

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

November Highlights

Winter Registration

- **Tuesday, November 18**
- **9:00 a.m. for Senior Center classes and S.O.A.R. trips**
- **You can register online: activemontgomery.org**
- **You can register at ANY recreation, aquatic, or senior center.**
- **You must register for all classes you plan on taking in the Winter (December - February). Registration does not roll over for any program/class.**
- **Winter classes are made public on November 10.**

Senior Center Staff

Senior Center Director:

Beth Igbelina

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Lunch Program

Contact Information

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Need help preparing for registration? Join us for one of our information sessions listed below so you are ready for November 18!

Wednesday, November 12 at 10 a.m. - Information Session

Friday, November 14 at 12:30 p.m. - Information Session

Monday, November 17 at 9 a.m. to 11 a.m. - Drop-in help

Monday, November 17 at 12:30 p.m. to 2 p.m. - Drop-in help

During the drop-in help, you can come ask any last-minute questions, make sure your registration form is filled out correctly, make sure you are able to log into to your account online, etc.

If you plan on coming to any of the above times, please register for “Registration Help” (R07107-151).

November’s schedule:

Please, note the end date for your classes. With the exception of Bone Builders, all Fall Senior Center classes end on November 23.

Tuesday, November 11 - Bone Builders will take place. Lunch will NOT take place. Morning Coffee will NOT take place. All other Senior Center classes will NOT take place.

Monday, November 24 and Tuesday, November 25 - Bone Builders, Morning Coffee and Lunch will take place. All other Senior Center classes will NOT take place.

Thursday, November 27 - The facility is closed.

Friday, November 28 - Lunch will NOT take place. Morning Coffee will NOT take place. All other Senior Center classes will NOT take place.

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.

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.

Tech Connect with Alex - Tech Connect is back in November. 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.

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!**



Class Title	Activity	Date(s)	Time	Day(s)	Fee
Brain Games	R07090-101	9/15-11/17 (No class: 10/20)	9:30 a.m.-10:30 a.m.	M	FREE
Balance Boom	R07039-115	9/15-11/17 (No class: 10/20)	10:15 a.m.-11:15 a.m.	M	FREE
Watercolor Painting	R07095-164	10/6-11/17 (No class: 10/20)	12:00 p.m. - 2 p.m.	M	\$25
55+ Beginners Pickleball	R07091-116	10/9/2025	12:30 p.m.-2 p.m.	M	FREE
Board Games	R07112-111	9/15-11/17 (No class: 10/20)	1 p.m.-3 p.m.	M	FREE
Bone Builders (SSRAC 2)	R03010-126	9/15-11/24	1 p.m.-2 p.m.	M/W	FREE
Chair Yoga	R07029-111	9/15-11/17 (No class: 10/20)	3 p.m.-4p.m.	M	FREE
Wellness Matters	R07028-119	9/16-11/18 (No class: 9/23 and 11/11)	9 a.m.-10:30 a.m.	Tu	FREE
Bone Builders (SSRAC 1)	R03010-121	9/16-11/25	10 a.m.-11 a.m.	Tu/Th	FREE
Superpower Line Dance	R07005-101	9/16-11/18 (No class: 9/23 and 11/11)	12:30 p.m.-1:30 p.m.	Tu	FREE
Piano	R07115-105	9/16-11/18 (No class: 9/23 and 11/11)	1:30 p.m.-2:30 p.m.	Tu	FREE
Cooking for Beginners	R07048-101	9/16-11/18 (No class: 9/23 and 11/11)	12:30 p.m.-2:30 p.m.	Tu	FREE
Balance and Mobility	R07039-132	9/16-11/4 (No class 9/23)	3 p.m.-4p.m.	Tu	FREE
Yogalates	R07032-112	9/16-11/18 (No class: 9/23 and 11/11)	6:30 p.m.-7:30 p.m.	Tu	FREE
Ballet	R07012-133	9/17-11/19 (No class: 10/1)	10 a.m.-11 a.m.	W	FREE
Sewing for Beginners	R07095-111	9/17-12/10	10 a.m.-12 p.m.	W	FREE
Ceramics (painting)	R07098-106	9/17-11/5	12 p.m.-3:30 p.m.	W	FREE
Active Aging Week: Canvas Creations	R07095-166	10/8/2025	12:30 p.m.-2:30 p.m.	W	\$5
Beginners Bridge (drop-in)	R07074-106	9/17-11/19	12:30 p.m.-2:30 p.m.	W	FREE
Tai Chi for Beginners	R07025-120	9/17-11/19	12:30 p.m.-1:30 p.m.	W	FREE
African Drumming	R07115-109	9/17-11/5	2 p.m.-3p.m.	W	\$15
Rummikub (drop-in)	R07086-104	9/18-11/20 (No class: 10/2)	9:30 a.m.-11:30 a.m.	Th	FREE
Salsa Dance	R07012-113	10/23-11/13 (No class: 10/2)	10 a.m.-11 a.m.	Th	FREE
Chalk Pastel (drawing)	R07095-165	10/9-11/13	12:30 p.m.-2:30 p.m.	Th	\$25
Bingo	R07085-111	9/18-11/20 (No class: 10/2)	12:30 p.m.-1:30 p.m.	Th	FREE

Class Title	Activity	Date(s)	Time	Day(s)	Fee
Memoir Writing	R07058-110	9/18-11/13 (No class: 10/2)	1 p.m.-2:30 p.m.	Th	FREE
Grooves and Moves Dance Fitness	R07012-110	9/18-11/13 (No class: 10/2)	2 p.m.-3p.m.	Th	FREE
Zumba	R07070-130	9/18-11/20 (No class: 10/2)	6:30 p.m.-7:30 p.m.	Th	FREE
Tai Chi - Intermediate	R07027-104	9/19-11/21	9 a.m.-10 a.m.	F	FREE
Zumba Gold	R07071-106	9/19-11/21	10 a.m.-11 a.m.	F	FREE
Sit and Be Fit	R07039-117	9/19-11/21	1 p.m.-2 p.m.	F	FREE
Jazz Dance	R07012-112	9/19-10/10	2 p.m.-3p.m.	F	FREE
Needlecraft, Crochet, and Sewing	R07053-103	9/19-11/21	2 p.m.-4p.m.	F	FREE
Fitness Boot Camp	R07039-113	9/27-11/22 (No class: 9/20)	9:30 a.m.-10:30 a.m.	Sa	FREE
Superpower Dance Circle	R07012-132	9/20-11/22	11 a.m.-12 p.m.	Sa	FREE
Muscle Up!	R07039-114	9/21-11/23	1 p.m.-2 p.m.	Su	FREE