



East County Community Recreation Center

55+ Active Adult Programs

The East County 55 + Active Adult program meet at the East County Community center on Tuesday and Friday. Limited transportation is available to and from the center. We also offer a nutritional lunch provided by Meals on Wheels. A donation is encouraged to help offset the price of the program. Call Karen Smith on Tuesday or Friday for information or to sign up. This free program offers a multitude of social, educational and recreational opportunities for those 55 and older. Visitors are welcome. Come join us, bring your interest and talents to share with the community! **SENIOR FIT Monday;** Wednesday and Friday 10:45am –11:45am

March and April 2020

Program Highlights

ARTS FOR THE AGEING

Tuesday 3/10 –Lauren Boyle (Rhymes/Reasons)

Friday 3/20– Maria Bush/Rene Davila (Intro to Tango)

Tuesday 4/14– Marilyn Milestone (A new play)

Friday 4/24—Miles Spicer (Just the blues)

Special Events and Holidays

Tuesday March 17, 2020 we'll celebrate Saint Patrick's Day –games food and lots of fun

April 10, 2020 Good Friday –No program

BIRTHDAY WISHES– Joana Sackey 3/25

Lunch

Offered Every Tuesday and Friday at 12:00 pm

BINGO!! Friday 3/13 and 4/17

Fitness Opportunities

Chair Aerobics (20 minutes) (FREE)

Tuesdays and Fridays, between 10:00-11:00 am



Senior Program

Coordinators:

Karen Smith

Senior Program

Hours:

Tuesdays and Fridays

10:00 AM —2 PM

Director Cristen

Steele

Assistant Director:

Beth Coffman

Address:

3310 Gateshead
Manor Way, Silver
Spring, MD 20904

Phone:

240-777-8090
Hablamos Español

Center Hours:

Monday-Thursday

10 AM– 9 PM

Friday

10 AM– 6 PM

Saturday

10 AM-3 PM

Sunday – Closed