September

Monday	Tuesday	Wednesday	Thursday	Friday
	Lunch Served Daily: 12 Noon Register on site or call 240-314-8810 * Register Thru Guide ** Phone 240-314-8810 *** Phone 301-493-2400 **** Phone 240-631-1200	**Ongoing Activities** **Monday thru Friday:** • Hispanic Activities, 10-12 **Every Monday:** • Blood Pressure, 10-12 **Tuesdays:** • Helping Hands Knitting, 1-3 • Pinochle Pursuit, 1-3:30 • Carnation Supper Club, 5 p.m.	**Every Wednesday:** • Gift Shop Crafts, 10-12 • Walk w/a Nurse, 11-11:30 **Thursdays:** • Body Fat Composition, 10:30-12 • Pinochle, 12-3:30 • Party Bridge, 12:45 **Fridays:** • Chinese Lunch,**** 12-1 • Bingo, 1	**1** 9:30-11:30 Computer Practice Lab* 1 Exercise Plus* 2 Exercise Plus*
4 **Labor Day** **Rockville Senior Center Closed**	**5** 10 Bocce Ball 12:30-3 Mobile Med.*** 1-2 Active for Life* 2-3 Basic Weight Training Beg.*	**6** 10-12 Clarify Computer Concepts* 10:10-10:55 Line Dance Beg.* 10:30-11:30 Coupon Club 1:30 & 2:20 Sr. Fit* 1:30-3 Birthday Party*	**7** 9:30-10:30 Sr. Fitness Walkers* 10 Bocce Ball 10-4 All Day Exercise 11-12 Hearing – Ask an Expert* 1-3 10 Pin Rockin' Rollers* **MAMMA MIA TRIP**	**8** 9:30-11:30 Computer Practice Lab* 11 Line Dancing – Twinbrook* 1 Exercise Plus* 2 Exercise Plus* 1-3 Knockout Poker*
11 8-1 Sr. Duffers* 10 Total Conditioning* 10-12 Beg. Computers* 11-12 Chair Exercise* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit* 6:30-8:30 Game Room*	**12** 10 Bocce Ball 10-11 Tai Chi* 10-12 Digital Photo Editing* 11-12 Soft Aerobics* 12-12:30 New Attitudes* 1-2 Active for Life*1-3 Virus Protection & Removal* 2-2:45 Sr. Pilates Int.* **PRIMARY ELECTION DAY – NO SUPPER CLUB**	**13** 8:45-9:45 Sr. Badminton-Twinbrook* 9:50-10:50 Yoga* 10 Health Insurance Counseling** 10-11 Volleyball-Twinbrook* 10:10-10:55 Line Dance Beg.* 11-12 Chair Exercise* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit* 2-2:45 Sr. Pilates Beg.*	**14** 9:30-10:30 Sr. Fitness Walkers* 9:30-12:30 Tote Bag Purse Making* 10-10:50 Tai Chi* 10-12 Digital Photo Editing* 10-12 Managing Your Retirement Income* 10-1 Glacoma Screenings* 11-12 Soft Aerobics* 1 Movie 1-2 P.A.C.E.* 1-3 Line Dance Social* 1-3 10 Pin Rockin' Rollers* 2-3 Pilates*	**15** 8:45-9:45 Sr. Badminton -Twinbrook* 9-10:30 Sr. Tennis Int. – Woodley Gardens* 9:30-11:30 Computer Practice Lab* 9:50-10:50 Yoga* 10-11 Volleyball-Twinbrook* 10:30-11:30 Stamp Club 11 Line Dancing* 11:15-12:15 Chair Volleyball* 1 Movie 1 & 2 Ex. Plus*
18 8-1 Sr. Duffers* 10-11 Total Conditioning* 10-11 Sr. Dodgeball* 10-12 Word Perfect* 10:15-11:15 English I* 10:15-11:15 Group Piano* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-2:45 Piecemakers Club* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit* 6:30-8:30 Game Room* **WASHINGTONIAN CENTER SHOPPING**	**19** 10 Bocce Ball 10-10:45 Ballroom Dance* 10-10:50 Tai Chi* 10-12 English Int.* 10-12 Digital Photo Editing* 10:15-12:15 Group Piano* 11-12 Soft Aerobics* 12-12:30 New Attitudes* 12:45-1:45 Table Tennis Beg.* 1 RSI 1-2 Active for Life* 1-3 Watercolor-Beg. & Continuing* 1-3 Computers-HELP & More* 2-2:45 Sr. Pilates Int.* 6:30-8:30 Calligraphy* **DC DUCKS TRIP**	**20** 8:45-9:45 Sr. Badminton - Twinbrook* 9:50-10:50 Yoga* 10-11 Volleyball*-Twinbrook 10-12 Word Perfect* 10-12 English Adv.* 10:10-10:55 Line Dance Beg.* 10:15-11:15 English Beg.* 11-12 Chair Exercise* 12-1:30 Red Hat Picnic* 1-1:55 Int. Table Tennis* 1-2 Tone & Stretch* 1-2:30 The Jefferson Café* 1:30 & 2:20 Sr. Fit* 1:30 – 2:30 Citizenship Class* 2-2:45 Sr. Pilates Beg.*	**21** 9:30-10:30 Sr. Fitness Walkers* 10-10:50 Tai Chi* 10-12 Watercolor Adv.* 10-12 Sr. Commission* 10-12 Digital Photo Editing* 11-12 Soft Aerobics* 11-1:30 Young In Heart Club Mtg.* 1-2 P.A.C.E.* 1-2 Diabetes Update* 1-3 10 Pin Rockin' Rollers* 2 Pilates*	**22** 8:45 Badminton* 9-10:30 Sr. Tennis Int. – Woodley Gardens* 9:30-11:30 Computer Practice Lab* 9:50-10:50 Yoga* 10-11 Volleyball*-Twinbrook 10-11:30 Chinese English Disc. Group* 10-11:30 Lipid Profile Screening* 11 Line Dance – Beg.* Twinbrook 11:15-12:15 Chair Volleyball* 1 & 2 Ex. Plus* 1-3 Knockout Poker* **9/24 & 9/25 - ITALIAN FESTIVAL**
25 8-1 Sr. Duffers* 10-11 Sr. Dodgeball* 10:15-11:15 English Beg.* 10:15-11:15 Group Piano* 11-12 Chair Exercise* 12:30-2:30 Citzenship Class* 12:45-2:45 Piecemakers Club* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit* 6:30-8:30 Game Room*	**26** 10 Bocce Ball 10-10:45 Ballroom Dance* 10-10:50 Tai Chi* 10-12 English Int.* 10:15-12:15 Group Piano* 10:30-12 More-How to Listen to Jazz* 10:30-12 Beg. Computers* 11-12 Soft Aerobics* 12-12:30 New Attitudes* 12:45-1:45 Table Tennis Beg.* 1-2 Active for Life* 1-3 Watercolor-Beg. & Continuing* 2-2:45 Sr. Pilates Int.* 3-4 Carnation Players* 6:30 – 8:30 Calligraphy – An Intro.*	**27** 8:45-9:45 Sr. Badminton – Twinbrook* 9:50-10:50 Yoga* 10-11 Volleyball - Twinbrook* 10-12 English Adv.* 10:10-10:55 Line Dance Beg.* 10:15-11:15 English Beg.* 10:30-12 Beg. Computer* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 1-1:55 Int. Table Tennis* 1-2 Tone & Stretch* 1-2:30 Emergency Preparedness* 1:30 & 2:20 Sr. Fit* 2-2:45 Sr. Pilates Beg.*	**28** 9:30-10:30 Sr. Fitness Walkers* 10-10:50 Tai Chi* 10-11 Veterans Affairs Update* 10-11 Bocce Ball Tournament* 10-12 Watercolor – Adv.* 11-12 Cats of the World* 11-12 Soft Aerobics* 11-12 Counseling & Support for Spanish Speakers* 11-2 Hispanic Heritage Celebration* 1 Movie 1-2 P.A.C.E.* 1-3 10 Pin Rockin' Rollers* 2 Pilates*	**29** 8:45-9:45 Sr. Badminton* 9:50-10:50 Yoga* 9-10:30 Sr. Tennis Int. – Woodley Gardens* 9:30-11:30 Computer Practice Lab* 10-11 Volleyball- Twinbrook* 10-11:30 Chinese English Discussion Group* 11 Line Dance – Beg. Twinbrook* 11:15-12:15 Chair Volleyball* 1 Movie 1 & 2 Ex. Plus*

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