

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

Registration Reminders

Registration for summer programs will take place Monday, May 13 at 6:30 a.m. for County residents. Bone Builders and SOAR registration will take place Monday, May 13 at 9 a.m.

Classes can be viewed online beginning May 3. See page 2 for more information.

May Highlights

Promoting Health and Preventing Stroke (R07116-304) - Thursday, May 2 at 1 p.m. - Stroke is the fifth leading cause of death in the United States, affecting someone every 40 seconds and often resulting in long-term disabilities. Come join Circle of Rights, a Montgomery County nonprofit, and learn about ways to promote a healthy lifestyle and prevent stroke. Location: Social Hall, Lobby

Tech Help with Senior Smarts (R07084-309) - Monday, May 6 at 3:30 p.m. - In this workshop local teens and seniors will unite through a technology driven learning experience. These sessions are conducted one-on-one or in small groups and work to teach technology skills. Bring your device (iPad, phone, laptop, etc.) and get your questions answered. Location: Community Lounge, 3rd Floor

Introduction to Aromatherapy (R07116-305) - Thursday, May 30 at 1 p.m. - Learn the many ways aromatherapy and essential oils can help with pain and stress. You will learn about this ancient therapy for the mind, body and spirit. You will be able to learn about the many benefits of essential oils and how to safely use them. Location: Social Hall, Lobby

Senior Center Staff

Senior Center Director: Beth Igbelina

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Nutrition Program Managers:

Betsy A.

David B.

Senior Center Recreation Assistants:

Clanessa

GG

Lottie

Armando

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">1</p> 8 a.m. Silver Spring Striders 9 a.m. Coffee and Catch-Up 10 a.m. Ballet 11 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Bridge 1 p.m. Health in Action 7 p.m. Zumba	<p style="text-align: right;">2</p> 9 a.m. Coffee and Catch-Up 9 a.m. Tai Chi 10 a.m. Intro. to Ukulele 10 a.m. Rummikub 11:30 a.m. Lunch 1 p.m. Guest Speaker 1 p.m. Chess 2 p.m. Memoir Writing 3 p.m. Table Tennis	<p style="text-align: right;">3</p> 9 a.m. Coffee and Catch-Up 9 a.m. Coloring 10 a.m. Intro. to Contra, Square and Circle Dances 11:30 a.m. Lunch 1 p.m. Sit and Be Fit 2 p.m. Needlecraft Club 2:30 p.m. Cornhole
<p style="text-align: right;">6</p> 9 a.m. Coffee and Catch-Up 10 a.m. Balance Boom 11:30 a.m. Lunch 1 p.m. Let's Get Crafting 3:30 p.m. Senior Smarts 6 p.m. Board Games	<p style="text-align: right;">7</p> 9 a.m. Coffee and Catch-Up 9 a.m. Wellness Matters 10 a.m. Watercolor Painting 10 a.m. Bone Builders 11 a.m. Video Fitness 11:30 a.m. Lunch 1 p.m. Afternoon Cinema	<p style="text-align: right;">8</p> 8 a.m. Silver Spring Striders 9 a.m. Coffee and Catch-Up 10 a.m. Ballet 11 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Bridge 1 p.m. Health in Action 7 p.m. Zumba	<p style="text-align: right;">9</p> 9 a.m. Coffee and Catch-Up 9 a.m. Tai Chi 10 a.m. Intro. to Ukulele 10 a.m. Rummikub 11:30 a.m. Lunch 1 p.m. Bingo 1 p.m. Chess 2 p.m. Memoir Writing 3 p.m. Table Tennis	<p style="text-align: right;">10</p> 9 a.m. Coffee and Catch-Up 9 a.m. Coloring 10 a.m. Intro. to Contra, Square and Circle Dances 11:30 a.m. Lunch 1 p.m. Sit and Be Fit 2 p.m. Needlecraft Club 2:30 p.m. Cornhole
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Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
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27	28	29	30	31
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WEEKEND PROGRAMS

SATURDAYS

9:30 a.m. Boot Camp
 11 a.m. Superpower Dance Circle
 11:30 a.m. Fitness Center Orientation
 1 p.m. Card Making

SUNDAYS

1 p.m. Muscle Up!

Registration Reminders Continued

Registration is required for all classes and programs at the Silver Spring Senior Center. We want you to participate in as many programs as possible, but space may be limited. Please, be sure to register for classes at the front desk or online.

Even when a class is full, be sure to put your name on the waitlist. We often enroll individuals from the waitlist when we have cancellations.

Congregate Meal program

Montgomery County offers a hot meal at lunchtime at senior centers around the County. The program is held Mondays-Fridays at 11:30 a.m. You must arrive by 11:45 a.m. to get your meal.

You must be registered and order your meals in advance.

For seniors ages 60 and older, a donation is recommended. For those under 60, the full price of the meal is required (\$7.99). Advanced registration is required so we know how many meals to order.

For more information, please call 240-777-6951.

UPCOMING CLASSES

Afternoon Cinema (R07088-302) - Tuesdays (ongoing), 1 - 3 p.m. - Join us each Tuesday for a movie presentation. Location: Community Lounge, 3rd Floor

Balloon Volleyball (R07093-301) - Fridays (4/19-5/17), 2:30 - 3:30 p.m. - Join your peers for a fun game of balloon volleyball. Location: Social Hall, Lobby

Bingo (R07085-307) - Thursdays (5/9,5/23), 1 - 2 p.m. - Join us for a fun game of bingo! Location: Community Lounge, 3rd Floor

Board Games (R07112-307) - Mondays (ongoing), 6 - 8 p.m. - Choose from various board games we will provide or bring your favorite from home to share. Location: Community Lounge, 3rd Floor

Bridge (R07074-306) - Wednesdays (ongoing), 12:30 - 2:30 p.m. - Drop-in bridge is a non-instructional program. Location: Community Lounge, 3rd Floor

Card Making (R07095-343) - Saturdays (ongoing), 1 - 2 p.m. - Get creative and make greeting cards! Location: Activity Room 2, 3rd Floor

Chess Club (R07110-504) - Thursdays (ongoing), 1 - 2 p.m. - Drop-in and join us for this non-instructional Chess Club. All skill-levels are welcome. Location: Activity Room 2, 3rd Floor

Coffee and Catch-Up (R07092-309) - Mondays - Fridays (ongoing), 9 - 10 a.m. - Join us in the morning to kick-off the day. Location: Community Lounge, 3rd Floor

UPCOMING CLASSES CONTINUED

Coloring (R07095-339) - Fridays (ongoing), 9 - 10 a.m. - Join us for a time to relax, color and socialize with friends. Location: Community Lounge, 3rd Floor

Djembe Drum Circle (R07115-306) - Thursdays (5/2-5/30), 10 - 11 a.m. - Drum Circles are beneficial to overall health and well-being and help to soothe stress and increase relaxation. Join this fun class and start feeling happy and satisfied through the beat of the drums. Location: Social Hall, Lobby

Exercise Video (R07039-329) - Tuesdays (ongoing), 11 a.m. - Noon - Each week we will select from various fitness video to work out to. Location: Activity Room 2, 3rd Floor

Fitness Center Orientation - Saturdays, 11:30 a.m. - Noon - We will take a small group of participants around the fitness room. We will explain the various types of equipment we have and can show you how to use it. Use this time to ask any questions you have so you can be more confident when exercising. (5/4 - R07119-310, 5/11 - R07119-312, 5/18 - R07119-314, 5/25 - R07119-316)

Health in Action (R07028-326) - Wednesdays (4/17-5/22), 1 - 2 p.m. - Many older adults have chronic health conditions that impact their everyday lives. This workshop guides participants through effective health self-management. Location: Activity Room 2, 3rd Floor

Intro. to Mixed Media Sculpture (R07095-333) - Tuesdays (5/2-5/30), 10 - 11:30 a.m. - Join us for an introduction to Mixed Media Sculpture and create a tiny house. Location: Art Room, 3rd Floor

Intro. to Contra, Square, and Circle Dances (R07012-331) - Fridays (4/26-5/10), 10 - 11 a.m. - Carpe Diem Arts will be teaching Introduction to Contra, Square and Circle Dances as a part of their Dancing Through the Continents series. Location: Social Hall, Lobby

Let's Get Crafting (R07095-337) - Mondays (4/29-5/20), 1 - 2 p.m. - Join us for a new craft project each week. Location: Art Room, 3rd Floor

Needlecraft Club (R07053-302) - Fridays: (ongoing), 2 - 4 p.m. - Socialize with others while you work on your own sewing, knitting, crochet or other needlecraft projects. Location: Community Lounge, 3rd Floor

Rummikub (R07086-303) - Thursdays (ongoing), 10 - 11 a.m. - Join us for drop-in Rummikub. The tile-based game for two to four players, combining elements of the card game rummy and mahjong. Location: Community Lounge, 3rd Floor

Table Tennis (drop-in) - Thursdays (ongoing), 3 - 4 p.m. Location: Fitness Studio, 2nd Floor

Wellness Matters (R07028-311) - Tuesdays (4/2-5/28), 9 - 10:30 a.m. - This mental health and wellness class will focus on brain stimulation and reminiscing activities to enlighten participants about how their previous personal memories and emotions affect them in present day. Goals: increase sense of purpose, promote sociability, promote self-understanding, validation of personal stories, promote communication and creativity, form new friendships and create meaningful and enjoyable interactions. Location: Conference Room 310, 3rd Floor



SENIOR ADVENTURES

3-DAY CAMP

\$25 PER PARTICIPANT

This is a three-day camp for seniors to make connections with fun activities while also exploring places in the community. Sessions take place 9 a.m. - 2 p.m. and include lunch, themed entertainment, guest lectures and trips.

DAMASCUS SC

9701 MAIN ST., DAMASCUS

July 16, 17, 18

Activity: R07104-406

SILVER SPRING RAC

1319 APPLE AVE., SILVER SPRING

Aug. 27, 28, 29

Activity: R07104-405

MARGARET SCHWEINHAUT SC

1000 FOREST GLEN ROAD, SILVER SPRING

July 30, 31, Aug. 1

Activity: R07104-407

NORTH POTOMAC SC

13850 TRAVILAH ROAD, ROCKVILLE

Sept. 10, 11, 12

Activity: R07104-404

ROSS BODDY NRC

18529 BROOKE ROAD, SANDY SPRING

Aug. 14, 15, 16

Activity: R03027-408



Fee includes transportation, lunches, and all supplies associated with the camp. For more information, or any questions contact rec.seniors@montgomerycountymd.gov or 240-777-4925.

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.



MONTGOMERY COUNTY
Recreation