

HOLIDAY PARK SENIOR CENTER
3950 Ferrara Drive , Wheaton - 240-777-4999

THE 1:15 PM HP DAILY SHOW - SEPTEMBER 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 - Wednesdays, September 1, 8 & 15 & BINGO (Sept. 1 & 15)

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 use of brushstrokes and his intense study of his subjects are easily recognizable characteristics of his works.

**Thursday
September 2**

***DANCE CLUB FRIDAY** - FEE: \$5.00, \$3.00 w/ HPSI card at the door.
Mike Surratt provides the music. Light refreshments are served at the break.



🎵 **Friday
September 3** ☿

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

New treatments are showing improved mobility and reduced pain. Dr. Melmed discusses arthritic knees, symptoms of osteoarthritis, treatments and realistic outcomes. Learn more about therapies and Hyalgan injections.

**Tuesday
September 7**

THE OTHER TWO POST IMPRESSIONISTS: Gauguin & Van Gogh A DVD documentary.
Paul Gauguin abandoned his career as a Paris stockbroker but struggled throughout his life to find acceptance of his paintings. Gauguin's bold use of unmixed color, is a recognizable characteristic of his masterpieces. Vincent Van Gogh remains the ultimate example of the tortured artist genius. His life was also a struggle against poverty, loneliness and mental illness. Van Gogh's works now sell for millions and his style of swirling brush strokes may very well be expressions of his state of mind. Remarkable is how these artists seem to "reflect" on the world today.

**Thursday
September 9**



THE LAST STATION - A 2009 DVD movie. (approx. 113 minutes)

Academy award winner Helen Mirren and Christopher Plummer star in this compelling look at the final days of Russian novelist Leo Tolstoy. When Tolstoy renounces his title and property with the intention of donating his royalties to the Russian people, his wife is outraged and wages a one woman war to challenge Tolstoy's outrageous idealism.

**Friday
September 10**



BEL CANTO OPERA: Semiramide - Part 3 of an *Opera with Irv Nurik DVD* series. FREE. 🎵
Take in a bit of opera vocabulary and the DVD opera *Semiramide* by Rossini starring June Anderson, Marilyn Horne, Stanford Olsen and Samuel Ramey performed at the Met. Semiramide is Queen of Babylon who plots the death of her husband King Nino with her would-be successor.

**Monday
September 13**

PRIMARY ELECTION - No 1:15 PM Program.

Tue., Sept. 14

DEFENDING AMERICA - By David W. Rowland. Ret. National Info and Securities Specialist.
A lecture and discussion about the National Security Strategy of 2010 issued by President Obama. It is a marked departure from previous strategies in how America addresses terrorism, the Iraq and Afghanistan wars and its role in leading other nations towards a democracy. What is our role in international order and is our security based on embracing values the rest of the world respects?

**Thursday
September 16**

THE HP DAILY SHOW - SEPTEMBER 2010



SOUTH PACIFIC - A 2007 DVD Movie starring Glenn Close and Harry Connick, Jr. (135 min.) We think Connick and Close, the music of Rogers & Hammerstein & the story based on the book by James Michener is super. As you probably remember, South Pacific spins a romantic tale of love & loss along with issues of racial relationships on a tropical island naval base during WWII.

Friday,
September 17

PERIPHERAL ARTERY DISEASE - Sponsored by Adventist HealthCare.

The risk of PAD increases as we get older. It is the narrowing or blockage of the arteries most common in the pelvis and legs. Common signs are cramping, pain or tiredness of legs or hips especially when walking or climbing stairs. PAD is dangerous because it reduces blood flow to limbs and kidneys. It is often undiagnosed and can lead to stroke or heart attack. Medications and lifestyle changes can improve circulation and overall health.

Monday
September 20

EATING WELL AS YOU AGE GRACEFULLY - A Suburban Hospital dietitian.

There really isn't one easy answer for a senior diet. Some seniors need good "fuel food." Others may require eating more often and having smaller meals. Still others, particularly those with digestion problems may need to avoid certain foods. Losing basic nutrients and minerals by avoiding vegetables or fruits can impact overall health so good nutrition planning is essential.

Tuesday
September 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. How important is it for seniors in general to have a common voice? Is that possible? What are the issues that serve all seniors and, when the senior voice is divided in their opinions, why should they stay connected?

Wednesday
September 22

***ISIS: Flute, Piano & Cello** - FEE: \$2.00, FREE with HPSI card.

Amy Thomas on flute, Virginia Lum on piano & Marion Baker on cello perform a program of all- American composers including Samuel Barber, Aaron Copland, Robert Muczynski, Peter Schickele and more.

Thursday
September 23

***DANCE CLUB FRIDAY** - FEE: \$5.00 at the door, \$3.00 w/HPSI card. 1:15 -3:15 p.m.

This week's dance music is provided by the John Brown Band with singer Dolly Bennof.

Friday
September 24

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

Coping with pain often incapacitates sufferers. When is it time to pop pills and when is it time to cancel plans and crawl in bed, or time to try some focused exercises - both physical and mental.

Monday
September 27

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

Cataracts typically progress slowly to cause vision loss and are potentially blinding if untreated. Cataracts occur in approximately 55%-70% of adults over 65. Lots of factors influence cataracts and regular eye screenings can monitor their progress. The outstanding Howard Weiss, MD, PhD. will review current cataract monitoring and surgery. See our Health page eye screenings info.

Tuesday
September 28

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

Those older than 65 are welcome too, but Leta Blank offers a *how to* and *what you need to know* seminar about Medicare. The IEQ (Initial Enrollment Questionnaire) arrives about 3 months prior to Medicare qualification. Learn about authorizing a family member to get information about your healthcare, tracking your healthcare claims, checking Part B deductible status, tracking preventive services and, if needed, choosing a Medicare Part D Prescription Drug Plan.

Wednesday
September 29



ROMANTIC & REALIST ARTISTS: Whistler & Rossetti - A DVD documentary.

James Abbott McNeill Whistler is believed by many to be the forerunner of abstract art. Also an engraver, Whistler is known for his financially ruinous libel suit with art critic John Ruskin based on the painting, *Nocturne in Black and Gold*. Artist Dante Gabriel Rossetti's romantic works drew attention for his innovative watercolors, images of beautiful women and his bold designs.

Thursday
September 30