Monday	Tuesday	Wednesday	Thursday	Friday
3 7:30-1 Sr. Duffers* 10-10:45 Total Conditioning* 10-10:50 Tai Chi* 10-11 Piano- Elem.* 10-12 Digital Photography II (I)* 10:15-11:30 English I* 11-11:45 Line Dance* 11-12 Piano- Elem. I* 11-12 Chair Exercise* 12:30-2:30 Citizenship* 12:45-2:45 Piecemakers' Club* 1-2 Afternoon Tone & Stretch* 1-2 Table Tennis Beg.* 1-3 Vista Desktop Mngt. (B)* 1:30-3:15 Sr. Fit* 2-3 Belly Dance* **Saturday, 1** 9-2 Spring Bazaar	**4** 10-10:50 Tai Chi* 10-11 Bocce Ball* 10-12 English II* 10-12 English III* 10-12 Windows Operating Systems (I)* 10:30-12 Glass Painting* 11-12 Piano Int. I* 11-12 Sr. Aerobics* 12:25-12:55 Indoor Walking* 1-2 PACE* 1-2 Insulation: Keeping cool/ warm* 1-3 Backing Up Your Computer (I)* 2-2:45 Pilates* 3-4 Carnation Players*	**5** 9-11 Softball* 10-12 English IV* 10-12 Intro to Computer Concepts (B)* 10:15-11:30 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship* 1-2 Afternoon Tone & Stretch* 1-2 Table Tennis- Int.* 1-3 Vista Desktop Mngt. (B)* 1:30-3 Birthday Party* 2-3:35 Sr. Fit*	**6** 10-10:50 Tai Chi* 10-11 Bocce Ball* 10-11 Show Stoppers* 10-12 Windows Operating Systems (I)* 10-12 Watercolor Adv.* 10:30-12 Glass Painting* 11-12 Sr. Aerobics* 12:25-12:55 Indoor Walking* 1-2 PACE* 1-3 Watercolor Beg. & Cont.* 1-3 Bridge Int.* 2-2:45 Pilates*	**7** 8:45-9:45 Badminton* 9-10:30 Tennis (I)* 10-11 Volleyball* 10-11:30 Keyboard & Mouse (B)* 10-12 Chinese/Eng. Discussion Group* 10-12 Instructional Golf Clinic (B,I)* 11-12 Chair Cardio* 12:30-1:15 Total Conditioning* 1-3 Knockout Poker
10 7:30-1 Sr. Duffers* 10-10:45 Total Conditioning* 10-10:50 Tai Chi* 10-11 Piano- Elem.* 10-12 Digital Photography II (I)* 10:15-11:30 English I* 11-11:45 Line Dance* 11-12 Piano- Elem. I* 11-12 Chair Exercise* 12:45-2:45 Piecemakers' Club* 1-2 Afternoon Tone & Strech* 1-2 Table Tennis Beg.* 1:30-3:15 Sr. Fit* 2-3 Belly Dance*	**11** 10-10:50 Tai Chi* 10-11 Bocce Ball* 10-12 English II* 10-12 English III* 10-12 Windows Operating Systems (I)* 11-12 Sr. Aerobics* 11-12 Piano Int. I* 12:25-12:55 Indoor Walking* 1-2 PACE* 1-2 Sex after Sixty* 1-2:30 Brain Fitness* 2-2:45 Pilates* 3-4 Carnation Players* **Spirit of Baltimore Trip**	**12** 9-11 Softball* 10-12 English IV* 10-12 Microsoft Word* 10:15-11:30 English I* 10:30-12 Art Appreciation-"Hidden in the Shadows…" 11-12 Chair Exercise* 12:30-2:30 Citizenship* 1-2 Afternoon Tone & Stretch* 1-2 Table Tennis- Int.* 1:30-3:15 Sr. Fit*	**13** 10-10:50 Tai Chi* 10-11 Bocce Ball* 10-11 Show Stoppers* 10-12 Watercolor Adv.* 10-12 Windows Operating Systems (I)* 11-12 Sr. Aerobics* 12:25-12:55 Indoor Walking* 1-2 PACE* 1-3 Watercolor Beg. & Cont.* 1-3 Bridge Int.* 2-2:45 Pilates*	**14** 8:45-9:45 Badminton* 9-10:30 Tennis (I)* 10-11 Volleyball* 10-11:30 Keyboard & Mouse* 10-12 Chinese/Eng. Discussion Group* 10-12 Instructional Golf Clinic (B,I)* 11-12 Chair Cardio* 12:30-1:15 Total Conditioning* 1:30-2:30 Elderhostel/Exploritas*
17 7:30-1 Sr. Duffers* 10-10:45 Total Conditioning* 10-10:50 Tai Chi* 10-11 Piano- Elem.* 10-12 Digital Photography II (I)* 10:15-11:15 Peeking at John Tyler* 10:15-11:30 English I* 11-11:45 Line Dance* 11-12 Chair Exercise* 11-12 Piano- Elem. I* 12:45 Piecemakers 1-2 Afternoon Tone & Stretch* 1-2 Table Tennis Beg.* 1:20 Summer Trip Registration* 1:30-3:15 Sr. Fit* 2-3 Belly Dance*	**18** 10-10:50 Tai Chi* 10-11 Bocce Ball* 10-11:30 Computer Basics* 10-12 English II* 10-12 English III* 11-12 Piano Int. I* 11-12 Sr. Aerobics* 12:25-12:55 Indoor Walking* 1 Volunteer Appreciation Party 1-2 PACE* 2-2:45 Pilates* 3-4 Carnation Players* **Supper Club**	**19** 9-11 Softball* 10-12 Microsoft Word* 10-12 English IV* 10:15-11:30 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship* 1-2 Table Tennis- Int.* 1-2 Afternoon Tone & Stretch* 1-3 Basic Word Processing Skills (B)* 1:30-3:15 Sr. Fit* **Red Hat Trip**	**20** 10 Senior Commission Mtg. 10-10:50 Tai Chi* 10-11 Bocce Ball* 10-11 Show Stoppers* 10-11:30 Computer Basics* 10-11:30 De-Cluttering and Rightsizing* 10-12 Watercolor Adv.* 10-12 Conversational French* 11-12 Sr. Aerobics* 12:25-12:55 Indoor Walking* 1-2 PACE* 1-2 Fall Prevention & Balance* 1-3 Watercolor Beg. & Cont.* 1-3 Bridge Int.* 2-2:45 Pilates* **Young in Heart Club Trip**	**21** 8:45-9:45 Badminton* 9-10:30 Tennis (I)* 10-11 Volleyball* 10-11:30 Keyboard & Mouse* 10-12 Chinese/Eng. Discussion Group* 10-12 Instructional Golf Clinic (B,I)* 10-12 Conversational French* 10:30 Stamp Club 11-12 Chair Cardio* 12:30-1:15 Total Conditioning* 1-3 Knockout Poker
24 7:30-1 Sr. Duffers* 10-10:45 Total Conditioning* 10-11 Piano- Elem.* 10:15-11:30 English I* 11-11:45 Line Dance* 11-12 Chair Exercise* 11-12 Piano- Elem. I* 12:45-2:45 Piecemakers' Club* 1-2 Afternoon Tone & Stretch* 1-2 Table Tennis Beg.* 1:30-3:15 Sr. Fit* 2-3 Belly Dance*	**25** 10-10:50 Tai Chi* 10-11 Bocce Ball* 10-12 English II* 10-12 English III* 11-12 Sr. Aerobics* 11-12 Piano Int. I* 12-2 Instructional Pool* 12:25-12:55 Indoor Walking* 1-2 PACE* 2-2:45 Pilates* 3-4 Carnation Players* **Nemours Mansion**	**26** 9-11 Softball* 10-12 Microsoft Word* 10-12 English IV* 10:15-11:30 English I* 11-12 Chair Exercise* 11-1:30 Health Fair* 12:30-2:30 Citizenship* 1-2 Afternoon Tone & Stretch* 1-2 Table Tennis- Int.* 1-3 Basic Word Processing Skills (B)* 1:30-3:15 Sr. Fit Cancelled*	**27** 10-10:50 Tai Chi* 10-11 Bocce Ball* 10-11 Show Stoppers* 10-12 Watercolor Adv.* 10-12 Conversational French* 10:30-11:30 Book Club* 11-12 Sr. Aerobics* 12:25-12:55 Indoor Walking* 1-2 PACE* 1-3 Bridge Int.* 1-3 Watercolor Beg. & Cont.* 2-2:45 Pilates*	**28** 9-10:30 Tennis (I)* 10-11 Volleyball* 10-11:30 Keyboard & Mouse* 10-12 Chinese/Eng. Discussion Group* 10-12 Instructional Golf Clinic (B,I)* 10-12 Conversational French* 11-12 Chair Cardio* 12:30-1:15 Total Conditioning*
31 **Memorial Day** Building Closed Visit Town Center for the Memorial weekend Festivities!	Lunch Served Daily: 12 Noon Register on site or call 240-314-8810 * Register Thru Guide ** Phone 301-330-4010	**Ongoing Activities** **Monday thru Friday:** • Fitness Club & Game Room Activities, 8:30-4:50 • Hispanic Activities, 10-12 **Every Monday:** • Blood Pressure, 10-12 • Toning Table Training, 10-11	**Tuesday:** • Helping Hands Knitting, 1-3 • Pinochle Pursuit, 1-3:30 **Wednesday:** • Gift Shop Crafts, 10-12 • Toning Table Training, 10-11	**Thursdays:** • Toning Table Training, 10-11 • Body Fat Composition, 11-12 • Pinochle, 12-3:30 • Party Bridge, 12:45 **Fridays:** • Computer Lab Beginners Practice, 9:30-11:30* • Chinese Lunch, 12-1**

May Fold-Out Calendar for Rockville Senior Center · 240-314-8800