OCTOBER FOLD OUT CALENDAR FOR ROCKVILLE SENIOR CENTER • 240-314-8800

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Served Daily: 12 Noon Register on site or call 240-314-8810 * Register Thru Guide ** Phone 301-330-4010 Ongoing Activities Lunch served Daily: 12 Noon Monday thru Friday: • Fitness Club, 7 –7 • Game Room Activities, 8:30-4:50 • Hispanic Activities, 10-12 Every Monday: • Blood Pressure, 10-12	**1** 9-9:45 Sr. Strength Training* 10-10:50 Forever Fit* 10-10:50 Tai Chi- Beg.* 10-11 Bocce Ball* 10-12 Google (I)* 10-12 English II* 10-12 English III* 11-12 Sr. Aerobic* 12:15-1 Show Stoppers* 12:25-12:55 Indoor Walking* 1-2 English Conversation Let's Talk* 1-2 Arthritis Exercise* 1-2:30 Positive Aging* 1-3 Using Help Menus (B)* 2:15-3 Pilates Int.* 3-4 Carnation Players*	**2** 8:30-9:15 Yoga-lates on the Ball* 9:50-10:50 Sr. Yoga* 10-12 New to Computers (B)?* 10-12 English IV* 10:15-11:30 English I* 11-12 Chair Exercise* 12:10-1:10 Guitar- Beg.* 1-2 Cardio Motion* 1-2 Table Tennis- Intermediate* 1-2:30 The Velocity of Money* 1-2:30 Diabetes Education Session* 1:15-2:15 Folk Guitar* 1:30-3:05 Senior Fit @ LPCC* 1:30-3 Birthday Party* 2:15-3 Afternoon Tone & Stretch* 3-5 Digital Photos Soup to Nuts (IP)* 5-6 Sr. Triple Challenge*	**3** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.* 10-11 Power Zumba Gold* 10-11 Bocce Ball* 10-12 Google (I)* 10-12 English II* 10-12 Watercolor- Adv.* 10:30-12 Welcome to Chestnut Lodge* 11-12 Sr. Aerobic* 12:25-12:55 Indoor Walking* 1-2 Arthritis Exercise* 1-2 Colonoscopy/ Colorectal Screening* 1-2:30 Women Living Alone* 1-3 Bridge- Defensive Skills* 1-3 Watercolor- Beg./Cont.* 2:15-3 Pilates Int.* 3-4 Computer HELP (BI)*	**4** 8:45-9:30 Chair Yoga* 9:50-10:50 Sr. Yoga* 10-12 Keyboard and Mouse (B)* 10-12 English Conversation More Talk* 10-12 Wii Bowling* 11-12 Sr. Aerobic* 12:30-1:15 Total Conditioning* 1-2 Table Tennis- Advanced* 1-3 Movie 1-3 Chinese Painting* 1:30-2:30 Chair Cardio* 3-5 Digital Photos Soup to Nuts (IP)*
7 9-9:45 Total Conditioning* 10-10:50 Tai Chi- Int.* 10-10:50 Easy Zumba* 10-12 Microsoft Excel 2007 (I)* 10:15-11:15 Peeking at the Presidents-Jackson* 10:15-11:30 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-2:45 Piecemakers' Club* 1-2 Cardio Motion* 1-2 Stress Reduction/ Meditation* 1-2 Table Tennis- Beginner* 1:30-3:05 Senior Fit* 2-3 Belly Dance* 3-5 Digital Photos Soup to Nuts (IP)* 5-6 Zumba Gold* 7-8 Sr. Yoga*	**8** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.* 10-10:50 Forever Fit* 10-11 Bocce Ball* 10-12 English II* 10-12 English III* 10-12 Speech Recognition (BI)* 10:30-11:30 Gems of China* 11-12 Sr. Aerobic* 12:15-1 Show Stoppers* 12:25-12:55 Indoor Walking* 1-2 Arthritis Exercise* 1-2 English Conversation Let's Talk* 1-2:30 Fashion Show with Taylor Marie* 1-2:30 Organizing for a Better Life* 1-3 Intro. to Social Media* 2:15-3 Pilates Int.* 3-4 Carnation Players*	**9** 8:30-9:15 Yoga-lates on the Ball* 9:50-10:50 Sr. Yoga* 10-12 Microsoft Excel 2007 (I)* 10-12 English IV* 10:15-11:30 English I* 11-12 Chair Exercise* 12:10-1:10 Guitar- Beg.* 1-2 Cardio Motion* 1-2 E-readers-How to use Them* 12:30-2:30 Citizenship Class* 1-2 Table Tennis- Intermediate* 1:15-2:15 Folk Guitar* 1:30-3:05 Senior Fit* 2:15-3 Afternoon Tone & Stretch* 3-5 Digital Photos Soup to Nuts (IP)* 5-6 Sr. Triple Challenge*	**10** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.* 10-11 Power Zumba Gold* 10-11 Bocce Ball* 10-11:30 Sr. Stress* 10-12 English II* 10-12 Watercolor- Adv.* 10-12 Maintaining your Computer (I)* 11-12 Sr. Aerobic* 12:25-12:55 Indoor Walking* 1-2 Arthritis Exercise* 1-2:30 Klan-Destine Relationships* 1-2:30 Hearing Loss Discussion Group* 1-3 Bridge- Defensive Skills* 1-3 Watercolor- Beg./Cont.* 2:15-3 Pilates Int.* 3-4 Computer HELP (BI)*	**11** 8:45-9:30 Chair Yoga* 9:50-10:50 Sr. Yoga* 10-12 Keyboard and Mouse (B)* 10-12 English Conversation More Talk* 10-12 Wii Bowling* 10:30 Alzheimer 's disease: The Advances in Research and the Reasons for Hope* 11-12 Sr. Aerobic* 12:30-1:15 Total Conditioning* 1-2 Table Tennis- Advanced* 1-3 Knockout Poker 1-3 Chinese Painting* 1:30-2:30 Chair Cardio* 3-5 Digital Photos Soup to Nuts (IP)*
14 9-9:45 Total Conditioning* 10-10:50 Tai Chi- Int.* 10-10:50 Easy Zumba* 10-12 Microsoft Excel 2007(I)* 10:15-11:15 First Ladies-Jackson* 10:15-11:30 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-2:45 Piecemakers' Club* 1-2 Cardio Motion* 1-2 Stress Reduction/ Meditation* 1-2 Table Tennis- Beginner* 1:30-3:05 Senior Fit* 2-3 Belly Dance* 5-6 Zumba Gold* 7-8 Sr. Yoga*	**15** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.* 10-10:50 Forever Fit* 10-11 Bocce Ball* 10-11:30 Computer Basics (B)* 10-12 English II* 10-12 English III* 11-12 Sr. Aerobic* 12:15-1 Show Stoppers* 12:25-12:55 Indoor Walking* 1 RSI Mtg 1-2 New Treatments for Osteoarthritis* 1-2 Arthritis Exercise* 1-2 English Conversation Let's Talk* 1-2:30 Positive Aging* 1-2:30 Door- to-Door Scam Prevention* 2:15-3 Pilates Int.* 3-4 Carnation Players*	**16** 8:30-9:15 Yoga-lates on the Ball* 9:50-10:50 Sr. Yoga* 10-12 English IV* 10:15-11:30 English I* 11-12 Chair Exercise* 12:10-1:10 Guitar- Beg.* 12:30-2:30 Citizenship Class* 1-2 Cardio Motion* 1-2 Table Tennis- Intermediate* 1-2:30 Legal Issues for Seniors* 1:15-2:15 Folk Guitar* 1:30-3:05 Senior Fit* 2:15-3 Afternoon Tone & Stretch* 3-5 Photoshop (IP)* 5-6 Sr. Triple Challenge*	**17** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.- cancelled* 10-11 Power Zumba Gold* 10-11 Bocce Ball* 10-11:30 Computer Basics (B)* 10-12 English II* 10-12 Watercolor- Adv.* 10-2 Young in Heart Clutter Sale and Cafe 11-12 Sr. Aerobic* 12:25-12:55 Indoor Walking* 1 Senior Commission Meeting 1-2 Arthritis Exercise* 1-2:30 Hearing Loss Discussion Group* 1-3 Movie 1-3 Personalize Your Desktop (B)* 1-3 Bridge- Defensive Skills* 1-3 Watercolor- Beg./Cont.* 2:15-3 Pilates Int.* 3-4 Computer HELP (BI)*	**18** 8:45-9:30 Chair Yoga* 9:50-10:50 Sr. Yoga* 10-12 Keyboard and Mouse (B)* 10-12 English Conversation More Talk* 10-12 Wii Bowling* 10-12 Stamp Club 11-12 Sr. Aerobic* 12:30-1:15 Total Conditioning* 1-2 Table Tennis- Advanced* 1-3 Movie 1-3 Chinese Painting* 1:30-2:30 Chair Cardio* 3-5 Photoshop (IP)* Friday Night at the Movies*
21 9-9:45 Total Conditioning* 10-10:50 Tai Chi- Int.* 10-10:50 Easy Zumba* 10:15-11:30 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-2:45 Piecemakers' Club* 1-2 Cardio Motion* 1-2 Stress Reduction/ Meditation* 1-2 Table Tennis- Beginner* 1:30-3:05 Senior Fit* 2-3 Belly Dance* 3-5 Photoshop (IP)* 5-6 Zumba Gold* 7-8 Sr. Yoga*	**22** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.* 10-10:50 Forever Fit* 10-12 English II* 10-12 English III* 10-12 Computer Basics II (B)* 10-1 Flu and Pneumonia Vaccine* 11-12 Sr. Aerobic* 12:15-1 Show Stoppers* 12:25-12:55 Indoor Walking* 1-2 Arthritis Exercise* 1-2 English Conversation Let's Talk* 1-3 Facebook- Beg. (I)* 2:15-3 Pilates Int.* 3-4 Carnation Players* Supper Club*	**23** 8:30-9:15 Yoga-lates on the Ball* 9:50-10:50 Sr. Yoga* 10-12 English IV* 10:15-11:30 English I* 11-12 Chair Exercise* 12:10-1:10 Guitar- Beg.* 12:30-2:30 Citizenship Class* 1-2 Cardio Motion* 1-2 Table Tennis- Intermediate* 1:15-2:15 Folk Guitar* 1:30-3:05 Senior Fit* 2:15-3 Afternoon Tone & Stretch* 3-5 Photoshop (IP)* 5-6 Sr. Triple Challenge* Red Hat Trip*	**24** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.* 10-11 Power Zumba Gold* 10-11 Book Club* 10-12 English II* 10-12 Watercolor- Adv.* 10-12 Computer Basics III (B)* 10:30-12 Archaeology in Montgomery County* 11-12 Sr. Aerobic* 12:25-12:55 Indoor Walking* 1-2 Arthritis Exercise* 1-2:30 Hearing Loss Discussion Group* 1-3 Bridge- Defensive Skills* 1-3 Watercolor- Beg./Cont.* 1-3 Affordable Care Act and Seniors* 2:15-3 Pilates Int.* 3-4 Computer HELP (BI)*	**25** 8:45-9:30 Chair Yoga* 9:50-10:50 Sr. Yoga* 10-12 Wii Bowling* 10-12 Keyboard and Mouse (B)* 10-12 English Conversation More Talk* 10-1 Drug Take Back Day 11-12 Sr. Aerobic* 12:30-1:15 Total Conditioning* 1 Hallowishes Party* 1-2 Table Tennis- Advanced* 1-3 Knockout Poker 1-3 Chinese Painting* 1:30-2:30 Chair Cardio* 3-5 Photoshop (IP)*
28 9-9:45 Total Conditioning* 10-10:50 Tai Chi- Int.* 10-10:50 Easy Zumba* 10:15-11:15 Second Best: U.S. Vice Presidents* 10:15-11:30 English I* 11-12 Chair Exercise* 12:45-2:45 Piecemakers' Club* 1-2 Cardio Motion* 1-2 Stress Reduction/Meditation* 1:30-3:05 Senior Fit* 2-3 Belly Dance* 3-5 Photoshop (IP)* 5-6 Zumba Gold* 7-8 Sr. Yoga*	**29** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.- cancelled* 10-10:50 Forever Fit* 10-12 English II* 10-12 English III* 10:30-12 All Around the Town- Twinbrook and Hungerford* 11-12 Sr. Aerobic* 12:15-1 Show Stoppers* 12:25-12:55 Indoor Walking* 1 Candidates Forum 1-2 English Conversation- Let's Talk* 1-2 Arthritis Exercise* 1-2:30 Sinatra- Was He That Good?* 1-3 Facebook- Int. (I)* 2:15-3 Pilates Int.* 3-4 Carnation Players*	**30** 8:30-9:15 Yoga-lates on the Ball* 9:50-10:50 Sr. Yoga* 10-12 English IV* 10:15-11:30 English I* 11-12 Chair Exercise* 12:10-1:10 Guitar- Beg.* 12:30-2:30 Citizenship Class* 1-2 Cardio Motion* 1-2 Fire Safety Lasts a Lifetime* 1:15-2:15 Folk Guitar* 1:30-3:05 Senior Fit* 2:15-3 Afternoon Tone & Stretch* 3-5 Photoshop (IP)* 5-6 Sr. Triple Challenge*	**31** 9-9:45 Sr. Strength Training* 10-10:50 Tai Chi- Beg.* 10-11 Power Zumba Gold* 10-12 English II* 10-12 Watercolor- Adv.* 11-12 Sr. Aerobic* 12:25-12:55 Indoor Walking* 1-2 Arthritis Exercise* 1-2:30 Hearing Loss Discussion Group* 1-3 Bridge- Defensive Skills* 1-3 Watercolor- Beg./Cont.* 2:15-3 Pilates Int.* Mini Mystery Trip* 	Tuesday: • Helping Hands Knitting, 1-3 • Pinochle Pursuit, 1-3:30 Wednesday: • Gift Shop Crafts, 10-12 Thursdays: • Party Bridge, 12:45 Fridays: • Computer Lab Beginners Practice, 10-12* • Chinese Lunch, 10-2**

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