| Monday | Tuesday | Wednesday | Thursday | Friday |
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| **October**<br>Lunch Served Daily: 12 Noon<br>Register on site or call 240-314-8810<br>* Register Thru Guide<br>** Phone 301-330-4010<br><br>**Ongoing Activities**<br>**Monday thru Thursday:**<br>• Body Fat Composition, 10-12<br>**Monday thru Friday:**<br>• Fitness Club and Game Room Activities, 8:30- 4:50 | • Hispanic Activities, 10-12<br>**Every Monday:**<br>• Blood Pressure, 10-12<br>**Tuesday:**<br>• Helping Hands Knitting, 1-3<br>• Pinochle Pursuit, 1-3:30<br>• Carnation Supper Club, 5 p.m. (2nd and 4th Tues.)*<br>**Wednesday:**<br>• Gift Shop Crafts, 10-12<br>**Thursdays:**<br>• Pinochle, 12-3:30<br>• Party Bridge, 12:45<br>**Fridays:**<br>• Chinese Lunch, 12-1**<br>• Bingo, 1 | **1**<br>8:45-9:45 Badminton*<br>9:50- 10:50 Yoga*<br>10-11 Volleyball*<br>10-11 English I*<br>10-12 English II*<br>10-12 Clarify Computer Concepts*<br>11-12 Chair Exercises*<br>12:30-1:30 Afternoon Tone & Stretch *<br>12:30- 2:30 Citizenship*<br>1-2 Table Tennis (I) *<br>1-3 Computer Essentials*<br>1:30-3 BIRTHDAY PARTY*<br>1:30 & 2:20 Senior Fit*<br>2:05-2:50 Muscle Up* | **2**<br>9-9:45 Sr. on the Ball*<br>10-10:45 Weight Loss Challenge*<br>10-10:50 Tai Chi*<br>10-11 Bocce Ball*<br>10-12 English III*<br>10-12 Watercolor (A)*<br>10-1 Flu Shots (MEMBERS ONLY)<br>10-11:30 Forgiveness & Grief*<br>11-12 Soft Aerobics*<br>12-12:30 New Attitudes*<br>12:25-12:55 Indoor Walking*<br>1-2 PACE*<br>1-3 Watercolor (B)*<br>1-3 Ten Pin Bowling*<br>2-2:45 Pilates (I)*<br>**Dutch Apple Dinner Theatre Trip** | **3**<br>8:45-9:45 Badminton*<br>9-10:30 Tennis (I) *<br>9:50-10:50 Yoga*<br>10-11 Volleyball*<br>10-11:30 Chinese/English Discussion Group*<br>10-12 Wii Play<br>11-12 Chair Cardio*<br>12:30-1:15 Total Conditioning*<br>1-1:45 Basic American Sign Language (BASL)*<br>1:30-2:30 Exercise Plus/ Chinese Dance*<br>**Saturday, 4**<br>9-9:45 Sr. Pilates (B)* |
| **6**<br>7:30-1 Sr. Duffers*<br>9-12 Group Piano*<br>10-10:45 Total Conditioning*<br>10-10:50 Tai Chi Ch'uan (I) *<br>10-11 English I*<br>10-12 English IV*<br>11-12 Chair Exercises*<br>11-12 Nutrition Fact & Fiction*<br>12:30-2:30 Citizenship*<br>12:45-2:45 Piecemakers' Club*<br>1-2 Table Tennis (B)*<br>1-2 Tone & Stretch *<br>1-3 Computer Essentials*<br>1:30 & 2:20 Sr. Fit*<br>2-3 Sr. Belly Dance* | **7**<br>9-9:45 Sr. on the Ball*<br>10-11 Bocce Ball*<br>10-10:50 Tai Chi*<br>10-12 Maintaining Your Computer*<br>11-12 Soft Aerobics*<br>12:25-12:55 Indoor Walking*<br>1-2 PACE*<br>2- 2:45 Sr. Pilates (I)*<br>3-4 Carnation Players * | **8**<br>8:45-9:45 Badminton*<br>9:50-10:50 Yoga*<br>10-11 Volleyball*<br>10-11 English I*<br>10-12 English II*<br>10:10-10:55 Sr. Line Dance*<br>11-12 Chair Exercises*<br>12:30-2:30 Citizenship*<br>1-2 Table Tennis (I) *<br>1-2 Tone & Stretch*<br>1-3 Computer Essentials*<br>1:30 & 2:20 Sr. Fit*<br>2:05-2:50 Muscle Up* | **9**<br>**NO CLASSES**<br>**Yom Kippur**<br>Building open for drop-in use<br>12-1 Nutrition Lunch | **10**<br>8:45-9:45 Badminton*<br>9-10:30 Tennis (I) *<br>9:50-10:50 Yoga*<br>12:30-1:15 Total Conditioning*<br>10-11 Volleyball*<br>10-11:30 Chinese/English Discussion Group*<br>10-12 Wii Play*<br>11-12 Chair Cardio*<br>1-1:45 BASL*<br>1:30-2:30 Exercise Plus/ Chinese Dance*<br>**Saturday, 12**<br>9-9:45 Pilates (B)* |
| **13**<br>7:30-1 Sr. Duffers*<br>9-12 Group Piano *<br>10-10:45 Total Conditioning*<br>10-10:50 Tai Chi (I)*<br>10-11 English I*<br>10-12 English IV*<br>11-12 Chair Exercises*<br>11-1 Triple F Club Meeting<br>12:30-2:30 Citizenship*<br>12:45-2:45 Piecemakers' Club*<br>1-2 Tone & Stretch*<br>1-2 Table Tennis (B)*<br>1-3 Microsoft Word*<br>1:30& 2:30 Sr. Fit*<br>2-3 Sr. Belly Dance* | **14**<br>9-9:45 Sr. on the Ball*<br>10-10:50 Tai Chi Ch'uan*<br>10-11 Bocce Ball*<br>10-12 Group Piano*<br>10:30-12 Dr. Stonestreet of the 1800s*<br>11-12 Soft Aerobics*<br>12:25-12:55 Indoor Walking*<br>1-2 PACE*<br>1-2 Recycling & Waste Reduction Tips*<br>1-3 Windows Operating Systems*<br>1-3 Woodworking Club (B)*<br>2-2:45 Sr. Pilates (I)*<br>3-4 Carnation Players* | **15**<br>8:45-9:45 Badminton*<br>9:30- 11:30 "No Sew" Bag*<br>9:50-10:50 Yoga*<br>10-11 Volleyball*<br>10-11 English I*<br>10-12 English II*<br>10-12 PowerPoint Workshop*<br>10:10-10:55 Sr. Line Dance*<br>11-12 Chair Exercises*<br>12:30-2:30 Citizenship*<br>1-2 Table Tennis (I) *<br>1-2 Tone & Stretch*<br>1:30 & 2:30 Sr. Fit*<br>2-3 Jefferson Café 2008*<br>2:05-2:55 Muscle Up* | **16**<br>9- 9:45 Sr. on the Ball*<br>10-10:45 Weight Loss Challenge*<br>10-10:50 Tai Chi Ch'uan*<br>10-11 Bocce Ball*<br>10-12 English III*<br>10-12 Watercolor Advanced*<br>10-12 Sr. Comm. Mtg.<br>11-12 Soft Aerobics*<br>11-1 Young In Heart Club Meeting<br>12-12:30 The New Attitudes*<br>12:25-12:55 Indoor Walking*<br>1-2 PACE*<br>1-2 Chinese Group Piano Lessons*<br>1-2 Fall Prevention & Balance Screening*<br>1-3 Ten Pin Bowling*<br>1-3 Watercolor (B) *<br>1-3 Windows Operating Systems*<br>2-2:45 Sr. Pilates (I)* | **17**<br>8:45-9:45 Badminton*<br>9-10:30 Tennis (I) *<br>9:50-10:50 Yoga*<br>10-11 Volleyball*<br>10-11:30 Chinese English Discussion Group*<br>10-12 Wii Play<br>11-12 Chair Cardio*<br>12:30-1:15 Total Conditioning*<br>1-1:45 BASL*<br>1:30- 2:30 Exercise Plus/ Chinese Dance*<br>2-3:30 Line Dance Social*<br>**Saturday, 18**<br>9-9:45 Pilates (B)* |
| **20**<br>7:30-1 Sr. Duffers*<br>9-12 Group Piano*<br>10-10:45 Total Conditioning*<br>10-10:50 Tai Chi (I)*<br>10-11 English I*<br>10-11:30 When Bad Things Happen…*<br>10-12 English IV*<br>10-12 Digital Photography I*<br>11-12 Chair Exercise*<br>12:30-1:30 Cable Crossover Workshop*<br>12:30-2:30 Citizenship*<br>12:45- 2:45 Piecemakers' Club*<br>1-2 Table Tennis (B)*<br>1-2 Afternoon Tone & Stretch*<br>1-3 Microsoft Word*<br>1:30 & 2:30 Sr. Fit*<br>2-3 Sr. Belly Dance* | **21**<br>9-9:45 Sr. on the Ball*<br>10-10:50 Tai Chi Ch'uan*<br>10-11 Bocce Ball*<br>10-11:30 Computer Basics*<br>10-12 Group Piano*<br>11-12 Soft Aerobics*<br>12:25-12:55 Indoor Walking*<br>1 RSI Meeting<br>1-2 PACE*<br>1-3 Woodworking Club (Adv. Beg)*<br>1-3 Windows Operating Systems*<br>3-4 Carnation Players*<br>2-2:45 Sr. Pilates (I)* | **22**<br>8:45-9:45 Badminton*<br>9:50-10:50 Yoga*<br>10-11 Volleyball*<br>10-11 English I*<br>10:10-10:55 Sr. Line Dance*<br>10-12 Digital Photography I*<br>11-12 English II*<br>11-12 Chair Exercises*<br>12:30-1:30 Cable Crossover Workshop*<br>12:30- 2:30 Citizenship*<br>1-2 Tone & Stretch*<br>1-3 Backing Up Your Computer*<br>1-2 Table Tennis (I)*<br>2:05-2:55 Muscle Up*<br>**42nd St. at Riverside Trip** | **23**<br>9-9:45 Sr. on the Ball*<br>10-10:45 Weight Loss Challenge*<br>10-10:50 Tai Chi Ch'uan*<br>10-11 Bocce Ball*<br>10-11:30 Computer Basics*<br>10-12 English III*<br>10-12 Watercolor Advanced*<br>10:30-11:30 Book Club*<br>11-12 Soft Aerobics*<br>12-12:30 The New Attitudes*<br>12:25-12:55 Indoor Walking*<br>1-2 PACE*<br>1-2 China Group Piano*<br>1-2 Spanish Language Seminar*<br>1-2:30 Decorative Art Road show*<br>1-3 Ten Pin Bowling*<br>1-3 Watercolor (B) *<br>1-3 Windows Operating Systems*<br>2-2:45 Sr. Pilates (I)* | **24**<br>8:45-9:45 Badminton*<br>9:50-10:50 Yoga*<br>10-11 Volleyball*<br>10-11:30 Chinese English Discussion Group*<br>10-12 Wii Play*<br>11-12 Chair Cardio*<br>12:30-1:15 Total Conditioning*<br>1:30-2:30 Exercise Plus/ Chinese Dance*<br>**Saturday, 25**<br>9-9:45 Pilates (B)* |
| **27**<br>7:30-1 Sr. Duffers*<br>9-12 Group Piano*<br>10-10:45 Total Conditioning*<br>10-10:50 Tai Chi (I)*<br>10-11 English I*<br>10-12 English IV*<br>10-12 Digital Photography I*<br>11-12 Chair Exercise*<br>12:45- 2:45 Piecemakers' Club*<br>1-2 Tone & Stretch*<br>1-2 Table Tennis (B)*<br>1-3 Microsoft Word*<br>1:30 & 2:30 Sr. Fit*<br>2-3 Sr. Belly Dance* | **28**<br>9-9:45 Sr. on the Ball*<br>10-10:50 Tai Chi Ch'uan*<br>10-11 Bocce Ball*<br>10-12 Group Piano*<br>10-12 Windows Desktop Management*<br>11-12 Soft Aerobics*<br>12:25-12:55 Indoor Walking*<br>1-2 PACE*<br>1-2 Music of Cole Porter*<br>1-2 Safe Driving Practices**<br>1:30-3:30 Stars<br>3-4 Carnation Players *<br>2-2:45 Sr. Pilates (I)* | **29**<br>8:45-9:45 Badminton*<br>9:50-10:50 Yoga*<br>10-11 Volleyball*<br>10-11 English I*<br>10-12 English II*<br>10-12 Flu & Pneumonia Clinic<br>10:10-10:55 Sr. line Dance*<br>11-12 Chair Exercise*<br>1-2 Tone & Stretch*<br>1-2 Table Tennis (I) *<br>1:30 & 2:30 Sr. Fit*<br>2:05-2:55 Muscle Up*<br>**Red Hat Gettysburg Trip** | **30**<br>9-9:45 Sr. on the Ball*<br>10-10:45 Weight Loss Challenge*<br>10-10:50 Tai Chi Ch'uan*<br>10-11 Bocce Ball*<br>10-12 English III*<br>10-12 Watercolor Advanced*<br>11-12 Soft Aerobics*<br>12-12:30 The New Attitudes*<br>12:25-12:55 Indoor Walking*<br>1-2 PACE*<br>1-2 Chinese Group Piano lessons*<br>1-2 Spanish Language Seminar*<br>1-3 Watercolor (B)*<br>1-3 More Keyboard & Mouse*<br>1-3 Ten Pin Bowling*<br>1:30-3 Surprise Who's at Your Door? *<br>2-2:45 Sr. Pilates (I)* | **31**<br>8:45-9:45 Badminton*<br>9:50-10:50 Yoga*<br>10-11 Volleyball*<br>10-11:30 Chinese English Discussion Group*<br>10-12 Wii Play*<br>11-12 Chair Cardio*<br>12:30-1:15 Total Conditioning*<br>1-1:45 BASL*<br>1:30-2:30 Exercise Plus/ Chinese Dance* |

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