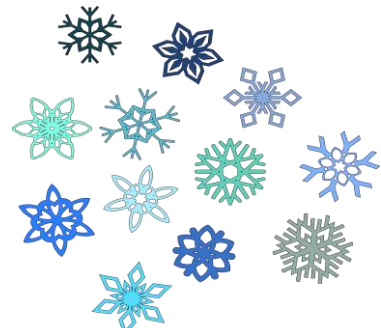


Monday		Tuesday		Wednesday		Thursday		Friday	
Building Closed 		10-12p 1-3p	Android Tablet Basic* Maintain your Computer*	10-12p 11-12p 1-3p 1:30-3	Pictures to PC Phone* Caribbean Dance & more* Pictures to PC Tablet* Senior Fit	10:30 10-12p 1-2p 1-3p	Member/Resident Trip Lottery* Android Tablet Basic* Senior Smile* Women Living Alone* Maintain your Computer* Movie: Victoria & Abdul	10-12p 1-3p 11:15-12 12:15-1	Wii Bowling* Movie: Victoria & Abdul Chi Gong* Chi Gong*
								SATURDAY Open for Drop in Use	
								Friday 12	
								SATURDAY 13	
9-9:45 10-10:50 10-12p 10:15-11:15 11-12p 11:15-12 12:10-12:50 1-1:45 1-2p 1-3p 5-6p 6:30-7:30	Total Conditioning* Easy Zumba* Using Function Keys* English 1* English 4* Movers & Shakers* Chair Exercise* Caribbean Dance Basic* Triple Zen* Forever Fit* Yo-Chi & Balance* Table Tennis Beg.* Stress & Reduction* Windows PC Backup* Zumba Gold* Yoga Flow*	9-9:45 10-10:50 10-12p 11-12p 12:15-12:45 1-2p 1-2:30 1-3p 2:15-3 3:30-4:30 5-5:45 6:30-7:30	Strength Training* Forever Fit* Tai Chi* English 2* English 3* Android Phone Basic* English 2* English 3* Aerobic Workout* Walking Strong* Arthritis Foundation* Cancer Support* Computer Troubleshooting* Hot Zumba Moves* Afternoon Yoga Flow* Sr. Abs and Back* Soul Line Dance*	8:45-9:30 9:50-10:50 10-10:50 10-12p 11-12p 12:10-12:50 1-2p 1-3p 1:15-2 1:30-3 2:15-3:15 5-6p	Yoga-lates on the ball* Yoga for You* Easy Zumba* Using Function Keys* English 1* English 4* Chair Exercise* A Matter of Balance* Table Tennis Int.* Computer Voice Commands* On Your Feet* Birthday party* Senior Fit @ Lincoln park Aerobic Workout* Triple Challenge*	9-9:45 10-10:50 10-12p 11-11:45 11-12p 12:15-12:45 1-2p 1-2:30 1-3p 2:15-3 3:30-4:30 6:30-7:30	Strength Training* Forever Fit* Tai Chi* English 2* English 3* Android Phone Basic* English 2* English 3* Pilates Basics* Aerobic Workout* Walking Strong* Arthritis Foundation* Mild Cognitive Impairment* Computer Troubleshooting* Movie: The Mountain Between Us Pilates Int.* Afternoon Yoga Flow* Soul Line Dance*	9-9:45 10-10:45 10-11a 10-12p 11:15-12 12:15-1 1-2p 1-3p 1:05-2:05 1:15-2	Total Conditioning* Belly Dance Basic* Yoga for You* Wii Bowling* Easy Feet* On your Feet* Table Tennis* Movie: The Mountain Between Us Arthritis Workout* Showstoppers* Functional Training* Stretch with Ease*
Building Closed 		9-9:45 10-10:50 10-12p 10:30-11:20 11:30-12:20 11-12p 12:15-12:45 1p 12:30-2 1-2p 1-2:30p 1-3p 2:15-3 3:30-4:30 5-5:45 6:30-7:30	Strength Training* Forever Fit* Tai Chi* English 2* English 3* Windows 10 Laptop* Watercolor Beg* Piano Beg II* Piano Adv.* Aerobic Workout* Walking Strong* RSI Mtg Spanish Beg* Arthritis Foundation* How To Stay Healthy* Winter Blues* English Conversation* Email Basic* Watercolor Int.* Hot Zumba Moves* Afternoon Yoga Flow* Sr. Abs and Back* Soul Line Dance*	8:45-9:30 9:50-10:50 10-10:50 10-12p 11-12p 11-12:30 12:10-12:50 12:30-1:20 1:30-2:20 12:30-2 1-2p 1-2:15 1-3p 1:15-2 2:15-3:15 5-6p	Yoga-lates on the ball* Yoga for You* Easy Zumba* Recognizing PC Scams* English 1* English 4* Chair Exercise* Caribbean Dance & More* Myers-Briggs Type Indicator* A Matter of Balance* Ukulele Beg. II* Ukulele Int.* Citizenship Class* Table Tennis Int.* Mahjongg Beg II* PC Infections* Spanish Cont.* On Your Feet* Aerobic Workout* Triple Challenge*	9-9:45 10-10:50 10-12p 11-11:45 11-12p 11-1p 12:15-12:45 12:30-2 1-2p 1-2:30 1-3p 2:15-3 3:30-4:30 6:30-7:30	Strength Training* Forever Fit* Windows 10 Laptop* English 2* English 3* Watercolor Adv* Pilates Basics* Aerobic Workout* YIH Mtg. Walking Strong* Spanish Beg* Arthritis Foundation* Caring for Osteoarthritis* Women Living Alone* Watercolor Int.* Pilates Int.* Afternoon Yoga Flow* Soul Line Dance*	9-9:45 10a 10-10:45 10-11a 10-12p 11:15-12 12:15-1 1-2p 1:05-2:05 1:15-2	Total Conditioning* Stamp Club Belly Dance Basic* Yoga for You* Wii Play* Chi Gong* Easy Feet* Chi Gong* On your Feet* Table Tennis* Arthritis Workout* Showstoppers* Snowtubing Trip* Functional Training* Stretch with Ease*
								SATURDAY 20	
								FRIDAY 26	
								SATURDAY 27	
9-9:45 10-10:50 10-12p 10:15-11:15 11-12p 11:15-12 12:10-12:50 12:30-2 12:45-2:45 1-1:45 1-2p 1-2:30 1-3p 3:30-4:45 5-6p 6:30-7:30	Total Conditioning* Easy Zumba* Microsoft Word* English 1* English 4* Marbury v. Madison* Caribbean Dance Basic* Chair Exercise* Triple Zen* Forever Fit* Citizenship* Piecemaker's Club* Yo-Chi & Balance* Table Tennis Beg.* Stress & Reduction* Appraisal Roadshow* Spanish* Laptops Window 7* ROGue Tennis* Zumba Gold* Yoga Flow*	9-9:45 10a 10-10:50 10-12p 10:30-11:20 11-12p 11:30-12:20 12:30-2 12:15-12:45 12:15-1 1-2p 1-2:30 1-3p 2:15-3 3:30-4:30 4:30-6:30 5-5:45 6:30-7:30	Strength Training* Science Roundtable Forever Fit* Tai Chi* PowerPoint* English 2* English 3* Watercolor Beg* Piano Beg II* Aerobic Workout* Piano Adv.* Spanish Beg* Walking Strong* Showstoppers* Arthritis Foundation* Cancer Support* English Conversation* Bridge Beg II* Watercolor Int.* Flip Phone Basic* Hot Zumba Moves* Carnation Players* Afternoon Yoga Flow* Rockville Village New Sr. Abs and Back* Soul Line Dance*	8:45-9:30 9:50-10:50 10-10:50 10-12p 10:15-11:15 11-12p 12:10-12:50 12:30-2 12:30-1:20 1:30-2:20 1-2p 1-2:15 1-3p 1:15-2 2:15-3:15 5-6p	Yoga-lates on the ball* Yoga for You* Easy Zumba* Microsoft Word* English 1* English 4* Jazz W/Jesse* Caribbean Dance & More* Chair Exercise* A Matter of Balance* Citizenship Class* Ukulele Beg. II* Ukulele Int.* Table Tennis Int.* Healthy Skin & Skin Cancer* Mahjongg Beg II* Laptops Window 7* Spanish Cont.* On Your Feet* Aerobic Workout* Triple Challenge*	9-9:45 10-10:50 10-11a 10-12p 11-11:45 11-12p 12:15-12:45 12:30-2 1-2p 1-2:30 1-3p 2:15-3 3:30-4:30 6:30-7:30	Strength Training* Forever Fit* Tai Chi* Book Club* PowerPoint* English 2* English 3* Watercolor Adv* Pilates Basics* Aerobic Workout* Walking Strong* Spanish Beg* Arthritis Foundation* Shingles* Mild Cognitive Impairment* Email Basic* Watercolor Int.* Pilates Int.* Afternoon Yoga Flow* Soul Line Dance*	9-9:45 10-10:45 10-11a 10-12p 11:15-12 12:15-1 1-2p 1:05-2:05 1:15-2	Total Conditioning* Belly Dance Basic* Yoga for You* Wii Play* Chi Gong* Easy Feet* Chi Gong* On your Feet* Table Tennis Adv.* Arthritis Workout* Showstoppers* Functional Training* Stretch with Ease*
						Drop in Programs MONDAYS: Game Room Activities: 8:30-7p TUESDAYS: Helping Hands Knitting: 1-3p Pinochle Pursuit: 1-3:30p Game Room Activities: 8:30-5p Bocce Ball 10-11a WEDNESDAYS: Gift Shop Crafts 10a-12p Drop in Bridge: 1p Game Room Activities: 8:30-7p Bingo 7p THURSDAYS: Game Room Activities: 8:30-5p Bocce Ball 10-11a FRIDAYS: Game Room Activities: 8:30-5p Chinese Lunch: 10-2 Drop in Chess: 10-12 Practice Lab for Beg: 10:30-12 Drop in Knockout Poker: 1-3 Drop in Bridge: 1:30 SATURDAY: Fitness club: by Appt. Game Room Activities: 8:30a-2:45p MONDAY-FRIDAY: Fitness Club: M-Th: 7a-8p & Fri. 7a-7p *Hispanic Activities:10-12 *Blood Pressure:10-12 *Lunch Served Daily: Noon Call 240-314-8810			
9-9:45 10-10:50 10-12p 11-12p 11:15-12 12:10-12:50 12:30-2 12:45-2:45 1-1:45 1-2p 1-3p 1:30-3:30 3:30-4:45 5-6p 6:30-7:30	Total Conditioning* Easy Zumba* Microsoft Word* English 1* English 4* Chair Exercise* Caribbean Dance Basic* Triple Zen* Forever Fit* Citizenship* Piecemaker's Club* Yo-Chi & Balance* Table Tennis Beg.* Stress & Reduction* Laptop Windows 8* Spanish Cont.* Something's Stirring* ROGue Tennis* Zumba Gold* Yoga Flow*	9-9:45 10-10:50 10-12p 10:30-11:20 11-12p 11:30-12:20 12:15-12:45 12:15-1 1-2p 1-2:30 1-3p 2:15-3 3:30-4:30 4:30-6:30 5-5:45 6:30-7:30	Strength Training* Forever Fit* Tai Chi* PowerPoint* English 2* English 3* Watercolor Beg* Piano Beg II* Aerobic Workout* Piano Adv.* Walking Strong* Showstoppers* Spanish Beg* Arthritis Foundation* English Conversation* Using Thumb Drives* Bridge Beg II* Watercolor Int.* Hot Zumba Moves* Carnation Players* Afternoon Yoga Flow* Sr. Abs and Back* Soul Line Dance*	8:45-9:30 9:50-10:50 10-10:50 10-12p 10:15-11:15 11-12p 12:10-12:50 12:30-2 12:30-1:20 1:30-2:20 1-2p 1-2:15 1-3p 1:15-2 2:15-3:15 5-6p	Yoga-lates on the ball* Yoga for You* Easy Zumba* English 1* English 4* Religions of the World* Caribbean Dance & More* Chair Exercise* A Matter of Balance* Citizenship Class* Ukulele Beg. II* Ukulele Int.* History Alive-Clara Barton* Table Tennis Int.* Mahjongg Beg II* Laptop Windows 8* Spanish Cont.* On Your Feet* Aerobic Workout* Triple Challenge*	9-9:45 10-10:50 10-11a 10-12p 11-11:45 11-12p 12:15-12:45 12:30-2 1-2p 1-2:30 1-3p 2:15-3 3:30-4:30 6:30-7:30	Strength Training* Forever Fit* Tai Chi* Book Club* PowerPoint* English 2* English 3* Watercolor Adv* Pilates Basics* Aerobic Workout* Walking Strong* Spanish Beg* Arthritis Foundation* Shingles* Mild Cognitive Impairment* Email Basic* Watercolor Int.* Pilates Int.* Afternoon Yoga Flow* Soul Line Dance*	9-9:45 10-10:45 10-11a 10-12p 11:15-12 12:15-1 1-2p 1:05-2:05 1:15-2	Total Conditioning* Belly Dance Basic* Yoga for You* Wii Play* Chi Gong* Easy Feet* Chi Gong* On your Feet* Table Tennis Adv.* Arthritis Workout* Showstoppers* Functional Training* Stretch with Ease*



January 2018
Rockville Senior Center Calendar
240-314-8800

