



SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

January Highlights

Schedule:

Winter classes resume on Jan. 5.

Do you see a class or program you are interested in attending? We review attendance a week before a program is scheduled and if enrollment is too low, the program is cancelled. Do not wait to register!

Youthful Melodies Concert with NeuroSilver (R07107-223) - Saturday, Jan. 31 at 4 p.m. - Young musicians will perform in seasonal concerts for older adults to connect over a common passion for music! Concerts are hosted once per season, welcome to all performers and audiences alike. Light refreshments will be served.

Senior Center Staff

Senior Center Director:

Beth Igbelina

240-777-6911

Elizabeth.Igbelina@

MontgomeryCountyMD.gov

Recreation Assistants:

GG

Lottie

Cindy

Armando

Kyle

Alex

Lunch Program Contact Information

Nutrition Program

Managers:

Betsy

Nataly

240-777-6951

SilverSpringSeniorCenter@
MontgomeryCountyMD.gov

Cardboard Boat Build (R07107-201) - Mondays (1/5-3/9) at 9:30 a.m. - Help prepare Silver Spring Senior Center's boat for the annual Cardboard Boat Regatta, a lively event where groups across Montgomery County showcase their creativity by building unique boats using just three materials: cardboard, duct tape and garbage bags. Don't miss this chance to participate, unleash your imagination and craft an unforgettable cardboard boat!

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. Please only sign up for one orientation.

Monday, Jan. 5 at 11 a.m. (R07060-220)

Wednesday, Jan. 14 at 3 p.m. (R07060-221)

Thursday, Jan. 22 at 3 p.m. (R07060-222)

Friday, Jan. 30 at 11 a.m. (R07060-223)

Friday, Jan. 30 at 1 p.m. (R07060-224)

Fall Prevention Workshop with Jeremy (R07030-202) - Wednesday, Jan. 7 at 10 a.m. - Come join Jeremy, instructor of Balance Boom and Sit and Be Fit, for this Fall Prevention Workshop.

Cocoa and Crafts (R07107-257) - Friday, Jan. 9 at 2 p.m. -
Come join us for winter crafts and a hot cocoa bar!

Call -n-Ride: Same Day Access (R07105-204) - Tuesday, Jan. 13 at 10:30 a.m. - Call-N-Ride (CNR) provides subsidies to be used for taxi trips by low-income older adults and individuals with disabilities. The service helps transport participants to medical and/or personal appointments. Come learn more about this program!

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.

ALERT montgomery

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 - 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 - 11:15 a.m.	M	FREE
Watercolor Painting	R07095-228	12/1-2/9 (No class: 12/15, 12/29 and 1/19)	Noon - 2 p.m.	M	\$25
Board Games	R07112-206	12/1-2/23 (No class: 12/29, 1/19 and 2/16)	1 - 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 - 2 p.m.	M/W	FREE
Chair Yoga	R07029-213	12/1-2/23 (No class: 12/29, 1/19 and 2/16)	3 - 4 p.m.	M	FREE
Wellness Matters	R07028-213	1/6-2/24	9 - 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 - 11 a.m.	Tu/Th	FREE
Sewing for Beginners	R07095-234	12/2-2/24 (No class: 12/30)	10 a.m. - Noon	Tu	\$25
Superpower Line Dance	R07005-212	12/2-2/24 (No class: 12/30)	12:30 - 1:30 p.m.	Tu	FREE
Cooking for Beginners	R07048-201	12/2-1/27 (No class: 12/30)	12:30 - 2:30 p.m.	Tu	FREE
Piano	R07115-205	12/2-2/10 (No class: 12/30)	1:30 - 2:30 p.m.	Tu	FREE
Balance and Mobility	R07039-205	12/2-2/24 (No class: 12/30)	3 - 4 p.m.	Tu	FREE
Yogalates	R07032-212	12/2-2/24 (No class: 12/30)	6:30 - 7:30 p.m.	Tu	FREE
International Holiday Bash: Trip to Long Branch	R07107-207	12/3	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 - 11 a.m.	W	FREE
Ceramics (painting)	R07098-203	12/3-2/11 (No class: 12/24, 12/31, and 1/14)	Noon - 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 - 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 - 1:30 p.m.	W	FREE
Bid Whist Tournament	R07112-114	12/4	9:30 - 11 a.m.	Th	FREE
Rummikub Tournament	R07086-207	12/18	9:30 - 11 a.m.	Th	FREE
Rummikub (drop-in)	R07086-204	12/4-2/26 (No class: 12/25, 1/1, and 1/15)	9:30 - 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 - 1:30 p.m.	Th	FREE
Winter Wonderland Social	R07107-261	12/18	1 - 4 p.m.	Th	FREE
Memoir Writing	R07058-206	12/4-2/5 (No class: 12/25 and 1/1)	1 - 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 - 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 - 7:30 p.m.	Th	FREE
Tai Chi - Intermediate	R07025-218	12/5-2/27 (No class: 12/26 and 1/2)	9 - 10 a.m.	F	FREE
Zumba Gold	R07071-202	12/5-2/27 (No class: 12/26 and 1/2)	10 - 11 a.m.	F	FREE
Sit and Be Fit	R07039-220	12/5-2/27 (No class: 12/26 and 1/2)	1 - 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 - 3 p.m.	F	FREE
Needlecraft, Crochet and Sewing Club	R07053-203	12/5-2/27 (No class: 12/26 and 1/2)	2 - 4 p.m.	F	FREE
Cocoa and Crafts	R07107-257	1/9	2 - 4 p.m.	F	FREE
Valentine's Day Party	R07107-258	2/13	2 - 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 - 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. - Noon	Sa	FREE
Muscle Up!	R07039-217	12/7-2/22 (No class: 12/28, 1/4, 1/18 and 2/15)	1 - 2 p.m.	Su	FREE