

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

Center Schedule Changes

Monday, Feb. 17 - Center Open, No Senior Center Programs or Lunch

How will you know if Silver Spring Senior Center is closed due to inclement weather?

Sign up for Alert Montgomery here:

www.montgomerycountymd.gov/OEMHS/AlertMontgomery

You can receive text/email notifications for any schedule changes due to winter weather.

Even if the building is open, lunch and Senior Center classes may be cancelled. Beth will update her voicemail (240-777-6911) and the nutrition voicemail (240-777-6951) with any schedule adjustments.

Senior Center Staff

Senior Center Director:

Beth Igbelina

240-777-6911

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MontgomeryCountyMD.gov

Recreation Assistants:

GG

Lottie

Cindy

Armando

Lunch Program

Contact Information

Nutrition Program

Managers:

Betsy

Nataly

240-777-6951

SilverSpringSeniorCenter@
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February 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.

Senior Planet: Staying Safe Online (R07105-203) - Monday, Feb. 10 at 12:30 p.m. - Learn how to protect your personal information online while doing research, using email and more.

Valentine's Day Party (R07107-258) - Friday, Feb. 14 - Join us as we celebrate Valentine's Day. We will have light refreshments, do crafts and enjoy each other's company.

Cardboard Boat Design and Build (R07107-201) - Wednesdays at 9:30 a.m. - Don't miss this chance to participate, unleash your imagination and craft an unforgettable cardboard boat! Join us and help create a boat for Silver Spring Senior Center to enter in the annual Boat Regatta on March 12.

Essential Oils: Treating Pain and Inflammation (R07028-216) - Wednesday, Feb. 12 at 12:30 p.m. - Before you reach for the Advil, try a drop of German chamomile oil. Learn about the many essential oils that are anti-inflammatory. Lavender and sweet marjoram can help with Arthritis and rosemary's analgesic attributes can help with back pain.

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

Spring Programs 2025 - Wednesday, Feb. 19 at 6:30 a.m. for County residents. **Senior program registration (including Bone Builders, Day Trippers and Senior Outdoor Adventures in Recreation) will begin at 9 a.m. on Feb. 19.** Non-County resident registration will begin Friday, Feb. 21.

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](https://www.ActiveMONTGOMERY.org).

Senior Lunch Program

Lunch takes place Monday-Friday at 11:30 a.m. You must be registered and pre-order your meal.

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.**

Activity	Day & Time	Dates
Brain Games R07090-203	Monday 9:30 a.m. - 10:30 a.m.	Dec. 2 - Feb 24 (No Class Feb. 17)
Balance Boom R07039-218	Monday 10 a.m. - 11 a.m.	Dec. 2 - Feb 24 (No Class Feb. 17)
Board Games R07112-206	Monday 1 p.m. - 3 p.m.	Dec. 2 - Feb 24 (No Class Feb. 17)
Gentle Yoga R07029-213	Monday 3 p.m. - 4 p.m.	Dec. 2 - Feb 24 (No Class Feb. 17)
Senior Planet: Staying Safe Online	Monday 12:30 p.m. - 1:30 p.m.	Feb. 10
Bone Builders	Tuesday & Thursday 10 a.m. - 11 a.m.	Dec. 3 - Mar. 6
Wellness Matters R07028-213	Tuesday 9 a.m. - 10:30 a.m.	Jan. 7 - Feb. 25
Kickboxing R07039-219	Tuesday 10:30 a.m. - 11:30 a.m.	Dec. 3 - Feb. 25
Soul Line Dance R07005-212	Tuesday 12:30 p.m. - 1:30 p.m.	Dec. 3 - Feb. 25
Painting for Beginners R07095-221	Tuesday 1:30 p.m. - 3:30 p.m.	Jan 7. - Feb. 4* *Class extended 1 week to 2/4
Yogalates R07032-212	Tuesday 6:30 p.m. - 7:30 p.m.	Dec. 3 - Feb. 25
Cardboard Boat Design and Build R07107-201	Wednesday 9:30 a.m. - 11:30 a.m.	Jan 8. - Mar. 5
Ballet R07012-227	Wednesday 10 a.m. - 11 a.m.	Dec. 4 - Feb. 26 (No Class Jan. 29)
Ceramics R07098-203	Wednesday noon - 3:30 p.m.	Dec. 4 - Feb. 26 (No Class Jan. 29)

Activity	Day & Time	Dates
Treating Pain and Inflammation R07028-216	Wednesday 12:30 p.m. - 1:30 p.m.	Feb. 12
Beginner's Bridge R07074-209	Wednesday 12:30 p.m. - 2:30 p.m.	Dec. 4 - Feb. 26
Rummikub R07086-204	Thursday 10 a.m. - 11:30 a.m.	Dec. 5 - Feb 27
Bingo R07085-213	Thursday 12:30 p.m. - 1:30 p.m.	Dec. 5 - Feb 27
Memoir Writing for Beginners R07058-206	Thursday 1 p.m. - 2:30 p.m.	Dec. 5 - Feb 27
Chess Club R07110-202	Thursday 1 p.m. - 2 p.m.	Dec. 5 - Feb 27
Dances Across the Continents R07012-237	Thursday 1:30 p.m. - 2:30 p.m.	Jan. 9 - Feb. 27
Zumba R07070-222	Thursday 6 p.m. - 7 p.m.	Dec. 5 - Feb 27
Tai Chi R07025-218	Friday 9 a.m. - 10 a.m.	Dec. 6 - Feb. 28
Zumba Gold R07071-202	Friday 10 a.m. - 11 a.m.	Dec. 6 - Feb. 28
Sit and Be Fit R07039-220	Friday 1 p.m. - 2 p.m.	Dec. 13 - Feb. 28
Needlecraft, Crochet, and Sewing Club R07053-203	Friday 2 p.m. - 4 p.m.	Dec. 6 - Feb. 28
Valentine's Day Party R07107-258	Friday 2 p.m. - 3:30 p.m.	Feb. 14

Activity	Day & Time	Dates
Fitness Boot Camp R07039-216	Saturday 9:30 a.m. - 10:30 p.m.	Dec. 7 - Feb. 22 (No Class Feb. 15)
Superpower Dance Circle R07012-226	Saturday 11 a.m. - noon	Dec. 7 - Feb. 22 (No Class Feb. 15)
Muscle Up! R07039-217	Sunday 1 p.m. - 2 p.m.	Dec. 8 - Feb. 23 (No Class Feb. 16)