



Rockville Senior Center Highlights

November 2017

A full list of classes can be found in our seasonal 60+ Recreation Guide. The guide can be found online at www.rockvillemd.gov/seniorcenter, at the Senior Center or any city facility.

The Kindness Rocks Project

The Kindness Rocks Project was created to spread kindness with rocks. The idea is to paint and write an inspiration on rocks then place it somewhere outside to brighten someone's day. There is an inspiration garden outside the entrance to the center where you can place your rocks also. We have all the supplies! Come on by during the day in the front lobby to help kindness spread!

Introduction to Aromatherapy

Tuesday, Nov. 14, 1-2:30 p.m.

Learn the many ways aromatherapy and essential oils can help with issues of pain and stress. Oils are good for memory and hair loss, arthritis and joint pain, etc. You will learn about this ancient therapy for body, mind and spirit, the benefits of using these oils, and how to use them safely. Presented by Adrienne Hauseman, Masters in Aromatherapy and Aromatics, Holistic Certificate and Reiki Practitioner. Course #2210; Free

Annual Turkey Trot

Tuesday, Nov. 21, 10-11:30 a.m.

To stay fit during the holiday season, join us for our annual Turkey Trot. Walk a mile through the Woodley Gardens neighborhood. For those participants who would like to burn off some extra calories, join us for a second mile. Please bring a canned food item to support our local food bank, or make a donation to our Program Assistance Fund. Rain or shine. Please register!

Course# 2034; Free

Holiday Delight's Supper Club

Tuesday, Dec. 5, 5-7 p.m.

Add merriment to your holiday season. Features a catered dinner and festive entertainment guaranteed to get you into the spirit of the season!

Course# 1444

\$20 members

\$25 residents

\$28 nonmembers

Register by Nov. 28 unless filled prior.

Fitness Mini sessions start at the end of November. See the 60+ Recreation Guide for a full list of classes!

Thursday & Friday Movie Matinee's

Nov. 2 & 3, 1-3 p.m.

Going In Style

Lifelong buddies Willie, Joe and Albert decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money. **Rated PG-13** for drug content, language and some suggestive material.

Nov. 16 & 17, 1-3 p.m.

You've Got Mail

Struggling boutique bookseller Kathleen Kelly hates Joe Fox, the owner of a corporate Foxbooks chain store that just moved in across the street. When they meet online, however, they begin an intense and anonymous Internet romance, oblivious of each other's true identity. Eventually Joe learns that the enchanting woman he's involved with is actually his business rival. He must now struggle to reconcile his real-life dislike for her with the cyber love he's come to feel. **Rated PG** for some language.

Holiday Bazaar- Calling All Crafters!

Saturday, Dec. 2, 9 a.m.-2 p.m.

We still have space for anyone who sells homemade items. Please call or stop by the front desk at the Senior Center for an application. The fee is for the table, \$25 for Senior Center members and \$35 for non members. 240-314-8800

Senior Center

Hours:

Monday-Friday,
8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.
(Drop-in use only)

Fitness Center

Hours:

Monday-Thursday,
7 a.m.-8 p.m.
Friday, 7 a.m.-7 p.m.
Saturday, 7 a.m.-4 p.m.

1150 Carnation Drive
Rockville, MD 20850
240-314-8800

For updates and
information visit our
website:

www.rockvillemd.gov/seniorcenter

Follow Rockville Senior
Facebook
www.facebook.com/rockvilleSeniors



Get Into It

Counselor's Corner

Holiday Stress: Are you feeling stress thinking about the holidays? Are you anticipating stress at the holidays? Do you wish the holidays were not stressful? Come see me to talk about it and learn skills to address the stress. Rika Granger, LCSW-C, Counselor, Aspire Counseling at RSC.

Winter Class Registration

Senior members:

Tuesday, Nov. 28 at 8:30 a.m.

Non members:

Thursday, Nov. 30

The membership has to be current through the class duration in order to get the discount.

Please Note:

The online registration system defaults this message on the top of each program, "online registration begins Nov. 30 at 8:30 a.m." Current members will have the word "eligible" under the members name and receive priority registration on Nov. 28

Science Tuesday

Contributions and Relevance of Fluorescent Proteins

Tuesday, Nov. 14, 1-2 p.m.

Kimberly Jacoby Morris is a current postdoctoral fellow at NIH in the National Institute of Biomedical Imaging and Bioengineering Biophotonics laboratory of Dr. George H. Patterson. The presentation focuses on:

- The history of the discovery and engineering of fluorescent proteins
- How we use fluorescent proteins in medical imaging, and therapeutics
- Future applications of fluorescent proteins.

Free

The building including the
Fitness room will be closed Friday,
Nov. 10, Thursday, Nov. 23, and
Friday, Nov. 24

All programs are held at the Rockville Senior Center unless otherwise noted

Drop-in Mah Jong

(Intermediate),

Wednesday, Nov. 8, 1-2:30 p.m.

Sign up at the Front Desk (must be a senior center member)

Veterans Appreciation

Thursday, Nov. 9,

11 a.m.-12:30 p.m.

Join us for a special appreciation lunch and celebration. Registration deadline is Nov. 2

Course# 1939; Free for veterans and spouses/\$7 for non-veterans

Movers and Shakers

Monday, Nov. 13,

10:15-11:15 a.m.

Famous Native Americans

In recognition of Native American month, the discussion will focus on Crazy Horse, Cochise, Red House, and Sacagawea.

Course# 1377; \$6/\$9/\$12

Give a Tip, Get a Tip

Tuesday, Nov. 14, 1-2:15 p.m.

Tuesday, Nov. 28, 1-2:15 p.m.

TIP:

Always check your grocery receipt for errors at checkout: wrong item, price per pound, code, etc. Why over pay!

Holiday Bazaar

Saturday, Dec. 2, 9 a.m.-2 p.m.

Craft Sale, Book sale, Plant Sale, Raffle, and more! Transportation is available for Rockville residents, please call 240-314-8810



Monday	Tuesday	Wednesday	Thursday	Friday
Drop in Programs MONDAYS: Game Room Activities: 8:30-5p Game Room Activities: 8:30-7p 8:30-7p TUESDAYS: Game Room Activities: 8:30-5p Helping Hands Knitting: 1-3p Pinchle 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 Drop in Knockout Poker: 1-3 Drop in Bridge: 1:30	Drop in Programs 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 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	8:45-9:30 Yoga-lates on the ball* 9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-11a Getting from Point A to B* 10-12p Eng. Beg. 1* Eng. Adv. 4* New to Computers* Caribbean Dance & More* 11-12p Chair Exercise* 12:10-12:50 A Matter of Balance* 12:30-1:20 Ukulele Beg. 1:30-2:20 Ukulele Int.* 1-2:30 Mah Jongg-Beg* 1-2p Table Tennis Int.* 1-3p Email Basic* Spanish Cont* On Your Feet* 1:15-2 Birthday Party* Senior Fit @ Lincoln Park 2:15-3:15 Aerobic Workout* 5-6p Triple Challenge*	9-9:45 Strength Training* 10-10:50 Forever Fit* Tai Chi* 10-12p Eng. High Beg. 2* Eng. Int. 3* Watercolor Beg.* Android Phone Basic* 11-12p Plano Beg* 12:10-12:50 Aerobic Workout* 12:30-1:20 Ukulele Beg. 1:30-2:20 Ukulele Int.* 1-2p Table Tennis Int.* Best of Rodgers, Hart & Hammerstein* Drop in Mah Jongg* Microsoft Excel* Spanish Cont* 1-3p Spanish Cont* 1:15-2 On Your Feet* 1:30-3:05 Senior Fit* 10-30-4 Triple Challenge* 10-30-4 Head to Country Trip*	9-9:45 Strength Training* 10-10:50 Forever Fit* Tai Chi* 10-12p Eng. High Beg. 2* Eng. Int. 3* Watercolor Beg.* Android Phone Basic* 11-11:45 Plates Basics* 11-12p Aerobic Workout* Veterans Recognition Lunch* 12:15-12:45 Walking Strong* Arthritis Foundation* Friend's Corner: Grief over a loved one* Technology* 1-2:30 Spanish Beg* Intro to Open Office* Watercolor Int.* Plates Int.* 3:30-4:30 Afternoon Yoga Flow*

Monday	Tuesday	Wednesday	Thursday	Friday
9-9:45 Total Conditioning* 6 10-10:50 Easy Zumba* 10-12p Eng. Beg. 1* Eng. Adv. 4* 10:30-12:30 What a Gem* Chair Exercise* 11-12p Chair Exercise* 11:15-12 Triple Zen* 12-1p Alzheimer Support* 12:30-12:50 Forever Fit* 12:45-2:45 Piecemakers Club* 1-1:45 Yo-Chi & Balance* Stress Reduction* 1-2p Table Tennis Beg.* Stress Reduction* Windows PC Backup* Microsoft Excel* 1-3p Spanish Cont* 1:30-3:05 Senior Fit* 3:30-4:45 ROgue Tennis* 6:30-7:30 Yoga Flow*	9-9:45 Strength Training* 7 10-10:50 Forever Fit* Tai Chi* Eng. High Beg. 2* Eng. Int. 3* Watercolor Beg.* Android Phone Basic* 10:30-11:30 Plano Beg* 11-12p Aerobic Workout* 11:30-12:20 Plano Cont.* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* Showstoppers* 12:30-2 Spanish Beg.* Health Anxiety* Eng. Conversation* 1-2:45 Eng. Conversation* Making Real Estate Decisions* 1-2:45 iPad Basics* Spanish Cont* 2:15-3 Hot Zumba Moves* 3-4p Carnation Players* 3-4:45 iPhone Basic* 3:30-4:30 Afternoon Yoga Flow* 5-5:45 Sr. Abs and Back*	8:45-9:30 Yoga-lates on the ball* 9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-12p Eng. Beg. 1* Eng. Adv. 4* New to Computers* Caribbean Dance & More* 11-12p Chair Exercise* 12:10-12:50 A Matter of Balance* 12:30-1:20 Ukulele Beg. 1:30-2:20 Ukulele Int.* 1-2p Table Tennis Int.* Best of Rodgers, Hart & Hammerstein* Drop in Mah Jongg* Microsoft Excel* Spanish Cont* 1-3p Spanish Cont* 1:15-2 On Your Feet* 1:30-3:05 Senior Fit* 10-30-4 Triple Challenge* 10-30-4 Head to Country Trip*	9-9:45 Strength Training* 8 10-10:50 Forever Fit* Tai Chi* Eng. High Beg. 2* Eng. Int. 3* Watercolor Beg.* Android Phone Basic* 11-11:45 Plates Basics* 11-12p Aerobic Workout* Veterans Recognition Lunch* 12:15-12:45 Walking Strong* Arthritis Foundation* Friend's Corner: Grief over a loved one* Technology* 1-2:30 Spanish Beg* Intro to Open Office* Watercolor Int.* Plates Int.* 3:30-4:30 Afternoon Yoga Flow*	9-9:45 Total Conditioning* 10 10-11a Functional Training* Stretch with Ease* Building Closed Friday

Monday	Tuesday	Wednesday	Thursday	Friday
10-12p Eng. Beg. 1* 13 Eng. Adv. 4* Famous Native Americans* 10:15-11:15 Caribbean Dance Basic* 12:45-2:45 Piecemaker's Club* Stress Reduction* 1-2p Table Tennis Beg.* Stress Reduction* Microsoft Excel* 1-3p Spanish Cont* 1:30-3:05 Senior Fit* 3:30-4:45 ROgue Tennis*	9-9:45 Strength Training* 14 10-10:50 Tai Chi* Forever Fit* Eng. High Beg. 2* Eng. Int. 3* Computer Troubleshoot* Paino Beg.* 11:30-12:20 Plano Cont.* 11-12p Aerobic Workout* Walking Strong* 12:15-12:45 Showstoppers* 1-15-2 Spanish Beg.* 1-2p Arthritis Foundation* Science Tuesday* Get a Tip, Give a Tip* Eng. Conversation* Retirement what a Change* Intro Aromatherapy* 1-2:45 iPad Basics* Bridge-Beg* Colorectal Cancer* 1-3p Carnation Players* 3-4:45 iPhone Basic* 3:30-4:30 Afternoon Yoga Flow*	9:50-10:50 Yoga for You* 15 10-12p Eng. Beg. 1* Eng. Adv. 4* YH & Willing C's Clubs 10:45-3 Thanksgiving Trip* Caribbean Dance & More* 11-12p Chair Exercise* 12:10-12:50 A Matter of Balance* 12:30-1:20 Ukulele Beg. 1:30-2:20 Ukulele Int.* 1-2p Table Tennis Int.* Best of Rodgers, Hart & Hammerstein* Drop in Mah Jongg* Microsoft Excel* Spanish Cont* 1-3p Spanish Cont* 1:15-2 On Your Feet* 1:30-3:05 Senior Fit* 10-30-4 Triple Challenge* 10-30-4 Head to Country Trip*	10-10:50 Tai Chi* 16 Computer Troubleshoot* Eng. High Beg. 2* Eng. Int. 3* Sr. Commission Mtg. 11-11:45 Women Living Alone* Keeping the Beat* Friends Corner: Mental Health* Using Right/Left Clicks* Movie: You've Got Mail Spanish Beg* Pilates Int.* 2:15-3 Pilates Int.*	9-9:45 Total Conditioning* 17 10a Stamp Club 10-12p Wii Play* 11:05-11:50 Chi Gong* 11:15-12 Easy Feet* 12-12:45 Chi Gong* 12:15-1 On Your Feet* 1-2p Coding Beg.* 1-3p Table Tennis* 1:05-2:05 Movie: You've Got Mail 1:15-2 Showstoppers* SATURDAY 18 10-11a Functional Training* 11:15-12 Stretch with Ease* FRIDAY Building Closed FRIDAY

Monday	Tuesday	Wednesday	Thursday	Friday
10-12p Excel II* 20 Alzheimer Support* Table Tennis Beg.* Stress Reduction* Options Trading* Spanish Cont* 1:30-3:05 Senior Fit* 6:30-7:30 Yoga Flow*	10-10:50 Tai Chi* 21 Microsoft Excel II* Eng. High Beg. 2* Eng. Int. 3* Turkey Trot* Showstoppers* 12:15-1 Spanish Beg.* 12:30-2 RSI Mtg. 1p Health Anxiety* 1-2:30 iPad Basics* 1-2:45 iPad Basics* 3-4:45 iPhone Basic*	8:45-9:30 Yoga-lates on the ball* 22 9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-12p Eng. Beg. 1* Eng. Adv. 4* New to Computers* Caribbean Dance & More* 11-12p Chair Exercise* 12:10-12:50 A Matter of Balance* 12:30-1:20 Ukulele Beg. 1:30-2:20 Ukulele Int.* 1-2p Table Tennis Int.* Best of Rodgers, Hart & Hammerstein* Drop in Mah Jongg* Microsoft Excel* Spanish Cont* 1-3p Spanish Cont* 1:15-2 On Your Feet* 1:30-3:05 Senior Fit* 10-30-4 Triple Challenge* 10-30-4 Head to Country Trip*	8:30a Non Member Class 30 Registration Strength Training* Forever Fit* Tai Chi* 10-12p Microsoft Excel II* Flip Phone Basic* Painting on Glass- Holiday Style* 11-12p Aerobic Workout* Pilates Basics* 11-11:45 Pilates Basics* 12:15-12:45 Walking Strong* Arthritis Foundation* Using Thumb Drives* Spanish Beg* Pilates Int.* 2-15-3 Pilates Int.*	9-9:45 Total Conditioning* 24 10-11a Functional Training* 11:15-12 Stretch with Ease* Building Closed SATURDAY 25 Drop In Use



November Calander

Rockville Senior Center

240-314-8800

