Monday	Tuesday	Wednesday	Thursday	Friday
1 8-1 Sr. Duffers* 10-10:45 Total Conditioning* 10-12 English III* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-1:45 Beg. Table Tennis* 12:45-2:45 Piecemakers Club* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit*	**2** 9-9:45 Srs. on the Ball* 10-10:45 Ballroom Dance* 10-10:50 Tai Chi* 10-11 Bocce Ball Club* 10-12 Computer Essentials* 11-12 Soft Aerobics* 12:25-12:55 Indoor Walking* 12:30-3 Mobile Med.*** 1-4 Use & Demo of Burners* 1-2 P.A.C.E.* 2-2:45 Int. Pilates* 3-4 Carnation Players*	**3** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-12 English IV* 10-12 Clarify Computer Concepts* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-3 Living Well w/ Chronic Disease* 12:30-2:30 Citizenship Class* 1-1:55 Int. Table Tennis* 12:30-1:30 Tone & Stretch* 1:30-3 Birthday Party* 1:30 & 2:20 Sr. Fit*	**4** 9-9:45 Srs. on the Ball* 10-10:50 Tai Chi* 10-11 Bocce Ball Club* 10-12 Watercolor – Adv.* 10-12 Light & Tasty* 11-12 Soft Aerobics* 12-12:30 New Attitudes* 1 Movie 1-2 Chinese Group Piano* 1-3 10 Pin Bowling* 2-2:45 Int. Pilates*	**5** 8:45-9:45 Badminton* 9 Sr. Tennis* 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-11:30 Chinese/English Discussion* 11-12 Chair Cardio* 1 Movie 1:15 Exercise Plus* **SAT. 6** 9-9:45 Beg. Pilates* 10-11 Cardio Workout*
8 8-1 Sr. Duffers* 10-10:45 Total Conditioning* 10-12 English III* 10-12 Windows XP* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-1:45 Beg. Table Tennis* 12:45-2:45 Piecemakers Club* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit*	**9** 9-9:45 Srs. on the Ball* 10-10:45 Ballroom Dance* 10-10:50 Tai Chi* 10-11 Bocce Ball Club* 10-11:30 Nutrition Facts & Fiction* 10-2 Keyboard & Mouse* 11-12 Soft Aerobics* 12:25-12:55 Indoor Walking* 1-2 P.A.C.E.* 1-3 Woodworking Club* 2-2:45 Int. Pilates* 3-4 Carnation Players* **WESTFIELD WHEATON MALL**	**10** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-12 English IV* 10-12 Windows XP* 10:10-10:55 Line Dance* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:30-3 Living Well w/ Chronic Disease* 1-1:55 Int. Table Tennis* 1-2 Tone & Stretch* 1-2:30 Natural Injury Prevention Therapy* 1:30 & 2:20 Sr. Fit*	**11** 9-9:45 Srs. on the Ball* 9:45-12:30 Annual Teddy Bear Walk* 10-11 Bocce Ball Club* 10:30-11:30 Veterans Benefits* 10-12 Watercolor – Adv.* 1-2 Chinese Group Piano* 1-3 10 Pin Bowling* 1-3 Antique Street Show* 2-2:45 Int. Pilates*	**12** 8:45-9:45 Badminton* 9-10:30 Int. Tennis* 9:45 Teddy Bear Walk Raindate 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-11:30 Chinese/English Discussion Group* 11-12 Chair Cardio* 1-3 Knockout Poker* 1:15 Exercise Plus* **SAT. 13** 9-9:45 Beg. Pilates* 10-11 Cardio Workout*
15 8-1 Sr. Duffers* 10-10:45 Total Conditioning* 10-12 English III* 10-12 Windows XP* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-1:45 Beg. Table Tennis* 12:45-2:45 Piecemakers Club* 1-2 Tone & Stretch* 1-2:30 Acupuncture for Seniors* 1:30 & 2:20 Sr. Fit* **FALL MYSTERY TRIP**	**16** 9-9:45 Srs. on the Ball* 10-1 FLU SHOTS – Members Only 10:30-12 Word Processing* 10-10:50 Tai Chi* 10-12 Jewelry Club* 11-12 Soft Aerobics* 12:25-12:55 Indoor Walking* 12:30-5 Mobile Med.*** 1 RSI Mtg.* 1-2 P.A.C.E.* 2-2:45 Int. Pilates* 3-4 Carnation Players*	**17** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-12 English IV* 10-12 Windows XP* 10-1 Flu Clinic-Members Only 10:10-10:55 Line Dance* 10:15-11:15 English I* 10:30-12 Word Processing* 11-12 Chair Exercise* 12:30-3 Living Well w/ Chronic Disease* 12:30-2:30 Citizenship Class* 1-1:55 Int. Table Tennis* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit* 2-3 Jefferson Café*	**18** 9-9:45 Srs. on the Ball* 10-10:50 Tai Chi* 10-12 Watercolor – Adv.* 10-12 Sr. Commission* 10-12 Pneumonia Clinic* 10:30-12 Word Processing* 11-12 Soft Aerobics* 11-1 Young In Heart Mtg.* 12-12:30 New Attitudes* 1-2 Chinese Group Piano* 1-2 From Heel to Toe* 1-3 10 Pin Bowling* 2-2:45 Int. Pilates*	**19** 8:45-9:45 Badminton* 9-10:30 Int. Tennis* 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-11:30 Chinese/English Discussion Group* 10:30-11:30 Stamp Club 11-12 Chair Cardio* 1:15 Exercise Plus* **SAT. 20** 9-9:45 Beg. Pilates* 10-11 Cardio Workout*
22 8-1 Sr. Duffers* 10-10:45 Total Conditioning* 10-12 English III* 10-12 Microsoft Word* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-1:45 Beg. Table Tennis* 12:45-2:45 Piecemakers Club* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit*	**23** 9-9:45 Srs. on the Ball* 10-10:45 Ballroom Dance* 10-10:50 Tai Chi* 10-12 Personalize Your Computer* 10:30-12 Ind. Legacy Writing* 11-12 Soft Aerobics* 12 Bocce Ball Picnic 12:25-12:55 Indoor Walking* 1-2 P.A.C.E.* 1-2 Learn the New Medicare Alphabet* 2-2:45 Int. Pilates* 1-3 Computer Games* 3-4 Carnation Players*	**24** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-12 English IV* 10-12 Microsoft Word* 10:10-10:55 Line Dance* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-3 Living Well w/ Chronic Disease* 12:30-2:30 Citizenship Class* 1-1:55 Int. Table Tennis* 1-2 Tone & Stretch* 1-3 Right Click/Left Click* 1:30 & 2:20 Sr. Fit* **RED HAT TRIP**	**25** 9-9:45 Srs. on the Ball* 10-10:50 Tai Chi* 10-11:30 Book Club* 10-12 Watercolor – Adv.* 11-12 Soft Aerobics* 12-12:30 New Attitudes* 1 Movie 1-2 Chinese Group Piano* 1-2 Spanish Support Group* 1-3 Candidates Forum 1-3 10 Pin Bowling* 2-2:45 Int. Pilates* **7-9 Harvest Ball***	**26** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-11:30 Chinese/English Discussion Group* 11-12 Chair Cardio* 1 Movie 1-3 Knockout Poker 1:15 Exercise Plus* **SAT. 27** 9-9:45 Beg. Pilates* 10-11 Cardio Workout*
29 10-10:45 Total Conditioning* 10-12 English III* 10-12 Microsoft Word* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-2:30 Citizenship Class* 12:45-1:45 Beg. Table Tennis* 12:45-2:45 Piecemakers Club* 1-2 Tone & Stretch* 1:30 & 2:20 Sr. Fit*	**30** 9-9:45 Srs. on the Ball* 10-10:45 Ballroom Dance* 10-10:50 Tai Chi* 10-12 How to Choose an Attorney* 11-12 Soft Aerobics* 12-1 ROMEO* 12:25-12:55 Indoor Walking* 1-2 P.A.C.E.* 2-2:45 Int. Pilates* 3-4 Carnation Players* 7-10 Chess Club*	**31** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10-11 Newcomb Volleyball* 10-12 English IV* 10:10-10:55 Line Dance* 10:15-11:15 English I* 11-12 Chair Exercise* 12:30-3 Living Well w/Chronic Disease* 12:30-2:30 Citizenship Class* 1-1:55 Int. Table Tennis* 1-2 Tone & Stretch* 1-3 Save/Find/Copy/ Move Documents* 1:30 & 2:20 Sr. Fit* 1:30-3:30 Fall into Friendship-Speed Dating*	**October** Lunch Served Daily: 12 Noon Register on site or call 240-314-8810 * Register Thru Guide ** Phone 240-314-8810 *** Phone 301-493-2400	**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 **Every Wednesday:** • Gift Shop Crafts, 10-12 **Thursdays:** • Body Fat Composition, 10:30-12 • Pinochle, 12-3:30 • Party Bridge, 12:45 **Fridays:** • Chinese Lunch,*** 12-1

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