

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

Highlights

Farmers Market Coupons

Montgomery County is able to distribute coupons/vouchers for local Farmers Markets each summer. You will need to enter the lottery in early July, as there are limited coupons. This lottery is only for seniors. We will post more information at the front desk when it becomes available.

New Times:

Afternoon Cinema will now begin at 12:30 p.m. on Tuesdays and is moving to the Social Hall. Movie titles are listed on the calendar.

Starting July 18, Bingo will begin at 12:30 p.m. on Thursdays and is moving to the Social Hall. Bingo will still take place on Wednesdays, July 3 and July 10 at 2:30 p.m. in the Community Lounge.

Silver Spring Striders (Walking Club) on Wednesdays and Coloring on Fridays are cancelled for the remainder of the summer due to low participation.

Senior Center Staff

Senior Center Director:

Beth Igbelina

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Recreation Assistants:

Armando

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Lunch Program

Contact Information

Nutrition Program

Managers:

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Highlights Continued

Summer Cleaning Closure

Silver Spring Recreation and Aquatic Center (including the Silver Spring Senior Center) is closed beginning Saturday, Aug. 31 through Sunday, Sept. 15. We will reopen on Monday, Sept. 16.

July Programs

Ice Cream Social (R07107-534) - Wednesday, July 3 at 12:30 p.m. - Celebrate summer and enjoy a sweet treat! Location: Social Hall, Lobby

Introduction to Virtual Reality (R07313-503) - Fridays (7/5-7/26) at 12:30 p.m. - Step into a world of endless possibilities with our Virtual Reality (VR) 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. Location: Activity Room 2, 3rd Floor

Circle of Rights Lecture on Cholesterol (R07116-504)- Thursday, July 11 at 12:30 p.m. - This presentation is to educate you how to manage your cholesterol. Location: Social Hall, Lobby

Streaming and Smart TVs (R07105-526)- Wednesday, July 17 at 1 p.m. - Every day more and more people are "cutting the cord" and cancelling their cable subscriptions. Instead, they are using free or low-cost streaming services like YouTube, Netflix and Hulu to watch their favorite shows and movies online. 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 television. Location: Social Hall, Lobby

Rummikub Tournament - See last page for details.

July Programs Continued

MCDOT Presentation (R07116-505) - Wednesday, July 25 at 12:30 p.m. - The Montgomery County Department of Transportation will be presenting about the Ride On App and Senior SmarTrip Cards. Location: Social Hall, Lobby

Access Hears (R07116-503) - Wednesday, July 31 at 12:30 p.m. - Join Access HEARS to learn if you qualify for a FREE over-the-counter hearing aid and learn about the importance of managing your hearing health. The presentation is on the importance of managing your hearing care and information about the Montgomery County hearing device grant program and is about 25 minutes long with a Q & A. Location: Social Hall, Lobby

Tech Connect - Wednesdays (2:30 p.m.-4 p.m.) - Tech Connect allows you to work with someone one on one to answer your tech questions. Bring your device (phone, laptop, tablet, smart watch, etc.) and questions to your appointment. You must call or stop by the front desk to reserve a date and time for your appointment. You can only make one appointment at a time. Once you have completed your appointment, you are welcome to sign up for another time slot at a future date. Location: Community Lounge, 3rd Floor

Looking for Bone Builders Volunteers

Montgomery County Recreation partners with the Department of Health and Human Services, Aging and Disability Services to offer Bone Builders, a free, volunteer-led, exercise program. It is one of the most popular classes that we offer.

Silver Spring Senior Center would like to offer more classes so we can accommodate more participants. In order to do so, we need you! We are looking for volunteers who are interested in teaching Bone Builders classes.

Volunteers must be ages 55+. No experience necessary. You will be trained by the Bone Builders team. Email Elizabeth.Igbelina@MontgomeryCountyMD.gov if you are interested.

Summer Classes

Afternoon Cinema (R07088-502) - Tuesdays (6/4-8/27) at 12:30 p.m. Location: Social Hall, Lobby

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

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

Dancing Through the Continents (R07012-538) - Fridays (6/7-8/30) at 10:15 a.m. - June Dance: Afro-Caribbean 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. - Location: Social Hall, Lobby

Summer Classes Continued

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

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. Location: Activity Room 2, 3rd Floor

Muscle-UP! (R07039-514) - Sundays (6/2-8/25) at 1 p.m. -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. -Location: Activity Room 2, 3rd Floor

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

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

Summer Classes Continued

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. - 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

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">1</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;">2</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. Afternoon Cinema: Pitch Perfect 3 p.m. Soul Line Dance 6:30 p.m. Yogalates	<p style="text-align: right;">3</p> 9 a.m. Zumba Gold 10 a.m. Ballet 11:30 a.m. Lunch 12:30 Ice Cream Social 12:30 p.m. Bridge 2:30 p.m. Bingo 2:30 p.m. Tech Connect	<p style="text-align: right;">4</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED</p>	<p style="text-align: right;">5</p> 9 a.m. Tai Chi 10:15 a.m. Dancing Across the Continents: Afro-Caribbean 11:30 a.m. Lunch 12:30 p.m. Virtual Reality 1:30 p.m. Sit and Be Fit 2 p.m. Needlecraft
<p style="text-align: right;">8</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;">9</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. Afternoon Cinema: Love, Gilda 3 p.m. Soul Line Dance 6:30 p.m. Yogalates	<p style="text-align: right;">10</p> 9 a.m. Zumba Gold 9:30 a.m. Tech Connect 10 a.m. Ballet 11:30 a.m. Lunch 12:30 p.m. Bridge 2:30 p.m. Bingo 2:30 p.m. Tech Connect	<p style="text-align: right;">11</p> 9:30 a.m. Rummikub 9:30 a.m. Tech Connect 9:30 a.m. Cornhole 10 a.m. Intro. to Ukulele 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 Circle of Rights 1 p.m. Chess Club 2 p.m. Memoir Writing 7 p.m. Zumba	<p style="text-align: right;">12</p> 9 a.m. Tai Chi 10:15 a.m. Dancing Across the Continents: Afro-Caribbean 11:30 a.m. Lunch 12:30 p.m. Virtual Reality 1:30 p.m. Sit and Be Fit 2 p.m. Needlecraft
<p style="text-align: right;">15</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;">16</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. Afternoon Cinema: Book Club 3 p.m. Soul Line Dance 6:30 p.m. Yogalates	<p style="text-align: right;">17</p> 9 a.m. Zumba Gold 10 a.m. Ballet 11:30 a.m. Lunch 12:30 Streaming and Smart TVs 12:30 p.m. Bridge 2:30 p.m. Tech Connect	<p style="text-align: right;">18</p> 9:30 a.m. Rummikub 9:30 a.m. Tech Connect 10 a.m. Intro. to Ukulele 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1 p.m. Chess Club 2 p.m. Memoir Writing 7 p.m. Zumba	<p style="text-align: right;">19</p> 9 a.m. Tai Chi 10:15 a.m. Dancing Across the Continents: Afro-Caribbean 11:30 a.m. Lunch 12:30 p.m. Virtual Reality 12:30 p.m. Rummikub Tournament 1:30 p.m. Sit and Be Fit 2 p.m. Needlecraft

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
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 10:30 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Afternoon Cinema: Book Club: The Next Chapter 3 p.m. Soul Line Dance 6:30 p.m. Yogalates	9 a.m. Zumba Gold 10 a.m. Ballet 11:30 a.m. Lunch 12:30 MCDOT Presentation 12:30 p.m. Bridge 2:30 p.m. Tech Connect	9:30 a.m. Rummikub 9:30 a.m. Tech Connect 10 a.m. Intro. to Ukulele 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1 p.m. Chess Club 2 p.m. Memoir Writing 7 p.m. Zumba	9 a.m. Tai Chi 10:15 a.m. Dancing Across the Continents: Afro-Caribbean 11:30 a.m. Lunch 12:30 p.m. Virtual Reality 1:30 p.m. Sit and Be Fit 2 p.m. Needlecraft
29	30	31		
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 10:30 a.m. Kickboxing 11:30 a.m. Lunch 12:30 p.m. Afternoon Cinema: POMS 3 p.m. Soul Line Dance 6:30 p.m. Yogalates	9 a.m. Zumba Gold 10 a.m. Ballet 11:30 a.m. Lunch 12:30 p.m. Access Hears 12:30 p.m. Bridge 2:30 p.m. Tech Connect		

WEEKEND PROGRAMS

SATURDAYS

9:30 a.m. Boot Camp
 11 a.m. Superpower Dance Circle
 1 p.m. Painting for Beginners

SUNDAYS

1 p.m. Muscle Up

Rummikub Tournamnets

We will be holding two Rummikub Tournamnets this summer. All levels welcome. We will have snacks and prizes. If you want to learn how to play before the tournaments, join us on Mondays at 2 p.m. in the Community Lounge during Board Games.

Friday, July 19 at 12:30 - 2:30 p.m. (R07086-506)

Monday, August 19 at 12:30 to 2:30 p.m. (R07086-507)

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.