

Seniors

Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

M - Member registration begins **Tuesday, Dec. 13.**

Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the Adult section of the Recreation Guide.

R - Resident registration begins **Tuesday, Dec. 20,** Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

NR - Non-resident/Non-member registration begins **Tuesday, Dec. 27,** seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Non-residents/Non-members pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

Rockville Senior Center Hours:

Monday-Friday, 8:30 a.m.–5 p.m.

Saturday, 8:30 a.m.–1 p.m.



Directions:

240-314-5019

Bus Transportation and Lunch Reservations:

240-314-8810



Program Fees:

Fee = member / resident / non-resident

Membership Fees:

\$40/year - Rockville residents

\$135/year - non-residents; \$65 spouse

For a limited time: first-time members pay half price for the first year.

Fitness Club Membership Fees:

\$50/year

(Must be a Senior Center member)



Senior

Rockville Emergency Assistance Program

Utilities being shut off? Facing eviction?

**You may be eligible
for emergency assistance.**

Call 240-314-8310

Help fellow City residents.

*Send a tax deductible donation to:
City of Rockville Community Services
30 Courthouse Square, Suite 100
Rockville, MD 20850*

Checks payable to:
Rockville Emergency
Assistance Fund

Thanks for your support!!

SENIOR HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

Free information and counseling on Medicare, Medigap, long-term care insurance, claims and appeals, etc.

**Rockville Senior Center
Monthly, Third Tuesday
10 a.m.-noon**

**Call 301-590-2819
for an appointment**

WHAT'S NEW ... for Seniors

- AARP Driver Safety – p. 42
 - Appliqué Methods – p. 42
 - Archeology Sites – p. 43
 - Bottles and Brushes – p. 43
 - Bridge – Polishing Your Basics – p. 43
 - Chinese Watercolor – p. 44
 - Chocolate: From Tree to Treat – p. 44
 - Community Science – p. 44
 - Crockpot – Nice, Slow and Easy – p. 44
 - Dancing – Ballroom Style – p. 42
 - Gentle Yoga – p. 54
 - Guitar – Intermediate – p. 45
 - Home Selling – p. 46
 - Income investing in Retirement – p. 46
 - Jazz with Jesse – p. 46
 - Journaling through Loss – p. 54
 - Knee Replacement – p. 53
 - Legal and Financial Fears of Aging – p.43
 - Living the Wildlife – p. 47
 - Meet the Author – p. 47
 - Mental Wellness – p. 54
 - Montgomery County Mills – p. 47
 - Organizing for a Better Life – p. 47
 - Parkinson's Exercise Program – p. 55
 - P.M. Stretch – p. 55
 - Potato Bag – p. 48
 - Rosalie of Riversdale – p. 42
 - Saturday Senior Sculpt – p. 55
 - Senior Belly Dance – Intermediate – p. 56
 - Senior Boot Camp – p. 56
 - Senior Sit 'n Fit – pg. 56
 - Senior Triple Challenge – p. 57
 - Spinal Stenosis: Find Relief – p. 57
 - Surviving Lose of a Spouse – p. 57
 - Unforgettable 50's – Musically – p. 48
 - Thumb Drives, Etc. – p. 52
 - Twitter – p. 52
 - When the Cold Winds Blows – p. 48
 - Zumba Gold Challenge – p. 58
- Plus all new Senior trips ... p. 59

Seniors

SENIOR CENTER MEMBER BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For Senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850. Online donations are accepted through Rock Enroll: \$25 - #38049; \$50 - #38050; \$100 - #38051.

MEAL PROGRAM

Daily Lunch – Hot lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.92). Reservations required. Call 240-314-8810.



Carnation Supper Club – Dinner, socializing and entertainment on the fourth Tuesday of each month at 5 p.m. Prepared by staff. Cost \$10. Call 240-314-8810.



Arts and Enrichment

Rosalie of Riversdale *New*

Celebrating the 200th Anniversary of the War of 1812 and the Star Spangled Banner, award winning actress, Mary Ann Jung will be portraying Rosalie Calvert of Maryland. Come learn of this remarkable woman's life and of the importance of this war as well as how that era affected the newly independent United States. Light refreshments will be served. Co-sponsored with Kindley Assisted Living of Asbury Village.

37124 Th 2/9 1-2:30 PM \$4/\$5/\$6
Carnation Room

Dancing - Ballroom Style *New*

The popularity of television dance programs such as "Dancing With The Stars" and "So You Think You Can Dance" means more people wanting to dance. A professional dance couple will showcase 12 ballroom dances. They'll demonstrate and discuss the dances with time at the end for questions and for you to practice your footwork.

37396 W 3/14 11 AM-12 PM \$4/\$5/\$7
Carnation Room

AARP Driver Safety *New*

Conducted by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road and insights into driving abilities. Check with your insurance company as many course graduates receive an auto insurance discount. Note: \$12 class fee for AARP members; \$14 for non-AARP members, payable at class.

37132 Th 3/1 10 AM-3 PM \$5/\$6/\$8
Azalea Room

Appliqué Methods *New*

This class is an introduction to hand appliqué methods. Enjoy trying several different methods and learn which works best for you. Material kit fee of \$5 payable to instructor at class.

37450 Th 1/12 9:30-11:30 AM \$12/\$15/\$20
Arts and Crafts Room/Broad

Fee = member/resident/non-resident

Seniors

Archeology Sites *New*

Join Don Housley of the Montgomery County Historical Society Speakers Bureau for a presentation on prehistoric and historical archeological sites and the techniques used by County archaeologists to unearth the past.

37128 Tu 2/7 10:30 AM-12 PM \$3/\$4/\$5
Azalea Room

Legal and Financial Fears of Aging *New*

Gain valuable knowledge about estate planning, including power of attorney, revocable trusts and how to avoid probate. David Wingate, Elder Care Attorney, will discuss Medicaid and the resources necessary to pay for life care planning.

37897 Th 3/8 1-2 PM Free
Board Room

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required one week prior to each party based on availability. Please note date change for January party.

January

Sponsored By: Henderson-Smith-Edmonds Unit No.86, American Legion Auxiliary, Mary Jane Walling, and Theresa Morra

Entertainment by: The One and Only Winfield Parker
37160 W 1/11 1:30-3 PM Free/\$4

February

Sponsored by: Collingswood Nursing and Rehabilitation Center and Bethany House Senior Club

Entertainment by: Vintage Entertainment
37161 W 2/1 1:30-3 PM Free/\$4

March

Sponsored by: Young In Heart Senior Club
Entertainment by: Jamie Turner, Glass Harpist

37162 W 3/7 1:30-3 PM Free/\$4
Carnation Room



Book Club

Participants enjoy an often in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion. Held 1/26, 2/23 and 3/22.

37152 Th 1/26-3/22 10:30-11:30 AM Free/\$4
Board Room/Beck

Bottles and Brushes *New*

Be original, be unique but first, be crafty. Painting on glass is an easy fun one-morning project with Cathy Pasquariello. Learn to paint on an oil and vinegar bottle. Add personality to your functional piece as your brushes blaze with endless possibilities. Material fee of \$10 payable to instructor at class.

37771 F 3/9 10 AM-12 PM \$5/\$7/\$10
Arts and Crafts Room

Bridge - Polishing Your Basics *New*

This course is designed for those who would like to brush up on their play of bridge. Class will cover strategies to improve what suit to bid first, fill in the gaps of bidding and how to stop before bidding too high. Additional techniques will be covered. Prerequisite: Completion of Beginner level.

37159 Th 1/26-3/1 1-3 PM \$60/\$75/\$94
Card Room/Shull

Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun. Help us prepare for performances at the Center and in the community.

37153 Tu 1/17-3/20 3-4 PM Free/\$4
Carnation Room/Beck

Seniors

Crockpot - Nice, Slow and Easy *New*

Taste some simple and sophisticated dishes, all done in the crockpot. Participants will take home recipes that free the cook and are great for serving at a special luncheon, dinner or Super Bowl party.

37129 Th 2/2 10 AM-12:30 PM \$25/\$31/\$39
Arts and Crafts Room/Beck

Chinese Watercolor *New*

Local artist, Helene Sze McCarthy will teach the essential brush strokes of Chinese watercolor. Participants will learn to paint the chrysanthemum, wild orchid, plum and bamboo, which are known as the "Four Gentlemen" of this unique art form. Fee of \$28 payable to instructor at first class includes all materials needed. Register by 1/30.

37454 Th 2/9-3/15 10 AM-12 PM \$60/\$75/\$90
Arts and Crafts Room

Chinese/English Group

Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome.

37780 F 1/13-3/16 10 AM-12 PM \$15/\$18/\$23
Ceramics Room

Chocolate: From Tree to Treat *New*

Ever enjoyed a cup of hot chocolate on a cold day? Or delighted in a chocolate ice cream in the midst of the summer heat? Learn how those moments go from tree to treat with our guest from the U.S. Botanic Garden. This conversation will include samples, what better way to learn!

37158 W 2/8 1-2:30 PM \$2/\$4/\$6
Azalea Room

Citizenship Class

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. Naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center. You may register the first day of class.

37845 M & W 1/9-3/14 12:30-2:30 PM \$15/\$20/\$26
Board Room

Community Science *New*

Our local neighborhoods are diverse, dynamic and an ever changing habitat for both people and wildlife. Learn what you can do to help your community.

Wildlife Habitat

Become a part of the effort to have the National Wildlife Federation certify Rockville as a Community Wildlife Habitat. Learn how to provide food, water, cover and places to raise young as well as how to use sustainable gardening practices.

37791 Tu 2/21 1-2:30 PM Free/\$4

Weed Warrior Program

Meet Carole Bergmann, Forest Ecologist/Field Botanist for MNCPPC and founder of the Weed Warrior Program. She will discuss non-native invasive species and what to do about them.

37792 Tu 3/20 1-2:30 PM Free/\$4
Azalea Room



Annual Poinsettia Sale

Sponsored by Elwood Smith Park Council

Plan ahead for the holiday season ...

Proceeds enrich the Summer
Playground Program and Rockville
Youth Recreation Fund.

Pre-orders due by Dec. 9
Pre-order pick-up Dec. 16 - 4:30-7:30 p.m.
at Elwood Smith Community Center
601 Harrington Road (at Mercer)
Rockville, MD 20850

For additional information and order form
www.rockvillemd.gov/recreation

Seniors

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on Monday, Jan. 9, 9:30 a.m.-12:30 pm. Note: \$10 book fee may be required at first class.

Level I

37776 M & W 1/9-3/21 10:15-11:30 AM \$15/\$18/\$23
Arts and Crafts Room

Level II

37778 Tu 1/10-3/13 10 AM-12 PM \$15/\$18/\$23
Card Room

Level III

37779 Tu 1/10-3/13 10 AM-12 PM \$15/\$18/\$23
Ceramics Room

Level IV

37777 W 1/11-3/14 10 AM-12 PM \$15/\$18/\$23
Ceramics Room

English Conversation - Beginner

This class is only for students who speak some English and would like to practice speaking, build confidence and improve their communication skills. No books are required.

37788 Tu 1/10-3/20 1-2 PM \$12/\$15/\$20
Health Room

English Conversation - Advanced

This class is only for students who already use English comfortably but would like to speak more fluently, including using English idioms. No books are required.

37789 Th 1/12-3/15 10:30-11:30 AM \$12/\$15/\$20
Health Room

Gourmands - Annapolis Dining

Our latest Gourmands adventure will take us to Annapolis for an unforgettable evening at The Wild Orchid. This upscale American restaurant features fresh, hearty, local regional favorites in a casual elegant setting. Trip includes leadership and charter bus transportation. Participants will purchase their own beverages and dinner.

37892 Th 3/29 4:30-9:30 PM \$28/\$35/\$41
Glenview Mansion

Group Piano

The beauty of music is food for the soul. Learn the fundamentals of rhythm, theory and note reading at all levels to expand your enjoyment. Pianos are available for each lesson and for practice by checking with the Center office in advance. Prerequisite for each class is completion of fall 2011 session or with permission of the instructor.

Elementary

37455 M 1/23-3/5 10-11 AM \$68/\$85/\$117

Intermediate I

37456 Tu 1/24-2/28 11 AM-12 PM \$68/\$85/\$117
Board Room/Butenhoff

Guitar - Intermediate *New*

Participants will build on techniques utilizing strumming, chording and finger picking. Learn new songs while enhancing your skills. Handouts will reinforce the lessons. Bring a fully strung acoustic guitar and flexible pick to class. Prerequisite, is completion of fall 2011 Beginner session or with permission of the instructor.

37180 F 1/20-2/24 10:30-11:30 AM \$55/\$69/\$86
Board Room/Bender

Positive Aging Project Rockville Senior Center*

Tuesdays, 10 a.m. - 2:30 p.m.
Thursdays, 10 a.m. - 1 p.m.

Counseling services are offered through a partnership between the City of Rockville and CCAS (Child Center and Adult Services), free of charge.

- Professional Counseling
- Individual and Group Counseling
- Informational Workshops

Barbara Wilson, Counselor
240-314-8810

*Please call the Senior Center to leave a message for Barbara Wilson

Seniors

History of Rock n' Roll

The history of this musical phenomenon will help interpret the impact that Rock n' Roll has made on our lives. Presented by college professor, Joan Adams, this course will explore the what, who and why of Rock 'n Roll.

Dick Clark and "American Bandstand"

What was a parent to do? TV was bringing the swiveling hips right into their living rooms. The age of "American Bandstand" changed the music world and society all at the same time. Perhaps you were one of those who rushed home every afternoon to tune in.

37163 M 1/23 10:15-11:15 AM \$4/\$6/\$9

Barry Gordy and the Motown Sound

Gordy built an independent label and assembled a staff of songwriters, producers and musicians who lit up the charts. The Motown Sound was catching on by the early 1960's. Among the well known musicians were Jackie Wilson, Clyde McPhatter, Mary Wells and Marvin Gaye. The sounds of Gordy's work would change music forever.

37164 M 2/27 10:15-11:15 AM \$4/\$6/\$9
Card Room

Jazz with Jesse *New*

Get back to the basics with questions answered about the elements of a jazz performance. What are the musicians up to when they alter the tunes we know and want to hear? What about the Blues? Join Jesse Etelson for live (with recorded rhythm background) and recorded examples.

37125 W 1/18 10:30 AM-12 PM Free/\$4
Azalea Room



Home Selling *New*

The first step to preparing your home for sale is to let go of any emotional attachments to it. If you are thinking of selling your home, now or in the near future, this is the time to start planning.

Decluttering and Staging

The first step to selling your home is to eliminate the items you have collected over the years. Learn from Pat Shultz, senior real estate specialist and interior designer, how to empty your closets, make minor repairs and begin to make your home look bigger, brighter and cleaner.

37887 Tu 1/17 1-2:30 PM Free

Selling from an Estate Perspective

Elder Care Attorney David Wingate discusses the probate process of an estate when it includes property. Learn about the responsibilities of an estate executor in selling a home during probate and preparing a will to leave real estate to beneficiaries.

37888 Tu 2/21 1-2:30 PM Free

Ready, Sell, Go

Now that your home is ready to sell, learn about price setting, sales contracts, contingencies, closing costs and more. Pat Shultz will help you through the process.

37889 Tu 3/20 1-2:30 PM Free
Board Room

Income Investing *New*

Learn about eight types of investment options, along with a full explanation of the risks and benefits of each. Jim Musgrave, CRPC, will discuss how to construct the optimal portfolio and share the same strategies experienced investors have used to build and preserve their wealth.

37844 W 1/18 1-2 PM Free
Board Room

Fee = member/resident/non-resident

Seniors

Living the Wild Life *New*

This new series brings to life the awe-inspiring culture, wildlife and landscape destinations as told by Naturalist Greg Kearns through visual media.

Iceland

Visit the land of fire and ice. Tour the Ring Road of Iceland with spectacular waterfalls, fantastic glaciers and active volcanoes. See scenery you can only imagine.

37143 Th 1/26 1-2:30 PM Free/\$4

Australia

Go "down under" to the Great Barrier Reef, Uluru, the largest single rock in the world and Kakadu National Park. Be amazed by nature's beauty.

37144 Th 2/23 1-2:30 PM Free/\$4
Azalea Room

Meet the Author *New*

Come meet local author, Steve Piacente. His novel, "Bella," set in Washington, DC. tells the story of a striking widow intent on proving the military lied about her husband's death as she lures a Washington journalist into the investigation. Books will be available for sale and signing after presentation.

37763 Tu 2/28 10-11 AM Free/\$4
Azalea Room

Montgomery County Mills *New*

This program focuses on the rise and fall of the milling industry. Learn about the nature and diversity of milling operations on the major stream valleys in the County, along with some archaeological digs done on selected sites. Don Housley of the Montgomery County Historical Society Speakers Bureau will present this program.

37130 Tu 3/6 10:30-11:30 AM \$3/\$4/\$5
Azalea Room

Organizing for a Better Life *New*

Join us the second Tuesday of the month to share tips and support each other as we organize and de-clutter our homes. This is an informal drop-in group and all are welcome. Facilitated by Barbara Wilson, counselor.

37773 Tu 1/10-3/13 1-2:30 PM Free/\$4
Card Room

Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues each Commander-in-Chief faced.

Warren Harding

President Harding was the first president to be heard over the radio. His administration was fraught with scandal. His death is still somewhat of a mystery during the era of the "Roaring 20's" followed by WWI. What did this President serve at his poker games?

37165 M 1/9 10:15-11:15 AM \$4/\$6/\$8

Calvin Coolidge

While vacationing in Vermont he was notified he had become President of the United States. "Silent Cal" was a man of few words. This was the age of radio and the Harlem Renaissance; aviation was the rage and so was "The Babe." How did this quiet man preside over the "Roaring 20's"?

37166 M 2/6 10:15-11:15 AM \$4/\$6/\$8

Herbert Clark Hoover

Known as the Chief, Hoover became President during the very dark period of the Depression. He loved to fly fish and believed firmly in the trickle down economic theory. "Hoover-villes" were springing up all over the United States. His response to the Bonus Army was most likely what cost Hoover re-election in 1932. What did he do and why did he do it?

37167 M 3/12 10:15-11:15 AM \$4/\$6/\$8
Card Room



Seniors

Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

37154 M 1/23-3/26 12:45-2:45 PM \$8/\$12/\$16
Arts and Crafts Room/Winovich

Potato Bag *New*

Learn to make a potato bag and cook a baked potato in five minutes or less in the microwave. Bring your sewing machine and a pair of scissors. A machine may be rented day of class for a \$10 fee. Class will include a bonus project. Material kit fee of \$9 is payable to instructor at class.

37175 W 2/8 9:30-11:30 AM \$12/\$15/\$20
Arts and Crafts Room/Broad

New and Expanded Fitness Facilities

Rockville Senior Center



It's the best time to be a senior in Rockville!

Featuring 10,000 sq. ft. of renovated and additional space.

- New locker rooms
- New classroom space
- Larger fitness, dance and aerobic rooms

Stay tuned to
www.rockvillemd.gov/seniorcenter
for Grand Opening
dates and festivities

Probate Process and Estate Laws

Joseph Griffin, Register of Wills for Montgomery County, will review the probate process and the various services provided by the register of wills. He also will discuss the various changes to estate laws and how you may be affected. Informative material relating to trusts and when they are beneficial also will be presented.

37851 W 2/15 1-3 PM Free
Carnation Room

The Plant Doctor

Montgomery County Master Gardeners will discuss how to help keep your indoor and outdoor plants healthy. Please bring specific questions for the experts and learn what to do to keep the doctor away.

37457 Tu 1/10 1-2 PM Free/\$4
Azalea Room

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Do you know the Medicare alphabet? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

37870 Tu 1/17 7-9 PM Free
Carnation Room

Unforgettable '50s - Musically! *New*

All the hits of the '50s, including Pat Boone, Elvis, Belafonte, Kingston Trio, Mitch Miller, Mathis, Fisher, Como, the Platters, Patti Page and many others. Join Irv Chamberlain for a three part series on the mellow sounds of the mellow years.

37131 M 3/5-3/19 1-2:30 PM \$10/\$14/\$18
Azalea Room

When the Cold Wind Blows *New*

The time is perfect to make this unusual fused glass wind chime. Join Donna Weeks who will help you create a one-of-a-kind masterpiece that will be a lovely addition to your home. Note: \$10 material fee payable to instructor at first class.

37150 Tu 1/24 & 1/31 10:30 AM-12 PM \$22/\$27/\$31
Arts and Crafts Room/Weeks

Seniors

Computers for Seniors

Before registering for classes we recommend visiting the Rockville Senior Center Computer Lab for course information and placement. Note: Many computer classes meet for three, 2-hour sessions. Check activity listings for times. Rockvillecomplab@hotmail.com.

Beginner Classes (B)

Prior to registration, we recommend beginners get advice for class scheduling based on individual skills. Stop by the lab on Fridays, 9:30-11:30 a.m., during Beginner Practice Lab session or call 240-314-8810.

(B) Backing Up Your Computer

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 manual fee payable to instructor at first class.

37485	W	2/29	10 AM-12 PM	\$7/\$9/\$13
37486	W	2/29	1-3 PM	\$7/\$9/\$13
Computer Lab/Hickman				

(B) Computer Basics

This class offers a hands-on introduction for beginning computer users. Prerequisite: Use of Keyboard and Mouse. Further free optional training is available in the Beginner Computer Practice Lab, 9:30-11:30 a.m. on Fridays.

37459	Tu & Th	1/17 & 1/19	10-11:30 AM	\$5/\$7/\$10
37460	Tu & Th	2/21 & 2/23	10-11:30 AM	\$5/\$7/\$10
37461	Tu & Th	3/20 & 3/22	10-11:30 AM	\$5/\$7/\$10
Computer Lab/Frillman				

(B) Computer Basics II

This class will teach you about control panel components, monitor settings, shortcuts and more. Customize your desktop and your start menu. Create a variety of different shortcuts and move to different locations in your computer. Learn about safe mode and creating wallpaper.

37462	Tu	1/24	10 AM-12 PM	\$7/\$9/\$13
37463	Tu	2/28	10 AM-12 PM	\$7/\$9/\$13
37464	Tu	3/27	10 AM-12 PM	\$7/\$9/\$13
Computer Lab/Hickman				

(B) Computer Basics III

This sequel to Computer Basics II will teach you how to install and uninstall software, view your memory and determine the size of your hard drive. You will be taught how to check your computer drives and will learn what to do when the Internet does not connect.

37465	Tu	1/31	10 AM-12 PM	\$7/\$9/\$13
37466	Tu	3/6	10 AM-12 PM	\$7/\$9/\$13
37467	Th	3/29	10 AM-12 PM	\$7/\$9/\$13
Computer Lab/Hickman				

(B) Email Basics

This introductory session will use class accounts for you to learn the basics of sending, receiving, copying and saving emails.

37494	W	2/8	1-3 PM	\$5/\$7/\$10
Computer Lab/Martin				

(B) File Management

Learn how to save, copy, move, delete and rename files. Organize your work and find lost files. This class will help you get the most use from your computer operating system.

37782	W	2/1	1-3 PM	\$5/\$7/\$10
Computer Lab/Martin				

(B) Intro. to Computer Concepts

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. Absolutely no experience required!

37468	W	1/4	10 AM-12 PM	\$5/\$7/\$10
37469	W	2/1	10 AM-12 PM	\$5/\$7/\$10
37470	W	3/7	10 AM-12 PM	\$5/\$7/\$10
Computer Lab/Gross				

(B) Keyboard and Mouse

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction. Registration is not required.

37471	F	1/6-3/30	10-11:30 AM	Free/\$3/\$5
Computer Lab				

Seniors

(B) Right Click - Left Click

Discover how to use your mouse in applications such as word processing, copying, file management and customizing your desktop. Using your computer is easier if you know how to use both mouse buttons.

37783 W 1/11 1-3 PM \$5/\$7/\$10
Computer Lab/Martin

(B) Screen Savers

Learn to make a screen saver using your favorite photo. A screen saver can automatically rotate through and display the photos you select.

37928 W 3/14 1-3 PM \$5/\$7/\$10
Computer Lab/Martin

(B) Using Help Menus

We're accustomed to reading manuals, but that's not how it's done anymore with PCs. Use WINDOWS Help. This course will show you how. As a bonus, learn to simultaneously view, move and resize two windows.

37926 Th 1/19 1-3 PM \$5/\$7/\$10
Computer Lab/Martin

(B, I) Burners

Create a DVD from a VHS tape, copy your DVDs for backup, edit videos from your camcorder, duplicate a CD, make a CD from a cassette tape, all with minimum equipment. Note: \$5 material fee payable to instructor at first class.

37472 F 3/16 1-4 PM \$7/\$9/\$13
Computer Lab/Bender

(B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

37473 F 1/20 1-3 PM \$7/\$9/\$13
Computer Lab/Bender

**Winter Holidays
No Class Dates
Jan. 2, 16 and Feb. 20
(Excludes Swim Ctr.)**

Intermediate Classes (I)

Intermediate computer users can get computer class advice by calling the Lab at 301-340-7534 or emailing rockvillecomlab@hotmail.com.

(I) Adobe Photoshop Beginner

Get a foundation to become a successful Photoshop user. Tools, techniques and hands-on assignments will be used to help the beginner understand primary methods. Includes balancing camera to monitor, red eye repair, blemish removal, de-emphasizing cluttered backgrounds, cropping, masking and layering. Note: \$5 materials fee payable to instructor at the first class.

37478 Tu & Th 2/7-2/14 10 AM-12 PM \$46/\$55/\$66
Computer Lab/Bender

(I) Computer Essentials

This class is the necessary foundation for the use of all computers and must be taken before advancing to any other class. Note: \$5 materials fee payable to instructor at class. Prerequisite: Computer Basics.

37475 M & W 1/23-1/30 10 AM-12 PM \$25/\$33/\$40
Computer Lab/Bender

(I) Digital Photography - Video Editing

Learn to create interesting videos that can be shot using a digital still or video camera. We will explore editing techniques, building titles, adding transitions and a music track. Students will receive a video assignment to shoot and then edit the clips in class to produce a short presentation. These clips can easily be sent to friends and family as an email attachment. Note: \$3 material fee due to instructor at first class.

37754 Tu & Th 1/24-1/31 1-3 PM \$36/\$45/\$56
Computer Lab

Need Help With Your Taxes?

Senior Income Tax Assistance

Mondays, Feb. 6 – April 9

Appointment Needed - No Fee

Call 240-777-2577

Seniors



(I) Digital Photography I

This is an in-depth study of how your digital camera operates in automatic mode. Photo assignments will be given for each class and will be reviewed and critiqued. Bring a pocket storage device (thumb drive) and your camera with instructions. Read through your camera manual prior to the first class. Note: \$3 material fee payable to instructor at first class.

37479 M & W 1/23-1/30 1-3 PM \$36/\$45/\$56
Computer Lab/Bender

(I) Digital Photography II

A continuation of camera usage with emphasis on individual controls, manual, aperture, shutter speed and flash. Understanding the importance of depth of field and how to use it will be the basis of each assignment. Bring a pocket storage device and your camera with the instructions. Note: \$3 material fee payable to instructor at first class.

37480 M & W 2/13-2/22 1-3 PM \$36/\$45/\$56
Computer Lab/Bender

(I) e-Bay and Craig's List

Everyone has "junk" in their attic. Learn how to turn your "junk" into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Note: \$10 manual fee payable to instructor at first class. Prerequisite: ability to access the Internet

37481 Tu 2/7-2/28 1-3 PM \$36/\$45/\$56
Computer Lab/Bender

(I) Email in Detail

Learn how to set up an address book, signatures, group mail and how to send attachments and photographs. A discussion of Hotmail will be included. Note: \$5 material fee payable to instructor at first class. Prerequisite: Computer Essentials.

37476 M & W 3/19-3/26 10 AM-12 PM \$25/\$33/\$40
Computer Lab/Bender

(I) Facebook - Beginner

Facebook is a social networking website with over 600 million subscribers. Users create personal profiles to connect and share with friends and family. Learn how to join the world of Facebook. Presented by Shannon Loomis, public information specialist.

37482 Th 2/2 1-3 PM \$7/\$9/\$13
Computer Lab

(I) Facebook - Intermediate

If you already have a Facebook account and want to learn how to enhance your page, add or delete friends, or just be more comfortable using the site, join this class for personalized instruction.

37483 Th 2/9 1-3 PM \$7/\$9/\$13
Computer Lab

(I) Maintaining Your Computer

Does your system run slowly? Is your desktop loaded with icons? Let us offer you some tips on adjusting and maintaining your system for better performance. Handouts included.

37487 M 1/9 10 AM-12 PM \$7/\$9/\$13
37488 M 1/9 1-3 PM \$7/\$9/\$13
Computer Lab

(I) Microsoft Excel 2007

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (07 Version). Prerequisite: Computer Essentials. Note: \$5 manual fee payable to instructor at first class.

37489 M & W 2/6-2/13 10 AM-12 PM \$25/\$33/\$40
Computer Lab/Hickman

Fee = member/resident/non-resident

Seniors

(I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 material fee payable to instructor at first class.

37491 Tu & Th 1/10-1/17 1-3 PM \$25/\$33/\$40
Computer Lab/Hickman

(I) Windows 7: Basics

See what's new in Windows 7. Check out the new look in the control panel, screen savers, wallpaper and more. Learn what's new on the desktop, in file management, monitor settings and power settings. Have questions about security? Protecting your computer is easy with Windows 7.

37490 M & W 3/5-3/12 1-3 PM \$25/\$33/\$40
Computer Lab/Hickman

Thumb Drives, Etc. *New*

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your flash drive to any other computer. It's important to have a backup copy of work on your computer.

37769 Th 2/16 10 AM-12 PM \$7/\$9/\$13
Computer Lab



Preventing the Flu

Good Health Habits Can Help Stop Germs ...

- Avoid close contact.
- Stay home when you are sick.
- Cover your mouth and nose when sneezing.
- Wash your hands.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits.

Source: Centers for Disease Control and Prevention

Twitter *New*

Twitter is an online social networking service that enables users to send and read text-based posts of up to 140 characters, informally known as "tweets" and images. Shannon Loomis, Rockville public information specialist, will share what Twitter is all about and how you can use this online messaging tool as a new form of online communication.

37768 W 1/11 10 AM-12 PM \$7/\$9/\$13
Computer Lab

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Afternoon Tone and Stretch

This class will concentrate on your muscle strength and flexibility. Starting gently, we'll work every part of your body to improve circulation, strength and muscle tone. Participants will use exercise tubes, weights, stability balls and mats.

37405 M & W 1/9-3/14 1-2 PM \$43/\$54/\$65
Exercise Room/Cristiano

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle activities to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

37406 Tu & Th 1/10-3/8 1-2 PM \$50/\$62/\$75
Exercise Room /Cristiano

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class while getting a great aerobic workout.

37408 F 1/13-3/9 11 AM-12 PM \$27/\$34/\$40
Exercise Room /Ramsey



Seniors

Chair Exercise

These exercises are gentle and designed to start slowly and build gradually. This seated program, performed to music, is for men and women alike. Patterns are designed for those with limited mobility to help develop strength, flexibility and endurance to promote better circulation.

37409 M & W 1/9-3/14 11 AM-12 PM \$43/\$54/\$65
Exercise Room /Cristiano

Knee Replacement *New*

Compared to traditional knee replacement surgeries which typically last 15 to 20 years, computer-assisted knee replacements can last 30 years or more. Dr. William Sadlack will explain how this new technology is paving the way in knee replacement surgery. Benefits include a shorter hospital stay, quicker rehabilitation and a faster return to daily activities. Presented by Suburban Hospital.

37764 Th 1/26 1-2 PM Free
Board Room

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and combinations that allow Zumba participants to dance away their worries. Great for both the body and mind. This "feel happy" workout will encourage you to keep coming back for more. Appropriate for beginners.

37410 M 1/9-3/5 10-10:50 AM \$30/\$37/\$45
Exercise Room /Hatch

Exercise Plus/Chinese Dance

This is not your average exercise class. The instructor makes it fun with the use of small balls and dance. Enjoy body movement including T'ai Chi with fans and acupuncture points with chopsticks, while listening to Eastern and Western music.

37412 F 1/13-3/9 1:30-2:30 PM \$11/\$14/\$17
Exercise Room/Kao



GET ENERGIZED!!

**Do fun exercises and
the health benefits will follow . . .**

- Physical activity can be fun for adults, just as it is for kids.
- Regular physical activity for adults can reduce the risk of strokes, colon cancer and diabetes, as well as many other chronic diseases.
- Physical activity not only helps organs in the body, but also helps fight depression and anxiety and improves a person's mood significantly.
- It is recommended that adults should do a minimum of two hours and 30 minutes of activity per week.
- Sign up for one of our classes and get started!

Get into it **TODAY!**

Seniors

Fall Prevention and Balance Screening

Learn from Dr. Stacey Buckner, physical therapist, about how the body changes with age and how these changes affect balance. Part one will include topics related to fall prevention and part two will include individualized balance screenings as well as basic balance exercise instruction.

37891 Tu 3/6 & 3/13 1-2 PM Free/Free
Azalea Room

Fitness Club

Are you interested in becoming a Fitness Club member and learning how to use our exercise equipment? Join our new "state of the art" fitness room. Instruction is offered by appointment. Register for the month desired and the trainer will call you to schedule your training session. You must be a Senior Center member to join the fitness room. The Fitness membership fee is \$75 annually.

Basic Exercise Machine Training

Basic exercise machine training is required of all new fitness club members. This is done by appointment only. Appointments can be made at the front desk.

37413 Tu & Th 1/3-4/19 8:30 AM-4:50 PM \$10

Exercise Machine Training - Plus

For those individuals who would like more than the required basic training, this class is led by one of our certified personal trainers. You will receive a basic exercise plan designed specifically for you at the conclusion of your session.

37812 Tu & Th 1/3-4/19 8:30 AM-4:50 PM \$30
Fitness Room/Biedscheid

Fitness Club - Group Circuit Training

This new class will be held in our new state of the art fitness room. The program consists of ten exercise stations each completed for a 60-second interval, with a short rest period between. Circuit training is an efficient and challenging form of conditioning, targeting strength, endurance, flexibility and coordination. The instructor is a nationally certified personal trainer. You must be a Fitness Club member to participate.

37886 Tu 1/10-3/6 4:30-5:15 PM \$60
Fitness Room/Biedscheid

Gentle Yoga *New*

Join this early morning class designed for the participant who cannot meet the demands of physically straining exercise classes. This class will consist of slight modifications of the standard yoga poses. No previous yoga experience necessary.

37808 F 1/13-3/9 8:45-9:30 AM \$47/\$59/\$70
Exercise Room/Figure

Indoor Walking

Now is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk more than one mile each class.

38060 M & W 1/9-3/7 12:20-12:50 PM \$22/\$27/\$33*
37415 Tu & Th 1/10-3/8 12:25-12:55 PM \$22/\$27/\$33**
Exercise Room /*McGuire; **Cristiano

Journaling through Loss *New*

Pen and paper can have healing power. Writing has been clinically proven to help deal with traumatic and emotionally challenging times. This workshop outlines simple exercises to get through difficult days. No writing experience necessary. Presented by Montgomery Hospice.

37843 Tu 1/10 1-3 PM Free
Board Room

Mental Wellness *New*

Learn ways to achieve and maintain a healthy state of mind including stress reduction techniques and self-appreciation. Counselor Barbara Wilson will discuss factors that can make a difference in your mental wellness.

37790 Tu 2/28 1-2:30 PM Free/\$4
Card Room



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Seniors

P.M. Stretch *New*

This class is designed to help increase your flexibility, restore your body's natural alignment and release tension and stress. Try this 30-minute class to help relax the mind and body.

37807 W 1/11-3/7 2:15-2:45 PM \$25/\$32/\$38
Exercise Room /Cristiano

Parkinson's - Exercise/Fitness *New*

This class is designed to focus directly on Parkinson's symptoms. It will help you anticipate, prevent and delay symptoms and improve your quality of life. You will be encouraged to work at your own pace.

37893 Tu & Th 1/10-3/8 3:15-4:15 PM \$50/\$62/\$75
Exercise Room /Biedscheid

Personal Trainer

Be evaluated by a nationally certified personal trainer who will design an individualized program based on your needs. Upon registration, you will be contacted to arrange an appointment. For Fitness Club members only. (Ongoing)

One - One-Hour Session

37417 M & W 1/2-4/25 9 AM-4:50 PM \$45

Partner Training

Come with your spouse, or a friend and train together in this one hour session.

37418 Tu & Th 1/3-4/19 9 AM-4:50 PM \$70

Three - One-Hour Sessions

Triple Play - three one-hour sessions with the personal trainer.

37757 M & W 1/2-4/25 9 AM-4:50 PM \$120

Six - One-Hour Sessions

37758 Tu & Th 1/3-4/19 9 AM-4:50 PM \$235

Ten - One-Hour Sessions

37759 Tu & Th 1/3-4/19 9 AM-4:50 PM \$375
Fitness Room /Biedscheid

Positive Aging

Please come join us as we discuss some of the issues related to aging and loss. We will cover topics such as coping with loss, taking care of ourselves, relationships with adult children, dealing with loneliness and planning for the future. Group meets first and third Tuesday of the month.

37774 Tu 1/3-3/20 1-2:30 PM Free
Ceramics Room

Saturday Senior Sculpt *New*

Work all of your major muscle groups, using a variety of equipment. Improve your strength, muscle tone, balance and flexibility. The intensity may be modified to suit most fitness levels.

37420 Sa 1/7-3/3 11-11:45 AM \$35/\$44/\$52
Exercise Room/Ramsey

Senior Aerobic Workout

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

37421 Tu & Th 1/10-3/8 11 AM-12 PM \$43/\$54/\$65
37925 Sa 1/14-3/10 10-10:50 AM \$25/\$32/\$37
Exercise Room /Klopfer/Smith



Seniors



Senior Belly Dance - Beginner

Enjoy an expressive, exciting and energetic activity with movements based on the ancient dances of North Africa, the Middle East and the Mediterranean. This low impact form of exercise is suitable for all ages and body types. Receive the benefits of improved posture, muscle tone, weight loss and stress reduction.

37901 M 1/9-3/19 3:15-4:15 PM \$37/\$46/\$55
Exercise Room / Porter-Nelson

Senior Belly Dance - Intermediate *New*

Take your belly dance experience to the next level. Building on the foundation movements from beginner level, we will introduce layering techniques, develop greater isolation control and review different historical stylings. Previous belly dance experience is recommended.

37422 M 1/9-3/19 2-3 PM \$37/\$46/\$55
Exercise Room / Porter-Nelson

Senior Boot Camp *New*

Looking to increase your level of fitness? Register for our new class designed to challenge active seniors. Increase energy, reduce stress and build confidence. Get into shape with Certified Personal Trainer Keith Federman. He has designed a fun, yet challenging, class to give you a great workout.

37896 F 1/13-3/9 3:30-4:30 PM \$40/\$50/\$60
Exercise Room / Federman

Senior Pilates - Beginner

This is a gentle beginner class. Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided).

37760 W 1/11-3/7 8:45-9:30 AM \$53/\$66/\$79
37423 Sa 1/14-3/10 9-9:45 AM \$53/\$66/\$79
Exercise Room / Ramsey

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

37424 Tu 1/10-3/6 2:15-3 PM \$53/\$66/\$79
37425 Tu & Th 1/10-3/8 2:15-3 PM \$95/\$119/\$142
Exercise Room / Klopfer

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors.

37898 M 1/9-3/19 11-11:45 AM \$35/\$44/\$52
Thomas Farm CC/Federman

37772 M & W 1/9-3/14 6-6:45 PM \$60/\$75/\$90
Exercise Room / Ramsey

37426 F 1/13-3/9 9-9:45 AM \$35/\$44/\$52
Thomas Farm CC/Ramsey

Senior Sit 'n Fit *New*

Ready? SIT, Go! Come get fit in your chair. This exercise program offered through Lincoln Park Community Center is designed for you to stay in shape while remaining seated. Bring a water bottle.

37876 F 2/3-3/23 9-9:50 AM \$45/\$55
Lincoln Park CC/Murashcik

Seniors

Senior Strength Training

Designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes.

37427 Tu & Th 1/10-3/8 9-9:45 AM \$59/\$74/\$89
Exercise Room / Ramsey

Senior T'ai Chi Ch'uan - Beginner

Combine body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movements, T'ai Chi offers relaxation, breathing techniques and range-of-motion routines. For Senior Center members only.

37429 Tu & Th 1/10-3/8 10-10:50 AM \$8
Exercise Room / Tuanmu

Senior T'ai Chi Ch'uan - Interm.

Designed for the continuing student. Participants should have a basic knowledge of T'ai Chi Ch'uan. This class combines intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center members only.

37428 M 1/9-3/19 10-10:50 AM \$5
Carnation Room / Tuanmu

Senior Triple Challenge *New*

This great new class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in this one-hour program. This class can be modified for most fitness levels.

37895 Th 1/12-3/8 6-7 PM \$40/\$50/\$60
Exercise Room / Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing.

37805 M 1/9-3/19 7-8 PM \$50/\$63/\$75
37430 W & F 1/11-3/9 9:50-10:50 AM \$88/\$110/\$132
Exercise Room / Figlure

Show Stoppers

Enjoy this spin-off group from the senior aerobic workout group who perform at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star.

37432 Tu 1/24-3/20 12-12:45 PM Free/\$10
Carnation Room / McGuire

Spinal Stenosis: Finding Relief *New*

Spinal stenosis is a debilitating condition that involves the narrowing of the spinal canal. Dr. A. Jay Khanna, spine surgeon and associate professor of orthopedic surgery and biomedical engineering with Johns Hopkins Medicine, will discuss innovative treatments that can help patients restore mobility and improve quality of health. Presented by Suburban Hospital.

37765 Th 2/23 1-2 PM Free
Board Room

Surviving Loss of a Spouse *New*

Losing a life partner is one of the most challenging losses and people often experience feelings of disorientation and confusion. Learning about grief helps us to understand what is normal in a time that feels very abnormal. Sharing and exploring ways of coping can be important to support ourselves and others. Presented by Montgomery Hospice.

37894 W 3/14 1-2 PM Free
Ceramics Room

Total Conditioning Workout

This strength building, non-cardio fitness class is for men and women. Workouts are designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness level.

37437 M 1/9-3/19 9-9:45 AM \$38/\$48/\$57
37438 F 1/13-3/9 12:30-1:15 PM \$38/\$48/\$57
Exercise Room / Klopfer



Seniors

Zumba Gold

This easy Latin and International inspired program is designed for beginners. It creates a party-like atmosphere that is fun, different and effective. Zumba Gold is great for the body and soul and provides a total body workout.

37440 M 1/9-3/19 5-6 PM \$30/\$37/\$45
Thomas Farm CC/Hatch

Zumba Gold - Challenge *New*

Looking to move to the next level of Zumba? Try Zumba Gold Challenge. Previous experience is recommended.

37441 Tu 1/17-3/13 5:45-6:45 PM \$30/\$37/\$45
Exercise Room/Hatch

Sports

We recommend bringing a water bottle to all sports programs.



Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing)

37407 W & F 1/4-4/20 8:45-9:45 AM Free/\$10
Twinbrook CRC

Game Room Activities

Pool tables, table tennis and a dart board are available. Practice games, clinics, instruction and tournaments are held. Mon.-Fri., 8:30 a.m.- 4:50 p.m.; Sat., 8:30 a.m.- 12:50 p.m. For Senior Center members only. Table tennis available at Twinbrook Community Recreation Center on Wed., 9-10 a.m.

37414 M-Sa 1/2-3/31 8:30 AM-4:50 PM Free
Game Room

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

37416 W & F 1/4-4/20 10-11 AM \$10
Twinbrook CRC

Softball Pizza Party

How can you be a part of our Rockville Senior Softball Team in 2012? Come to our pizza party! All former members and anyone interested in playing softball next season should come to this meeting.

37433 W 2/15 12:30-2 PM Free
Board Room/TBA

Table Tennis - Beginner

This class is for those who have had little or no experience. Learn techniques and the basic rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

37435 M 1/23-2/27 1-2 PM \$25/\$31/\$37
Game Room/TBA

Table Tennis - Intermediate

This class is for those who have had experience playing and have a basic knowledge of the rules and scoring. Not only is it fun to play but it also aids in dexterity, flexibility, coordination and reflexes. Paddles and balls are available.

37434 W 1/25-2/29 1-2 PM \$25/\$31/\$37
Game Room

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. Note: Weekly \$8.30 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

37436 Th 1/5-3/22 1-3 PM Free
Bowl America/Jaques



Seniors

Trips

Registration procedure for all trips: An in-person lottery registration will be held on **Thursday, Jan. 5**, at the Senior Center. Interested members who are City residents may draw lottery numbers from 10:15-10:30 a.m., with numbers called in random order. Registrations will be accepted only at the Senior Center. Non-residents and non-members may register as of **Monday, Jan. 9**. Individuals may register for themselves and one other person. The fee listed is payable at the time of registration. Senior Center membership dues must be current through the trip date to be eligible for the member fee.



National Air and Space Museum *New*

The Steven F. Udvar-Hazy Center located in Chantilly, Va., has more than 100 aircraft and 122 space objects on display. Take a guided tour of the facility, then enjoy free time to explore the exhibits. Lunch will be on your own on site. Trip includes tour, leadership and charter bus transportation.

37393 M 1/30 9 AM-3 PM \$38/\$48/\$55
 Departs: Glenview Mansion

Valentine Lunch at Annie's *New*

Maryland's Eastern Shore with views of the Intercoastal Waterway and the Chester River will serve as a beautiful scenic background during a Valentine lunch at Annie's Paramount Steak and Seafood House. Trip includes lunch, leadership and charter bus transportation.

37147 Tu 2/14 10 AM-3 PM \$60/\$75/\$87
 Departs: Glenview Mansion



Rainbow Dinner Theatre *New*

Rainbow is our favorite "all comedy - all the time" dinner theatre and a trip to Lancaster, Pa., to see "Let's Murder Marsha" is no exception. We'll leap with laughter as this mystery unfolds about a ditzy wife who has too much time on her hands. Trip includes buffet lunch, show, leadership and charter bus transportation.

37148 W 2/29 8 AM-6:30 PM \$92/\$115/\$132
 Departs: Glenview Mansion

Martin Luther King, Jr. Memorial *New*

Situated on a four-acre site along the Tidal Basin, this is the first memorial on the National Mall to honor a non-president. The cherry blossoms should be blooming just in time to honor the centennial celebration of the Cherry Blossom Festival. Lunch will follow at Phillips Seafood Restaurant for the all-you-can-eat buffet. Trip includes lunch, leadership and charter bus transportation.

37149 Th 3/22 9:30 AM-3 PM \$60/\$75/\$87
 Departs: Glenview Mansion

