

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave., Silver Spring

February Highlights

Schedule:

Saturday, Feb. 14 - Monday, Feb. 16 -**There are no senior center classes/programs, morning coffee or lunch.****Valentine's Day Party (R07107-258) -****Friday, Feb. 13 at 2 p.m. - Come join us for a Valentine's Day Party! There will be dancing and light refreshments.****Spring Registration is on Wednesday,****Feb. 18.** Senior Center and SOAR programs begin registration at 9 a.m.

All other classes and programs begin registration at 6:30 a.m. We will be using the automatic waitlist for all classes beginning this spring. Come to one of our information sessions to learn more. Check page 2 for dates/times.

Senior Center Staff

Senior Center Director:**Beth Igbelina**

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Recreation Assistants:

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Lunch Program

Contact Information

Nutrition Program**Managers:**

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Registration Support - Come learn more about registration, how to prepare for registration day, registering online, the automatic waitlist and more! You do not need to register for these sessions.

Wednesday, Feb. 4 at 10 a.m.

Tuesday, Feb. 10 at Noon.

Thursday, Feb. 12 at 10 a.m.

Thursday, Feb. 12 at 12:30 p.m.

Weight Room Orientations - Come enjoy a tour of the weight room and learn how to use pieces of equipment. This is designed to help you feel more confident when you are working out on your own. This is not a personal training session.

Monday, Feb. 2 at 10 a.m. (R07060-225)

Wednesday, Feb. 11 at Noon (R07060-226)

Friday, Feb. 20 at 11 a.m. (R07060-227)

Monday, Feb. 23 at 10 a.m. (R07060-228)

Coffee Social and Senior Fellowship

Use this time to socialize with other seniors, play board games, read, etc. Coffee and tea will be served in the mornings. We will meet in the Community Lounge.

Coffee Social - Mondays-Fridays, 9 - 11:30 a.m.

Senior Fellowship - Mondays, Wednesdays and Fridays, 12:30 - 3 p.m.

Stay in the know!

Montgomery County Recreation uses Alert Montgomery to text or email alerts when facilities are closed or have a delayed opening due to weather and other unforeseen circumstances. Please, make sure you are signed up! If you need help making an account, please call Beth at 240-777-6911 and she will schedule a time to help you get registered.

Montgomery County, Maryland
Office of Emergency Management and Homeland Security

ALERT MONTGOMERY

An enhanced electronic emergency warning system with the information you need, when and where you need it.



WHAT IS ALERT MONTGOMERY?

Alert Montgomery is a free service that allows registered users to receive emergency alerts on their cell phones, or other mobile devices during a major crisis, emergency, or severe weather event.

WHAT KIND OF ALERTS ARE SENT, AND WHEN WILL I RECEIVE THEM?

If you live, work, and/or attend school in Montgomery County, you have a wide choice of alerts from which you can choose. The amount of alerts you receive in most cases is up to you. Traffic alerts can be frequent, but severe weather alerts should occur far less often. If you feel you are getting too few or too many alerts, you can adjust your alert settings online.

HOW CAN I REGISTER OR UPDATE MY ACCOUNT?

To access the registration page, go to:

<https://alert.montgomerycountymd.gov>

Once you have registered, you'll be able to update your account, and/or manage the notifications that you receive.

**Enroll Today: A Minute Now
Could Save You Later!**



Silver Spring Senior Center Winter Classes and Programs

Registration can be done in person at any MCR facility or online at ActiveMontgomery.org

Class Title	Activity	Date(s)	Time	Day(s)	Cost
Brain Games	R07090-203	12/1-2/23 (No class: 12/29, 1/19, and 2/16)	9:30 a.m. - 10:30 a.m.	M	FREE
Balance Boom	R07039-218	12/1-2/23 (No class: 12/29, 1/19, and 2/16)	10:15 a.m. - 11:15 a.m.	M	FREE
Watercolor Painting	R07095-228	12/1-2/9 (No class: 12/15, 12/29 and 1/19)	12:00 p.m. - 2 p.m.	M	\$25
Board Games	R07112-206	12/1-2/23 (No class: 12/29, 1/19, and 2/16)	1 p.m. - 3 p.m.	M	FREE
Bone Builders SSRAC2	R03010-226	12/1-2/25 (No class: 12/24, 12/29, 12/31, 1/19, and 2/16)	1 p.m. - 2 p.m.	M/W	FREE
Chair Yoga	R07029-213	12/1-2/23 (No class: 12/29, 1/19, and 2/16)	3 p.m. - 4 p.m.	M	FREE
Wellness Matters	R07028-213	1/6-2/24	9 a.m. - 10:30 a.m.	Tu	FREE
Bone Builders SSRAC	R03010-221	12/2-3/5 (No class 12/25, 12/30, and 1/1)	10 a.m. - 11 a.m.	Tu/Th	FREE
Sewing for Beginners	R07095-234	12/2-2/24 (No class: 12/30)	10 a.m. - 12 p.m.	Tu	\$25
Superpower Line Dance	R07005-212	12/2-2/24 (No class: 12/30)	12:30 p.m. - 1:30 p.m.	Tu	FREE
Cooking for Beginners	R07048-201	12/2-1/27 (No class: 12/30)	12:30 p.m. - 2:30 p.m.	Tu	FREE
Piano	R07115-205	12/2-2/10 (No class: 12/30)	1:30 p.m. - 2:30 p.m.	Tu	FREE
Balance and Mobility	R07039-205	12/2-2/24 (No class: 12/30)	3 p.m. - 4 p.m.	Tu	FREE
Yogalates	R07032-212	12/2-2/24 (No class: 12/30)	6:30 p.m. - 7:30 p.m.	Tu	FREE
International Holiday Bash: Trip to Long Branch	R07107-207	3-Dec	9:45 a.m. - 2 p.m.	W	FREE
Beginner Ballet	R07012-227	12/3-2/25 (No class: 12/24 and 12/31)	10 a.m. - 11 a.m.	W	FREE
Ceramics (painting)	R07098-203	12/3-2/11 (No class: 12/24, 12/31, and 1/14)	12 p.m. - 3:30 p.m.	W	\$25
Beginner's Bridge (drop-in)	R07074-209	12/3-2/25 (No class: 12/24, 12/31, and 1/14)	12:30 p.m. - 2:30 p.m.	W	FREE
Tai Chi for Beginners	R07025-221	12/3-2/25 (No class: 12/24, 12/31, and 1/14)	12:30 p.m. - 1:30 p.m.	W	FREE
Bid Whist Tournament	R070112-114	4-Dec	9:30 a.m. - 11:00 a.m.	Th	FREE
Rummikub Tournament	R07086-207	18-Dec	9:30 a.m. - 11:30 a.m.	Th	FREE
Rummikub (drop-in)	R07086-204	12/4-2/26 (No class: 12/25, 1/1, and 1/15)	9:30 a.m. - 11:30 a.m.	Th	FREE
Bingo	R07085-213	12/4-2/26 (No class: 12/18, 12/25, 1/1, and 1/15)	12:30 p.m. - 1:30 p.m.	Th	FREE
Winter Wonderland Social	R07107-261	18-Dec	1 p.m. - 4 p.m.	Th	FREE
Memoir Writing	R07058-206	12/4-2/5 (No class: 12/25 and 1/1)	1 p.m. - 2:30 p.m.	Th	FREE
Dance for Fun and Fitness	R07012-241	12/4-2/12 (No class: 12/25, 1/1, and 1/15)	2 p.m. - 3 p.m.	Th	FREE
Zumba	R07070-222	12/4-2/26 (No class: 12/25, 1/1, 1/8, and 1/15)	6:30 p.m. - 7:30 p.m.	Th	FREE
Tai Chi - Intermediate	R07025-218	12/5-2/27 (No class: 12/26 and 1/2)	9 a.m. - 10 a.m.	F	FREE
Zumba Gold	R07071-202	12/5-2/27 (No class: 12/26 and 1/2)	10 a.m. - 11 a.m.	F	FREE
Sit and Be Fit	R07039-220	12/5-2/27 (No class: 12/26 and 1/2)	1 p.m. - 2 p.m.	F	FREE

Class Title	Activity	Date(s)	Time	Day(s)	Cost
Jazz Dance	R07012-242	12/5-2/6 (No class: 12/26 and 1/2)	2 p.m. - 3 p.m.	F	FREE
Needlecraft, Crochet, and Sewing Club	R07053-203	12/5-2/27 (No class: 12/26 and 1/2)	2 p.m. - 4 p.m.	F	FREE
Cocoa and Crafts	R07107-257	9-Jan	2 p.m. - 4 p.m.	F	FREE
Valentine's Day Party	R07107-258	13-Feb	2 p.m. - 4 p.m.	F	FREE
Fitness Boot Camp	R07039-216	12/6-2/28 (No class: 12/27, 1/3, 1/17, and 2/14)	9:30 a.m. - 10:30 a.m.	Sa	FREE
Superpower Dance Circle	R07012-226	12/6-2/28 (No class: 12/27, 1/3, 1/17, and 2/14)	11 a.m. - 12 p.m.	Sa	FREE
Muscle Up!	R07039-217	12/7-2/22 (No class: 12/28, 1/4, 1/18, and 2/15)	1 p.m. - 2 p.m.	Su	FREE

These are the classes for Winter 2026. Do not use the activity codes listed on this sheet when registering for Spring 2026 classes. The handout for Spring classes will be available on Feb. 8.