watercolor technique. **PLEASE NOTE:** ***Interm./Adv. Class will be held "Virtually" on 9/21, 10/19, 11/2, & 11/23. You will need to have computer access to attend; a link will be provided for log-ins on these days.***

Mon	**9/14-12/14**	**10-11:50am**	**$140**	**14 wks**

TECHNOLOGY at Mid-County

SENIOR PLANET: NAVIGATING LIFE—TRANSITIONS IN THE DIGITAL WORLD

This practical multi-week series is designed to help you stay organized and confident as life evolves. We'll explore online resources and tools for estate planning, caregiving, understanding Medicare options, and safely storing important documents. You'll also learn how to use Facebook Marketplace for selling online and get an inside look at the AARP Digital Vault. Participants should be comfortable navigating the internet and have an email address that they use. **No Class 10/20 and 11/3.**

Tue & Thu	**10/6-11/12**	**10-11:15am**	**Free**	**10 wks**

Classes and Drop-in Activities At Holiday Park SC

Please register at the Front Desk. HPSI Fall registration began Monday August 10th.

DANCE

BALLROOM: INTERMEDIATE

Taught by Ron & Amy; sponsored by HPSI. During the building renovations, classes will be held on the 2nd floor. These classes are designed to help you develop your dance technique and styling. Includes developing good dance posture, frame and connection to your partner, lead and follow, etc. Basic knowledge required. Couples & single students welcome. **Smooth (Tango, Nite Club & Waltz)** and **Rhythm (Salsa, Bachata and West Coast Swing). No Class 11/4 and 11/11.**

Smooth	**Wed**	**9/9-12/16**	**2-2:50pm**	**$70**	**13 wks**
Rhythm	**Wed**	**9/9-12/16**	**3-3:50pm**	**$70**	**13 wks**

BIODANZA

A great exercise & dance class that incorporates simple movements, beautiful music & is good for every body. Bring your friends & have fun!

Fri	**9/4-9/25**	**9:45-11:00am**	**Free**

CHINESE FOLK DANCING

Taught by Chinese dancer, Ming. Combines tai chi, qigong, ballet & expressive dance movements. **No class on 11/27.**

Fri	**9/4-12/18**	**1-1:50pm**	**Free**

HIP HOP & GROOVE

Taught by Akua; sponsored by HPSI. Join us for an energizing and groovy Hip Hop dance class series! This series focuses on fun hip hop grooves and urban dance fundamentals while enjoying a groovy mix of old-school and modern hip hop. We will build coordination, balance, and confidence in a welcoming, low-pressure environment. All fitness levels are encouraged to come move and dance!

Mon	**10/5-12/7**	**12-12:50pm**	**$50**	**10 wks**

HULA (INT. CHOREOGRAPHY)

Taught by Dawn and sponsored by HPSI. This class will focus on advancing the techniques learned in the beginner Hula Course. **No class on 9/28 and 10/5.**

Mon	**9/14-12/14**	**1-1:50pm**	**$50**	**12 wks**

INTERNATIONAL FOLK DANCING

Taught by Sharon; sponsored by HPSI. Easy and fun dances from around the world. No previous experience needed. No partner required.

Fri	**9/4-11/13**	**11-11:50am**	**$55**	**11 wks**

PERSIAN DANCE FITNESS

Iranian dance is one of the oldest and most beautiful dances in the world. Using specific rhythms inspired by traditional Iranian music the hand and foot movements in this dance are soft and rhythmic**. No class 9/7.**

Mon	**Fall 1**	**8/31- 9/21**	**11-11:50am**	**Free**
Mon	**Fall 2**	**9/28-12/14**	**10-10:50am** ***NEW TIME***	**Free**

TAP DANCING (INTERMEDIATE)

Taught by Denise and sponsored by HPSI. This class is designed for students who have taken tap dance workshops previously.

Wed	**10/14-11/4**	**1-1:50pm**	**$25**	**4 wks**

TAP DANCING (BEGINNER)

Taught by Denise and sponsored by HPSI. This class is designed for students who want to start learning how to tap dance and will go over basic steps, combinations, and rhythms.

Wed	**10/14-11/4**	**12-12:50pm**	**$25**	**4 wks**

FITNESS & CARDIO

AS EASY AS ABC… Exercise Class

Taught by Matt; sponsored by HPSI. A variety of exercises designed to increase muscle strength, endurance, range of motion, and balance. Hand-held weights and mats are used. Please bring your own weights to the class. **No class on 11/26 for both BEG & ADV.**

BEG	**Thu**	**9/10-12/17**	**12-12:50pm**	**$65**	**14 wks**
ADV	**Thu**	**9/10-12/17**	**11-11:50am**	**$65**	**14 wks**

EASY FIT DANCING

Taught by Marcia; sponsored by HPSI. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights to class. **No class on 11/11.**

Wed	**9/9-12/16**	**11-11:50am**	**$50**	**14 wks**

GENTLE EXERCISE WITH VENUS

Led by Venus. Gentle exercises that include stretching and to help you gain better balance! **No class on 10/16, 10/23, 10/30, and 11/27.**

Fri	**9/25-12/18**	**10:30-11:20am**	**Free**

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999.

LATIN RHYTHM CARDIO FITNESS

Taught by Tony and sponsored by HPSI. Let's have fun dancing together! This low impact but high energy class combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. **No class on 11/26.**

Thu	**9/17-12/17**	**10-10:50am**	**$65**	**13 wks**

SELF DEFENSE — TAE KWON DO

Taught by Larry. Learn self-defense with the Korean practice of Tae Kwon Do. Develop confidence that you can protect your personal space through relaxation & self-defense techniques, increase your mental alertness, flexibility, & range of motion. **No Class on 11/27.**

Fri	**Ongoing**	**2-2:50pm**	**Free**

TAI CHI BEGINNERS

Taught by Milan. Learn the basics of this ancient, beautiful and relaxing form of exercise. **No Class on 11/11.**

Wed	**Ongoing**	**9:30-10:20am**	**Free**

TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

Tue	**Ongoing**	**9:30-10:20am**	**Free**

TAI CHI SWORD

Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword. **No class on 9/7.**

Mon	**Ongoing**	**2:30-3:25pm**	**Free**

YOUR BODY IS MEANT TO MOVE

Taught by Sonia; sponsored by HPSI. Exercise to 60s/70s music while you work the muscles which strengthen the bones. **No class on 11/26.**

Thu	**9/10-12/17**	**2-2:50pm**	**$60**	**14 wks**

ZUMBA

Taught by Karen; sponsored by HPSI. A fun dance-based fitness class that combines Latin rhythms with easy-to-follow choreography that will help tone your muscles, and boost your overall mood. **No class on 11/11.**

Wed	**9/9-12/16**	**10-10:50am**	**$60**	**14 wks**

ZUMBA FOR ALL

Taught by Renee; sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength.

Mon	**9/14-12/14**	**9-9:50am**	**$65**	**14 wks**

ZUMBA GOLD

Taught by Mitzi; sponsored by HPSI. The original dance-fitness party.

Tue	**9/8-12/15**	**9-9:50am**	**$70**	**15 wks**

ZUMBA GOLD TONING

Taught by Mitzi; sponsored by HPSI. The original dance-fitness party. **No class on 11/27.**

Fri	**9/11-12/18**	**10-10:50am**	**$65**	**14 wks**

ZUMBA SEATED DANCING

Taught by Sharon. Designed for adults who need to use a chair for extra support or anyone looking to have fun and move a bit while sitting. **Pre-registration required.**

Tue	**9/1-11/17**	**2:30-3:20pm**	**Free**
Fri	**9/4-11/13**	**9:30-10:20am**	**Free**

YOGA

EVERYBODY'S YOGA

This class is designed to explore gentle yoga poses, breathing, & meditation techniques which will promote healthy aging. **No class on 11/11.**

Wed	**9/9-12/16**	**2:30-3:20pm**	**$65**	**14 wks**

HATHA YOGA

Taught by Debbie; sponsored by HPSI. This class focuses on posture, balance, strength, flexibility, breathing, and meditation. Please bring yoga mat, blanket, 2 blocks, & a strap to each class. **No Class on 11/27 (in person).** Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.

In Person	**Fri**	**9/11-12/18**	**9-9:50am**	**$55**	**14 wks**
Virtual	**Tue**	**9/8-12/15**	**9-9:50am**	**$65**	**15 wks**

Classes and Drop-in Activities At Holiday Park SC

Please register at the Front Desk. HPSI Fall registration began Monday August 10th.

YOGA (CHAIR)

Taught by Linda; sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis, & weak muscles. Students focus on fall prevention using balancing poses.

Tue	**9/8-12/15**	**11-11:50am**	**$70**	**15 wks**

YOGA FOR BALANCE

Taught by Linda; sponsored by HPSI. introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	**9/8-12/8**	**10-10:50am**	**$70**	**15 wks**

YOGA WITH LINDA

Taught by Linda; sponsored by HPSI. Relaxing exercise to improve flexibility and strengthen muscles. **No class on 11/ 26.**

Thu	**9/10-12/10**	**10-10:50am**	**$65**	**13 wks**

YOGA (CHAIR) IN SPANISH

Taught by Karen; sponsored by HPSI. Join us for a session of relaxing yoga taught in Spanish. **No class on 11/26 (Thu).**

Mon	**9/14-12/14**	**11-11:50am**	**$60**	**14 wks**
Thu	**9/10-12/17**	**11-11:50am**	**$60**	**14 wks**

ARTS AND CRAFTS

KNIT & CROCHET WORKSHOP

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

Wed	**Ongoing**	**10-11:30am**	**Free**

WOODCARVERS "CARVE & CHAT"

Led by Val. A friendly group of amateur woodcarvers meets on Fridays to work on projects and chat with fellow carvers. If you are brand new to carving and would like to learn more about carving, we have two openings for new members. Please sign up at the registration desk and come to the carving group at 2pm for a new carver orientation. **No class on 11/27.**

Fri	**Ongoing**	**1-2:55pm**	**Free**

CHINESE BRUSH PAINTING

Taught by Nicki; sponsored by HPSI. This class is designed to teach both beginning students and for students who have some experience in Chinese Brush painting. **See page 3 for Fall Schedule & Location information.**

DRAWING & WATERCOLOR

Taught by Steve; sponsored by HPSI. Learn the fundamentals of drawing and watercolor. **See page 3 for Fall Schedule & Location information.**

WATERCOLOR (Interim./Adv.) In Person.

Taught by Steve; sponsored by HPSI. Experienced artists only. **See page 3 for Fall Schedule & Location.**

WATERCOLOR (Interm./Adv.) VIRTUAL

Taught by Steve; sponsored by HPSI. This class is for experienced artists . Expand your knowledge of watercolor technique. Register for this VIRTUAL class by emailing: HolidayParkSeniors@gmail.com.

Tues	**9/15-12/15**	**9:30-11:30pm**	**$140**	**14 wks**

LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Greg. Vocabulary & conversational English to help you get comfortable in everyday conversation. Ongoing. **No class on 11/26.**

Tue & Thu	**Fall 1**	**8/31-10/2**	**9:50-10:40am**	**Free**
	Fall 2	**10/5-12/23**	**9:30-10:20am** ***NEW TIME***	**Free**

CONVERSATIONAL ENGLISH

Taught by Deb. Very basic English, vocabulary & conversational English to help you get comfortable in everyday conversation. ***See page 3 for Fall Schedule & Location information.***

FRENCH (BEG. & INT.)

Taught by Gilles; sponsored by HPSI. Learn and practice your French. ***See page 3 for Fall Schedule & Location information.***

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999.

FRENCH: CONVERSATION

Taught by Gilles; sponsored by HPSI. Practice your French by holding conversations in French. Basic knowledge required. ***See page 3 for Fall Schedule & Location information.***

SPANISH: INTERMEDIATE

Taught by Karen; sponsored by HPSI. A class for those who want to learn and practice Spanish. **See page 3 for Fall Schedule & Location information.**

SPANISH: CONVERSATION

Taught by Karen; sponsored by HPSI. Practice your Spanish by holding conversations in Spanish. Basic knowledge required. **See page 3 for Fall Schedule & Location information.**

SPORTS

BOCCE BALL COURT—PETANQUE

CLOSED. Will be available again in Spring 2027.

BILLIARD/POOL ROOM

Open daily. Keep your accuracy skills on target and your attention sharp as you enjoy a game with others.

Daily	**Fall 1—8/31-9/25**	**All day**	**Free**
	Fall 2—CLOSED Until Spring 2027		

OPEN GYM—FITNESS ROOM

Patrons are strongly encouraged to take a Fitness Room Orientation class to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation class for closed times.

Daily	**Fall 1—8/31-9/25**	**All day**	**Free**
	Fall 2—CLOSED Until Spring 2027		

TABLE TENNIS ROOM

CLOSED. Will be available again in 2027.

Table Tennis, Billiards, & Open Gym are available at All Community Recreation Centers

GAMES

GAME ROOM

Drop in on the 2nd floor. Tables available to enjoy a variety of games with a friend. Many games available.

Daily	**Fall 1—8/31-9/25**	**All day**	**Free**
	Fall 2—CLOSED Until Spring 2027		

AMERICAN MAH JONGG

Donna hosts. Drop-in and enjoy playing with friends. **No Mah Jongg on 9/7.**

Mon	**Fall 1—8/31-9/21**	**1-4pm**	**Free**
Mon	**Fall 2—9/28-12/23**	**2-4pm** ***NEW TIME***	**Free**

RUMMIKUB with Elsa

Elsa hosts. Drop-in and enjoy playing with friends in the Café. **No session on 9/7, 11/11, 11/26, and 11/27.**

Daily	**Ongoing**	**1-4pm**	**Free**

SCRABBLE

These 3-5 games at a time are open for all. Drop-in. **No session on 11/11.**

Wed	**Ongoing**	**1-3:45pm**	**Free**

BRIDGE

BRIDGE FOR BEGINNERS I

Taught by Rochelle; sponsored by HPSI. Lessons will cover the fundamentals of modern bidding, play of the hand, and some defensive principles. Each class includes interactive lecture, exercises, & supervised play.

Tue	**9/8-11/24**	**1-3 pm**	**$120**	**12 wks**

BRIDGE INTERMEDIATE I

Taught by Rochelle; sponsored by HPSI. Includes a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. Each class will include an interactive lecture, exercises, and supervised play.

Thu	**9/10-11/19**	**1-3 pm**	**$110**	**11 wks**

The 1:00 PM Holiday Park Daily Show – September 2026

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

Music Appreciation with Tim Amann — **Tue., Sept. 1**

Tim will perform some of your favorite songs from the 60's and talk about the background of the song. We'll discuss some writers and performers and some of what was happening in the world.

The 29th Century Odyssey of the 21st Century Public Historian with Clarence "Corky" Hickey — **Wed., Sept. 2**

As Montgomery County celebrates it's 250th year, this timely and intriguing program exposes a 21st century public historian's odyssey back in time almost 200 years ago. This colorful and informative expose illustrates how Master Docent and reenactor Clarence Hicky uncovered and now divulges the life and times of a 19th century physician, and Union Army civil War surgeon, Dr. Edward E. Stonestreet of Rockville.

Holiday Park Renovation Project: What is Next with Phase 3? — **Thu., Sept. 3**

Have construction questions and how this will impact your time at HPSC? This presentation will give you the opportunity to learn about the project, the timeline, the benefits, and answer your questions. Join us!

MOVIE: "The Hours" (2002; 114 minutes) — **Fri., Sept. 4**

"The Hours" is the story of three women searching for more potent, meaningful lives. Each is alive at a different time and place, all are linked by their yearnings and their fears. Their stories intertwine, and finally come together in a surprising, transcendent moment of shared recognition. Starring Nicole Kidman, Julianne Moore, and Meryl Streep as three women whose lives are connected by Virginia Woolf's 1925 novel *Mrs Dalloway*.

~CLOSED for LABOR DAY~ — **Mon., Sept. 7**

Night & Day Duo Performs the Music of the 1960s — **Tue., Sept. 8**

With the coming of Rock and Roll in the 50's, the great days of Gershwin, Cole Porter and others were coming to a close. The 1950's produced an explosion of new music by Bob Dylan, the Beatles, etc. We'll take a closer look at the 60's awesome tunes of Bert Bachrach, Motown, Henry Mancini, and Antonio Carlos Jobin (bossa nova). Michael Suser will give a brief history of the composers, followed by a performance of some of the best tunes by vocalist Charlene Cochran with Michael accompanying on keyboard.

Laughter Yoga with Padma — **Wed., Sept. 9**

Laughter yoga was developed by a medical doctor and has been show to have many health benefits, especially for seniors. Join Padma, our certified Laughter Yoga leader, as she demonstrates to have you take part in a laughing and breathing exercises along with some fun easy body movements. You do not need bring a yoga mat.

The Aging Brain: Keeping your Mind Healthy, Sharp, & Resilient — **Thu., Sept. 10**

As we age, our brains continue to change– but many of those changes can be influenced by the choices we make every day. Learn what is normal aging, what may signal cognitive decline, and the latest science on keeping your brain healthy and functioning at its best.

~No Program~ — **Fri., Sept. 11**

Are You Ready for Some Washington, D.C. Commanders' Football?!!!? — **Mon., Sept. 14**

Today's presentation is focused on a basic understanding of Football and will focus on providing excitement to those who root / love Washington Pro Football… through the years. Even though the Commanders will be emphasized, we will also address some of the Redskins Glory Days!

The 1:00 PM Holiday Park Daily Show – September 2026

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

Health Talk with Suburban Hospital: Finding a Happy Balance — **Tue., Sept. 15**

Every year, one out of three adults aged 65 and over experiences an unexpected fall. In most cases, the falls could have been prevented. A Suburban Hospital Physical Therapist will share practical and useful changes that can be made at home and while on the move to prevent the incident of preventable falls.

Hispanic Heritage Day — **Wed., Sept. 16**

As part of the Celebration for Hispanic Heritage Month, we will be provided a culinary demonstration honoring diverse cultural roots of our Spanish-speaking nations. Our cultural representatives will feature a selection of traditional dishes from different countries, including recipes with ingredients, the dishes' origins and cultural significance. Traditional recipes will also be available for attendees to take home and learn more about the culinary heritage of each nation.

Pre-registration required

Protecting Your Medical Information Online — **Thu., Sept. 17**

While it can be daunting to create new accounts for healthcare and insurance portals, there are many benefits to doing so. MyChart and other portals make it easy to access your medical records and test results, communicate with healthcare providers, and more. In this session we'll explore what you can do in these portals and discuss the robust security features they offer to protect your sensitive information.

Dance of the Jewish Holiday with Sharon Katz at the Margaret Schweinhaut Senior Center (MSSC) — **Fri., Sept. 18**

Join Sharon to learn about and dance many of the dances associated with the Jewish holidays. Join us for this joint program. Open to all.

Pre-registration required. ActiveMontgomery: R07107-114

SHIP Medicare Open Enrollment Presentation with JSSA — **Mon., Sept. 21**

Open Enrollment happens from October 15 – December 7 and is the time every year when you can make changes to your coverage. The changes you make during Open Enrollment are effective January 1 of next year (the plan must get your enrollment request by December 7). Montgomery County SHIP provides a free Part D plan comparison service where counselors compare plans and help you understand Prescription Drug plan differences.

~No 1 PM Program~ — **Tue., Sept. 22 through Fri., Oct. 2nd.**



Classes and Drop-in Activities At Holiday Park SC

Please register at the Front Desk. HPSI Fall registration began Monday August 10th.

BRIDGE: DUPLICATE

Led by Jim & John. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required. **No Class: 11/11.**

Wed	**Ongoing**	**12:30-3:45pm**	**Free**

BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in. **No Class: 11/27.**

Fri	Ongoing	12:30-3:30pm	**Free**

SPECIAL INTERESTS

BOOK CLUB

Led by Carol. Join us monthly to discuss the current month's book selection. Every 3rd Wednesday or as specified, 3-4pm.

- **September 16th** with "***Killers of the Flower Moon***" by David Grann;
- **October 21st** with "***The Plague of Doves***" by Louise Erdrich;
- **November 25th** with **"*Heartwood*"** by Amity Gaige; and
- **December 16th**—bring a book to discuss.

3rd Wed	**9/16, 10/21, 11/25, 12/16**	**3-4pm**	**Free**

MINDFULNESS MEDITATION

Led by Amy. Meditate for about 10 minutes at the beginning & end of the class. In between we talk about ways to be mindful in our daily life. Drop-in. **No Class: 11/11. Starting *Sept. 30* class will meet Wed.**

Fri	Ongoing. Ends 9/25	11-11:50am	**Free**
Wed -	Ongoing from 9/30	11-11:50am	**Free**

PHOTOGRAPHY CLUB

Led by Allen, Bill, & Emmy. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month.

1st & 3rd Wed	**Ongoing**	**10-11:50am**	**Free**

VIEWS ON THE NEWS

Alan and other volunteers facilitate this drop-in discussion on current events.

Mon	**Ongoing**	**10-11:25am**	**Free**

WRITING GROUP

Writing group led by Henry; where you can share your written work with other peers. Drop-in. **No Class: 11/27.**

Fri	Ongoing	10-11:25am	**Free**

MUSIC

JAM SESSION—1st & 3rd Thu.

Are you a former rock-n-roll 60-70's protest folk musician looking for a place to Jam? Bring your own instrument of choice—Pianos will be available. Bring sheet music, write down the chords, music can be scanned and displayed so all can follow along. Come play, listen, and even sing familiar tunes.

Thu	**9/3, 9/17**	**2:00-3:45pm**	**Free**
Thu	**10/15, 11/5, 11/19, 12/4, & 12/18**	**2:15-3:45pm** ***NEW TIME***	**Free**

PIANO CLUB—Monthly on the 1st. Mon.

Led by Jack. Have fun taking turns playing and singing with others simple tunes that you know how to play. A "Piano Show and Tell", at the level of a little more than beginner, to practice and get used to playing in front of people, and to get help from other players. Intended to be informal fun (not a class or recital) with piano friends.

Mon	**9/14, 10/12, 11/9, 12/7**	**2-3:45pm**	**Free**

OPEN / DROP-IN MUSIC ROOM

Have fun practicing on our keyboards in Room 24. We kindly request that you bring your headphones for silent practice in the mornings in order to minimize disruption to adjacent rooms. Open for all to drop in.

Daily	**Through 9/25**	**All day**	**Free**
	CLOSED after 9/25; will return in Feb.'27		

TECHNOLOGY

SENIOR PLANET: NAVIGATING LIFE—TRANSITIONS IN THE DIGITAL WORLD

See page 3 for Fall Schedule & Location information.

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999.

OUR PARTNER NEWS

Holiday Park Seniors, Inc.

HPSI is a non-profit organization supporting programs, classes, scholarships and services at Holiday Park Senior Center. **Memberships are only $10.00 per year.**

INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30am to 3:00pm Monday thru Friday,** when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

Credit Cards are NOT accepted!

To register for virtual classes, please email: HolidayParkSeniors@gmail.com



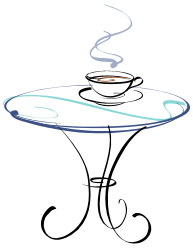
The Gift Shop

The Gift Shop is CLOSED and will reopen after the renovations are complete.

<u>No</u> Donations are being accepted at this time.

The Café

Will be open Monday through Fridays from 9:30am to 1pm, volunteers permitting and will be offered in the HPSC Dining Room starting September 28th.



HPSI Class Registration

Is Currently on-going for "HPSI -Sponsored" Classes for both Holiday Park & Mid-County Community Recreation Centers (refer to page 3).

Classes and Drop-in Activities At Holiday Park SC

Please register at the Front Desk. HPSI Fall registration began Monday August 10th.

LA ESQUINA LATINA

Cafecito y Amistad (Active Living in Spanish)

Con Elsa. Un grupo para charlar y compartir experiencias cotidianas para empezar bién la semana. Regístrese en la recepción.

Lu	Seguido	10-10:50am	**Gratis**

Conversación en Inglés (Everyday English)

Ma	Seguido	9:30-10:20am	**Gratis**
Ju	Seguido	9:30-10:20am	**Gratis**

Superando los Cambios: Grupo de Apoyo Emocional

Un grupo donde usted tendrá un espacio para compartir sus experiencias, sentimientos y estrategias para lidiar con problemas comunes. Llame o envíe mensaje por texto al terapeuta Sean Orban del Grupo Santé al 240-758-5345 para más información.

Ma	Seguido	11:00-11:50am	**Gratis**

Yoga (en Silla) en Español:

Esta sesión terminará el 6 de junio .

Impartido por Karen y patrocinado por HPSI. Vengan y relájense haciendo yoga. No Class 11/26.

Lu	9/14-12/14	11-11:50am	**$60**	**14 wks**
Ju	9/10-12/17	11-11:50am	**$60**	**14 wks**

Arte y Creatividad:

Un espacio para crear, aprender y disfrutar. Te invitamos a descubrir el placer de crear con tus propias manos en nuestros talleres de Manualidades con Salomé, Tejido con Julieta y Joyería con Ileana. En un ambiente amigable y relajado, podrás aprender y compartir con otras personas y dejar que tu creatividad florezca. Necesitas más información, habla con Jeanette. Gratis.

Lu	Seguido	9/4-9/25	10am -2:30pm	**Gratis**

¿Tiene una habilidad especial? ¿Quiere compartirla con sus amistades? Hable con Mercedes o Jeanette para oportunidades de voluntariado.

Creatividad Navideña

Te invitamos a una experiencia creativa, donde elaboraremos hermosos proyectos navideños que llenarán de encanto tu hogar y también serán el regalo perfecto para compartir con tus seres queridos. Para más información hable con Jeanette, Salomé, Julieta e Ileana. No habrá clase el 10/2

V	**Seguido empezando el 9/4**	**10am-1pm**	**Gratis**
Ma	**Seguido empezando el 10/6**	**2:30-3:45pm**	**Gratis**

MEDICARE: Lunes, 21 de Septiembre a las 10am

La Inscripción Abierta (Open Enrollment) se lleva a cabo del 15 de octubre al 7 de diciembre. Venga a escuchar las novedades del programa. Montgomery County SHIP ofrece un servicio gratuito de comparación de planes de la Parte D. Los consejeros comparan los diferentes planes y ayudan a los participantes a comprender las diferencias entre los planes de medicamentos recetados.

ASIAN CORNER CLASSES Moving to the White Oak Senior& Recreation Center beginning September 14th

[located at 1700 April Lane, Silver Spring, MD 20904; (240) 777-6940]

Active Golden: Meet & Greet

Hosted by Hung and Tuyet. Join this South East Asian group and make some new friends!

Active Golden: Bingo

Led by Dieu & Si Cuong. Join us for some fun games of bingo!

Active Golden: Karaoke

Led by Quyen and Buu. Join us for a fun afternoon of singing to classic karaoke songs!

Active Golden: Music and Fun Exercise

Led by Quyen. Join this fun class to get you awake and ready to start the day! Very gentle exercises. Suitable for all.

Cultural and Positive English Exercises

Taught by Van. Basic English to help get a foundation of English.

Health and Wellness Programs

Blood Pressure Screening -

Monday 9:30am-11:30am and Thursday 9am-11am.

Coping with Change -

Thursdays 10:30am—11:30am.

Led by Alavi Yasaman, LCPC a therapist from Affiliated Sante Group. a support group to help you to overcome the challenges of aging. For questions, call 301-332-0462. **Free**. **Not available 11/26.**

Share and Care -

Tuesdays 10:30—11:25am.

A HPSI volunteer will facilitate a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. **Free**.

Medical Equipment Loan Closet

~Limited Medical Equipment may be available.~

Check in advance with our Reception Desk staff [240 -777-4999] for availability . Equipment will be EXTREMEMLY limited!

Alternatively, contact the Kensington Volunteer Fire Department (KVFD) about their medical equipment loan closet for more information, reservations, or inquiries. You can contact the KVFD Loan Closet at 301-929-8000 or email: loancloset@kvfd.org or .

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 ($8.26). Please make your reservation one week in advance and cancel your reservation at least 72 hours in advance.

Please arrive 15 minutes early to check in and bring exact change to make your donation. Thank you!!

NOTE:
Changes are coming.



When Phase 2 renovations are complete, lunch will be served in the Dining Room with Hot, Cold and Veggie options available again. In addition, "The Café" will then operate out of the Dining Room.
Watch for specifics on these changes coming in Sept.

Do you have a birthday coming up soon?

Stop by the Front Desk to get your picture taken so we can post it on the Birthday Wall in the lobby!



Information for YOU!

Interested in the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your email inbox. How easy is that?!!

You can also view it online: Go to **mocorec.com**, then under the "**Facilities**" tab, go to the "**Senior Centers**" page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the "**Newsletter**" tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can always view the copy displayed on the bulletin board in the main hallway.

Plant Room Tips for September



- Avoid pruning trees and shrubs (except for dead branches, which can be pruned out at any time). Wait until spring to prune summer-flowering trees and shrubs just after they finish flowering.
- Separate the rhizomes of bearded iris if the clumps are too congested. Remove diseased or bore-infested sections, cut back the leaves to a third and replant after the rhizomes have been left out in the sun for a day or so.
- Start raking fallen leaves, mulch with a lawn mower and spread then in your garden beds. Or, just collect them and pile them in an enclosed area (perhaps surrounded with chicken wire) and allow them to decompose over the winter.
- Plant garlic late September for harvesting around July 4 next year.
  Plant the cloves root end down; space them 4-6 inches apart, pointy end up, and cover with 1-2 inches of soil. Mulch the garlic bed with fallen tree leaves.
- Before moving houseplants back indoors check plants for insects such as aphids, scales, spider mites, and mealybugs. Spray the plants down and spray with labeled houseplant insecticide.
- Consider having your soil tested. See extension.umd.edu/hgic/soils/soil-testing.

If you are feeling sick (from cold, flu, Covid, etc.) we ask that you stay home!



Please be considerate of others, cough into your elbow, and wash your hands often!

Volunteers needed!! to assist with the ***HPSC Beautification Committee*** for the grounds and other minor repair projects, including landscaping, painting, etc.

Please see Dolors, Judy or Marco for Volunteer Opportunities!



Center & County Services

HOLIDAY PARK SENIOR CENTER

Holiday Park is open to adults aged 55 and over, and adheres to the mission statement of Montgomery County Recreation: "**to provide high quality, diverse, and accessible programs, services and facilities that enhance the quality of life for all ages, cultures and abilities"**.

REC PASS All patrons MUST have a Rec Pass and allow to have their photo taken. A 2026 membership is required to access the facility. This is free to all County residents. For non–County residents inquire for fee.

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 HPSI 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 240-777-6197.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

with Anita Joseph. 1st and 3rd Wednesday of the month, 9-3pm.
Appointments available. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.

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.

Transportation Options

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 Shawone 301-255-4227.

Senior Connection

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers to medical appointments, errands, grocery store trips and more. Call 301-962-0820 or email info@seniorconnectionmc.org for more information.

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).



Metro and Capitol Bike Share SMARTRIP CARDS Registration

The MoCo Department of Transportation provides information about transportation options (Metro bus route schedules, Metro and Capitol Bike Share). Get your SmartTrip card reloaded, Learn about flex, Flash, & Ride On. Transportation bus will be at Holiday Park every other Friday from 10-1 pm to answer questions.

Holiday Park Senior Center Directory:

Center Director
Dolors Ustrell

Assistant Center Director
Marco D'Ottavi

Staff:
Youmna Badr
Arthur Clemmer
Curtis Colston
Maria Mercedes Diaz
Gail Jacobson
Sandra Johnson
Ryan Roach
Debbie Scholz
Lenworth Smith
William Song
Corinne Vérard-Eppley

Holiday Park Seniors, Inc. (HPSI)

Administrator
Judy Houseknecht

Treasurer
Merle Biggin

Board Members
Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

Look What is Coming in October 2026… A sampling of Holiday Park 1:00 pm Programs

Oct.1, Th & Oct. 2, F	**~No 1PM Program~**
Oct. 5, M	Nutrition Talk with Rhonda: Fall into Healthy Eating-Nutrient Rich Foods for October
Oct. 6, T	Sheldon Lehner presents...A Brother's Vietnam Military Experience Revisited… 56 Years Later
Oct. 7, W	Folk Singing with Michael and Friends
Oct. 8, Th	Boost Winter Well-Being with Acupressure & Feldenkrais®
Oct. 9, F	Hispanic Heritage Month Fiesta with DJ Danny (***Pre-registration required***)
Oct. 12, M	B.I.N.G.O.
Oct. 13, T	League of Women Voter's: Voting Presentation:
Oct. 14, W	Home Improvement Academy: Fall Hazards & Mobility with Ray Steinmetz—Dept. of General Services
Oct. 15, Th	TECH THURSDAY
Oct. 16, F	African Afrobeat Dance (***Pre-registration required***)
Oct. 19, M	Charge into Fire Safety: Safe Charging is a Superpower with MoCo Fire Rescue & Police
Oct. 20, T	Health Talk with Suburban Hospital: Boost Your Immunity, Naturally
Oct. 21, W	A Piano Musical Journey Across the Continents
Oct. 22, Th	I Love Lucy Themed Costume Party with Games, Treats & Prizes
Oct. 23, F	DCF: Night & Day (***Pre-registration required***)
Oct. 26, M	Breast Cancer Awareness Month Craft Event
Oct. 27, T	MOVIE: "Chocolat" (2000; 105 minutes)
Oct. 28, W	A Sweet History of Chocolate: One Recipe at a Time
Oct. 29, Th	Sex and Seniors with Ruth from Aging and Disabilities (HHS)
Oct. 30, F	Halloween Dance Party with Gary Brown Band(***Pre-registration required***)

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

Follow us on Facebook @HolidayParkSeniors

Two Cards Make Holiday Park Count

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 for County residents**. Sign-up at the reception desk.

HPSI MEMBERSHIP

Membership has resumed. Membership is $10.00 a year. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs, classes, and scholarships at HPSC. Available to persons 55 and over.