November

Monday	Tuesday	Wednesday	Thursday	Friday
	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 and Game Room Activities, 8:30- 4:50 • Hispanic Activities, 10-12 **Monday thru Wednesday:** • Toning Table Training, 10-11 **Every Monday:** • Blood Pressure, 10-12 • Sr. Fit, 1:30 & 2:30*	**Tuesday:** • Helping Hands Knitting, 1-3 • Pinochle Pursuit, 1-3:30 • Carnation Supper Club, 5 p.m. (2nd and 4th Tues.)* **Wednesday:** • Badminton, 8:45-9:45 • Volleyball, 10-11 • Gift Shop Crafts, 10-12 • Sr. Fit, 1:30 & 2:30*	**Thursdays:** • Body Fat Composition, 10-12 • Pinochle, 12-3:30 • Party Bridge, 12:45 • Ten Pin Rock n Rollers,1-3 **Fridays:** • Badminton, 8:45-9:45 • Tennis I, 9-10:30 • Volleyball, 10-11 • Chinese Lunch, 12-1** • Bingo, 1
3 10- 10:45 Total Conditioning* 10-10:50 Tai Chi* 10-11 English I* 10-12 English IV* 10:30-12 Veterans Benefits & Recognition* 11-12 Chair Exercise* 12:45-2:45 Piecemakers Club* 1-2 Afternoon Tone & Stretch* 1-3 Word Perfect (I)* 2-3 Sr. Belly Dance*	**4** **ELECTION DAY** **No Programs, Lunch, or Transportation** ***Drop in Use Only*** Mobile Med	**5** 9:50-10:50 Sr. Yoga* 10-11 English I* 10-12 English II* 10-12 Clarifying Computer Concepts (B)* 11-12 Chair Exercise* 12:30-1:30 Afternoon Tone & Stretch* 1-3 Word Perfect (I)* 1:30-3:30 Birthday Party*	**6** 9-9:45 Sr. On the Ball* 10-10:45 Weight Loss Challenge* 10-10:50 Tai Chi* 10-12 Watercolor (A)* 10-12 English III* 11-12 Soft Aerobics* 12-12:30 The New Attitudes* 12:25-12:55 Indoor Walking* 1-2 Spanish Support Group* 1-2 PACE* 1-3 Watercolor (B)* 1-3 Movie 2-2:45 Sr. Pilates (I)*	**7** 9:50-10:50 Sr. Yoga* 10-11:30 Chinese/English Discussion Group* 10-11:30 Keyboard & Mouse (B) 10-12 Wii Play* 11-12 Chair Cardio* 12:30-1:15 Total Conditioning* 1-3 Movie 1:15-2:15 Exercise Plus/ Chinese Dance*
10 10-10:45 Total Conditioning* 10-10:50 Tai Chi* 10-11 English I* 10-12 English IV* 11-12 Chair Exercise* 12:30-2:30 Citizenship* 12:45-2:45 Piecemakers Club* 1-2 Afternoon Tone & Stretch* 1-3 Word Perfect (I)* 2-3 Sr. Belly Dance*	**11** **VETERANS DAY** **No Programs, Lunch, or Transportation** ***Drop in Use only***	**12** 9:50-10:50 Sr. Yoga* 10-11 English I* 10-12 English II* 10:10-10:55 Sr. Line Dance* 11-12 Chair Exercise* 12:30-2:30 Citizenship* 1-2 Afternoon Tone & Stretch* 1-2:30 Japanese Kimonos* 1-3 Digital Photography II (I)* 2:05-2:50 Muscle Up*	**13** 9-9:45 Sr. On the Ball* 10-10:45 Weight Loss Challenge* 10-10:50 Tai Chi* 10-12 Watercolor (A)* 10-12 English III* 10-12:30 Holiday Side Dishes* 11-12 Soft Aerobics* 12-12:30 The New Attitudes* 12:25-12:55 Indoor Walking* 1-2 Chinese Group Piano* 1-2 Spanish Support Group* 1-2 PACE* 1-3 Watercolor (B)* 1-3 Simple Word Processing (B)* 2-2:45 Sr. Pilates (I)* 7:15-9:15 Season Celebration*	**14** 9:50-10:50 Sr. Yoga* 10-11:30 Chinese/English Discussion Group* 10-11:30 Keyboard & Mouse (B) 10-12 Wii Play* 11-12 Chair Cardio* 12:30-1:15 Total Conditioning* 1-3 Knockout Poker* 1:15-2:15 Exercise Plus/ Chinese Dance* **Bill Cosby Trip**
17 10-11 English I* 10-12 English IV* 12:30-2:30 Citizenship* 1-2 Afternoon Tone & Stretch* 1-3 Digital Photography II (I)* 2:05-2:50 Muscle Up*	**18** 9-9:45 Sr. On the Ball* 10-10:50 Tai Chi* 10-11 Group Piano (Adv. I)* 10-11:30 Computer Basics (B)* 10-11:30 Aging Can't Be Fun?* 11-12 Group Piano (Int. I)* 11-12 Soft Aerobics* 12:25-12:55 Indoor Walking* 1-2 PACE* 1-3 Current State of Economy* 1-3 Woodworking Club (Adv. B)* 1-3 Microsoft Excel (I)* 1-3 STARS* 2-2:45 Sr. Pilates (I)* **How the Grinch Stole Christmas Trip**	**19** 10-11 English I* 10-12 English II* 12:30-2:30 Citizenship* 1-3 Digital Photography II (I)* 2-3 Jefferson Café 2008* 2:05-2:50 Muscle Up* **Red Hat Trip to BelAir**	**20** 9-9:45 Sr. On the Ball* 10-10:50 Tai Chi* 10-11:30 Computer Basics (B)* 10-12 English III* 11-12 Soft Aerobics* 12-12:30 The New Attitudes* 12:25-12:55 Indoor Walking* 1-2 Spanish Support Group* 1-2 PACE* 1-2 Savvy Eating for the Holidays* 2-2:45 Sr. Pilates (I)*	**21** 10-11:30 Chinese/English Discussion Group* 10-11:30 Keyboard & Mouse (B) 10-12 Wii Play* 10-12 Santa Sack Pillow Case* 11-12 New Member Orientation*
24 12:30- 2:30 Citizenship*	**25** 1-3 Microsoft Excel (I)* 2-2:45 Sr. Pilates (I)*	**26** **Open** *Programs, Lunch, and Transportation*	**27** **Thanksgiving** **Closed**	**28** **Open for Drop-in Use** *No Programs, Lunch, or Transportation*

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