

The building including the Fitness room will be closed Monday, Feb. 19

NEW! Soul Line Dance

Tuesday & Thursday Jan. 9-March 8
6:30-7:30 p.m.

This dance-based fitness class is appropriate for people of most fitness levels who like to shake their groove thing. Like its country cousin, soul-line dance is a set of steps and moves to soul and hip-hop music that's repeated facing all four walls. Learn to two step, shuffle and wobble, among others.
Course# 3671; \$50/\$62/\$75

R.S.I's All-You-Can- Eat Pancake Breakfast

Saturday, March 10, 8-10 a.m.

\$10 in advance/\$11 at the door

\$4 kids 12 and under, \$30 for family of 4

Must register at Rockville Senior Center or mail in payment
Cash and Check accepted

Transportation available for Rockville senior residents. Must call 240-314-8810 by March 7.

**Movers and Shakers-Who Came Up with That?
Mon, Feb 12, 10:15 – 11:15 a.m.**

Who Came Up with That

Two Individuals who Changed Travel - George Pullman and Robert Goddard. The Pullman car was famous for impeccable service and royal treatment by staff. From the railroads to the skies, Goddard was the man who ushered in the Space Age. Two other men changed the way people protected themselves from smallpox and polio. Benjamin Waterhouse and Jonas Edward Salk developed vaccinations that saved lives. Register by 2/6.

Course# 2655 \$6/ \$9/ \$12

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



Winter Blues

Now that the holidays are over and winter has set in, do you find yourself wanting to hibernate, isolate, eat more, sleep more? Are you surprised by your lack of interest in doing things, in feeling down? Give us a call. We have a mental health counselor, Rika Granger, LCSW-C from Aspire Counseling, available to see you at the Center.

Snow removal

If you can help this winter or if you are a city resident, age 60 or older in need of assistance, please contact Jerry Jones
240-314-8819 or gjones@rockvillemd.gov

Need Help with Your Taxes?

Senior Income Tax Assistance
Mondays, Feb.5-April 12
Appointment needed: No Fee
240-777-2577

60+ Guide Quote

We are looking for Quotes to put in the 60+ Recreation and Services Guide from our members. If you are interested in providing us a quote, please call us or fill out a small form at the front desk at the center.

Thursday & Friday Movie Matinees at the Senior Center

Battle of the Sexes

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

The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposite sides of a binary argument, but off-court each was fighting more personal and complex battles. **Rated PG-13** for some sexual content and partial nudity.

Dunkirk

Feb. 8 & 9, 1-3 p.m.

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated. **Rated PG-13** for intense war experience and some language.

Rockville Senior Center Highlights

February 2018



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.

Young In Heart Senior Club Meeting and Luncheon

Thursday, Feb 15., 11 a.m.-1p.m.

Fliers with details mailed to all club members. Guest speaker Corporal Ken Matney, Rockville City Police Department.

Eight-Week Fitness Challenge- Walk, Glide, Ride to Fitness!

March 19-May 11

The Rockville Senior Center is challenging its fitness members to take part in an eight-week fitness challenge that will begin Monday, March 19.

The Centers for Disease Control and Prevention recommends 150 minutes of moderate aerobic activity weekly for older adults. Prizes will be awarded for the three Senior Center members who exercise the greatest number of minutes during the challenge.

An organizational meeting will be held at 2 p.m. Monday, March 12, for all participants to receive the fitness challenge packet and to review the program's guidelines. **Registration is required for this free program.** Registration closes March 19.

Register with course #4784 in person or at www.rockvillemd.gov/registration. (Participants must be Senior Center fitness members.)

Overnight Spring trip to Eastern Shore of MD

Depart- Tuesday, May 8, 2018 at 9 a.m.

Return- Wednesday, May 9, 2018 at 7 p.m.

Highlight includes:

One night at the Marriott Fairfield Inn and Suites in Easton, MD
Lunch at Suicide Bridge Restaurant, Hurlock, MD
Step on Guide to tour Harriett Tubman Underground Railroad State Park, Blackwater National Refuge Park, Network to Freedom Highway, and Bucktown Village Store, Cambridge, MD
Lunch at the Crab Claw Restaurant and cruise at St. Michaels
Charter Bus Transportation & more!

Senior Center members and Residents:

Double Occupancy Course# 4213; \$349 per person

Single Occupancy Course# 4214; \$390

There is a higher rate for Non residents.

\$100 deposit due by Feb 1, 2018. Balance due March 20, 2018

More information can be found at the Rockville Senior Center Front Desk.

We've had a wonderful response for this trip, space is limited!

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

CHANGE-Some Take Generations

Thursday, Feb. 8, 1-3 p.m.

The Willing 3 C's Club present a panel of African American achievers from Montgomery County, Maryland who were born or currently reside in the area. They will present oral histories of their experiences, both good and bad as they dared to step up to make a change.

Register by 2/5.

Course# 4867; Free

Lobby Love Refreshments

Wednesday, Feb. 14

12:30-1:30 p.m.

Free!

Lobby

The Supreme Court vs POTUS

Monday, Feb 26, 10:15 -11:15 a.m.

Thomas Jefferson's Vice President Aaron Burr, not only fought his Treasury Secretary, Alexander Hamilton to a fatal duel, but became the focus of a Supreme Court case. Burr was prosecuted for treason and high misdemeanor.

Register by 2/21

Course#2373 \$6M/ \$9R/ \$12

Spring Registration 8:30 a.m.

Tuesday, Feb. 27-

Senior Center members

Thursday, March 1-

Non members

To avoid the spread of illness, please do not attend or participate at the Senior Center if you have a contagious condition.