

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

December Highlights

Schedule:

No Senior Center Classes from Wednesday, December 24 through Sunday, January 4. We will have coffee social and lunch all weekdays except December 25, December 26, and January 1.

Coffee Social and Senior Fellowship

Use this time to socialize with other seniors, play board games, read, etc. Coffee and tea will be served in the mornings. We will meet in the Community Lounge.

Coffee Social - Mondays-Fridays, 9 a.m. - 11:30 a.m.

Senior Fellowship - Mondays, Wednesdays, and Fridays, 12:30 p.m. - 3 p.m.

Senior Center Staff

Senior Center Director:**Beth Igbelina**

240-777-6911

Elizabeth.Igbelina@
MontgomeryCountyMD.gov**Recreation Assistants:**

GG

Lottie

Cindy

Armando

Kyle

Alex

Lunch Program

Contact Information

Nutrition Program**Managers:**

Betsy

Nataly

240-777-6951

SilverSpringSeniorCenter@
MontgomeryCountyMD.gov

Bid Whist Tournament (R07112-114) - Thursday,

December 4 @ 9:30 a.m. - Come join us for a Bid Whist Tournament. If you are new, you can join us Mondays at 1 p.m. to learn how to play. Register by December 2. We need 8 people registered for the tournament to take place.

Rummikub Tournament (R07086-207) - Thursday, 12/18

@ 9:30 a.m. - This tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. This program will meet in the Community Lounge on the 3rd Floor. There will be prizes. Beginners welcome! Join us for our Board Games on Mondays at 1 p.m. or Rummikub on Thursdays at 9:30 a.m. if you want to learn how to play!

Get The Clarity You Deserve (R07116-201) - Thursday,

12/18 @ 10:30 a.m. - It's never easy to think about the future, especially when it comes to life's final moments. But planning ahead is one of the greatest gifts you can give your loved ones. Join us for a heartfelt and eye-opening session where you'll learn how to protect your family from unexpected financial and emotional burdens. We'll walk you through final expense coverage options, what to look out for, and the pros and cons of common plans, so you can make confident, informed choices. You'll also receive helpful resources for end-of-life planning, because peace of mind isn't just for tomorrow, it's for today.

Tech Connect with Alex - Tech Connect is back. Please, call 240-777-6900 or stop by the front desk to reserve a time. Mondays - 10:30 a.m. - 12 p.m. and Fridays - 1:30 p.m. - 3 p.m.

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.

Montgomery County, Maryland
Office of Emergency Management and Homeland Security

ALERT MONTGOMERY

An enhanced electronic emergency warning system with the information you need, when and where you need it.



WHAT IS ALERT MONTGOMERY?

Alert Montgomery is a free service that allows registered users to receive emergency alerts on their cell phones, or other mobile devices during a major crisis, emergency, or severe weather event.

WHAT KIND OF ALERTS ARE SENT, AND WHEN WILL I RECEIVE THEM?

If you live, work, and/or attend school in Montgomery County, you have a wide choice of alerts from which you can choose. The amount of alerts you receive in most cases is up to you. Traffic alerts can be frequent, but severe weather alerts should occur far less often. If you feel you are getting too few or too many alerts, you can adjust your alert settings online.

HOW CAN I REGISTER OR UPDATE MY ACCOUNT?

To access the registration page, go to:

<https://alert.montgomerycountymd.gov>

Once you have registered, you'll be able to update your account, and/or manage the notifications that you receive.

***Enroll Today: A Minute Now
Could Save You Later!***



MONTGOMERY COUNTY RECREATION

Winter Wonderland Social



Scan to register:

**Thursday, Dec. 18
1-4 p.m.**

Enjoy an afternoon out with friends! There will be a DJ, dancing and light refreshments. Registration is required. Space is limited.

**Ages 55
and up
FREE**

Activity R07107-261

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



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

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



**MONTGOMERY COUNTY
Recreation**

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).
Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.

Silver Spring Senior Center Winter Classes and Programs

Registration can be done in person at any MCR facility or online at ActiveMontgomery.org

Class Title	Activity	Date(s)	Time	Day(s)	Cost
Brain Games	R07090-203	12/1-2/23 (No class: 12/29, 1/19, and 2/16)	9:30 a.m. - 10:30 a.m.	M	FREE
Balance Boom	R07039-218	12/1-2/23 (No class: 12/29, 1/19, and 2/16)	10:15 a.m. - 11:15 a.m.	M	FREE
Watercolor Painting	R07095-228	12/1-2/2 (No class: 12/29 and 1/19)	12:00 p.m. - 2 p.m.	M	\$25
Board Games	R07112-206	12/1-2/23 (No class: 12/29, 1/19, and 2/16)	1 p.m. - 3 p.m.	M	FREE
Bone Builders SSRAC2	R03010-226	12/1-2/25 (No class: 12/24, 12/29, 12/31, 1/19, and 2/16)	1 p.m. - 2 p.m.	M/W	FREE
Chair Yoga	R07029-213	12/1-2/23 (No class: 12/29, 1/19, and 2/16)	3 p.m. - 4 p.m.	M	FREE
Wellness Matters	R07028-213	1/6-2/24	9 a.m. - 10:30 a.m.	Tu	FREE
Bone Builders SSRAC	R03010-221	12/2-3/5 (No class 12/25, 12/30, and 1/1)	10 a.m. - 11 a.m.	Tu/Th	FREE
Sewing for Beginners	R07095-234	12/2-2/24 (No class: 12/30)	10 a.m. - 12 p.m.	Tu	\$25
Superpower Line Dance	R07005-212	12/2-2/24 (No class: 12/30)	12:30 p.m. - 1:30 p.m.	Tu	FREE
Cooking for Beginners	R07048-201	12/2-1/27 (No class: 12/30)	12:30 p.m. - 2:30 p.m.	Tu	FREE
Piano	R07115-205	12/2-2/10 (No class: 12/30)	1:30 p.m. - 2:30 p.m.	Tu	FREE
Balance and Mobility	R07039-205	12/2-2/24 (No class: 12/30)	3 p.m. - 4 p.m.	Tu	FREE
Yogalates	R07032-212	12/2-2/24 (No class: 12/30)	6:30 p.m. - 7:30 p.m.	Tu	FREE
International Holiday Bash: Trip to Long Branch	R07107-207	12/3	9:45 a.m. - 2 p.m.	W	FREE
Beginner Ballet	R07012-227	12/3-2/25 (No class: 12/24 and 12/31)	10 a.m. - 11 a.m.	W	FREE
Ceramics (painting)	R07098-203	12/3-2/11 (No class: 12/24, 12/31, and 1/14)	12 p.m. - 3:30 p.m.	W	\$25
Beginner's Bridge (drop-in)	R07074-209	12/3-2/25 (No class: 12/24, 12/31, and 1/14)	12:30 p.m. - 2:30 p.m.	W	FREE
Tai Chi for Beginners	R07025-221	12/3-2/25 (No class: 12/24, 12/31, and 1/14)	12:30 p.m. - 1:30 p.m.	W	FREE
Bid Whist Tournament	R070112-114	12/4	9:30 a.m. - 11:00 a.m.	Th	FREE
Rummikub Tournament	R07086-207	12/18	9:30 a.m. - 11:30 a.m.	Th	FREE
Rummikub (drop-in)	R07086-204	12/4-2/26 (No class: 12/25, 1/1, and 1/15)	9:30 a.m. - 11:30 a.m.	Th	FREE
Bingo	R07085-213	12/4-2/26 (No class: 12/18, 12/25, 1/1, and 1/15)	12:30 p.m. - 1:30 p.m.	Th	FREE
Winter Wonderland Social	R07107-261	12/18	1 p.m. - 4 p.m.	Th	FREE
Memoir Writing	R07058-206	12/4-2/5 (No class: 12/25 and 1/1)	1 p.m. - 2:30 p.m.	Th	FREE
Dance for Fun and Fitness	R07012-241	12/4-2/12 (No class: 12/25, 1/1, and 1/15)	2 p.m. - 3 p.m.	Th	FREE
Zumba	R07070-222	12/4-2/26 (No class: 12/25, 1/1, 1/8, and 1/15)	6:30 p.m. - 7:30 p.m.	Th	FREE
Tai Chi - Intermediate	R07025-218	12/5-2/27 (No class: 12/26 and 1/2)	9 a.m. - 10 a.m.	F	FREE
Zumba Gold	R07071-202	12/5-2/27 (No class: 12/26 and 1/2)	10 a.m. - 11 a.m.	F	FREE
Sit and Be Fit	R07039-220	12/5-2/27 (No class: 12/26 and 1/2)	1 p.m. - 2 p.m.	F	FREE

Class Title	Activity	Date(s)	Time	Day(s)	Cost
Jazz Dance	R07012-242	12/5-2/6 (No class: 12/26 and 1/2)	2 p.m. - 3 p.m.	F	FREE
Needlecraft, Crochet, and Sewing Club	R07053-203	12/5-2/27 (No class: 12/26 and 1/2)	2 p.m. - 4 p.m.	F	FREE
Cocoa and Crafts	R07107-257	1/9	2 p.m. - 4 p.m.	F	FREE
Valentine's Day Party	R07107-258	2/13	2 p.m. - 4 p.m.	F	FREE
Fitness Boot Camp	R07039-216	12/6-2/28 (No class: 12/27, 1/3, 1/17, and 2/14)	9:30 a.m. - 10:30 a.m.	Sa	FREE
Superpower Dance Circle	R07012-226	12/6-2/28 (No class: 12/27, 1/3, 1/17, and 2/14)	11 a.m. - 12 p.m.	Sa	FREE
Muscle Up!	R07039-217	12/7-2/22 (No class: 12/28, 1/4, 1/18, and 2/15)	1 p.m. - 2 p.m.	Su	FREE