

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

March Highlights

Spring Season - The Spring season begins on Sunday, March 1. Your enrollments from the Winter season do not carry over into the Spring.

You can register for Spring classes at the front desk or online:

ActiveMontgomery.org.

Automated Waitlist - You will be notified via email if a spot opens up in a class for you. You have 48 hours to accept the offer to enroll in the class. If you cannot accept the offer online, please call 240-777-6840.

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

Game Night (R07107-362) - Thursday, March 26 @ 4 p.m. - Join us for games and fun! Play one of the games we have here to bring one from home to share. Pizza and snacks will be served.

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 a.m. - 11:30 a.m.

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

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
Spring 2026 Classes and Programs

Class	Activity	Day(s)	Date(s)	No Class	Time	Cost
Seniors on Strike Bowling Trip	R07101-384	M	4/20		9:30 am-1:45 pm	\$5
Brain Games	R07090-304	M	3/2-5/18	3/30, 4/6	9:30 am-10:30 am	FREE
Balance Boom	R07039-325	M	3/2-5/18	3/30, 4/6	10:15 am-11:15 am	FREE
Watercolor Painting	R07095-312	M	3/9-5/11	3/30, 4/6	12 pm-2 pm	\$25
Bone Builders 2	R03010-326	M/W	3/16-5/27	3/30, 4/2	1 pm-2 pm	FREE
Board Games	R07112-307	M	3/2-5/18	3/30, 4/6	1 pm-3 pm	FREE
Chair Yoga	R07029-311	M	3/2-5/18	3/30, 4/6	3 pm-4 pm	FREE
Wellness Matters	R07028-311	Tu	3/10-5/5	3/31	9 am-10:30 am	FREE
Bone Builders 1	R03010-321	Tu/Th	3/17-5/28	3/31, 4/2	10 am-11 am	FREE
Sewing - Level 2	R07095-313	Tu	3/10-6/2	3/31	10:30 am-12:30 pm	\$25
Spring Detox with Essential Oils	R07028-340	Tu	3/10		12:30 pm-1:30 pm	FREE
Brain Support with Essential Oils	R07028-341	Tu	4/7		12:30 pm-1:30 pm	FREE
Skin Care Using Essential Oils	R07028-342	Tu	5/26		12:30 pm-1:30 pm	FREE
Piano	R07115-310	Tu	3/3-4/28	3/31	1:30 pm-2:30 pm	FREE
Balance and Mobility	R07039-312	Tu	3/3-5/26	3/31	3 pm-4 pm	FREE
Yogalates	R07032-315	Tu	3/3-5/26	3/31	6:30 pm-7:30 pm	FREE
Real-Talk Circle	R07028-325	W	3/4-4/29	4/1	10 am-11:30 am	FREE
Beginner Ballet	R07012-333	W	3/4-5/27	4/1	10 am-11 am	FREE
Ceramics (painting)	R07098-302	W	3/4-4/29	4/1	12 pm-3:30 pm	\$25
Tai Chi for Beginners	R07025-311	W	3/4-5/27	4/1	12:30 pm-1:30 pm	FREE
Beginners Bridge (drop-in)	R07074-306	W	3/4-5/27	4/1	12:30 pm-2:30 pm	FREE

Class	Activity	Day(s)	Date(s)	No Class	Time	Cost
Rummikub (drop-in)	R07086-303	Th	3/5-5/28	4/2	9:30 am-11 am	FREE
Salsa Dance	R07012-305	Th	3/5-4/30	4/2	10 am-11 am	FREE
Silver Spring 55+ Pickleball Demo	R07091-316	Th	3/12		12:30 pm-2 pm	FREE
Bingo	R07085-307	Th	3/5-5/28	4/2	12:30 pm-1:30 pm	FREE
Memoir Writing	R07058-303	Th	3/5-4/30	4/2	1 pm-2:30 pm	FREE
Grooves and Moves Dance Fitness	R07012-339	Th	3/5-4/30	4/2	2 pm-3 pm	FREE
Zumba	R07070-313	Th	3/5-5/28	4/2	6:30 pm-7:30 pm	FREE
Tai Chi - Intermediate	R07025-317	F	3/6-5/29	4/3, 4/10	9 am-10 am	FREE
Zumba Gold	R07071-304	F	3/6-5/29	4/3, 4/10	10 am-11 am	FREE
Sit and Be Fit	R07039-326	F	3/6-5/29	4/3, 4/10	1 pm-2 pm	FREE
Needlecraft, Crochet, and Sewing Club	R07053-302	F	3/6-5/29	4/3, 4/10	2 pm-4 pm	FREE
Jazz Dance	R07012-304	F	4/17-5/29		2 pm-3 pm	FREE
Fitness Boot Camp	R07039-319	Sa	3/7-5/30	4/4, 4/10,	9:30 am-10:30 am	FREE
Superpower Dance Circle	R07012-338	Sa	3/7-5/30	4/4, 4/10,	11 am-12 pm	FREE
Muscle Up!	R07039-306	Su	3/1-5/31	4/5, 4/11,	1 pm-2 pm	FREE

GAME NIGHT

FREE

Thursday, March 26 | 4-7 P.M.

Silver Spring Senior Center



Join us for games and fun! Play one of the games we have here or bring one from home to share. Pizza and snacks will be served.

Ages **55+**
Activity
R07107-362



SCAN

1319 Apple Ave., Silver Spring

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To register, visit ActiveMontgomery.org
240-777-6840 • Hablamos Español • www.mocorec.com

