

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

October Highlights

Soul Train Dance Party (R07107-117) - Friday, Oct. 4 at 2 p.m. - See flyer on the last page of the newsletter.

Crossing Paths (R07028-109) - Thursdays (10/17-11/21, skip 10/31) at 3:45 p.m. - This five-week intergenerational program will allow you to connect with middle schoolers for meaningful, thought-provoking discussions on topics like school, family, service, leadership, college, and careers. The programs will divide teens and seniors into small groups. It is important that you can make it to all of the meeting dates.

Coloring (R07095-134) - Tuesdays at 1:30 p.m. - Join us for a time to relax, color and socialize with friends.

Senior Center Staff

Senior Center Director:

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Lunch Program

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Managers:

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October Highlights Continued

Introduction to Virtual Reality (R07313-102) - Wednesdays at 1:30 p.m. - Step into a world of endless possibilities with our Virtual Reality Adventure Program! This experience allows participants to explore immersive virtual environments using state-of-the-art VR headsets. Whether you're interested in interactive games or breathtaking virtual tours, our program offers something for everyone.

Silver Spring Striders Walking Club (R07035-107) - Thursdays at 2:30 p.m. - The Silver Spring Striders is a weekly walking club. We meet in the lobby outside of the social hall and head out into the neighborhood to walk.

Tech Tutoring with Armando - Fridays from 2:30 - 4 p.m. - Call or sign up at the front desk for a 30-minute appointment. Bring your device and your questions to your appointment.

Senior Planet: Streaming and Smart TVs (R07105-131) - Wednesday, Oct. 23 at 12:30 p.m. - This presentation will introduce streaming: what it is, how to use it and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your TV.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">1</p> 9 a.m. Wellness Matters 10 a.m. Bone Builders 10:30 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Soul Line Dance 12:30 p.m. Afternoon Cinema: The Princess Bride 2:30 p.m. Coloring 6:30 p.m. Yoyalates	<p style="text-align: right;">2</p> 9:30 a.m. Classical Drawing - Personal Projects 10 a.m. Ballet 11:30 a.m. Lunch 12 p.m. Ceramics 12:30 p.m. Beginners Bridge 1:30 p.m. Virtual Reality 3 p.m. Seated Exercise Video	<p style="text-align: right;">3</p> 10 a.m. Rummikub 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1:00 p.m. Chess Club 1:30 p.m. Dances Across the Continents 2:30 p.m. Walking Club 7 p.m. Zumba	<p style="text-align: right;">4</p> 9 a.m. Tai Chi 10 a.m. Zumba Gold 11:30 a.m. Lunch 1 p.m. Sit and Be Fit 2 p.m. Soul Train Dance Party 2 p.m. Needlecraft
<p style="text-align: right;">7</p> 9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 12:30 Watercolor Painting 2 p.m. Board Games 3 p.m. Yoga	<p style="text-align: right;">8</p> 9 a.m. Wellness Matters 10 a.m. Bone Builders 10:30 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Soul Line Dance 12:30 p.m. Afternoon Cinema: Green Book 1 p.m. Basketball Skills Demo 2:30 p.m. Coloring 6:30 p.m. Yoyalates	<p style="text-align: right;">9</p> 9:30 a.m. Classical Drawing - Personal Projects 10 a.m. Ballet 11:30 a.m. Lunch 12:30 p.m. Beginners Bridge 1:30 p.m. Virtual Reality 3 p.m. Seated Exercise Video No Ceramics class on 10/9.	<p style="text-align: right;">10</p> 10 a.m. Rummikub 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1:00 p.m. Chess Club 1:30 p.m. Dances Across the Continents 2:30 p.m. Walking Club 7 p.m. Zumba	<p style="text-align: right;">11</p> 9 a.m. Tai Chi 10 a.m. Zumba Gold 11:30 a.m. Lunch 1 p.m. Sit and Be Fit 2 p.m. Needlecraft
<p style="text-align: right;">14</p> 9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 12:30 Watercolor Painting 2 p.m. Board Games 3 p.m. Yoga	<p style="text-align: right;">15</p> 9 a.m. Wellness Matters 10 a.m. Bone Builders 10:30 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Soul Line Dance 12:30 p.m. Afternoon Cinema: Maleficent 2:30 p.m. Coloring 6:30 p.m. Yoyalates	<p style="text-align: right;">16</p> 9:30 a.m. Classical Drawing - Personal Projects 10 a.m. Ballet 11:30 a.m. Lunch 12 p.m. Ceramics 12:30 p.m. Beginners Bridge 1:30 p.m. Virtual Reality 3 p.m. Seated Exercise Video	<p style="text-align: right;">17</p> 10 a.m. Rummikub 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1:00 p.m. Chess Club 1:30 p.m. Dances Across the Continents 2:30 p.m. Walking Club 3:45 p.m. Crossing Paths 7 p.m. Zumba	<p style="text-align: right;">18</p> 9 a.m. Tai Chi 9:30 a.m. Classical Drawing (All levels) 10 a.m. Zumba Gold 11:30 a.m. Lunch 1 p.m. Sit and Be Fit 2 p.m. Needlecraft

Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 12:30 Freedom Quilts 2 p.m. Board Games 3 p.m. Yoga	9 a.m. Wellness Matters 10 a.m. Bone Builders 10:30 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Soul Line Dance 12:30 p.m. Afternoon Cinema: Les Miserables 2:30 p.m. Coloring 6:30 p.m. Yogalates	10 a.m. Ballet 11:30 a.m. Lunch 12 p.m. Ceramics 12:30 p.m. Beginners Bridge 12:30 Senior Planet: Streaming and Smart TVs 1:30 p.m. Virtual Reality 3 p.m. Seated Exercise Video	10 a.m. Rummikub 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1:00 p.m. Chess Club 1:30 p.m. Dances Across the Continents 2:30 p.m. Walking Club 3:45 p.m. Crossing Paths 7 p.m. Zumba	9 a.m. Tai Chi 9:30 a.m. Classical Drawing (All levels) 10 a.m. Zumba Gold 11:30 a.m. Lunch 1 p.m. Sit and Be Fit 2 p.m. Needlecraft
28	29	30	31	
9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 12:30 Freedom Quilts 2 p.m. Board Games 3 p.m. Yoga	9 a.m. Wellness Matters 10 a.m. Bone Builders 10:30 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Soul Line Dance 12:30 p.m. Afternoon Cinema: Fatherhood 2:30 p.m. Cloring 6:30 p.m. Yogalates	10 a.m. Ballet 11:30 a.m. Lunch 12 p.m. Ceramics 12:30 p.m. Beginners Bridge 1:30 p.m. Virtual Reality 3 p.m. Seated Exercise Video	10 a.m. Rummikub 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1:00 p.m. Chess Club 1:30 p.m. Dances Across the Continents 2:30 p.m. Walking Club 7 p.m. Zumba	

WEEKEND PROGRAMS

SATURDAYS

9:30 a.m. Boot Camp
 11 a.m. Superpower Dance Circle

SUNDAYS

1 p.m. Muscle Up!

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.

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 \$3 donation is recommended. For those under 60, the full price of the meal is required (\$8.26). Advanced registration is required so we know how many meals to order.

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



FREE

55+

Active Aging Week:

SOUL TRAIN DANCE PARTY

Friday, Oct. 4 • 2-4 p.m.

DJ, Snacks, Dancing and more!



Activity
R07107-117



Or scan
the QR

Silver Spring Senior Center, 1319 Apple Ave., Silver Spring



MONTGOMERYCOUNTYRECREATION



MOCOREC



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



MONTGOMERY COUNTY
Recreation