



Hi-Lites

Holiday Park Multiservice Senior Center

3950 Ferrara Drive, Wheaton, MD 20906

240-777-4999

FAX: 301-929-5573

MCRD DEPARTMENT OF RECREATION:
Community Programs
& HOLIDAY PARK SENIORS INC

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

*It's
Grand*



To be 55+

*In
Montgomery County*

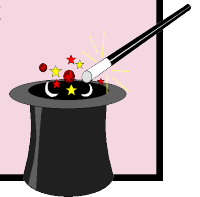
YEAR 31, Volume 6

APRIL 2012

Center Closing: Budget Savings April 2 - 8, 2012

APRIL IS VOLUNTEER RECOGNITION MONTH

Holiday Park Senior Center volunteers are 160 strong and support our education and wellness programs, teach classes, lead lectures and discussion groups, work tirelessly in our Consignment Shop, serve more than 100 people each day in our Café and Dining rooms, support our groups and clubs that encourage making friends and improving skills, support our medical services and serve as reception & resource specialists. **Holiday Park Volunteers are Magic!**



LEARN & DISCUSS

WHISTLING MUSIC WITH IRV CHAMBERLAIN

TURKEY'S MAGICAL HIDE-AWAYS

UNDOCUMENTED "ILLEGAL" IMMIGRATION

THE NUREMBERG TRIALS

BALI WITH GAIL & SANDY COHEN

(see 1:15 PM PROGRAMS)

CLASS SIGN-UPS

OPERA APPRECIATION WITH DONATO SORANNO

ACRYLIC PAINTING FOR BEGINNERS

TAKING CARE OF THE GREY MATTER:

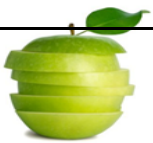
BRAIN FITNESS

STEPPING ON STAGE WITH STEFFI OFFUTT

Fitness Program Sign-ups: As Easy As ABC, Bone Building, Stability Ball, Cardio Rhythm, Folk Dancing, Strength Training, Your Body Was Meant to Move,

& Fitness Room Orientation

(see Classes, pages 2-6)



HEALTH PERSPECTIVES

HIGH BLOOD PRESSURE

BLADDER, BLADDER, WHAT'S THE MATTER

BETTER BREATHING TECHNIQUES

OSTEOPOROSIS UPDATE

(see 1:15 p.m. PROGRAMS)

It's Senior SAVVY Showcase Time :

BLAST FROM THE PAST

May 18

Tickets on Sale May 1



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

Holiday Park happenings can also be found at **Facebook: Holiday Park Senior Center**

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 - APRIL/MAY 2012

HOLIDAY PARK SENIORS, INC. (HPSI) SPONSORED CLASSES

REGISTRATION, PAYMENT & REFUND POLICY - Registration begins Monday, April 9, where class descriptions do NOT provide registration information. 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.

FITNESS & DANCE CLASSES

REGISTRATION REQUIRED

AS EASY AS ABC ... Exercise Class - Taught by Matthew Rundell. Bring your own 2-3 pound weights and mat for stability exercises that encompass all of the major muscle groups. The class will focus on exercises that increase muscular strength and endurance, as well as balance, range of motion, and bone density. Fee for 10 sessions: \$40.00 w/HPSI card, \$48.00 w/o card.

Advanced: Begins Wed., May 9 from 9:00-10:00 **Beginners:** Begins Wed., May 9 from 10:00-11:00

BONE BUILDING WORKOUT - Taught by certified fitness specialist Joanne Zoladz. This class concentrates on toning, strengthening and stretching major muscle groups while sitting, standing or on a mat. Sign-up will begin April 18. Fee for 9 sessions: \$27.00 with HPSI card, \$32.00 w/o card. No class 6/15.

Sect. I - Begins Wed., May 2 from 11:30-12:30. **Sect. II** - Begins Fri., May 4 from 10:00-11:00.

CARDIO RHYTHM: LOW IMPACT EXERCISE - Taught by certified fitness specialist Joanne Zoladz. This is a low to moderate intensity aerobic workout. The workout is designed to strengthen and tone muscles, promote flexibility and improve posture. Sign-up will begin April 18. Fee for 9 sessions is \$27.00 with HPSI card, \$32.00 w/o card. No class Fri., 6/15.

Sect. I - Begins Wed., May 2 from 10:15 - 11:15. **Sect. II** - Begins Fri., May 4 from 11:15 - 12:15.

FITNESS EQUIPMENT ORIENTATION - To keep users safe and to get the most out of a workout, certified trainer Keith Federman provides group training on the use Holiday Park's fitness room weight training equipment including treadmills and bikes. Fee for one 1-hour session: \$4.00. **Mon., April 30, 1-2:00 p.m.**

FITNESS ROOM STRENGTH TRAINING CLASS - Taught by trainer Keith Federman. Individually designed workouts improve personal fitness using the weight training equipment, treadmills and bikes. Fee for 10 sessions: \$45.00 w/HPSI card, \$54.00 w/o card.

Section I - Begins Fri., May 4 from 11:45-12:45. **Section II** - Begins Mon., May 7 from 1:45-2:45.

LINE DANCE with LYNNE OSBORNE - Choreographed line dancing to songs from a variety of musical styles. Learn basic patterns and easy steps in the beginner class. If you have line dance experience, talk with Lynne about joining a more advanced class. Visitors are welcome. Fee for 10 week 1-hour sessions: \$30.00 w/HPSI Card, \$36.00 w/out HPSI. Current students are given priority at registration. **Lynne is offering a special spring higher level Intermediate Plus to include a 1/2 hour class on Tuesdays following the Intermediate class.** No classes Mon., May 28.

BEGINNER - Begins Wed., April 11 from 2:00-3:00. **ADV. BEGINNER** - begins Tues., April 10 from 1:00 - 2:00. **ADV. BEGINNER PLUS:** Sect. I - begins Mon., April 9 from 1:30-2:30. **Sect. II** - begins Wed., April 11 from 1:00-2:00. **INTERMEDIATE:** Sect. I - begins Mon., April 9 from 2:30-3:30. **Sect. II** - begins Tues., April 10 from 2:00-3:00.

INTERMEDIATE PLUS: Begins Tues., April 10, from 2:00 - 3:30.

FEE for 10 weeks is: \$40.00 w/ HPSI card, \$48.00 without card.

INTERNATIONAL FOLK DANCING - A repertoire of music and ethnic dances taught by Sharon Katz.

Fee for 4 classes: \$12.00 w/HPSI card, \$14.00 w/o card. Drop-in fee: \$5.00 per class. New session begins Fri., May 18, 11:00 to 12:00 noon.

CLASSES - APRIL/MAY 2012

INTERMEDIATE BALLROOM DANCE CLASSES WITH RON & AMY WAGAMAN

Classes are designed for those with some basic ballroom dance experience and who want to learn new dance patterns. Fee for 10 sessions is \$30.00 with HPSI card, \$36.00 w/o HPSI card.

Classes begin Wed., June 6. Registration begins Wednesday, May 1.

A. SMOOTH DANCES: 2:45 - 3:45 p.m. Dances TBA


B. RHYTHM DANCES: 3:45 - 4:45 p.m. Dances TBA



STABILITY EXERCISE w/BALL - Taught by trainer/exercise specialist Matt Rundell. Utilizes exercise to strengthen core muscles, improve posture and flexibility. **Thursdays, from 9 to 10 am, beginning May 10.**

Fee for 10 sessions: \$40.00 with HPSI card, \$48.00 w/out card. Registration begin: Thursday, May 3.

PILATES - Waiting List ONLY. Taught by Anne Shums. **Tuesdays., beginning April 10, 11:15 to 12:15.**

YOGA WITH ANNE SHUMS  - Yoga classes promote better balance, improved strength and relaxation. Classes are now in session. See May newsletter for next registration information.

GENTLE YOGA - Mondays, 11:00 a.m., **CHAIR YOGA** - Mondays, 12:00 noon., **YOGA for BALANCE** - Tuesdays, 10:00 a.m.

SANDI'S YOGA - Taught by Sandi Rothwell. Fee for 8 sessions: \$25.00 w/HPSI card, \$30.00 w/o card.

Class provides gentle movement and relaxation for a range of physical abilities. Includes gentle stretching and breathing techniques and movement exercises for strength, balance, safe walking, fall prevention, flexibility and relaxation. Participants can use chair or mat.

Sections I & II, begins Wednesday, May 23. Sect. I: 12:45 - 1:45 p.m. Sect. II: 2:00 - 3:00 p.m.



YOUR BODY WAS MEANT TO MOVE - Taught by Keith Federman. Check for space availability for

Basic, Intermediate and Advanced YBMTM classes. Current students get priority registration. Fee \$35.00/HPSI card; \$42.00 w/o card for 10 sessions

BASIC - Both seated and standing movements target specific major muscle groups and gently challenge strength, flexibility, balance and stamina. Individual exercise progressions are provided to accommodate people with varying abilities or people with physical limitations. **Begins Wed., April 25, 11:30-12:30.**

INTERMEDIATE - A slightly more challenging workout for students who have established regular exercise routines. Students can expect more repetitions and progressions of strength, balance and agility exercise. Resistant bands and light weights are provided by HPSI. **Begins Monday, May 7, 11:45 - 12:45.**

ADVANCED - The advanced student continues work on strength, balance and coordination using exercises that include weights and stretch bands provided by HPSI. **Begins Fri., May 4, 10:30 - 11:30.**



ZUMBA CLASSES WITH CAROLINE FERRANTE - Classes are a fusion of Latin and international music and dance themes creating a dynamic, exciting and effective dance fitness program. Fee for 10 sessions: \$35.00 w/HPSI card, \$42.00 w/o card. Current participants receive priority registration. No class 4/5.

ZUMBA GOLD - Challenging dance routines to provide a comprehensive fitness program.

Sect. I - Mondays at 10:00 - 11:00, beginning April 16. Open registration began in March.

Sect. II - Fridays from 9:00-9:55. Class is in session now. No class, only Zumba Party-Demo 6/15.

Sect. III - Thursdays from 10-11. Class is in session now. *No May 3 class.*

Sect. IV - Thursdays from 9-10 a.m. Class is in session now. *No May 3 class.*

ZUMBA TONING - Incorporates Zumba Gold workout with light weight training. **Fridays, from 10 to 11:00 a.m.** Class in session now. No class 6/15.

ZUMBA WAKE UP CALL - Mondays from 9:00-9:55, beginning April 16.

CLASSES - APRIL/MAY 2012

ARTS, LANGUAGE & SPECIAL INTEREST

BRIDGE CLASSES - Taught by Sunny Levin. Registration began in March. 10 sessions.

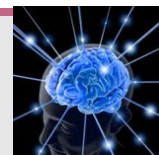
BASIC BRIDGE 1 (Thurs. 9:30, begins 4/12) , INTERMEDIATE II (Mondays, 1:00, begins 4/9) , SUPER-VISED BRIDGE Mondays, 9:30, begins 4/9) , PLAY OF THE HAND (Wednesdays, 9:30, begins 4/11). See June newsletter for summer session classes. Current students are given priority.



BRAIN FITNESS: GREY MATTER WORKOUT

6 Classes: FEE: \$28.00 for HPSI members, \$32.00 w/o HPSI card.

Instructor Caroline Ferrante, MAED/CI



A sampling of all the things that keep our brains active, Can you walk through the supermarket in your brain, can you visualize and recite directions from home to Holiday Park and other locations you travel, can you memorize new poetry? Enjoy good for the brain and fun to play interactive brain games, better breathing, concentration and movement exercises.

One hour classes begin Thursday, April 19 at 11:00. Registration begins Thursday, April 2.

CHINESE BRUSH PAINTING - with Helene McCarthy. Meets Tuesdays at 10. Classes are in session now.

INTRODUCTION TO ACRYLIC PAINTING FOR ABSOLUTE BEGINNERS - Taught by Laura Steele. Learn the basics of color, color mixing, shadows and some practical exercises to get you started. Some drawing experience helpful. **Thursdays**, beginning **April 12** from 1:15-3:15 p.m. FEE for 5 sessions: \$20.00 w/ HPSI card, \$25.00 w/out card. Materials list provided at first class. Space limited.

VICTORIAN POETRY: Lord Tennyson, The Brownings, Dante Rosetti, Bronte, Yeats & more

Taught by Clarence Steinberg, Ph.D., **Mondays, 10:00 –12:00 noon. Classes are in session now.**

BASIC ENGLISH - Activities of daily living conversation exercises. Drop-in. FREE. **Thursdays 10:30-11:30.**

OPERA APPRECIATION: A 400 Year History of Opera - Taught by Donato Soranno, tenor and music producer. 8 sessions. Thursdays, 2:30 to 4:00 p.m. Sign-up begins March 15. **Class begins April 12.** The World of opera dates back to 1590. This course includes an overview of opera history and the passion of its audiences. It tells the story of some of the great 18th and 19th c. opera composers. Soranno will discuss opera companies around the world today. The class will view on DVD selected segments of various operas and opera singers. **FEE: \$38.00, w/ HPSI card, \$45.00 w/o card.**

STEPPING ON STAGE: Explore the World of Theater - Instructor Stephanie Phelan Offutt.

Experience the joys of creative camaraderie!! Practice basic actor skills, analyzing scenes, staging and intended messages using humor, drama, and more. The intention of this class to learn more about the workings of the theater, try out some personal acting skills, be creative, use your brain and have fun. **Wednesdays**, beginning **April 18.** 6 sessions. Fee: \$54.00 with HPSI card, \$64.00 without card.

SPANISH: ADV. BEGINNERS, INTERMEDIATE & INTERMEDIATE PLUS - Taught by Linda Katz.

8 sessions, beginning **Thursday, May 10.** Fee: \$ 24.00 with HPSC card, \$30.00 without card.

ADV. BEGINNER - 9-10:00 a.m.

INTERMEDIATE - 10-11:00 a.m.

INTERMEDIATE PLUS - 11:00 a.m. - 12:00 p.m.

THE SPANISH EXPERIENCE ADVANCES - Flo Orbach. Thursday, 1 - 2:30. Classes are in session now.

CLASSES - APRIL/MAY 2012

NO REGISTRATION REQUIRED CLASSES

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

CLARISSA'S CHAIR FITNESS - Full body work-out using therma bands and ball. Fee: \$1.00 for 45 minute session. Purchase coupons at Reception Desk. Taught by Clarissa Watkins. **Mondays from 11:15-12:00.**

EASY FIT DANCING - An aerobic style dance class designed to improve flexibility and balance. All routines are choreographed to upbeat music. This class provides a combination of dance, fitness and fun. Fee: \$2.00 per class (or 3 for \$5.00). Purchase coupons at the Reception Desk. Taught by Marcia Young. You can attend any session. **Tuesdays and Thursdays from 11:00-11:45.**

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

TAI CHI CHUAN- Increase your body's awareness and improve your flexibility. Free. Meets **Tuesdays, 9-10 (Fred Nee), Wednesdays, 10-11:00 (Lenny Gross), & Thursdays, 9:30-10:30 (Sherman Wong).**

TAI CHI CHAIR - Taught by Lenny Gross. **Wednesday, 11:15 - 11:45 a.m.**

TAI CHI SWORD - Taught by Howard Lee. Free. Meets **Thurs., 9:00-9:30.**

TAI CHI BASICS - Enjoy the benefits of Tai Chi sitting or standing while learning the movements and their meanings. Taught by Lenny Gross. Free. Meets **Fridays, 1:00 - 2:00.**

COMPUTER EDUCATION

BASIC COMPUTER DROP-IN WORKSHOP - Drop-in for help with personal computer use. **No repairs!** Fee: \$2.00. Purchase coupon at Reception Desk. Instructor Jed (jc) Carmichael. **Wednesdays, April 11 and 25 from 1:30 to 3:30.**

COMPUTER BASICS - Basic instructions using computer, email, navigating the internet. **No repairs!** Instructor Jackie Morse. Classes will meet **Tuesdays and Thursdays beginning April 17** from 10:00 to 12:00. Fee for 8 sessions: \$24.00 w/HPSI card, \$28.00 w/o card.

DIGITAL PHOTOGRAPHY, Interm. Level. - Sponsored by the JCA. See Community Sponsored Classes.

COMMUNITY SPONSORED CLASSES at Holiday Park

SENIOR DRIVING REVIEW: 55 ALIVE - Provides a *classroom* brush-up on existing driving skills. Meets **Wednesday, April 18, 1:00-5:00 p.m.** Sponsored by AARP. (Instructor Bill Renner). Fee: \$12.00 for AARP members, \$14.00 for non AARP members - Checks payable to: AARP. Space limited.

CITIZENSHIP PREPARATION CLASS - Sponsored by the MD Office for New Americans and Balt. C. C. Taught by Van Nguyen. **April 10 through June 28.** Call 1-410-580-2756 or 2759 for more information.

JCA INTEM. DIGITAL PHOTOGRAPHY - Taught by Jim Auerbach. JCA Classes call: **240-395-0916.**

SUBURBAN HOSPITAL SPONSORED CLASS - Call *Suburban On Call* at **301-896-3939** to register.

BALANCING ACT - Taught at Holiday Park by hospital physical therapists. **1:00 - 2:00 p.m.** Late spring classes will begin **April 23 and end May 14.**

SENIOR SHAPE Classes at Holiday Park - Taught by Trainer Matt Rundell. Three month classes.

Stability with Ball - Mondays, from 9:00 -10:00 a.m. New classes begin April 9.

Weight Training - Fridays, from 11-12:00. Classes begin April 13.

Advanced Weight Training - Fridays, from 10-11:00. Classes begin April 13.

MONTGOMERY COLLEGE SPONSORED CLASSES - Sponsored by Lifelong Learning Institute.

See the MC catalog for more class offerings, registration info & fees or Call **240-567-1828.**

SHAKESPEARE AND HIS CONTEMPORARIES - Taught by Bob Shoenberg. **In session now.**

WATERCOLOR TECHNIQUES I - with Stephen Hanks. **Tuesdays, begin. May 15.**

THE 1:15 PM HP DAILY SHOW - APRIL 2012



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.

GLACIER NATIONAL PARK - A Blue Ray DVD.

Enjoy spectacular scenery in a somewhat poetic and, for some, spiritual presentation. Spring and winter views of the lakes and streams and wildlife including footage of the Going-to-the-Sun Road, are spectacular.

**Monday,
April 9**

WHISTLING MUSIC - Part 1. A music listening and lecture program with Irv Chamberlain. The stars from our past could sing, dance and whistle. The masters used whistling to give effects to their special talents in ballads, movie themes, jazz and folk music. Join us for the *happy music*.

**Tuesday,
April 10**

HIGH BLOOD PRESSURE: Awareness and Treatment - Mary Flynn, Heartwell nurse.

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways. Without treatment, blood pressure can lead to coronary artery disease, heart failure, stroke, kidney failure or other health problems. One in three adults have HBP. Mary Flynn will discuss the personal lifestyle changes, and how working with our doctors to manage medications, can help improve health and our overall quality of life.

**Wednesday,
April 11**

TURKEY'S MAGICAL HIDEAWAYS - By award winning photographer Jim Auerbach.

This photographic journey travels across time from Istanbul's legendary Bosphorus Strait to Turkey's glittering Turquoise Coast. Turkey is home to 10,000 years of culture and prodigious sultans who created glorious empires from volcanic soil. Jim takes us to mosques and churches, great ruins, sultan baths, ghost towns and more.

**Thursday,
April 12**

THE LOUISIANA PURCHASE - A DVD documentary.

Encompassing the western half of the Mississippi River basin, the Louisiana Territory was acquired from France in 1803. At less than three cents per acre for 828,000 square miles, it was the greatest land bargain in U.S. history. The purchase doubled the size of the United States, greatly strengthened the country materially, and strategically, provided a powerful impetus to westward expansion, and confirmed the doctrine of implied powers of the Federal Constitution.

**Friday,
April 13**

UNDOCUMENTED "ILLEGAL" IMMIGRATION - Harry Kuptzin & Dave Rowland.

Illegal immigration raises many political, economical and social issues, and has become a source of major controversy in the US and other developed countries. This presentation will briefly summarize developments relating to both legal and illegal immigration into the U.S. in the 20th and 21st centuries. The primary focus will be on illegal immigration: numbers, country of origin, industry and occupational distribution, dispersion within the various states, and initial efforts to control the influx. Finally, in an open discussion, Kuptzin and Rowland will lead a discussion examining the current proposals designed to resolve the problem.

**Monday,
April 16**

BLADDER, BLADDER, WHAT'S THE MATTER? - Urologist Dr. Mark Roseblum.

Overactive bladder or leaking urine should not have to be a normal part of aging. Any trip to the drugstore and the isles of adult diapers can tell you this is a common social and personal problem. Dr. Roseblum will address a range of treatments that can greatly improve or cure the problem. He will review causes including medications, dehydration and constipation, weak pelvic muscles, food additives, and urinary infection, just to name some. Sponsored by Suburban Hospital.

**Tuesday,
April 17**

***BINGO** - FEE: \$1.00 for two cards. Helen Horton calls the numbers.

Prizes for the winners to choose from include household paper goods and food items.

**Wednesday,
April 18**



MARIA CALLAS SINGS - A DVD *Opera with Irv Nurik* program.

Calles, an American born, Greek soprano is considered one of the most renowned opera singers of the 20th century. This is an older black and white DVD, but includes some of Maria Callas' most outstanding performances.

🎵 **Wednesday,
April 18**

THE NUREMBERG TRIALS - DVD & discussion facilitated by Gerald Schneider, Ph.D.

On November 20, 1945, 22 top Nazis stood before an international military tribunal at the Palace of Justice in Nuremberg, Germany, charged with systematic murder of millions of people. On this "Holocaust Remembrance Day," Schneider offers reflections of what was and was not accomplished by the trial.

**Thursday,
April 19**

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

A favorite musician among many dancers, Mike Surratt manages to get in lots and lots of great dance music. Light refreshments are served at the break.

**Friday,
April 20
1:15-3:15 p.m.**

BETTER BREATHING TECHNIQUES - Sponsored by the Pain Connection.

COPD (chronic obstructive pulmonary disease), lung diseases, pleurisy, chronic bronchitis, emphysema, and some metabolism conditions are just some of a variety of aging diseases that can affect our lung capacity and overall health. The body's demand for oxygen substantially increases during exercise. Yoga and tai-chi are just two exercise forms that promote relaxation and proper breathing techniques. These and other exercises that can develop stronger lungs will be discussed.

**Monday,
April 23**

WHISTLING MUSIC - Part 2 of an Irv Chamberlain music lecture and listening program.

Sinatra, Jolson, Crosby, Disney, Lauren Bacall, Charlie Byrd, Pat Boone, Mitch Miller, Julie Andrews, and many others might surprise you with their whistling talents.

🎵 **Tuesday,
April 24**

HPSI ANNUAL MEMBERSHIP MEETING

1:00 PM, Wednesday, April 25, 2012

Holiday Park's HPSI Administrator Judy Houseknecht and HPSI board members will report the status and health of our center's non-profit incorporation. HPSI members are encouraged to attend, ask questions, or make suggestions concerning existing or potential services.



OSTEOPOROSIS UPDATE - Sponsored by the Physical Therapy Dept. at Riderwood.

Weakened bones that break easily are a sign of osteoporosis. Osteoporosis is more common in adults over 60. Osteoporosis is the thinning of bone tissue and loss of bone density that has happened over time. Riderwood's Joe Graham will discuss the condition, its impact on one's life, steps one can take to reduce the risk of becoming osteoporotic, and what can be done once a person has been diagnosed with osteoporosis.

**Thursday,
April 26**

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

The John Brown Band with singer Dolly Bennof have been performing at Holiday Park for more than 25 years. Enjoy the music and enjoy the dancing. Newcomers are welcome.

**Friday,
April 27**

BALI - A video travelogue by Gail and Sandy Cohen.

Bali is an Indonesian Island located in the westernmost end of the Lesser Sunda Islands. In February 1942 the Japanese captured and occupied Bali. Bali is the largest tourist destination in Indonesia. The Cohens take us on a journey to see some of Bali's highly developed sculpture, paintings and metalwork, and enjoy the music, and dance, and wildlife of the people who live there.

**Monday,
April 30**



A HEALTHIER YOU

HEARTWELL: A Program of Heart Health and Preventive Care - HeartWell is a partnership of Suburban Hospital and HPSI. HeartWell nurse Mary Flynn is available **Tues., 9 a.m. to 11 a.m. and Wed. 9 to 2:00 p.m. and Thurs., 9 a.m. to noon** for consultation and to help communicate with doctors. Visit her in our Health Suite.

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.

COPING WITH CHANGE - Led by social worker Stephanie Svec, LCPC. **Thurs., 10:30.** Drop-in. Free. Individual appointments for consultations available at 11:30.

ASSISTIVE DEVICES OPEN HOUSE - Lynn Perlroth, retired audiologist, demonstrates devices for use in a variety of difficult listening situations. Open houses are scheduled monthly. Call Lynn at 301-208-8279.

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 - Blood pressure screenings: **Mondays, Wednesdays & Fridays**, 10 a.m. - 12 p.m.

ASK 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. No Pharmacist 4/13 or 5/11.

A Suburban Hosp. Pharmacy resident is also available monthly **by appointment. Call: 301-896-3939.**

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.

HEARING AID TROUBLE SHOOTING - Audiologist Jane Kirksey, from Hearing Health Care, visits the center monthly to clean hearing aids and answer questions. **Third Thursday** of month. Call: 301-946-2434.

ONGOING HOLIDAY PARK PROGRAMS/GROUPS

BEHIND THE HEADLINES - Frank Jose & other center volunteers facilitate this drop-in discussion. **Mondays from 10:00-11:30 a.m. FREE.**

DUPLICATE BRIDGE - **Wednesdays from 12:45 - 3:30.** Fee: \$4.00 per person. Entries sold beginning at noon. ACBL sanctioned. Please call the center when weather is unsure to see if Bridge is cancelled.

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

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

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. **(No April 4 meeting.)** Drop-in. FREE. The Photo Club sponsors two galleries at Holiday Park. Exhibits change every other month.

PLANT CARE GROUP - **Tuesday & Friday, 9:00 a.m.-noon** (with changes for holiday weeks).

POOL ROOM - Drop-in. FREE.

LIBRARIAN SYLVIA NISENOFF READS OUT LOUD - Meets **Mondays at 12:15.**

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

SCRABBLE - Ray Greene hosts. Drop-in board game with 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.

YIDDISH CLUB - Jewish history, music and Yiddish conversation. Call Fanny Aisenberg at 301-649-7472. Meets 10 am to noon, the **2nd & 4th Tuesday** of each month.

TAX AIDE SCHEDULING OFFICE

AARP Tax Aide Office has a limited number of appointments before closing the 2011 Tax Year.

The scheduling office will be open until April 15, 2012.

The office takes by phone appointments only: 240 - 777 - 2577

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 Mon., Wed., Thurs. & Fridays from 9:30-1:00; Tues. from 9:30-3:00. **Consigners pay a one-time fee of \$5.00.**

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 \$20.00-a-year membership helps support this flagship senior center. Register at our Reception Desk.

FINANCIAL ASSISTANCE POLICY - The Department of Recreation Classes (listed in the *Guide to Recreation & Park Programs*) offers reduced fees for lower income residents. Call MCRD at 240-777-6840 or 311.

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, 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 (66 cents), self-addressed long business envelope at the Reception Desk.

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.

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

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

THE HOLIDAY PARK BOOK EXCHANGE - The HPSC library welcomes most contributions of popular fiction. Books are in our library for your enjoyment. Librarian Sylvia Nisenoff reads out loud on Mondays at noon.

MONTGOMERY COUNTY SENIOR NUTRITION PROGRAM

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

- 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** by 10:00 a.m.
- 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. Persons under age 60 must pay the full amount.
- The Nutrition Program prohibits saving of tables or chairs.
- Participants on the waiting list may sit at a table if space is available (they will be called separately), but only participants who have reservations should come up when their table is called.
- Regular Nutrition Program participants receive an identification card to swipe when having lunch.

(HPSC will be CLOSED April 2– April 6)

Montgomery County DEPARTMENT OF RECREATION ARTS & LEISURE CLASSES

The Dept. of Recreation offers a variety of recreation and leisure classes at Holiday Park such as adult piano, dance, and exercise workshops. Pre-registration is required. Spring classes are in session. For more information call **240-777-6840**. **SOAR** (Senior Outdoor Adventures in Recreation) and **FEET** (Family Entertainment & Exciting Trips) are also advertised in Montgomery County Department of Recreation's *Recreation Parks Leisure Guide*. To receive mailings of trip brochures, call: **240-777- 6870**.



Every month is a good month at Holiday Park. Coming in MAY....

Upcoming MAY 2012 ... HP 1:15 PM DAILY SHOW
entertainment, history, travel, art, health and wellness & conversation



Programs begin at **1:15 p.m.** and Dance Club Friday is **1:15-3:15 p.m.** unless otherwise noted.

Check the May newsletter for registration and fee information.

- THE LEISURE WORLD CHORALE PRESENTS** - FREE w/ HPSI card, \$1. at the door. **Tues., May 1**
BINGO - \$1.00 for two cards. Helen Horton calls the numbers. **Wed., May 2**
DISEASE AND MANKIND - Lecture & discussion with David Rowland. **Thurs., May 3**
CANNONLANDS - A DVD travelogue. **Fri., May 4**
ANDREA & CHYP BEBOP DUO - It's a dance party, no partner required. \$1.00 at the door. **Mon., May 7**
MINDFULLNESS: Tools to Cope with Yesterday & Tomorrow by Living Today - Al Zara. **Tues., May 8**
BETTER SLEEP - HeartWell nurse Mary Flynn for Suburban Hospital. **Wed., May 9**
TIPPING THE SCALE TO A HEALTHY HEART - Dr. Julie Krivy for Suburban Hospital. **Thurs., May 10**
DANCE CLUB FRIDAY - Music by Mike Surratt. FEE: \$5.00 at door, \$3. with HPSI card. **Fri., May 11**
CHRITIANA SINGS A TRIBUTE TO MOMS EVERYWHERE - FEE: \$1, FREE w HPSI **Mon., May 14**
LOOKIN OUT FOR YOU ON THE ROAD - Ginny Prunty for Adventist HealthCare. **Tues., May 15**
THE VIERS MILL ELEMENTARY CIRCUIS VISITS HP - FREE. Fun give-a-ways. **Wed., May 16**
AGING HEARING LOSS - Lisa Hamlin, Hearing Loss Assoc. of America. **Thurs., May 17**
 **THE SENIOR SAVVY SHOWCASE: *A Blast from the Past*** **Fri., May 18**
Tickets: \$3.00 (\$2.00 before May 11) **1:15 - 3:15 p.m.**

DO YOU NEED A WELLNESS PLAN? - Nira Berry. Sponsored by the Pain Connection. **Mon., May 21**
MINDFULLNESS : To Soothe the Soul - Al Zarra, Cerified Educator. **Tues., May 22**
MEDITATION & ITS BENEFITS TO BODY & MIND - Sponsored by NARFE. **Wed., May 23**
ISIS: Flute, Cello & Piano - Amy Thomas, Marion Baker & Virginia Lum. **Thurs., May 24**
DANCE CLUB FRIDAY - Music by Mark Hanak. FEE: \$5.00 at the door, \$3.00 w/ HPSI. **Fri., May 25**
BROOKLYN - A book talk and discussion with Ann Grau. **Tues., May 29**
ANNA NEBTREBKO - A DVD Opera with Irv Nurik program. **Wed., May 30**
IRVING BERLIN - An Irv Chamberlain music lecture & listening program. **Thurs., May 31**

WHO IS WHO at HOLIDAY PARK

Who can Help

Carol Fuentevilla - Center Director - 240-777-4966
Sonia Leon-Reig - Classes & Volunteer Coordinator
Anne Shums - Outreach & Program Sponsorships
Helen Horton - Nutrition Site Manager
Maria Mercedes Diaz - Spanish Language Programs

Judy Houseknecht - HPSI Administrator
Jedidiah Charmichael - Administrative Support
Pam Wingfield - Center Support
Drew Payton - Program Assistant

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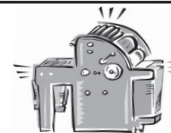
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