

Poolesville Seniors!

Stay Active!

Increase in Program Offerings by Poolesville Seniors for 2022

Prior to July 2022	After July 2022
<u>Weekly Events:</u> Yoga (Virtual) Tai Chi (Virtual) Zumba Gold (Virtual) Trivia Night (Virtual) Book Club (Virtual)	<u>Weekly Events:</u> Yoga (Virtual) Tai Chi (Virtual) Zumba Gold (Virtual) Trivia Night (Virtual) Book Club (Virtual) Mahjong (In Person) Bridge/Games Afternoon (In Person)
<u>Presentations:</u> Thursday Zoom Presentations In-Person Presentations (2)	<u>Presentations:</u> Thursday Zoom Presentations Continue In-Person Presentations (5) Bingo Afternoons (3) Monthly Movie Nights (3)
Indoor Pickleball (9 hours/week)	Indoor Pickleball (15 hours/week)
Pop-up Walks (3)	Pop-up Walks (5)
<u>Events:</u>	<u>Events:</u> Landmade Brewery Tour and Tasting (sold out) Pig Roast and Line Dance (sold out) Glenstone Museum Visit (sold out) Poolesville Seniors Gala (Feb. 11, 2023)
	CPR Training by UMCVFD

During 2022, Poolesville Seniors provided over 450 free opportunities, enabling Poolesville's seniors to Stay Active!

Some of Poolesville Seniors Many Individual Program Offerings 2022

(in addition to ongoing weekly events and pickleball)

Thursday Evening Virtual Presentations

- The History of Sugarloaf – Ralph Buglas
- Conserving the Monarch Butterfly – Clarence Hickey
- Ag Reserve History – Kenny Sholes (Monthly)
- Repairing and Maintaining Small Gasoline Engines – Kevin Thomas
- Great Places to See in Philadelphia – Barbara Paulson
- Getting to Know Riverworks – on site interview with David Therriault
- Off the Beaten Path: The Richness of Richmond – Barbara Paulson
- NOAA's Role in Regulating Outer Space - Glenn Tallia
- F. Scott Fitzgerald's Rockville - Eileen McGuckian
- From Sheep to Shawl – on site interview with Dalis Davison at Dancing Leaf Farm
- A Culinary History of Montgomery County - Claudia Kousoulas and Ellen Letourneau
- History of the Upper Montgomery County Volunteer Fire Department - Chief Scott B. Graham
- Say Watt? Larissa Johnson – MC Environmental Protection – how to save energy and money in the home
- Veteran's Day – Vice Admiral Samuel Lee Gravely

In-person Presentations/Events

- *Through the Perilous Fight: Six Weeks that Saved the Nation* – Steve Vogel, author
- Meet Sally Ride - Mary Ann Jung, actress/historian portraying the famous astronaut
- Landmade Brewery Tour and Tasting
- Bingo Afternoons
- *Betrayal in Berlin* – Steve Vogel, author
- Civil War Medical Advances – Brad Stone, historian
- Pickleball Clinic – opportunity for newcomers to learn the game
- The Lost History of Potomac Marble – Paul Kreingold, historian
- Glenstone Museum Visit
- Honey and Bees – Joe Long, apiarian
- Movie Night – *Topgun Maverick*
- A Civil War Christmas – Brad Stone as Thomas Nast's Santa Claus
- Movie Night - *Elvis*

Pop-up Walks with Jon Wolz

- Great Falls Overlook
- Marble Quarry Walk
- Monocacy Aqueduct
- Edwards Ferry
- Catoctin Creek Aqueduct
- Search for two of Maryland's largest trees
- Riley's Lock and Seneca Creek Foundry
- Paw Paw Collecting
- Blockhouse Point Overlook