

# SILVER SPRING SENIOR CENTER NEWSLETTER

240-777-6900

1319 Apple Ave, Silver Spring

## Center Schedule Changes

Tuesday, Dec. 24 - Center closes at 3 p.m.

Wednesday, Dec. 25 - Center closed

Tuesday, Dec. 31 - Center closes at 3 p.m.

Wednesday, Jan. 1 - Center closed

## Nutrition Program News

### Your Donation Makes a Difference

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

**\$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.**

Check out the restaurant meal scheduled for Thursday, Dec. 12.

## Senior Center Staff

**Senior Center Director:**

**Beth Igbelina**

240-994-9317

Elizabeth.Igbelina@MontgomeryCountyMD.gov

**Recreation Assistants:**

GG

Lottie

Cindy

Armando

## Lunch Program

### Contact Information

Nutrition Program

**Managers:**

Betsy

Nataly

240-777-6951

SilverSpringSeniorCenter@MontgomeryCountyMD.gov

## December Highlights

**Rummikub Tournament (R07105-205) - Friday, Dec. 13 at 12:30 p.m. -**

Join us for a Rummikub Tournament at the Silver Spring Senior Center. This is a tile-based game for two to four players, combining elements of the card game rummy and mahjong.

Beginners welcome. Join us for our Board Games on Mondays at 1 p.m. if you want to learn how to play Rummikub!

**Winter Wonderland Dinner Party (R07107-261) - Monday, Dec. 16 at 5**

**p.m.** - Enjoy a night out with friends at the Silver Spring Senior Center. Dinner will be catered by Mama Lucia Restaurant. Doors open at 5 p.m. Dinner will be served at 5:30 p.m. Registration is required. Space is limited.

**Senior Planet: Instagram Basics (R07105-205) - Wednesday, Dec. 18**

**at 12:30 p.m.** - You've probably heard about Instagram; now come learn about this visually oriented platform and what makes it one of the most exciting of the social media apps. This lecture introduces some of Instagram's popular features and will show you what all the buzz is about.

## 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](http://ActiveMONTGOMERY.org)**.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9 a.m. Coffee Social 9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 1 p.m. Board Games 3 p.m. Yoga	3 9 a.m. Coffee Social 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: West Side Story 6:30 p.m. Yoyalates	4 9 a.m. Coffee Social 10 a.m. Ballet 11:30 a.m. Lunch 12 p.m. Ceramics 12:30 p.m. Beginners Bridge	5 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 6 p.m. Zumba	6 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
9 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 1 p.m. Board Games 3 p.m. Yoga	10 9 a.m. Coffee Social 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: Sherlock Holmes 6:30 p.m. Yoyalates	11 9 a.m. Coffee Social 10 a.m. Ballet 11:30 a.m. Lunch 12 p.m. Ceramics 12:30 p.m. Beginners Bridge	12 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 6 p.m. Zumba	13 9 a.m. Coffee Social 9 a.m. Tai Chi 10 a.m. Zumba Gold 11:30 a.m. Lunch <b>12:30 p.m. Rummikub Tournament</b> 1 p.m. Sit and Be Fit 2 p.m. Needlecraft
16 9 a.m. Coffee Social 9:30 a.m. Brain Games 10 a.m. Balance Boom 11:30 a.m. Lunch 1 p.m. Board Games 3 p.m. Yoga <b>5 p.m. Winter Wonderland Dinner Party</b>	17 9 a.m. Coffee Social 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: Where the Crawdads Sing 6:30 p.m. Yoyalates	18 9 a.m. Coffee Social 10 a.m. Ballet 11:30 a.m. Lunch 12 p.m. Ceramics <b>12:30 p.m. Senior Planet: Instagram Basics</b> 12:30 p.m. Beginners Bridge	19 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 6 p.m. Zumba	20 9 a.m. - Coffee Social 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">23</p> <p>9 a.m. Coffee Social                      9:30 a.m. Brain Games                      10 a.m. Balance Boom                      11:30 a.m. Lunch                      1 p.m. Board Games                      3 p.m. Yoga</p>	<p style="text-align: right;">24</p> <p>11:30 a.m. Lunch</p> <p><b>Center closes at 3 p.m.</b></p>	<p style="text-align: right;">25</p> <p><b>Center Closed</b></p>	<p style="text-align: right;">26</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</p> <p><b>No Zumba</b></p>	<p style="text-align: right;">27</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 style="text-align: right;">30</p> <p>9 a.m. Coffee Social                      9:30 a.m. Brain Games                      10 a.m. Balance Boom                      11:30 a.m. Lunch                      1 p.m. Board Games                      3 p.m. Yoga</p>	<p style="text-align: right;">31</p> <p>11:30 a.m. Lunch</p> <p><b>Center closes at 3 p.m.</b></p>			

## WEEKEND PROGRAMS

### SATURDAYS

- 9:30 a.m. Boot Camp (No class 12/28)
- 11 a.m. Superpower Dance Circle (No class 12/28)

### SUNDAYS

- 1 p.m. Muscle Up! (No class 12/29)

Winter  
Wonderland  
Dinner Party



Scan to register:

Monday, Dec. 16  
5-7 p.m

Ages 55  
and up  
\$10

Doors open at 5 p.m. Dinner will be served at 5:30 p.m.  
Enjoy a night out with friends!  
Dinner will be catered by *Mama Lucia Italian Restaurant*.  
Registration is required. Space is limited.

Activity R07107-261

Silver Spring Senior Center • 1319 Apple Ave., Silver Spring



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

To register, visit [ActiveMontgomery.org](http://ActiveMontgomery.org)  
240-777-6840 • Hablamos Español • [www.mocorec.com](http://www.mocorec.com)

