

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

April Highlights

Schedule changes:

Ceramics - No class on April 6

Bone Builders 2 - No class on April 14 and April 16

Bone Builders 1 - No class on April 15 and April 17

Zumba - No class on April 17

Muscle Up! - No class on April 20

Gentle Yoga - No class on April 28

Yogalates - No class on April 29

Line dance (R07005-311) - Tuesdays (April 15-May 27) at 12:30 PM - Jane (Superpower Dance Circle instructor) will be here to teach Line Dance.

Bid Whist Tournament (R07112-311) - Monday, April 28 at 1:30 p.m. - Join us for our first Bid Whist tournament. If you are new to Bid Whist, stop by Board Games on Mondays at 1 p.m. to learn more about the game.

Senior Center Staff

Senior Center Director:

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Recreation Assistants:

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Lunch Program

Contact Information

Nutrition Program

Managers:

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April Highlights

Coffee Social - Each weekday morning at 9 a.m., start your day in the Community Lounge. Socialize with other members of the community while enjoying your coffee.

Mastering Photography (R07095-352) - Wednesdays (May 7-May 28) from 2 p.m. to 4 p.m. - The success of photography lies within the art of proper focus, composing and balancing light/dark contrasts and everything in between. This workshop will break down the key photography principles of that art regardless of what camera you use.

Senior Planet: Digital Tools for Brain Health (R07105-502) - Monday, April 28 at 12:30 p.m. - Stay sharp with technology! In this lecture, we'll explore digital tools to support habits that can help you stay sharp, including wearable devices, engaging websites and informative podcasts. Discover practical resources to keep your mind active and enhance your cognitive well-being in today's digital world.

Tech Connect - Mondays and Wednesdays, Noon - 3 p.m. - Alex is returning and will be offering 30-minute tech help appointments. Bring your questions and devices to the session. Stop by the front desk or call 240-777-6900 to schedule your appointment.

Registration Reminders

The winter session has ended. If you were enrolled in a class and want to continue, make sure you register for the spring session. Enrollment does not automatically carry over each season.

Registration is required for all classes and programs at the Silver Spring Senior Center. We want you to participate in as many programs as possible, but space may be limited. Please be sure to register for classes at the front desk or online at ActiveMONTGOMERY.org.

Senior Lunch Program

Lunch takes place Monday-Friday at 11:30 a.m. You must be registered and pre-order your meal. All meals (including 2nd meals) must be eaten in the Social Hall).

Your Donation Makes a Difference

Thank you to everyone who donated in the month of January! \$8.26 is the actual cost of your lunch each day. Please donate to help provide meals to other seniors in Montgomery County. The recommended donation is \$3 per meal, but every little bit helps. If you are not 60 or older, you must pay the full price of the meal.

Silver Spring Senior Center - Spring 2025

Activity	Day and Time	Dates
Brain Games R07090-304	Monday 9:30 - 10:30 a.m.	March 3 - May 19
Balance Boom R07039-325	Monday 10 - 11 a.m.	March 3 - May 19
Quilt Portraits: My Life Matters R07053-304	Monday 12:30 - 2 p.m.	March 24 - May 5 (No class 3/31)
Silver Spring 55+ Pickleball Demo R07091-316	Monday 12:30 - 2 p.m.	April 7
Board Games R07112-307	Monday 1 - 3 p.m.	March 3 - May 19
Bone Builders - SSRAC 2 R03010-326	Mondays and Wednesdays 1 - 2 p.m.	March 10 - June 11 (No class 4/14, 4/16, 5/26)
Gentle Yoga R07029-311	Monday 3 - 4 p.m.	March 3 - May 19 (No class 4/28)
Wellness Matters R07028-311	Tuesday 9 - 10:30 a.m.	April 1 - May 20
Bone Builders - SSRAC 1 R03010-321	Tuesdays and Thursdays 10 - 11 a.m.	March 11 - June 12 (No class 4/15, 4/17)
Kickboxing R07039-328	Tuesday 10:30 - 11:30 a.m.	March 4 - May 27
Line Dance	Tuesday 12:30 - 1:30 p.m.	April 15 - May 27

Activity	Day and Time	Dates
Piano for Beginners R07115-310	Tuesday 1:30 - 2:30 p.m.	March 4 - April 29
Yogalates R07032-315	Tuesday 6:30 - 7:30 p.m.	March 4 - May 27 (No class 4/29)
Ballet R07012-333	Wednesday 10 - 11 a.m.	March 5 - May 28
Beginners Bridge (drop-in) R07074-306	Wednesday 12:30 - 2:30 p.m.	March 5 - May 28
Ceramics R07098-307	Wednesday Noon - 3:30 p.m.	March 5 - May 28 (No class 4/6)
Pysanky Egg Decorating R07095-353	Wednesday 12:30p.m. - 2 p.m.	March 26 - April 9
Ukulele for Beginners R07115-305	Wednesday 1 - 2 p.m.	April 16 - May 28
African Drumming R07115-311	Wednesday 2 - 3 p.m.	March 5 - April 9
Bone Health is a Family Affair R03003-373	Wednesday 6:30 p.m. - 8 p.m.	March 26, April 16, May 21, and June 18
Rummikub (drop-in) R07086-303	Thursday 9:30 - 11 a.m.	March 6 - May 29
Bingo R07085-307	Thursday 12:30 - 1:30 p.m.	March 6 - May 29
Memoir Writing for Beginners R07058-314	Thursday 1 - 2:30 p.m.	March 6 - May 29

Activity	Day & Time	Dates
Grooves and Moves Dance Fitness R07012-339	Thursday 2 - 3 p.m.	March 13 - April 17
Zumba R07070-313	Thursday 6:30 - 7:30 p.m.	March 13 - May 29 (No class 4/17, 5/8)
Tai Chi R07025-319	Friday 9 - 10 a.m.	March 7 - May 30
Zumba Gold R07071-304	Friday 10 - 11 a.m.	March 7 - May 30
Sit and Be Fit R07039-326	Friday 1 - 2 p.m.	March 7 - May 30
Needlecraft, Crochet, and Sewing Club R07053-302	Friday 2 - 4 p.m.	March 7 - May 30
Fitness Boot Camp R07039-324	Saturday 9:30 - 10:30 a.m.	March 8 - May 31 (No class 5/24)
Superpower Dance Circle R07012-338	Saturday 11 a.m. - Noon	March 8 - May 31 (No class 5/24)
B.O.N.E.S. Series	Saturday 1 p.m. - 2:30 p.m.	May 3 - May 31
Muscle Up! R07039-306	Sunday 1 - 2 p.m.	March 9 - May 18 (No class 4/20, 5/25)