



Hi-Lites

Holiday Park Multiservice Senior Center

3950 Ferrara Drive, Wheaton, MD 20906

240-777-4999

DEPARTMENT OF RECREATION
SENIOR ADULT PROGRAMS

CENTER HOURS
M-F 9:00 a.m. - 4:00 p.m.

*It's
Grand*

To be 55+

In

Montgomery County



Volume XXIX No. 10

AUGUST 2010

SUMMER SHAPE UP STILL POSSIBLE

BALANCING ACT

Registration required, 6 weeks, begins Aug. 2

ZUMBA GOLD & ZUMBA TONING

Registration required, 6 weeks, begins Aug. 20

DROP-IN EXERCISE

Clarissa's Chair, Easy Fit with Marcia,
Tai Chi & Folk Dancing



Stay COOL with US

HPSI is seeking new Board members

AUGUST SIGN-UPS FOR SEPTEMBER START-UPS

Try something new - meet new people!

SPANISH

COMEDY ON STAGE

Milton's *A Paradise Lost* book study with Steinberg

Montgomery College Classes at Holiday Park:

SHAKESPEARE

WRITING

(see Classes)

TAKE



BEL CONTO OPERAS - Opera with Irv Nurik

GUESS THAT TUNE WITH RAY GREENE

SINGER CHRISTIANA DRAPKIN - Something Cool

SINGER/PIANIST FRANK PLUMER

ISIS: Flute, Piano & Cello - Returns in Sept.

(see 1:15 p.m. Programs)

more... SEPTEMBER START-UPS EXERCISE SIGN-UPS

FITNESS ROOM TRAINING, YOGA

BONE BUILDING, ENERGIZING EXERCISE &

TOTAL BODY STRETCH

Dance Your Way to Fitness....

LINE DANCING, TAP DANCING, SQUARE DANCING,

ZUMBA GOLD

(see Classes)

DROP IN TO THE DAILY SHOW

STORYTELLER ELLOUISE SCHOETTLER - Aug. 3

1934: THE NEW DEAL ARTISTS - Aug. 10

Presented by SAAM docent Linda Katz

Health Lectures

Varicose Veins - Aug. 9

Misconceptions About Hospice Care - Aug. 16

Tipping the Scale to a Healthy Heart - Aug. 19

(see 1:15 p.m. Programs)

The contents of this newsletter can be found on-line at our easy-access web site: www.holidaypark.us

Newsletter 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.

CLASSES - AUGUST/SEPTEMBER 2010

HOLIDAY PARK SENIORS, INC. (HPSI) SPONSORED CLASSES

REGISTRATION & PAYMENT POLICY - Registration begins Monday, August 2 unless otherwise noted. All refund requests must be in writing. Class refunds requested at least three working days before the first class will be refunded at 100%. Classes joined late are not prorated. HPSI-sponsored classes have two fees: one for HPSI members & one for non-members. You must show your HPSI card to qualify for the lower class fee.

NEW SIGN-UP INFO FOR MATT RUNDELL CLASSES: Beginning October 1 three fitness classes meeting on **Monday** and **Friday** taught by **Matt Rundell** will require registration through **Suburban Hospital**. You will still register at Holiday Park for the three fitness classes meeting on **Wednesday** and **Thursday** taught by **Matt Rundell** and sponsored by **HPSI**. Please check the September *Hi-Lites* for more details.

FITNESS & DANCE CLASSES

REGISTRATION REQUIRED

BASIC BALLROOM DANCE STEPS - Learn 3 to 4 variations for foxtrot, waltz, swing, cha cha and salsa to give you confidence in any social dance situation including Holiday Park dances. Singles and returning students are welcome. Taught by Ron and Amy Wagaman. Fee for 10 sessions: \$30.00 w/HPSI Card, \$36.00 w/o. Begins **Wed., Sept. 8** from **3:45-4:45**.

INTERMEDIATE BALLROOM DANCE - Classes are designed for those with some experience with ballroom dancing who want to take their dancing to the next level. These fun-filled classes will teach you short routines including cha-cha, waltz, samba, rumba, foxtrot, swing, salsa, hustle, tango and more. Couples, singles and returning students welcome. Taught by Ron and Amy Wagaman. Fee for 10 sessions: \$30.00 w/HPSI Card, \$36.00 w/o. Begins **Wed., Sept. 8** from **2:45-3:45 p.m.**

BALANCING ACT - A gait and balance class sponsored by Suburban Hospital. See Community Sponsored Classes on page 5.

BONE BUILDING WORKOUT - This class concentrates on toning, strengthening, and stretching the major muscle groups while sitting, standing, or on a mat. Bring hand weights (2-5 lbs.) and mats. Dyna-bands or elastic tubing (provided by instructor) are used. Fee for 11 sessions is \$33.00 w/HPSI Card, \$39.00 w/o card. Taught by Joanne Zoladz. Begins **Wed., Sept. 8** from **11:15-12:10**.

ENERGIZING EXERCISE - Low-to-moderate intensity aerobic workout designed to strengthen and tone muscles, promote flexibility, and improve posture. Bring mats and weights. Fee for 11 sessions: \$33.00 with HPSI Card, \$39.00 w/o. Taught by Joanne Zoladz. Begins **Wed., Sept. 8** from **10:15-11:10**.

LINE DANCE W/LYNNE - Exercise your mind and body and meet new friends while line dancing to a variety of music. The beginner class introduces basic line dance patterns and easy dances. *If you have line danced before, check with instructor Lynne Osborne about joining one of the more advanced, on-going classes.* Fee for ten 1-hour sessions (10 weeks): \$30.00 w/HPSI Card, \$36.00 w/o Card; for eight 1-hour sessions (8 weeks): \$24.00 w/HPSI Card, \$28.00 w/o Card. Current students are given priority at registration.

BEGINNER - Begins **Tues., Sept. 14** from **12:30-1:30**. 10 weeks.

ADV. BEGINNER - Begins **Tues., Sept. 14** from **1:30-2:30**. 10 weeks

ADV. BEGINNER PLUS: SECTION I - Begins **Mon., Sept. 13** from **1:30-2:30**. 10 weeks.

SECTION II - Begins **Wed., Sept. 15** from **2:00-3:00**. 10 weeks.

INTERMEDIATE: SECTION I - Begins **Mon., Sept. 13** from **2:30-3:30**. 10 weeks.

SECTION II - Begins **Tues., Sept. 14** from **2:30-3:30**. 10 weeks.

SECTION III - Begins **Wed., Sept. 15** from **1:00-2:00**. 10 weeks.

SECTION IV - Begins **Thurs., Sept. 16** from **1:00-2:00**. 8 weeks.

CLASSES - AUGUST/SEPTEMBER 2010

HP FITNESS ROOM STRENGTH TRAINING - Six weeks to personal fitness improvement using the weight training equipment, treadmills and bikes. Taught by Keith Federman. Fee for 6 sessions: \$30.00 w/ HPSI card, \$36.00 w/o Card. Begins **Mon., Sept. 20** from **2-3**.

SQUARE DANCE - Taught by Betsy Taylor. Fee for 6 sessions: \$21.00 w/HPSI card, \$25.00 w/o Card. Begins **Fri., Sept. 17** from **12:15-1:15**.

TAP DANCE - Taught by Mary Lou Peters. Fee for 6 sessions: \$21.00 w/HPSI card, \$25.00 w/o Card. Begins **Wed., Sept. 22** from **11:15-12:15**. **FREE** demo on **Wed., Sept. 15** from

TOTAL BODY STRETCH - Half-hour class will consist of gentle stretching of major muscle groups, deep breathing practice, and guided relaxation techniques performed while standing, sitting or lying on a mat. Modifications will be given to accommodate individual needs and limitations. Bring a mat and wear comfortable clothing. Fee for 11 sessions is \$12.00 w/HPSI Card, \$15.00 w/o card. Taught by Joanne Zoladz. Begins **Wed., Sept. 8** from **12:15-12:45**.

GENTLE YOGA w/Anne - Gentle movements and postures will improve flexibility, balance and strength, and enable deeper relaxation and better sleep. Taught by Anne Shums. Fee for 10 sessions: \$30.00 w/HPSI Card, \$36.00 w/o card. Begins **Mon., Sept. 13** from **10:00-10:50**.

CHAIR YOGA w/Anne - Low impact yoga poses to promote stability and strength through various stretches. Strength training exercises with bands to ward off osteoporosis, arthritis and weak muscles. Focus on fall prevention techniques through balancing poses. Taught by Anne Shums. Fee for 10 sessions: \$30.00 w/ HPSI Card, \$36.00 w/o card. Begins **Mon., Sept. 13** from **11:00-11:50**.

GENTLE YOGA w/Debbie - Designed for students who prefer a more vigorous workout than Chair Yoga. Practice beginning yoga poses and learn the principles of body alignment and breath awareness to reduce stress and increase movement and vitality. Bring your own mat. Fee for 12 sessions: \$36.00 w/HPSI Card, \$42.00 w/o Card. Taught by Debbie Martin. Begins **Wed., Sept. 22** from **1:45-2:45**.

CHAIR YOGA w/Debbie - Uses chairs and other props to experience stretching and strengthening benefits of yoga regardless of your physical condition. Suitable for students with illness, injury or chronic pain who desire a slow pace. Yoga poses are modified for the chair and work all parts of the body to improve strength and mobility. Fee for 12 sessions: \$36.00 w/HPSI Card, \$42.00 w/o Card. Taught by Debbie Martin. Begins **Wed., Sept. 22** from **12:30-1:30**.

YOUR BODY IS MEANT TO MOVE, Beginner - This beginner exercise class combines both seated and standing movements and is meant to target major muscle groups and gently challenge your strength, flexibility, balance and endurance. Class is geared for people of all abilities, including individuals with arthritis and other physical limitations. Resistance bands and light weights will be provided by HPSI for your use in class. Fee for 8 sessions: \$24.00 w/HPSI Card, \$28.00 w/o Card. Taught by Keith Federman. Begins **Thurs., Sept. 23** from **10:30-11:30**.

YOUR BODY IS MEANT TO MOVE, Intermediate - A more challenging workout for a slightly more advanced student designed to increase balance, strength and agility. Less chair exercise and more sophisticated progressions of many early exercises will be employed to both enhance and test a student's balance and coordination. Resistance bands and light weights will be provided by HPSI for your use in class. Fee for 8 sessions: \$24.00 w/HPSI Card, \$28.00 w/o Card. Taught by Keith Federman. Begins **Fri., Sept. 24** from **10:30-11:30**.

ZUMBA GOLD - Class is a fusion of Latin and international music and dance themes creating a dynamic, exciting and effective dance fitness program. Taught by Caroline Grossman. Fee for 6 sessions: \$21.00 w/ HPSI card, \$25.00 w/o Card.

SEC. I - Begins **Fri., Aug. 20** from **8:30-9:30**. **SEC. II** - Begins **Mon., Sept. 27** from **10-11**.

ZUMBA TONING - Incorporates Zumba Gold workout with 10 minutes of light weight training. Taught by Caroline Grossman. Fee for 6 sessions: \$21.00 w/HPSI card, \$25.00 w/o Card. Begins **Fri., Aug. 20** from **10-11**.

CLASSES - AUGUST/SEPTEMBER 2010

NO REGISTRATION REQUIRED

DROP-IN / FEE CLASSES: Note: Please see instructor for exception dates.

CLARISSA'S CHAIR AEROBICS - Will lead participants in a full body work out, emphasizing range-of-motion, strengthening, gait and balance. Fee: \$1.00 for 45-minute session - purchase coupons at the office. Taught by Clarissa Watkins. **Mondays from 11:00-11:45.**

EASY FIT DANCING - A dance-style class designed to improve flexibility and balance. All routines can be done sitting or standing. Fee: \$2.00 per class - purchase coupons in office. Taught by Marcia Young. Start any time, space permitting. **Tuesdays and Thursdays from 11:00-11:45.**

INTERNATIONAL FOLK DANCING - A repertoire of music and ethnic dances that will get you fit and at the same time, be fun. Taught by Sharon Katz, locally acclaimed folk-dance teacher and performer. Purchase \$3.00 coupons at the front desk. **Fridays from 11:00-12:00.**

DROP-IN/FREE CLASSES: Note: Please see instructor for exception dates.

TAI CHI - Increase your body's awareness and improve your flexibility. Fun, easy & effective! Free. Meets **Tues., 9-10, Wed., 10-11** (does not meet 3rd Wed. of each month), **Thurs., 9-10 & Fri., 10-11.**

CHAIR TAI CHI - Enjoy the benefits of tai chi in a low impact setting. Taught by Lenny Gross. Free. Meets **Wednesdays, 11:15-11:45.** Does not meet third Wednesday of month.

BEGINNER TAI CHI - Learn the basics of Tai Chi. Taught by Lenny Gross. Free. Meets **Fridays, 10:00-11:00.**

ARTS, LANGUAGE & SPECIAL INTEREST

AMERICAN SIGN LANGUAGE for BEGINNERS - Learn the basics of sign language, the language used by many deaf and hard of hearing Americans, as well as hearing people. This class is designed for people that have **no experience** with sign language. Taught by Michael Waterman. Fee for 6 one-hour sessions: \$6.00 w/HPSI Card, \$7.00 w/o Card. Begins **Tues., Sept. 14** from **9:30-10:30.** Not recommended for people with moderate to severe arthritis of hands, wrists, elbows or shoulders.

CHINESE BRUSH PAINTING - Learn this beautiful and ancient art form. Fee for 10 sessions: \$100.00 w/HPSI Card, \$120.00 w/o Card. Taught by Helene McCarthy. Begins **Tues., Aug. 24** from **10:00-12:00.**

COMEDY ON STAGE - Explore character and scene development, explore comic timing, work with scene partners and enjoy the process of building entertaining theatre using Neil Simon's *The Odd Couple*. Taught by Stephanie Offutt. Fee for 6 one-hour sessions: \$36.00 w/HPSI Card, \$41.00 w/o Card. Begins **Tues., Sept. 21** from **10-11.**

MILTON'S "PARADISE LOST" - Close reading of Book I, available in the *Norton Anthology of English Lit.*, vol. 1 (available at used book stores, including the one at Wheaton Library). Taught by Clarence Steinberg. Fee for 6 two-hour sessions: \$10.00 w/HPSI Card, \$12.00 w/o Card. Begins **Mon., Sept. 13** from **10-12.**

SHAKESPEARE and HIS CONTEMPORARIES - See Community Sponsored Classes, p. 5.

BEGINNING SPANISH - Learn vocabulary for numbers, colors, days, months, time, seasons, weather, home, office, family and how to ask questions and use of verbs in present tense. Fee for 8 sessions: \$10.00 w/HPSI Card, \$12.00 w/o Card. Book additional (*Spanish in 10 Minutes a Day*). Taught by Linda Katz, Montgomery County Spanish educator. Begins **Thurs., Sept. 9** from **9:00-10:00.**

ADVANCED BEGINNER SPANISH - Prerequisite Beginning Spanish or instructor permission. Class will emphasize vocabulary and grammar. Fee for 8 sessions: \$10.00 w/HPSI Card, \$12.00 w/o Card. Book additional (*Spanish in 10 Minutes a Day*). Taught by Linda Katz, Montgomery County Spanish educator. Begins **Thurs., Sept. 9** from **10:15-11:15.**

INTERMEDIATE SPANISH - Prerequisite Advanced Beginner Spanish or instructor permission. Read and discuss simple stories in Spanish, master various idioms, study grammar and expand your vocabulary. Fee for 8 sessions: \$10.00 w/HPSI Card, \$12.00 w/o Card. Book additional. Taught by Linda Katz, Montgomery County Spanish educator. Begins **Thurs., Sept. 9** from **11:30-12:30.**

CLASSES - AUGUST/SEPTEMBER 2010

BRIDGE CLASSES - If you would like to take a class, put your name on the "Bridge Interest List" at the front desk by **August 16**. Ongoing students have priority and classes fill up quickly. Accepted students will be notified by phone. Taught by Sunny Levin. Fee for 10 sessions: \$50.00 w/HPSI card, \$60.00 w/o card. If interested, please put your name on the "Bridge Interest List."

BASIC BRIDGE I - Learn the basics of Bridge and create a strong foundation for partners to communicate well and understand each other. Starts **Thurs., Sept. 16** from **9:30-11:30**.

BASIC BRIDGE II - Pre-requisite: completion of Basic Bridge I. Includes doubles, overcalls, slams, bridge game for two, etc. Starts **Mon. Sept. 13** from **1:00-3:00**.

INTERMEDIATE II - Pre-requisite: Basic Bridge I and II. Concentrates on partnership communication and demonstrates that every bid is meaningful. Starts **Wed., Sept. 15** from **9:30-11:30**

SUPERVISED PLAY - Pre-requisite: completion of all 50 lessons given at Holiday Park. 'Freebie hands' with consultation as requested. Starts **Mon., Sept. 13** from **9:30-11:30**.

COMPUTER EDUCATION

COMPUTER SKILLS

COMPUTER LAB - Practice sessions and computer support with Bruce Longyear are available on Wednesdays from 10:00 a.m. to 3:00 p.m. Purchase \$3.00 tickets at the front counter. **No personal computers will be updated or repaired.**

SENIORTECH COMPUTER TRAINING - Co-sponsored by JCA (Jewish Council for the Aging). Booklet with description available in mid August. To register call **240-395-0915**.

COMPUTER BASICS - Begins **Mon., Sept. 13** from **1:30-3:30**. Fee for 6-week class: \$65.

DIGITAL PHOTOGRAPHY - Begins **Tues., Sept. 14** from **9:30-11:30**. Fee for 6-week class: \$65.

WORD PROCESSING - Begins **Tues., Sept. 14** from **12:30-2:30**. Fee for 6-week class: \$65.

EMAIL BASICS - Begins **Fri., Oct. 8** from **9:30-11:30**. Fee for 3-week class: \$25.

COMPUTER TRAINING for the FEARFUL - These classes are co-sponsored by Senior Service America and the JCA and are held at several locations in Mont. Co. To register, call Harriet at **240-395-0918**.

COMMUNITY SPONSORED CLASSES

55 ALIVE - Provides a classroom brush-up on existing driving skills. Meets **Wednesday, Sept. 29** from **1:00-5:00**. Sponsored by AARP. Fee: \$12.00 - check to AARP. Class size limited.

BALANCING ACT - Sponsored by Suburban Hospital. Taught by hospital physical therapists. The first class consists of an educational seminar & assessment. Learn balance and walking exercises. Exercises are designed for strengthening and fall prevention. Fee for 6 sessions: \$50.00. Begins **Monday, Aug. 2** from **1:00-2:00** at Holiday Park. To register call Suburban On Call at **301-896-3939**. Space is limited.

CITIZENSHIP PREPARATION CLASS - For further information call **410-580-2756**.

SHAKESPEARE and HIS CONTEMPORARIES - Read poetry and plays of Shakespeare, Philip Sidney, Christopher Marlowe, Edmund Spenser and Ben Jonson to get a sense of the artistic richness of this period in English literature. Taught by Bob Shoenberg. Fee for 8 two-hour sessions: \$166 Maryland residents, add \$120 for non-residents. Register through Montgomery Community College - forms available at Holiday Park Reception Desk. Begins **Mon., Sept. 20** from **2:00-4:00**.

WRITING - Sponsored by Montgomery Community College with class start date in mid October. See September *Hi-Lites* for more information.

ARTS & LEISURE CLASSES, DEPARTMENT OF RECREATION SPONSORED

A variety of recreation and leisure classes will be held at Holiday Park. Classes include piano, dance & exercise workshops. Pre-registration required. The Fall Guide to Recreation & Park Programs is available in the lobby. It contains course descriptions, fees, and registration forms. For information, please call 240-777-6870.

BOLLYWOOD - Holiday Park class begins in September on Thursdays at 3:30. See Fall Rec Guide.

THE 1:15 PM HP DAILY SHOW - AUGUST 2010



All programs begin at 1:15 and are free unless stated otherwise.
Space is limited for some programs and seating is not always guaranteed.

*A fee and/or ** Registration is associated with this program.

☿ HPSI membership helps support this program. Speakers and programs are provided for information purposes and do not constitute endorsement by Montgomery County Government.

WORDS, GAMES, PUZZLES & BINGO

Wednesdays through September 15 (Aug. 4, 11, 18, 25, Sept. 1, 8 & 15)

HP DAILY SHOW LECTURES and LEARNING will return to 5 days a week Sept. 16.

BEL CONTO OPERAS - Part 1 of an *Opera with Irv Nurik* series.

The term Bel Canto originated in 17th century Italy when it was applied to a sophisticated style of singing that evolved out of operatic and spiritual music, and now generally means “*beautiful music*” used nostalgically to refer to a lost singing tradition. Opera lover Irv Nurik will delight us with music from the three leading “bel canto” composers - Rossini, Bellini & Donizetti.

🎵 **Monday**
August 2

EVERY DAY IS A STORY - Funny and poignant storyteller Ellouise Schoettler. FREE.

We have storytellers and we have good writers here at Holiday Park. Holiday Park writers will appreciate Ellouise, who has taken her show on the road. In addition to promoting story-telling around the country, she gives talks at the Kensington Row Book Store and hosts a Montgomery County Cable TV show. Schoettler will share some of her wide-ranging stories that span personal experience, folktales, women’s studies and more.

Tuesday ☿
August 3

DOES LIVING LONGER LEAD TO DYSGLYCEMIA? - Dr. Robert Rifkin.

Dysglycemia is an imbalance in the sugar metabolism/energy production mechanisms of the body. As we live longer, a state of insulin insensitivity (from long time use of refined carbohydrates) can occur along with fatty acid metabolism. For those already facing high blood sugar and diabetes Dr. Rifkin discusses control and the glycemic index and, for all of us, he discusses diet and exercise.

Thursday
August 5

DANCE CLUB FRIDAY - Music by Mark Hanak. FEE: \$5.00, \$3.00 w/ HPSI card.

A dance host favorite here at HP. Cool refreshments will be served at the break.

🎵 **Friday** ☿
August 6

VARICOSE VEINS - Dr. Michael Sulkin for Adventist HealthCare.

Varicose veins look ugly but may feel worse and may have an underlying condition caused by heart valves that keep blood from flowing to the heart or not working properly or causing blood “pooling.” Complications may include phlebitis or a varicose vein rupture. This condition is most common among women, but becoming more common among men. Dr. Sulkin will discuss both non-invasive treatments and vein stripping.

Monday
August 9

1934: A NEW DEAL FOR ARTISTS - An art history discussion sponsored by SAAM.

Baseball at Night, Morris Kantor 1934. In 1934, Americans grappled with an economic situation that feels all too familiar today. Linda Katz, a docent from the Smithsonian Museum of American Art tells a compelling story of the government-created Public Works of Art Project against the back-drop of the Great Depression.

Tuesday
August 10












THE POST IMPRESSIONISTS: Toulouse Lautrec & Cezanne - A DVD documentary.

Along with Van Gogh and Gauguin, these two artists were the greatest painters of the Post-Impressionist period of art. In a 2005 auction at Christie’s, “*La blanchisseuse*,” an early painting of a young laundress by Lautrec sold for \$22.4 million (U.S.) Lautrec’s immersion in the colorful and theatrical life of Paris yielded provocative images of the modern and sometimes decadent life of the times. Paul Cezanne’s work is considered to have laid the foundation to early 20th c. art and cubism. Cezanne’s use of brushstrokes and his intense study of his subjects are easily recognizable characteristics of his subjects.

Thursday
August 12

THE HP DAILY SHOW - AUGUST 2010



- DANCE CLUB FRIDAY** - Music by Mike Surratt. FEE: \$5.00 at door, \$3.00 w/ HPSI card.  **Friday, August 13** 
This popular keyboard vocalist brings us music from the 40s to some up to date popular dance tunes. Newcomers are welcome. Light refreshments are served at the break.
- MYTHS & MISCONCEPTIONS ABOUT HOSPICE CARE** - Chaplain Phil Rider. **Monday August 16**
Phil Rider will discuss the work and mission of Montgomery Hospice and discuss the services and support available for those with degenerative conditions or facing end of life conditions. There is help for families and for those who live lone or have families who cannot provide all the support needed to give the best possible quality of life every person deserves.
- GUESS THAT TUNE WITH MR. RAY GREENE** - FREE.  **Tuesday August 17** 
Back for an encore. Everyone had a great time guessing the songs and singing along to some of our all time favorites. Ray does a great job mixing up both the tempo and the generations of music we have come to love.
- TIPPING THE SCALE TO A HEALTHY HEART** - Sponsored by Suburban Hospital **Thursday August 19**
Dr. Yuri Deychak helps us understand the signs, symptoms and risk factors of coronary heart disease. Learn how small changes in lifestyle and medication can reduce your risk of heart disease. Dr. Deychak will also discuss doctor consultations and important diagnostic exams.
- INVICTUS** - A 2009DVD PG13 movie starring Morgan Freeman & Matt Damon. **Friday August 20**
Nelson Mandela was in prison for 27 years for his heroic fight against apartheid. Despite losing so much of his life and wanting revenge, Mandela forgives his oppressors to find hope for South Africa. In this movie we find unity in a strange place - rugby.
- COSTA RICA** - Sandy & Gail Cohen produce and host this travelogue. **Monday August 23**
These world travelers and videographers will take us to tropical beaches, talk about grand adventures and culture and best of all - the nature of Costa Rica. This country in Central America is bordered by Nicaragua, Panama, the Pacific Ocean and the Caribbean Sea. Learn how this geography impacts its sensational plants and animals.
- CHRISTIANA & SOMETHING COOL** - \$1.00 at the door, FREE with HPSI card.  **Tuesday August 24** 
Singer Christiana Drapkin is joined by the eminent Paul Wingo on guitar and Bob Shann on bass. This popular NY/Washington area entertainer can sing bebop, bossa nova, jazz and popular standards and brings along musicians that are hot!
- FINAL PURSUITS: 90 Days Notice, What to Do?** - Read & Discuss w/Gerald Schneider, Ph.D. **Thursday August 26**
Educator and regular discussion leader Gerald Schneider asks us to consider our final days and if we have the ability to make decisions about money, travel and contacts. What would you do? Gerald will also suggest some ways to add humor to difficult decisions.
- DANCE CLUB FRIDAY** - Music by Mark Hanak. FEE: \$5.00 at door, \$3.00 w/HPSI Card.  **Friday August 27** 
You have to be there to believe it that this popular entertainer provides a great variety of music and manages to get out on the dance floor with the ladies. Light refreshments are served at the break.
- BEL CONTOS OPERAS** - Part 2 of selected DVD arias in an *Opera with Irv Nurik* series.  **Monday August 30**
More, more, more of Rossini, Bellini and Donizetti!
- SINGER PIANIST FRANK PLUMER** - \$2.00 at the door, FREE with HPSI card.  **Tuesday August 31** 
Performing since the age of four, this versatile entertainer has performed in Canada and Italy. Frank performs a program of light opera, Broadway show tunes and great dance tunes.

Call: 311 - Montgomery County's new easy to remember information & referral #

You may still call: **240-777-3000** to reach Senior Aging and Disability Services
- information on counseling needs, housing, home health care, and elder abuse concerns.

ONGOING HOLIDAY PARK PROGRAMS/GROUPS

BEHIND THE HEADLINES WITH FRANK - Drop-in. Mondays from 10:00-11:30 a.m.

DUPLICATE BRIDGE - Wednesdays from 12:45 - 3:30. Fee: \$4.00 per person. Entries sold beginning at noon. ACBL sanctioned. Bad Weather: When schools are closed or have delayed openings, Bridge will be cancelled.

PAIRS PARTY BRIDGE - Fridays. Sign-up at 12:45 a.m. Play ends at 3:30 p.m. FREE

CERAMICS WORKSHOP - Drop-in. Mondays and Wednesdays from 10-2. Fee: \$1.00 per session.

CHESS CLUB - Drop-in, Wednesdays from 9:00 - 12:00 and Fridays from 10-12:00.

COMPUTER LEARNING LAB with Bruce Longyear - Wednesdays from 10:30 -3, sign in. Fee: \$3.00.

FRANK'S SHOW DANCE - Thursdays, 2:30-3:30. Drop-in. Free.

PING PONG - Holiday Park's one ping-pong table gets a lot of use by competitive players of every skill level.

PHOTOGRAPHY CLUB - Meets first and third Wednesdays from 10:00-11:30. Drop-in. Free. The Photo Club sponsors two galleries at Holiday Park. One, opposite our dining room and one on the second floor. Exhibitions are changed monthly. Take a look and enjoy!

PLANT CARE GROUP - Tuesday & Friday, 9:00 a.m.-noon.

POOL ROOM - Drop-in. Free

RSVP WORKSHOP - Wednesdays from 10-12. The *Retired Senior Volunteer Program* group makes a variety of knitted and crocheted items for area charities. Yarn donations appreciated.

SCRABBLE - Ray Greene hosts this drop-in board game play having 3-5 tables weekly. Wednesdays at 1:00 p.m.

WOODCARVING - Meets most Fridays from 1-3. Drop-in. Experienced hobbyists offer instruction. Free.

WRITING WITH FRANK - Fridays from 10-11:30. Drop in. Free.

A HEALTHIER YOU

HEARTWELL PREVENTIVE CARE AND MANAGING DISEASE - HeartWell is a partnership of Suburban Hospital and HPSI. HeartWell nurse Mary Flynn is available Tuesday through Thursday, 10 a.m. to 2 p.m. for consultation and to help communicate with doctors.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE - Tuesdays at 10:00 a.m. 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.

LIFE CHANGES - HOW WE COPE - Lead by social worker Stephanie Svec, LCPC. Thurs., 10:30. Drop-in. Free.

ASSISTIVE DEVICES OPEN HOUSE - Lynn Perlroth, retired from University of Maryland, Speech and Hearing Center, demonstrates devices to help you hear in difficult listening situations. **Please call 301-493-8279 for a Tuesday August appointment.**

SENIOR INFORMATION AND ASSISTANCE - A Senior I&A worker can provide information on housing, transportation, health services, and resources. Appointments available Wednesdays at Holiday Park. Call 240-777-3000.

BLOOD PRESSURE SCREENING - Have your blood pressure checked in the medical clinic Mondays, Wednesdays, and Fridays from 10 a.m. to 12 p.m.

MEET THE PHARMACIST - A retired pharmacist is here most Fridays from 10 a.m. to 12 p.m. to answer prescription or over-the-counter medication questions. No appointment needed, but call first to confirm pharmacist is here.

MEDICAL EQUIPMENT LOAN CLOSET - Wheelchairs, walkers, quad canes and commodes available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs are \$10.00 per month with a \$50.00 refundable deposit.

AGING EYE SITE - SCREENINGS - The Washington Metropolitan Area Prevention of Blindness Society offers free vision screenings and low vision counseling.

HEARING AID TROUBLE SHOOTING - Audiologist Jane Kirksey, AU.D, CCA-A, FAAA, from *Hearing Health Care* visits the center monthly to clean hearing aids and answer questions about problems. Third Thursday of each month from 9:30-11:30. Call for an appointment: 301-946-2434.

THE PAIN CONNECTION - No lectures or meetings are scheduled for August. Holiday Park will co-host the Sept. lecture, What You Can Do To Help Yourself on Monday, Sept., 29 at 1:15 p.m.

CENTER SERVICES

THE CAFÉ - Monday thru Friday, 9:00 a.m. - 2:00 p.m.

THE GIFT SHOP AT HOLIDAY PARK - General consignments accepted Wed. mornings and jewelry accepted on Tues. Check with the shop for more information. The Gift Shop is open M-F, 9:30-1:00 (Tues., 9:30-2:00).



The Gift Shop will be closed Monday, August 23 - Monday, September 6.

ACCESS CARDS - Montgomery County's Department of Recreation requires participants to have a picture ID. People attending activities or meetings at Holiday Park will need to scan their Access Card when they arrive. Pick up a registration form and request a photo ID (while you wait) at the Customer Service Counter.

HPSI MEMBERSHIP - A HPSI (Holiday Park Seniors, Inc.) Membership Card allows you to receive reduced rates for classes and programs as well as entrée to special Holiday Park events. A \$15.00 (\$20.00 beginning July 1) a year membership helps support this flagship senior center. Register at our Reception Counter.

FINANCIAL ASSISTANCE POLICY - The Department of Recreation Classes (The Rec. & Leisure Guide) offers reduced fees for lower income residents. If you require financial assistance, see one of the staff.

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

SENIORS WITH DISABILITIES - The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, 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.

HOLIDAY PARK HI-LITES - To have the newsletter mailed to you, leave a stamped (61 cents), self-addressed long business envelope at the office.

MOBILE POST OFFICE - Tuesdays from 10:30 a.m.-12:30 p.m. The U.S. Postal Service Mobile Service Center offers stamps, mailing supplies and an array of mailing services.

SENIOR HEALTH INSURANCE PROGRAM - SHIP assists with health insurance claims, Prescription Drug Plans and questions about selecting supplemental health insurance. Call 301-590-2819 for appointment. A counselor is at Holiday Park on Tuesdays and Wednesdays from 10:00 to 12:00. Drop-ins welcome if no one else is scheduled.

WIDOWED PERSONS SUPPORT GROUPS - Groups for persons widowed within the last two years. Pre-registration required. Call 301-949-7398 for information.

MONTGOMERY COUNTY SENIOR NUTRITION PROGRAM

The Monthly Nutrition Program Menu is available in the Dining Room or at the Registration Desk.

- Pick-Up the Monthly Menu in the Dining Room.
- Lunch and bus reservations **MUST** be made at least two working days in advance. Cancellations may be made directly with the Site Manager, Helen Horton, or you may call 240-777-4961 (no later than 2 p.m. the day before).
- A voluntary contribution for the meal is requested from persons age 60 and over and spouse of any age. The actual cost of the meal is \$5.92. Contributions are used to purchase more meals. Please contribute as much as possible.

HPSI (Holiday Park Seniors Inc.) ANNOUNCEMENTS

HPSI BOARD is seeking individuals interested in joining the Board. For information about what serving entails, leave a note for Judy Houseknecht, HPSI Administrative Officer, at the reception desk. Include your name, phone number and email address.

Upcoming... HP 1:15 PM DAILY SHOW - AUGUST 2010



Programs begin at 1:15 p.m. and Dance Club Friday is 1:15-3:15 p.m. unless otherwise noted.
A fee *and/or **pre-registration is associated with this program. Some programs do fill seating.

WORDS, GAMES, PUZZLES & BINGO

Wednesdays, September 1, 8 & 15

THE OTHER TWO POST IMPRESSIONISTS: Gauguin & Van Gogh

Thurs., Sept. 2

A DVD documentary.

DANCE CLUB FRIDAY - Music by Mike Surratt. FEE: \$5.00, \$3.00 w/ HPSI card at the door.

Fri., Sept. 3

OSTEOARTHRITIS OF THE KNEE: A Non-Surgical Treatment - Dr. John Melmed.

Tues., Sept. 7

New treatments are showing improved mobility and reduced pain. Dr. Melmed discusses arthritic knees, symptoms of osteoarthritis, treatments and expected outcomes.

ROMANTICS & REALISTS ARTISTS: Whistler & Rossetti - A DVD documentary.

Thurs., Sept. 9

THE LAST STATION - A 2009 DVD movie about the final days of Russian novelist Tolstoy.

Fri., Sept. 10

BEL CONTO OPERAS - Part 3 of an *Opera with Irv Nurik* series. FREE.

Mon., Sept. 13

PRIMARY ELECTION - No 1:15 PM Program.

Tues., Sept. 14

DEFENDING AMERICA - Lecture by David W. Rowland. Ret. National Info and Securities Specialist. The National Security Strategy of 2010 issued by President Obama is a marked departure from previous strategies in how they addressed counterterrorism activities.

Thurs., Sept. 16

SOUTH PACIFIC - A 2007 DVD Movie starring Glen Close and Harry Connick, Jr.

Fri., Sept. 17

PERIPHERAL ARTERY DISEASE - Sponsored by Adventist HealthCare.

Mon., Sept. 20

EATING WELL AS YOU AGE GRACEFULLY - A Sub. Hosp. dietitian on "fuel foods."

Tues., Sept. 21

WHO'S LISTENING TO THE SENIOR VOICE - Sponsored by NARFE of Aspen Hill. Council member Nancy Navarro discusses new initiatives to establish a coalition of seniors representing neighborhoods and retirement communities.

Wed., Sept. 22

ISIS: Flute, Piano & Cello - Amy Thomas, Virginia Lum & Marion Baker. FEE: \$2.00, FREE with HPSI card.

Thurs., Sept. 23

DANCE CLUB FRIDAY - FEE: \$5.00 at the door, \$3.00 w/ HPSI card.

Fri., Sept. 24

Music by the John Brown Band with singer Dolly Bennof.

1:15 -3:15 p.m.

PAIN: What Can You Do To Help Yourself? - Sponsored by the Pain Connection.

Mon., Sept. 27

CATARACTS: What You Should Know - Dr. Weiss for the Prevention of Blindness.

Tues., Sept. 28

MEDICARE START-UP: Turning 65 & Medicare Coverage Review - Leta Blank from SHIP.

Wed., Sept. 29

ROMANTICS & REALISTS ARTISTS: Courbet & Goya - A DVD documentary.

Thurs., Sept. 30



September is Fall Prevention Month

Falls are a major threat to the health and well being of older adults. More than one-third of older adults fall each year, often leading to injuries that reduce activity and independence. Falls can be prevented. Our center will be offering a number of gait and balance classes in cooperation with Suburban Hospital, along with several fall prevention seminars including vision screening by The Prevention of Blindness, Assisted Devices consultation by Lynn Perlroth and information on managing arthritis, home modification and medication management. The center also offers a variety of strength training classes.