

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

April Highlights

Yogalates is cancelled for **Tuesday, April 7.**

Bingo is cancelled for **Thursday, April 16**

Schedule Reminder: There are no Silver Spring Senior Center classes scheduled for **Monday, March 30 - Monday, April 6.** There are also no classes scheduled for **Friday, April 10 - Sunday, April 12.** *Morning coffee and lunch will still take place on weekdays.*

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

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Recreation Assistants:

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Lunch Program

Contact Information

Nutrition Program

Managers:

Betsy

Nataly

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Brain Support with Essential Oils (R07028-341) - Tuesday, April 7 @ 12:30 pm - Stimulate the brain with essential oils. Rosemary essential oil can aid in memory and Basil essential oil can help us concentrate.

Spring Detox with Essential Oils (R07028-340) - Tuesday, April 14 @ 12:30 pm - Learn how essential oils can help remove toxic waste from the body. Just a drop or two of lemon essential oil on the feet can support the liver. *This session is rescheduled from March 10. If you registered for the March session, you do not need to register again.*

Let's Get Crafting - Join us on Tuesdays in April for various crafts. You must register in advance, as supplies are limited. *Please, note the start time each week.*

Tuesday, April 7 (R07095-364) @ 1:30 pm - Tie Dye Aprons and Bags

Tuesday, April 14 (R07095-365) @ 1:30 pm - Bird House Painting

Tuesday, April 21 (R07095-366) @ 12:30 pm - Suncatcher Painting

Tuesday, April 28 (R07095-367) @ 12:30 pm - Glasses Chains

Weight Room Orientations - Come enjoy a tour of the weight room and learn how to use the 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.

Wednesday, April 8 @ 10 am (R07060-334)

Friday, April 17 @ 10 am (R07060-335)

Monday, April 20 @ 10 am (R07060-336)

Monday, April 27 @ 10 am (R07060-337)

Seniors on Strike Bowling Trip (R07101-384) - Monday, April 20 at 9:30 am - Please join your senior center and other centers around Montgomery County in a friendly competition of Bowling at Bowl America in Gaithersburg! It will be a festivity of games, prizes, pizza, and drinks! This sign-up is specifically for Silver Spring. We will be using vans for transportation that are not handicap accessible. **Cost: \$5**

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.

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, 4/7	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, 4/16	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

SILVER SPRING SENIOR CENTER

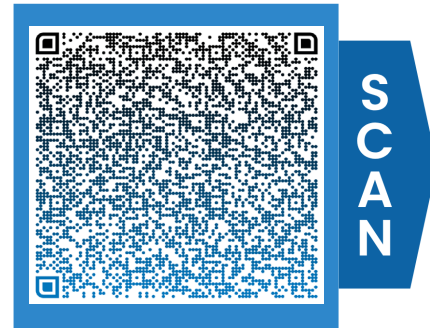
VOLUNTEER APPRECIATION LUNCHEON

Join us and appreciate the volunteers who work so hard to support the programs and classes at Silver Spring Senior Center.

THURSDAY, APRIL 16

at 11:30 a.m.

Activity
R07107-311



1319 Apple Ave., Silver Spring



MONTGOMERYCOUNTYRECREATION



MOCOREC



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To register, visit [ActiveMontgomery.org](https://www.ActiveMontgomery.org)
240-777-6840 • *Hablamos Español* • www.mocorec.com



MONTGOMERY COUNTY
Recreation