

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

Center Schedule Changes

Wednesday, Jan. 1 - Center Closed

Monday, Jan. 20 - Center Open, No
Senior Center Programs or Lunch

Nutrition Program News

Your Donation Makes a Difference

Thank you to everyone who donated in
the month of December!

**\$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.**

Senior Center Staff

Senior Center Director:

Beth Igbelina

240-994-9317

Elizabeth.Igbelina@Mont
gomeryCountyMD.gov

Recreation Assistants:

GG

Lottie

Cindy

Armando

Lunch Program

Contact Information

Nutrition Program

Managers:

Betsy

Nataly

240-777-6951

SilverSpringSeniorCenter@
MontgomeryCountyMD.gov

January Highlights

Tuesday's Afternoon Cinema program is cancelled due to low attendance.

Cardboard Boat Design and Build - Wednesdays at 9:30 a.m. - Join us as we create our boat to enter into the Cardboard Boat Regatta on March 12.

Brain Support with Essential Oils (R07028-215) - Wednesday, Jan. 8 at 12:30 p.m. - There are clinical studies showing how essential oils can stimulate the brain and help with Dementia and Alzheimer's Disease. Popular peppermint essential oil can assist our memory, and basil can help us focus. Learn more!

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

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.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <h1>Center is Closed</h1>	<p>2</p> <p>9 a.m. Coffee Social 10 a.m. Rummikub 11:30 a.m. Lunch 12:30 p.m. Bingo 1 p.m. Memoir Writing 1 p.m. Chess Club 1:30 p.m. Dances Across the Continents NO BONE BUILDERS</p> <p>NO ZUMBA</p>	<p>3</p> <p>9 a.m. Coffee Social 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>
<p>6</p> <p>9 a.m. Coffee Social 9:30 a.m. Brain Games 10 a.m. Balance Boom 10 a.m. Pickleball Demo 11:30 a.m. Lunch Noon Tech Connect 1 p.m. Board Games 3 p.m. Yoga</p>	<p>7</p> <p>9 a.m. Coffee Social 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 1:30 p.m. Painting for Beginners 6:30 p.m. Yogalates</p>	<p>8</p> <p>9 a.m. Coffee Social 9:30 a.m. Cardboard Boat Design and Build 10 a.m. Ballet 11:30 a.m. Lunch Noon Ceramics Noon Tech Connect 12:30 p.m. Brain Support with Essential Oils 12:30 p.m. Beginners Bridge</p>	<p>9</p> <p>9 a.m. Coffee Social 10 a.m. Rummikub 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1 p.m. Memoir Writing 1 p.m. Chess Club 1:30 p.m. Dances Across the Continents 6 p.m. Zumba</p>	<p>10</p> <p>9 a.m. Coffee Social 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>
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27	28	29	30	31
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WEEKEND PROGRAMS

SATURDAYS

- 9:30 a.m. Boot Camp (No class 1/18)
- 11 a.m. Superpower Dance Circle (No class 1/18)

SUNDAYS

- 1 p.m. Muscle Up! (No class 1/19)