

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

November Highlights

Registration for Winter Classes:

Wednesday, Nov. 13 at 9 a.m. for County residents for **all senior programs (including Bone Builders)**. More information is on page 6.

Schedule Changes:

There will be no lunch served on Veteran's Day (11/11), Thanksgiving Day (11/28) and the day after Thanksgiving (11/29).

Muscle Up! will not take place on Sunday, Nov. 10.

Virtual Reality will not take place on Wednesday, Nov. 13.

Ongoing classes for the fall season end by Wednesday, Nov. 27. The winter season will start up on Monday, Dec. 2.

Senior Center Staff

Senior Center Director:

Beth Igbelina

240-777-6911

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Recreation Assistants:

GG

Lottie

Cindy

Armando

Lunch Program

Contact Information

Nutrition Program

Managers:

Betsy

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November Highlights Continued

Bagels with Beth (R07107-136) - Friday, Nov. 1 at 9 a.m. - Join Silver Spring Senior Center's Center Director for bagels and coffee. Use this time to learn more about upcoming programs and let her know what you want to see in Silver Spring!

Painting for Beginners (R07095-135) - Wednesday, Nov. 6, 9:30 - 11:30 a.m. - This four-week beginner canvas painting class will teach you various techniques and allow you to explore your creative side.

Senior Planet: Intro. to A.I. (R07105-132) - Wednesday, Nov. 20 at 12:30 p.m. - Curious about artificial intelligence (A.I)? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how A.I. is being used today, what its current limitations are and how it will shape the future!

Key Photography Principles (R07095-156) - Friday, Nov. 29, 9:30 - 11:30 a.m. - The success of photography lies within the art of proper focus, composing and balancing light/dark contrasts and everything in between. This workshop will break down the key photography principles of that art, regardless of what camera you use.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p style="text-align: right;">1</p> <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 2:30 p.m. Tech Tutoring</p>
<p style="text-align: right;">4</p> <p>9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 12:30 p.m. Freedom Quilts 1 p.m. Board Games 3 p.m. Yoga</p>	<p style="text-align: right;">5</p> <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: A League of Their Own 2:30 p.m. Coloring 6:30 p.m. Yoyalates</p>	<p style="text-align: right;">6</p> <p>9:30 a.m. Painting for Beginners 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>	<p style="text-align: right;">7</p> <p>10 a.m. Rummikub 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1 p.m. Chess Club 1:30 p.m. Dances Across the Continents - LAST CLASS 2:30 p.m. Walking Club 7 p.m. Zumba</p>	<p style="text-align: right;">8</p> <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 Club 2:30 p.m. Tech Tutoring</p>
<p style="text-align: right;">11</p> <p>Veteran's Day</p> <p>9:30 a.m. Brain Games 10 a.m. Balance Boom 12:30 p.m. Freedom Quilts 1 p.m. Board Games 3 p.m. Yoga</p> <p>NO LUNCH PROGRAM TODAY!</p>	<p style="text-align: right;">12</p> <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: Me Before You 2:30 p.m. Coloring 6:30 p.m. Yoyalates</p>	<p style="text-align: right;">13</p> <p>9:30 a.m. Painting for Beginners 10 a.m. Ballet 11:30 a.m. Lunch 12 p.m. Ceramics 12:30 p.m. Beginners Bridge 3 p.m. Seated Exercise Video</p> <p>Virtual Reality is cancelled.</p>	<p style="text-align: right;">14</p> <p>10 a.m. Rummikub 10 a.m. Bone Builders 11:30 a.m. Lunch 12:30 p.m. Bingo 1 p.m. Chess Club 2:30 p.m. Walking Club 7 p.m. Zumba</p>	<p style="text-align: right;">15</p> <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</p> <p>Tech Tutoring is cancelled.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 12:30 p.m. Freedom Quilts 1 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: The Upside 2:30 p.m. Coloring 6:30 p.m. Yogalates	9:30 a.m. Painting for Beginners 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 p.m. Chess Club 2:30 p.m. Walking Club 7 p.m. Zumba	9 a.m. Tai Chi - LAST CLASS 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 - Last Class 2 p.m. Needlecraft 2:30 p.m. Tech Tutoring
25	26	27	28	29
9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 12:30 p.m. Freedom Quilts 1 p.m. Board Games 3 p.m. Yoga	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: Till 2:30 p.m. Coloring 6:30 p.m. Yogalates	9:30 a.m. Painting for Beginners 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	CLOSED FOR THANKSGIVING	9:30 a.m. Introduction to Photography NO LUNCH PROGRAM TODAY!

WEEKEND PROGRAMS

SATURDAYS

9:30 a.m. Boot Camp (Last class on 11/23)

11 a.m. Superpower Dance Circle (Last class on 11/23)

SUNDAYS

1 p.m. Muscle Up! (No class 11/10; Last class on 11/24)

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.

Winter Registration

Important Dates and Times:

Wednesday, Nov. 13 at 6:30 a.m. - Registration for winter classes and programs begins for Montgomery County residents.

Wednesday, Nov. 13 at 9 a.m. - Registration for senior programming (including Bone Builders) for Montgomery County residents.

Friday, Nov. 15 - Registration begins for non-County residents.

In addition to the senior programming offered, Silver Spring Recreation Center offers a variety of swim lessons, water fitness classes, art classes and fitness classes for people of all ages. Be sure to check out the [GUIDE](#) online for more information.

CHECK YOUR RECEIPT! Once you have registered for classes, please take a minute to review your receipt. If you are enrolling for multiple classes, make sure they are all on your receipt. It is easier to resolve any issues with your registration if we know about it right away.