

MCRPA DIGEST

May 2025

A photograph of two women standing outdoors on a paved walkway. The woman on the left is wearing a grey and white plaid dress and is holding a bouquet of white roses wrapped in purple paper. The woman on the right is wearing a red cardigan over a black top and black pants, and is also holding a bouquet of white roses wrapped in purple paper. They are both smiling at the camera. In the background, there is a brick wall and a metal railing.

Bringing Us Together: A Celebration of Inclusion and Equity

10th Annual MCRPA Retreat
AANHPI Heritage Month Kick-Off Event
Pop-Up Event: Brookside Gardens
Five Weeks of Fun



Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month Events

Connecting Through Cultural Languages
Wednesday, May 14, 2025
11:00 a.m.-12:00 p.m., via Zoom

Join us for an engaging event celebrating the rich diversity of Asian American, Native Hawaiian, and Pacific Islander (AANHPI) cultures through language.

This interactive session features speakers who will share insights into their cultural languages and the deeper meanings behind words and names. In many cultures, a single word can carry multiple meanings, and even a person's name can hold powerful significance and cultural value.

Whether you speak multiple languages or are simply curious to learn, come connect, share, and celebrate the voices and stories that shape our identities.



<https://www.montgomerycollege.edu/events/asian-pacific-heritage/>

Leadership Teams



Meet the FY25 Leadership Team:

Executive Team

Dr. Christine Crefton, President
 Dr. Paul Miller, Vice President
 Ramon Valenzuela, Secretary
 Carla Ammerman, Secretary

Professional Development

Michele Kight, Chair
 Kimberly Bloch-Rican, Co-Chair
 Anna Donohoe, Vice Chair

Community Engagement & Events

Maria Martinez, Chair
 Nicole Land, Vice Chair (not pictured)

Membership, Marketing, & Communications

John Amoroso, Chair
 Nghi Nguyen, Vice Chair

Please contact any of us if you want to join a committee or get more involved. Committees meet monthly via Zoom, and you can come to see what is going on, lend a hand, listen, and be a part of something pretty awesome!

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Get Ready for the 10th Annual MCRPA Retreat!

Event Highlights

These events are planned for the spring semesters. We will send out additional information as it becomes available.

- Mobile Market Volunteer
- Five Weeks of Fun Events (National Poetry Month, Asian Cultural Crafts - Origami, Sparking Joy at Work (Even When You're Burned Out, End of Year Social Hour)
- 10th Annual MCRPA Retreat (Music, Food, Travel), May 29

Community Engagement & Events (CEE) Committee Meeting | Second Tuesday of the month, 11:00 a.m-12:00 p.m., Zoom

Membership, Marketing, & Communication (MMC) Committee Meeting | First Wednesday of the month, 10:00-11:00 a.m., Zoom

Professional Development Committee Meetings | First Thursday of the month, 2:00-2:45 p.m., Zoom

*Monthly committee meetings are open to all MCRPA members. Contact the committee chair and vice chair for Zoom link.



President's Corner: 5 Weeks of Fun, Retreat, and Reflection!



Can you believe we're already in May? This time of year always feels like the final act of a great play, where all the storylines come together and the audience leans in a little closer. For MCRPA, this season is all about celebration and finishing strong. That's what the 5 Weeks of Fun is all about, a joyful countdown to our 10th Annual Retreat, filled with events that invite us to pause, connect, and recognize what a tremendous year this has been.

Week 1 began with our National Poetry Month Celebration on April 29. Whether you're a poet or someone who simply loves words that make you feel something, this

event was an open invitation to share, listen, and connect. We came together on Zoom for an afternoon of creativity and inspiration—sharing poems, playing fun games, and kicking off 5 Weeks of Fun in style. Nghi Nguyen was an incredible host and poet, setting the tone for a joyful, reflective celebration of language and community.

Week 2, we head to the SV Atrium on May 7th for a hands-on cultural experience celebrating the art of origami. Folding paper flowers might sound simple, but it's also a chance to center yourself, try something new, and celebrate Asian American, Native Hawaiian, and Pacific Islander Heritage Month in a beautiful, tactile way.

Week 3 is a personal favorite: I'll be leading a session called "Sparkling Joy at Work (Even When You're Burned Out)" on May 13. If you've ever felt like you're running on empty (and let's face it, who hasn't?), this one's for you. It's not about toxic positivity, it's about real strategies for finding lightness and meaning in the work we do every day. [Register through Workday](#). Let's laugh, reflect, and take some joy with us into the summer.

Week 4, we meet off-campus for our End of Year Social Hour on May 21 at 4:30 p.m. at Yardhouse in Rio. It's our last official social event of the year, and one of the best chances to just sit back, share



stories, and toast to all we've accomplished.

And finally... Week 5, the big one: our 10th Annual MCRPA Retreat on May 29. This year's theme, *Celebrating Connections through Music, Movement, Food, and Travel*, is more than just a tagline. It reflects everything we've tried to build this year: meaningful experiences, joyful interactions, and shared purpose. In-person registration has officially reached capacity, but you can still join us virtually for four hybrid sessions open to the entire College. Whether you're attending from the MK Building or from a screen, this retreat promises to be the perfect finale to a fantastic year. We are also incredibly grateful to HRSTM for generously sponsoring breakfast and lunch, thank you for helping us nourish both body and spirit during this milestone event.

If all of this sounds exciting, it's because it is! But it's also the result of your ideas, your time, and your energy. MCRPA is powered by people like you who care about making this College a better place to work and grow. We're already thinking

about FY26, and we want your voice in the conversation. Join a committee, even just once. Pop into a meeting, share your thoughts, and help us shape what's next. Have ideas for membership survey questions or potential group travel plans for next year? Email us at mcrpa@montgomerycollege.edu. Your input truly matters. We need your voice. We need your perspective. And more than anything, we need each other.

We're not just building programs and events, we're building community. Let's keep showing up, for the work, for our students, for each other, and for the kind of future we know is possible.

We've come so far together, and the journey ahead is just as exciting. Whether you've been to every event or just one, whether you've presented, planned, or simply shown up with a smile, thank you. Here's to a May full of fun, meaning, and momentum.

Dr. Christine Crefton
MCRPA President

Inclusion by Design: Accessibility in Action During Equity Week

INCLUSION BY DESIGN SUMMIT



Equity Week 2025 was a vibrant and thoughtful celebration of the many ways we can advance access, equity, and belonging at Montgomery College. One of the most exciting additions to this year's programming was the Inclusion by Design Summit, a full-day virtual event hosted by the Universal Design Center on April 11. With the theme "When Accessibility Leads, Belonging Follows," the summit brought together MC employees and external professionals to explore the power of inclusive design in education, workspaces, and digital environments.

The day featured dynamic speed sessions, hands-on workshops, and a thought-provoking keynote panel discussion. From exploring neuroscience in online course design, to learning how to use AI to support accessibility, attendees walked away with practical strategies and renewed energy for creating inclusive spaces that truly serve all.

Dr. Paul Miller, MCRPA Vice President and co-founder of the Universal Design

Center, contributed to the day in multiple ways. He presented the CLEAR Framework, Montgomery College's strategic response to new ADA Title II digital accessibility standards and served as the moderator for the summit's keynote panel, featuring MC faculty and staff discussing how we can move from access to authentic belonging.

If you missed this one, don't worry, the Inclusion by Design Summit will return in Fall 2025! It will once again be free, virtual, and open to all, offering more opportunities to learn, grow, and share your voice in this vital conversation.

From equity in design to inclusion in action, this summit is more than a single event, it's part of a growing culture of care and accountability at Montgomery College. Thank you to all who attended and presented, and to those continuing the work every day in your classrooms, offices, and communities.



MC MONTGOMERY COLLEGE



REIMAGINING TEACHING & LEARNING WITH AI PANEL AND FACULTY SHOWCASE



Friday, May 16, 2025 | 8:30 AM

Montgomery College, Rockville Campus
Science Center West (SW), Room 301

8:30 AM Breakfast

9:00 AM Welcome Remarks by
Dr. Deidre Price

Senior Vice President for
Academic Affairs/College Provost

9:15 AM AI Panel

10:15 AM Break

10:30 AM AI Faculty Showcase

11:30 AM Adjournment

ChatGPT

Sign up

Who are the moderators and panelists for MC's AI Panel and AI Faculty Showcase?

AI PANEL

Moderator: **Dr. Shinta Hernandez**, Dean of MC Online and Academic Support

Panelists:

Jana Anderson, Acting Department Chair, BEACAHMPS (Rockville)

Chip Gladson, Full-time Faculty, ENGL

Dr. Angela Lanier, Instructional Designer

Carlos Penaloza, Student, President of the AI Student Club

Daniel Umana, Manager, Digital Learning Center (Rockville)

AI FACULTY SHOWCASE

Moderator: **Dr. Angela Lanier**, Instructional Designer

Presenters:

Henry Caballero, Full-time Faculty, ELAP

Eric Fiero, Part-time Faculty, MUSC

Amanda LeBleu, Full-time Faculty, ELAP

Michaela Pacesova, Part-time Faculty, CMSC

Ask anything

Pop-Up Event: Brookside Gardens

On Saturday, April 26, MCRPA hosted one of our Pop-Up Events at Brookside Gardens in Wheaton, Maryland. Although it rained earlier in the day, the weather cleared by noon, allowing some of our members to enjoy a visit to the Gardens.

Brookside Gardens, located within Wheaton Regional Park, features several distinct areas, including the Aquatic Garden, Azalea Garden, Butterfly Garden, Children's Garden, Rose Garden, Japanese-Style Garden, Trial Garden, Rain Garden, and the Woodland Walk.

The Formal Gardens include the Perennial Garden, Yew Garden, Maple Terrace, and Fragrance Garden. Brookside Gar-

dens also offers two conservatories for year-round enjoyment. Admission is free.

Despite lingering humidity, the cloud cover and a refreshing breeze made for a pleasant afternoon. Although the tulip season was winding down, the vibrant azaleas were in full bloom.

If you haven't yet visited Brookside Gardens, you're missing out on the beautiful natural scenery it offers. There's something for everyone to enjoy – including a turtle and fish pond!

In the fall, the Gardens showcase brilliant autumn colors, and during the winter, Brookside hosts its annual holiday light



dens display, a highlight of our winter break Pop-Up Events.

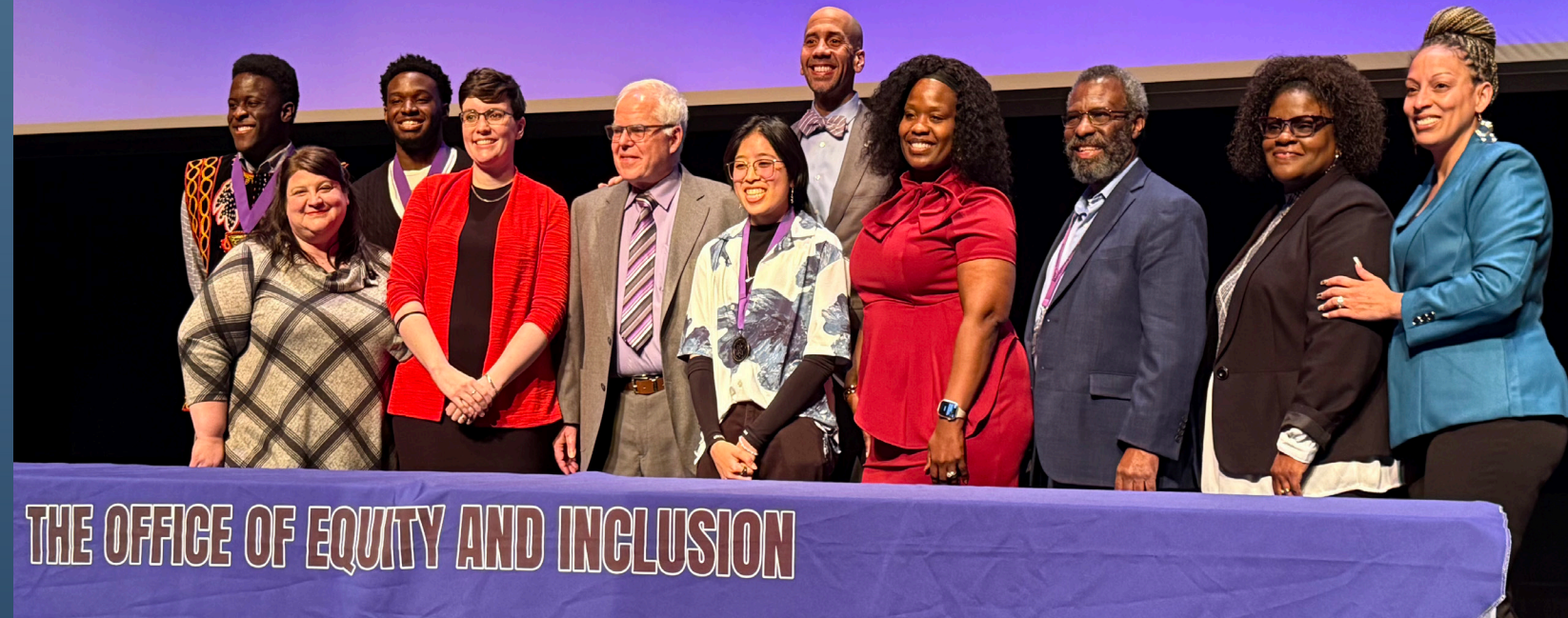
MCRPA Pop-Up Events provide members the opportunity to casually connect outside of work hours, often on weekends. Family and friends are welcome to join! These events can include nature walks, concerts, dinners, and more. Best of all, most Pop-Up Events are informal. Members simply meet at the designated location and explore at their own pace.

We hope to see you at the next Pop-Up Event!

Every year, volunteers play an important part at Montgomery College's Commencement ceremony by assisting our graduates and their friends and family. We need your help again this year for our ceremony on Friday, May 23, 2025, at the Rockville Campus. There are many opportunities to help make Commencement a huge success. Please sign up. If you have any questions, please contact events@montgomerycollege.edu.



Honoring Diversity, Advancing Equity: Equity Week Celebration



During Equity Week this past April, several MCRPA members actively contributed to the event by facilitating workshops and discussions. Anna Donohoe, Professional Development Vice Chair and Chair of the MC Pride and Allies Employee Resource Group, participated in the panel discussion titled "Supporting the LGBTQIA+ Community at Montgomery College." Meanwhile, Dr. Christine Crefton, MCRPA President, led a workshop titled "The Power of Intersectionality: Exploring the Layered Identities Within Our Community."

Dr. Paul Miller, MCRPA Vice President, co-facilitated a workshop with Dr. Alexander Jun titled "Effective Communication Across Cultures and Generations & Generational Jeopardy." MCRPA member Nik Sushka also helped lead a session titled "MC Interfaith Breakfast and Discussion: Let's Talk Community."

Most notably, Christine and Anna were honored with the Excellence in Equity Award during the Equity Awards Reception and Ceremony in recognition of their outstanding contributions.

Each year, the Excellence in Equity Awards honor current students, faculty, staff, and administrators who exemplify a strong commitment to inclusion, diversity, equity, access, antiracism, leadership, and social justice. These individuals serve as champions of equity through their active engagement and meaningful contributions that help create a more inclusive environment, both at Montgomery College and within their local communities, where all individuals are valued, respected, and experience a true sense of belonging and mattering.



Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month Events

Traditional AANHPI Attires
Wednesday, May 21, 2025
2:00-3:30 p.m.
Rockville Campus, SV 416

Celebrate the vibrant diversity of Asian American, Native Hawaiian, and Pacific Islander cultures through traditional clothing and attire. We will have presentations that explore the cultural significance, history, and symbolism behind traditional costumes from various AANHPI communities.

The presenter will share personal stories, cultural insights, and historical context surrounding the garments from their cultural background. Attendees will gain a deeper understanding of how traditional clothing reflects values, customs, and regional identities across the AANHPI diaspora.



<https://www.montgomerycollege.edu/events/asian-pacific-heritage/>

31st Leadership Development Institute (LDI)



We recently completed the 31st Leadership Development Institute (LDI) at MC. It is one of the most valuable and engaging professional development programs available to us. It includes a wide breath of topics geared to improving our leadership and soft skills. You meet with your cohort throughout the academic year in a series of workshops. Your cohort includes a broad range of MC employees. The facilitators include MC staff and faculty, as well as professional life coaches and program specialists.

Our biggest recommendation is to approach LDI with a growth mindset and open heart. The series starts with learning about who you are, your emotional intelligence, and what you have to offer as a leader. The discussions and coaching sessions help to identify areas where you may excel, and those where you may

need improvement. You may find yourself re-evaluating your life choices as you reflect back on personal and professional experiences that have shaped you. The workload may seem daunting, but your personal growth is bigger. LDI goes beyond improving your leadership capabilities, it gives you the tools to become a better you.

Not only do you develop leadership skills in LDI, you build connections. Among the 31st LDI cohort were 14 MC employees representing four MC locations and one high school. Our cohort came from all parts of the college. Tony, Kyran, Anghela and Nathan joined us from Facilities. Our buildings are clean, our campus grounds look beautiful and our rooms have heat and AC because of your hard work. Ginger started as a department chair and became a dean. Zdeslav and Conrad

keep our IT networks running smoothly and respond to issues even at 2 am.

Veronique maintains the data for our ESOL and GED students. Ryan makes sure our WDCE classes are scheduled and have rooms for their classes. Evelyn ensures that the board of trustees has what they need to run the college. Bobby keeps our campus protected with Public Safety. Shawn ensures that students have wonderful training to grow as professionals.

Erik makes certain our part-time faculty's work runs smoothly. Belvey works with ACES students and helps them transition from high school into college. Tracey helps students understand and succeed in their science classes in the Learning Center.

The diversity of project presentations at the graduation ceremony were impressive! We developed strategies to improve training and workspaces, increase workflow efficiency, encourage student growth and success, and update communication strategies.

Your cohort becomes your supportive friends and all are welcomed to share

their thoughts and experiences in this safe environment. At the end, you realize how much you will miss your days with Cynthia and your group.

Some of our key takeaways from the 31st LDI:

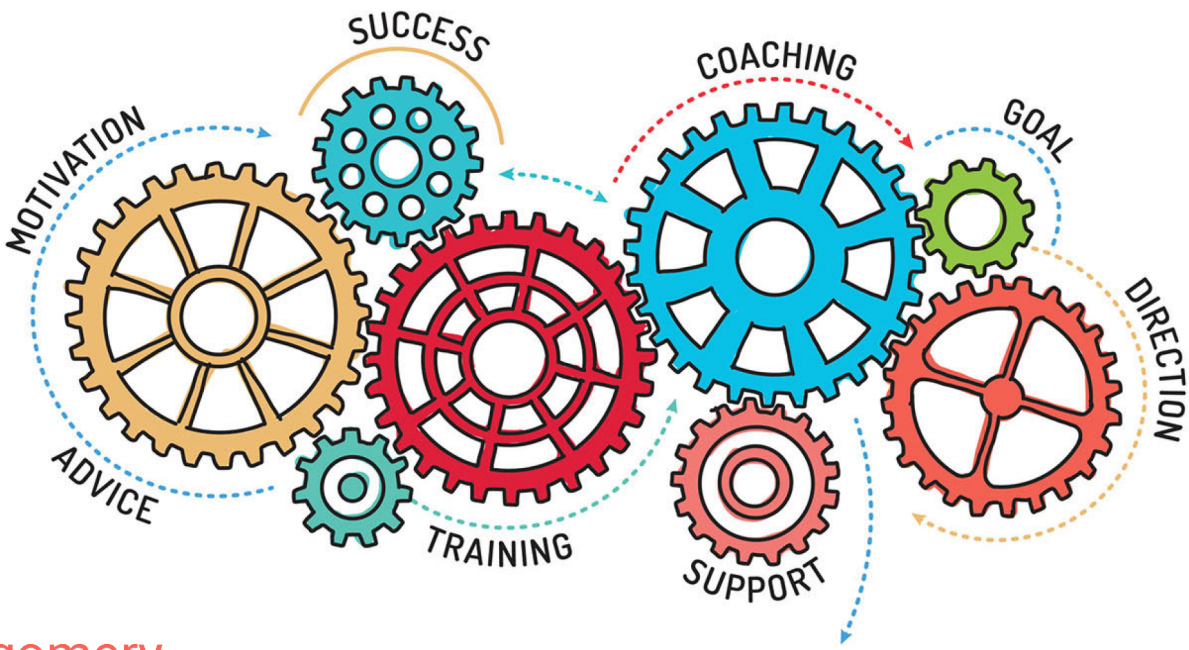
LDI is relationship building grounded in awareness, insights, and authenticity.—**Veronique Bloomquist**

I never miss an opportunity to take a class with Cynthia Mauris. LDI has been instrumental in my professional development and growth here at MC.—**Erik Swanson**
Values are a critical foundation to support our great institution. I found a great LDI team!—**Conrad Beadling**

Leading from where you are.—**Belvey Russ**

LDI provided numerous opportunities to actively develop skills beyond leadership and to expand our network.—**Tracey Bodo**

To learn more about LDI and applying to the 32nd cohort visit the [website](#).



Montgomery College employees:
Are you ready to change a destiny in just one hour a month?

Mentoring

Join our **Student-Parent Mentoring Pilot** this **June, July, and August** and be a part of something transformative. We're inviting MC faculty, staff, and administrators to step up and **mentor one student-parent** during the summer — one conversation at a time.
It's simple, meaningful, and flexible:

Sign up to become an **MVP** in a student's life by completing the form:
<https://forms.office.com/r/HjcDAbj8Z1>
or scan the QR code.



- 🎓 **One student**
- 📅 **One meeting a month**
- 🕒 **One hour**
- 💻/👑 **Virtual or in-person**

Questions: mcstudentparents@montgomerycollege.edu

**MAKE A DIFFERENCE
– BECOME A MENTOR!**



Celebrating National Poetry Month

MCRPA kicked off our first Five Weeks of Fun event on April 29 with our annual National Poetry Month celebration. April is a time to inspire everyone to read and share more poetry, and some of our members did just that by reading original works and joining in a lively round of MCRPA Wheel of Poetry: Poetry Edition.

A few may have landed on Bankrupt once or twice, but we know fortune always follows our members wherever they go.

National Poetry Month is celebrated ev-

ery April in the U.S., and this marks the third year MCRPA has hosted a poetry event. By including this event in our Five Weeks of Fun, we brought extra energy and plenty of laughter through games like Wheel of Fortune and Poetry Trivia.

National Poetry Month is not only about celebrating poetry, but also about encouraging us to challenge ourselves to embrace the joy of reading, not just in April, but throughout the entire year.

Fireflies

From this day onward, we'll always be together.
We'll watch the sun rise and watch the sun set in the horizon.
Together, in those cool spring evenings, hand in hand, we'll walk down those magical places only the two of us would know.
In the summer evenings, we'll hold each other and close our eyes.
We'll watch the stars far above and think about tomorrow as the fireflies spread their wings and fly into that freedom sky.
In the cool autumn afternoons, we'll walk as the leaves rattle along our side.
We'll watch the leaves change colors, fall down onto the ground, and slowly fade away into the cool nights.
In the winter, it'll just be me and you in the warmth of the evening.
We'll walk on the snow and make imprints that'll last forever.
Just hold me in those cold winter nights, and I'll be right there to hold you.
We'll watch the falling snow and sit before the fire as we cherish the moments we're having together.
In the silence of the night, we'll always be together forever.
Don't be sad because I'll always be here with you.
Don't be sad because I'll always be there no matter where you are, and I know you'll love me and be there like I'd be for you.
Through the warm springs and summers, cool autumns, and cold winters, we'll always be next to each other no matter what happens.
Just close your eyes and dream of tomorrow.
And if one day one of us is no longer here, just once again think of those spring, summer, autumn, and winter nights.
Close your eyes and let the fireflies lead the way for us to once again be with each other.

Copyrighted @ 2022. Taken from *Into the Night: A Collection of Poems*, by N.N. Nicky



Join us as we continue our 5 Weeks of Fun after Week 1 with our National Poetry Month event.

Week 2: Asian Culture Crafts - Origami
Wednesday, May 7, 2025, 11:00 a.m.-12:30 p.m., SV Atrium, Rockville Campus

Join us for a hands-on cultural event celebrating the art of origami—the traditional Japanese craft of paper folding.

Participants will explore the creativity of origami by learning to fold decorative paper flowers. Whether you're new to origami or already experienced, this event offers a fun and relaxing way to engage with a meaningful cultural tradition.

Bring your curiosity, creativity, and a willingness to try something new as we celebrate AANHPI Heritage Month through the shared joy of making art by hand.

Week 3: Sparking Joy at Work (Even When You're Burned Out)
Tuesday, May 13, 2025, 10:00-11:00 a.m., Register through Workday

Let's be real, some days, joy feels like a luxury we can't afford at work. Between the meetings that could've been emails, the endless to-dos, and the general "burned toast" vibe of workplace burn-

out, it's easy to forget what a good day even feels like.

This session is for anyone who's still showing up but wondering how to feel something other than exhaustion.

Week 4: End of Year Social Hour
Wednesday, May 21, 2025, 4:30 p.m., Yardhouse Gaithersburg, Rio Washingtonian

Come and connect with fellow members at our last off-campus event of the year. It will be a great time to reflect on what has been a tremendous year for MCRPA. [Complete this form to RSVP.](#)

211 Rio Blvd, Gaithersburg, MD 20878
Yardhouse Rio Washingtonian website

Week 5: MCRPA Annual Retreat
Thursday, May 29, 2025
Manatee Building, Rockville Campus

Join MCRPA for a momentous event, our 10th Annual Retreat! Explore a variety of exciting sessions that focus on our theme for this milestone event of music, movement, food, and travel.

Kicking Off AANHPI Heritage Month with Culture and Connection



Montgomery College launched its Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month with a vibrant kick-off event on Wednesday, April 30, at the Rockville Campus. Over 300 attendees participated, and the engagement between cultural table hosts and MC students and employees was both inspiring and energizing.

The event was organized by the AANHPI Heritage Month Planning Committee, led by Chair Nghi Nguyen and Vice Chairs Thanh King and Kaylin Nguyen—all dedicated members of the association.

The Kick-Off Event featured live performances, cultural table presentations, delicious food, and a wide array of interactive activities. This year's country tables represented Cambodia, China, India, Japan, Myanmar, Nepal, Sri Lanka, and Vietnam. Each table offered engaging hands-on activities and traditional games that



sparked laughter and brought people together.

The event was proudly sponsored by Dr. Muhammad Kehnemouyi, Campus Dean for Rockville. Thanks to the participation of MC's Hospitality Management Program, students had a unique opportunity to research and prepare traditional AANHPI desserts—an experience that combined cultural learning with real-world culinary practice.

Each year, the AANHPI Heritage Month Planning Committee curates events that foster cultural awareness, celebrate diversity, and highlight the contributions of AANHPI individuals to society. The Kick-Off Event remains a signature highlight of these annual celebrations.

Get Ready for the 10th Annual MCRPA Retreat!

Thursday, May 29, 2025 8:30-4:00 pm | MK Building, Rockville Campus + Virtual Options

We're beyond excited to celebrate connection, growth, and joy at this year's 10th Annual MCRPA Retreat, themed Celebrating Connections through Music, Movement, Food, and Travel. This year's event promises a full day of inspiration, reflection, and fun, plus a few surprises along the way.

Please note: All in-person spots have now been filled! We are currently beyond capacity. If you would like to be added to the waitlist, please email: christine.cref-ton@montgomerycollege.edu.

But don't worry, there's still time to join us virtually! We're offering four hybrid sessions, open to all MC employees. You can participate in any (or all) of these engaging sessions from wherever you are. To register, use the Workday links below. Please register for each session you are interested in attending.

Hybrid Sessions Open to All Employees:

Session 1: 10:30–11:20 a.m.

[Fuel for Thought: Boost Your Brain Power with Dr. Paul Miller](#)

This session explores how to nourish your mind for peak performance, creativity, and focus. Participants will discover



strategies for improving cognitive function, enhancing memory, and staying mentally energized throughout the day to support lifelong learning.

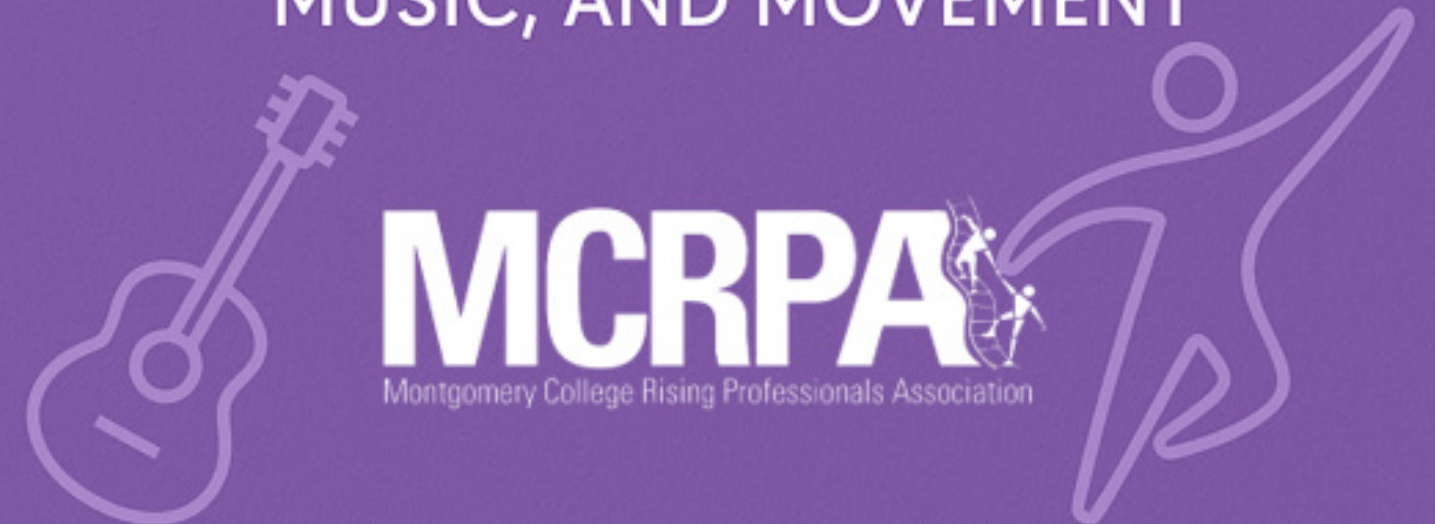
Session 2: 11:35 a.m.–12:25 p.m.

[Hidden Gems: What's in Our Backyard? with Kelly Groff from Visit Montgomery](#)

Think you know Montgomery County? In this engaging and eye-opening session led by Visit Montgomery, discover the local treasures, hidden gems, and off-the-beaten-path experiences waiting just around the corner. Whether you're looking for weekend adventures, places to bring out-of-town guests, or simply want to fall in love with where you live all over again, this interactive presentation will inspire you to see Montgomery County

CELEBRATING LIFE'S JOYS

A DAY OF FOOD, TRAVEL, MUSIC, AND MOVEMENT



10th ANNUAL MCRPA RETREAT 2025

with fresh eyes. Bonus: You might leave with your next local outing planned!

Session 3: 1:30–2:20 p.m.

[Soundtrack of Time: Music Across Generations with Katina Stapleton](#)

Music connects us—across decades, cultures, and generations. In this interactive session, we'll explore how songs become time machines, memory holders, and cultural bridges. From road trip playlists to protest anthems and viral remixes, we'll reflect on how music shapes who we are. Come ready to share a song

that connects you to another generation, and help us build a shared playlist of stories, rhythms, and meaning.

Session 4: 2:35–3:25 p.m.

[How to Get Unstuck: Moving Forward with Purpose with Jackie Williams](#)

Feeling stuck in your career, leadership journey, or personal projects? This session is designed to help you identify the roadblocks that may be slowing your progress and develop strategies to move forward with confidence.

We're also thrilled to welcome keynote speaker La'Keisha Ciprian, who will set the tone for the day with an energizing message about finding joy and purpose in our professional lives.

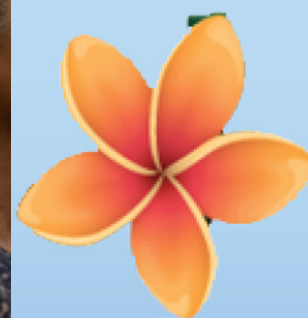
We extend our genuine thanks to the Office of Human Resources and Strategic Talent Management (HRSTM) for their generous sponsorship of lunch and within that unit a big thank you to MC Wellness for sponsoring breakfast, your support helps make this event so meaningful and impactful.

And don't forget, our day ends with a Happy Hour and Themed Trivia Night at Kabuto, where in-person and virtual attendees can connect over laughs, half-priced sushi, and trivia questions tied to this year's retreat themes.

Whether you're joining us online or were lucky enough to grab an in-person spot, we can't wait to celebrate a decade of MCRPA retreats with you. Let's make this one unforgettable!



Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month Events



MC Wellness: TaijiFit
Thursday, May 22, 2:00-3:00 p.m.
Rockville Campus, SV 417



TaijiFit is a mind/body "exercise" that combines the best of traditional Taiji (Tai Chi) and QiGong movements, combined with modern music and easy instruction. It's a workout appropriate for any age or fitness level that has you experiencing the FLOW (Tai Chi done smoothly, continuously and effortlessly connecting Body, Mind and Spirit) whether it's your first class or 100th. There are no routines to learn, or set choreography to remember. You'll discover how to use TaijiFit for better balance, pain reduction and heart health. It's more than just an exercise. It is also a moving meditation, a shield against disease, and a beautiful sensual dance that can make you sweat and smile at the same time.



A MONUMENTal Salute to 2025 Graduates

The College is installing three monuments at all three campuses to honor its 2025 graduates. The MC GRAD 25 monuments--standing eight-feet high by 16-feet wide--consist of construction foam 3-D lettering on a wooden base.

Workers completed an installation at the Becker Quad on the Rockville Campus, host site of the commencement ceremony, May 1. The other structures, located on the Germantown Campus (Dr. DeRionne P. Pollard Student Affairs and Science Building courtyard) and the Takoma Park/Silver Spring Campus (Leggett Math and Science Building) will be placed in the coming week.

Students, faculty, and staff are welcome and encouraged to take pictures at the monument and share on social media. Post their pictures with #MCGrad2025.



MCRPA was established in 2011 as an employee resources group. We collectively seek out opportunities to learn and grow as individuals and as burgeoning professionals. Our members are enthusiastic supporters of Montgomery College's mission and community. If you have a desire to get involved and participate in hands-on personal and professional development activities, networking, and community service, you are a perfect fit for MCRPA.

Each MCRPA member plays an important role in our structure. Because our activities directly result from our members' shared interests, we encourage our members to engage with MCRPA programming. Members determine the intensity and time commitment of their involvement. We realize that members have other commitments, both personal and professional. Explore our committees, events, membership and leadership team. MCRPA always welcomes suggestions for new roles and/or committees.

Join MCRPA - <https://www.montgomerycollege.edu/offices/mcrpa>

Contact Us - mcrpa@montgomerycollege.edu





MC

MONTGOMERY
COLLEGE