

SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

July Highlights

Coffee Social and Senior Fellowship (R07092-520)

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 - 11:30 a.m.

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

Birdhouse Painting (R07095-540) -

Tuesday, July 8 at 10 a.m. - Enjoy a morning craft! You must arrive by 10:15 a.m. or your space may be given to someone on the waitlist. You must register at the front desk.

Senior Center Staff

Senior Center Director:

Beth Igbelina

240-777-6911

Elizabeth.Igbelina@

MontgomeryCountyMD.gov

Recreation Assistants:

GG

Lottie

Cindy

Armando

Kyle

Lunch Program

Contact Information

Nutrition Program

Managers:

Betsy

Nataly

240-777-6951

SilverSpringSeniorCenter@

MontgomeryCountyMD.gov

Beaded Glasses Chains (R07095-541) - Tuesday, July 29 at 10 a.m. -

Enjoy a morning craft. We will be making colorful beaded chains for your glasses. You must register at the front desk.

Bagels with Beth (R07107-563) - Wednesday, July 30 at 10 a.m. -

Come join Silver Spring Senior Center's Center Director for bagels and coffee. Use this time to learn more about registration and how to prepare for Fall 2025 registration on Aug. 12! You must register at the front desk.

Ice Cream Social (R07107-534) - Thursday, July 31 at 12:30 p.m. -

Come kick off summer and enjoy a sweet treat! You must register at the front desk.

Tech Connect

Tech tutoring is back for the summer. Please stop by the front desk or call 240-777-6900 to make an appointment.

Bring your device (phone, tablet, laptop, etc.) and questions to your appointment.

Mondays, Tuesdays and Fridays, 10 a.m. - 2 p.m.

Class Skip Dates

NO CLASSES ON FRIDAY, JULY 4. THE BUILDING WILL BE CLOSED.

Balance Boom: No class 6/30

Bone Builders 2: No class 7/21, 7/23

Chair Yoga: No class 6/30, 7/7

Wellness Matters: No class 7/8, 7/29

Bone Builders 1: No class 7/1, 7/3, 7/22, 7/24

Superpower Line Dance: No class 7/22

Piano for Beginners: No class 7/15

Yogalates: No class 7/1, 7/8

Ballet: No class 7/23

Ceramics: No class 7/16, 7/23, 8/6

Tai Chi for Beginners: No class 7/23

Memoir Writing: No class 7/3

Zumba: No class 7/3

Fitness Boot Camp: No class 6/28, 7/5

Superpower Dance Circle: No class 6/28, 7/5

Muscle Up: No class 6/29, 7/6

Senior Adventures - This program is full.

Tuesday, July 15 - Thursday, July 17

9 a.m. - 2 p.m.

- Delicious Lunches
- Exciting trips to the National Air and Space Museum and Brookside Gardens
- "Let the Games Begin" - A journey through fun games and popular game shows.

Class	Activity Code	Dates	Time
Brain Games	R07090-503	6/2-8/25 (Mondays)	9:30 - 10:30 a.m.
Balance Boom	R07039-515	6/2-8/25 (Mondays) No Class: 6/30	10 - 11 a.m.
Watercolor Painting	R07095-531	6/2-6/23 (Mondays)	12:30 - 2:30 p.m.
Watercolor Painting	R07095-533	7/14-8/11 (Mondays) No Class: 8/4	12:30 - 2:30 p.m.
Board Games	R07112-508	6/2-8/25 (Mondays)	1 - 3 p.m.
Bone Builders 2	R03010-516	6/23-8/20 (Mondays/Wednesdays) No Class: 7/21, 7/23	1 - 2 p.m.
Chair Yoga	R07029-510	6/2-8/25 (Mondays) No Class: 6/30, 7/7	3 - 4 p.m.
Wellness Matters	R07028-528	6/3-8/5 (Tuesdays) No Class: 7/8, 7/29	9 - 10:30 a.m.
Bone Builders 1	R03010-509	6/24-8/21 (Tuesdays/Thursdays) No Class: 7/1, 7/3, 7/22, 7/24	10 - 11 a.m.
Superpower Line Dance	R07005-508	6/3-8/26 (Tuesdays) No Class: 7/22	12:30 - 1:30 p.m.
Piano for Beginners	R07115-506	6/3-8/5 (Tuesdays) No Class: 7/15	1:30 - 2:30 p.m.
Cooking for Beginners	R07048-501	7/1-8/19 (Tuesdays)	2:30 - 4:30 p.m.
Yogalates	R07032-516	6/3-8/26 (Tuesdays) No Class: 7/1, 7/8	6:30 - 7:30 p.m.
Ballet	R07012-536	6/4-8/27 (Wednesdays) No Class: 7/23	10 - 11 a.m.
Ceramics	R07098-503	6/4-8/27 (Wednesdays) No Class: 7/16, 7/23, 8/6	Noon - 3:30 p.m.
Beginners Bridge (drop-in)	R07074-507	6/4-8/27 (Wednesdays)	12:30 - 2:30 p.m.
Tai Chi for Beginners	R07025-516	6/4-8/27 (Wednesdays) No Class: 7/23	Noon - 1 p.m.

Class	Activity Code	Dates	Time
African Drumming	R07115-505	6/4-8/27 (Wednesdays)	2 - 3 p.m.
Rummikub (drop-in)	R07086-503	6/5-8/28 (Thursdays) No Class: 6/19	9:30 - 11 a.m.
Bingo	R07085-510	6/5-8/28 (Thursdays) No Class: 6/19	12:30 - 1:30 p.m.
Memoir Writing for Beginners	R07058-506	6/5-8/28 (Thursdays) No Class: 6/19, 7/3	1 - 2:30 p.m.
Grooves and Moves Dance Fitness	R07012-541	7/3-8/21 (Thursdays)	2 - 3 p.m.
Zumba	R07070-512	6/5-8/28 (Thursdays) No Class: 6/19, 7/3, 8/21	6:30 - 7:30 p.m.
Intermediate Tai Chi	R07027-503	6/6-8/29 (Fridays) No Class: 7/4	9 - 10 a.m.
Zumba Gold	R07071-504	6/6-8/29 (Fridays) No Class: 7/4	10 - 11 a.m.
Silver Spring Walking Club	R07035-500	6/13, 6/27, 7/11, 7/25 (Fridays)	10 - 11 a.m.
Sit and Be Fit	R07039-517	6/6-8/29 (Fridays) No Class: 7/4	1 - 2 p.m.
Sewing for Beginners	R07095-530	6/6-8/29 (Fridays) No Class: 7/4	2 - 4 p.m.
Needlecraft, Crochet, and Sewing Club	R07053-503	6/6-8/29 (Fridays) No Class: 7/4	2 - 4 p.m.
Fitness Boot Camp	R07039-513	6/7-8/23 (Saturdays) No Class: 6/28, 7/5	9:30 - 10:30 a.m.
Superpower Dance Circle	R07012-532	6/7-8/23 (Saturdays) No Class: 6/28, 7/5	11 a.m. - Noon
Muscle Up!	R07039-514	6/1-8/24 (Sundays) No Class: 6/15, 6/29, 7/6	1 - 2 p.m.