

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

Registration Reminders

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.

Even when a class is full, be sure to put your name on the waitlist. We often enroll individuals from the waitlist when we have cancellations.

The summer session begins Saturday, June 1. If you have been participating in a class during the spring session and want to continue, you do need to re-register for the new session.

Senior Center Staff

**Senior Center Director: Beth
Igbelina**

240-777-6911

Elizabeth.Igbelina@MontgomeryC
ountyMD.gov

Nutrition Program Managers:

Betsy

Nataly

Senior Center Recreation

Assistants:

Armando

Clanessa

GG

Lottie

June Highlights

Crossing Paths (R07028-532) - Tuesdays (6/18-7/30) at 2 - 3:30 p.m. - This six-week intergenerational program will allow you to connect with teens for meaningful, thought-provoking discussions on topics like school, family, service, leadership, college and careers. There will be a mandatory training on June 18 and the teens will join the program on June 25. The programs will divide teens and seniors into small groups. It is important that you can make it to all meeting dates. If you have any questions, please call Beth at 240-777-6911. Location: Activity Room 2, 3rd Floor

Tech Tutoring with Armando (R07084-515) - Fridays (6/7-6/28) at 2 p.m. - Armando will be providing 30-minute one-on-one tech help. Bring your device (phone, laptop, tablet, etc.) and questions. In addition to registering online for the program, you need to stop by the front desk or call 240-777-6900 to reserve a time slot for a specific day. Time slots are from 2 - 4 p.m. Location: Activity Room 2, 3rd Floor

June Highlights Continued

Ice Cream Social (R07107-529) - Monday, June 3 at 12:30 p.m. - Kick-off summer and enjoy a sweet treat!

Location: Social Hall, Lobby

Intro. to Pickleball (R07091-516) -Wednesday, June 5 at 1 p.m. - This class will introduce you to the basics of pickleball. If you have been thinking about giving pickleball a try, this class is a good place to start. Location:

Gymnasium, 2nd Floor

Tech Talk: Introduction to ParkMobile (R07084-514) - Wednesday, June 12 at 1 p.m. - Learn about the ParkMobile app and how it may simplify paying for parking when you visit SSRAC. Location: Social Hall,

Lobby

Function Fitness and Aging Lecture (R07028-531) - Wednesday, June 26 at 1 p.m. - Learn how to better manage your everyday life at a high level as you get older. Learn tips to help you execute physical tasks like you did in your younger years. Location: Social Hall, Lobby

Upcoming Classes

Afternoon Cinema (R07088-502) - Tuesdays (6/4-8/27) at 1 p.m. Location: Community Lounge, 3rd Floor

Balance Boom (R07039-515) - Mondays (6/3-8/26) at 10 a.m. - *Class is full. You can join the waitlist.*

Location: Exercise Studio, 2nd Floor

Bone Builders (R03010-509) - Tuesdays and Thursdays (6/18-8/22, no class 7/4) at 10 a.m. - *Class is full.*

You can join the waitlist. Location: Exercise Studio, 2nd Floor

55+ Ballet (R07012-536) - Wednesdays (6/5-8/14, No class 6/19) at 10 a.m. - *Class is full. You can join the*

waitlist. Location: Exercise Studio, 2nd Floor

Bingo (R07085-510) - Wednesdays (6/5/6/28, No class 6/19) -at 2 p.m. Location: Community Lounge, 3rd

Floor

Board Games (R07112-508) - Mondays (6/3-8/26) at 2 p.m. Location: Community Lounge, 3rd Floor

Brain Games (R07090-503) - Mondays (6/3-8/26) at 9:30 a.m. Location: Community Lounge, 3rd Floor

Canvas Painting Workshop (R07095-528) - Monday, June 3 at 2:30 p.m. - *Class is full. You can join the*

waitlist. Location: Art Room, 3rd Floor

Chess Club (R07110-504) - Thursdays (6/6-8/29, no class 7/4) at 1 p.m. Location: Community Lounge, 3rd

Floor

Coloring (R07095-530) - Fridays (6/7-8/30) at 10 a.m. Location: Community Lounge, 3rd Floor

Dancing Through the Continents (R07012-538) - Fridays (6/7-8/30) at 10:15 a.m. - June Dance: Bachata

Location: Social Hall, Lobby

Fitness Boot Camp (R07039-513) - Saturdays (6/1-8/31, no class 6/29) at 9:30 a.m. Location: Social Hall,

Lobby

Gentle Yoga for Beginners (R07029-510) - Mondays (6/3-8/26) at 3 p.m. - *Class is full. You can join the*

waitlist. Location: Social Hall, Lobby

Kickboxing (R07039-516) - Tuesdays (6/4-8/27) at 10:30 a.m. Location: Activity Room 2, 3rd Floor

Upcoming Classes Continued

Let's Get Crafting (R07095-526) - Mondays (6/10-6/26) at 1 p.m. Location: Art Room, 3rd Floor

Memoir Writing (R07058-506) - Thursdays (6/6-8/29, no class 7/4 and 7/11) at 2 p.m. - *Class is full. You can join the waitlist.* Location: Activity Room 2, 3rd Floor

Muscle-UP! (R07039-514) - Sundays (6/2-8/25) at 1 p.m. - *Class is full. You can join the waitlist.* Location: Exercise Studio, 2nd Floor

Needlecraft, Crochet, and Sewing Club (R07053-503) - Fridays (6/7-8/30) at 2 p.m. Location: Community Lounge, 3rd Floor

Painting for Beginners (R07095-529) - Saturdays (6/1-8/10) at 1 p.m. - *Class is full. You can join the waitlist.* Location: Activity Room 2, 3rd Floor

Rummikub (R07086-503) - Wednesdays (6/6-8/29) at 9:30 a.m. Location: Community Lounge, 3rd Floor

Silver Spring Striders Walking Club (R07035-511) - Wednesdays (6/5-8/28) at 8 a.m.

Sit and Be Fit (R07039-517) - Fridays (6/7-8/30) at 1:30 p.m. Location: Social Hall, Lobby

Social Bridge (R07074-507) - Wednesdays (6/5-8/28) at 12:30 p.m. Location: Community Lounge, 3rd Floor

Soul Line Dancing (R07005-507) - Tuesdays (6/4-8/27) at 3 p.m. Location: Social Hall, Lobby

SSRAC 55+ Chair Volleyball/Balloon Volleyball (R07093-501) - Thursdays (6/6-6/27) at 10 a.m.

SSRAC 55+ Cornhole (R07123-501) - Wednesday (7/11) at 9:30 a.m.

Superpower Dance Circle (R70012-532) - Saturdays (6/1-8/31, no class 6/29) at 11 a.m. Location: Social Hall, Lobby

Tai Chi for Beginners (R07025-516) - Fridays (6/7-8/30, no class 8/2) at 9 a.m. Location: Social Hall, Lobby

Ukulele for Beginners (R07115-504) - Thursdays (6/6-8/29, no class 7/4) at 10 a.m. - *Class is full. You can join the waitlist.* Location: Activity Room 2, 3rd Floor

Wellness Matters (R07028-528) - Tuesdays (6/25-8/27) at 9 a.m. Location: Conference Room, 3rd Floor

Yogalates (R07032-516) - Tuesdays (6/4-8/27) at 6:30 p.m. Location: Social Hall, Lobby

55+ Zumba (R07070-512) - Thursdays (6/13-8/29, no class 7/4) at 7 p.m. Location: Social Hall, Lobby

Zumba Gold (R07071-504) - Wednesdays (6/5-8/28, no class 6/19) at 9 a.m. Location: Social Hall, Lobby

Congregate Meal Program

Montgomery County offers a hot meal at lunchtime at senior centers around the County. The program is held Mondays-Fridays at 11:30 a.m. You must arrive by 11:45 a.m. to get your meal.

You must be registered and order your meals in advance.

For seniors ages 60 and older, a donation is recommended. For those under 60, the full price of the meal is required (\$7.99). Advanced registration is required so we know how many meals to order.

For more information, please call 240-777-6951.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> 9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 1 p.m. Ice Cream Social 2 p.m. Board Games 2:30 p.m. Canvas Painting Workshop 3 p.m. Yoga	<p style="text-align: right;">4</p> 10 a.m. Bone Builders (Spring) 10:30 a.m. Kickboxing 11:30 a.m. Lunch 1 p.m. Afternoon Cinema: The Imaginarium of Doctor Parnassus 3 p.m. Soul Line Dance 6:30 p.m. Yoyalates	<p style="text-align: right;">5</p> 8 a.m. Silver Spring Striders 9 a.m. Zumba Gold 10 a.m. Ballet 11:30 a.m. Lunch 12:30 p.m. Bridge 1 p.m. Intro. to Pickleball 2:30 p.m. Bingo	<p style="text-align: right;">6</p> 9:30 a.m. Rummikub 10 a.m. Balloon Volleyball 10 a.m. Intro. to Ukulele 10 a.m. Bone Builders (Spring) 11:30 a.m. Lunch 1 p.m. Chess Club 2 p.m. Memoir Writing	<p style="text-align: right;">7</p> 9 a.m. Tai Chi 9 a.m. Coloring 10:15 a.m. Dancing Across the Continents 11:30 a.m. Lunch 1:30 a.m. Sit and Be Fit 2 p.m. Tech Tutoring 2 p.m. Needlecraft
<p style="text-align: right;">10</p> 9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 1 p.m. Craft Class 2 p.m. Board Games 3 p.m. Yoga	<p style="text-align: right;">11</p> 10 a.m. Bone Builders (Spring) 10:30 a.m. Kickboxing 11:30 a.m. Lunch 1 p.m. Afternoon Cinema: Night School 3 p.m. Soul Line Dance 6:30 p.m. Yoyalates	<p style="text-align: right;">12</p> 8 a.m. Silver Spring Striders 9 a.m. Zumba Gold 10 a.m. Ballet 11:30 a.m. Lunch 12:30 p.m. Bridge 1 p.m. Tech Talk: ParkMobile 2:30 p.m. Bingo	<p style="text-align: right;">13</p> 9:30 a.m. Rummikub 10 a.m. Balloon Volleyball 10 a.m. Intro. to Ukulele 10 a.m. Bone Builders (Spring) 11:30 a.m. Lunch 1 p.m. Chess Club 2 p.m. Memoir Writing 7 p.m. Zumba	<p style="text-align: right;">14</p> 9 a.m. Tai Chi 9 a.m. Coloring 10:15 a.m. Dancing Across the Continents 11:30 a.m. Lunch 1:30 a.m. Sit and Be Fit 2 p.m. Tech Tutoring 2 p.m. Needlecraft
<p style="text-align: right;">17</p> 9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 1 p.m. Craft Class 2 p.m. Board Games 3 p.m. Yoga	<p style="text-align: right;">18</p> 10 a.m. Bone Builders (Summer) 10:30 a.m. Kickboxing 11:30 a.m. Lunch 1 p.m. Afternoon Cinema: Ray 2 p.m. Crossing Paths 3 p.m. Soul Line Dance 6:30 p.m. Yoyalates	<p style="text-align: right;">19</p> <p style="text-align: center;">CLOSED FOR JUNETEENTH</p>	<p style="text-align: right;">20</p> 9:30 a.m. Rummikub 10 a.m. Balloon Volleyball 10 a.m. Intro. to Ukulele 10 a.m. Bone Builders (Summer) 11:30 a.m. Lunch 1 p.m. Chess Club 2 p.m. Memoir Writing 7 p.m. Zumba	<p style="text-align: right;">21</p> 9 a.m. Tai Chi 9 a.m. Coloring 10:15 a.m. Dancing Across the Continents 11:30 a.m. Lunch 1:30 a.m. Sit and Be Fit 2 p.m. Tech Tutoring 2 p.m. Needlecraft

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 1 p.m. Craft Class 2 p.m. Board Games 3 p.m. Yoga	9 a.m. Wellness Matters 10 a.m. Bone Builders (Summer) 10:30 a.m. Kickboxing 11:30 a.m. Lunch 1 p.m. Afternoon Cinema: Hairspray 2 p.m. Crossing Paths 3 p.m. Soul Line Dance 6:30 p.m. Yogalates	8 a.m. Silver Spring Striders 9 a.m. Zumba Gold 10 a.m. Ballet 11:30 a.m. Lunch 1 p.m. Functional Fitness and Aging 12:30 p.m. Bridge 2:30 p.m. Bingo	9:30 a.m. Rummikub 10 a.m. Balloon Volleyball 10 a.m. Intro. to Ukulele 10 a.m. Bone Builders (Summer) 11:30 a.m. Lunch 1 p.m. Chess Club 2 p.m. Memoir Writing 7 p.m. Zumba	9 a.m. Tai Chi 9 a.m. Coloring 10:15 a.m. Dancing Across the Continents 11:30 a.m. Lunch 1:30 a.m. Sit and Be Fit 2 p.m. Tech Tutoring 2 p.m. Needlecraft

WEEKEND PROGRAMS

SATURDAYS

- 9:30 a.m. Boot Camp (No class June 29)
- 11 a.m. Superpower Dance Circle (No class June 29)
- 1 p.m. Painting for Beginners (No Class June 29)

SUNDAYS

- 1 p.m. Muscle Up (No Class June 30)