Monday	Tuesday	Wednesday	Thursday	Friday
3 8 Sr. Duffers* 9-10 Total Conditioning* 10-12 Understanding Windows* 10:15-12:15 Name That Herb* 11-12 Chair Exercise* 12:45-2:45 Piecemakers* 1-3 Spanish Beg. II* 1:15-2 Ball Dynamics* 1:30 & 2:20 Senior Fit* **KENTLANDS SHOPPING**	**4** 10 Table Tennis* 10-11 T'ai Chi Ch'uan* 11-12 Soft Aerobics* 10:15-12:15 Group Piano* 12:30-3 Mobile Med.*** 1-2 Common Foot Problems for Seniors** 1-3 Spanish – Adv.* 1-3 Watercolor – Beg.* 1-3 Help Menu for Windows* 1-3:30 Pinochle Pursuit 2-2:45 Sr. Pilates*	**5** 9 Softball* 9-10 Total Conditioning* 10-11 Volleyball* 10-12 Gift Shop Crafts 10-12 Blood Pressure Screening 10-12 Understanding Windows* 10-12 Coupon Club 10:10-11 Line Dancing* 11-12 Chair Exercise* 1-1:45 Hand Chime Choir* 1-3 Spanish for Beg.* 1:15-2 Ball Dynamics* 1:30-3 BIRTHDAY PARTY* 1:30 & 2:20 Senior Fit*	**6** 9:30 Sr. Fit Walk* 10-11 T'ai Chi Ch'uan* 10-12 Watercolor – Adv.* 10-12 Clarify Computer Concepts* 10-12 Legal Assistance** 11-12 Soft Aerobics* 12-12:30 New Attitudes* 12-3:30 Pinochle 12:45-3:30 Party Bridge 1 Movie 1-2 P.A.C.E.* 1-3 Ten Pin Bowling* 1-3 Spanish – Adv.* 1:30-2:30 Active for Life* 2-2:45 Sr. Pilates*	**7** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10 Instructional Golf* 10-11 Volleyball* 11-12 New Member Orientation 12-1 Chinese Lunch 1 Bingo 1 Movie 1-3:30 Chinese Dance
10 8 Sr. Duffers* 9-10 Total Conditioning* 10-11:30 Beg. Intro. to Computers-Keyboard* 10-12 Blood Pressure Screening 10-12 Understanding Windows* 11-12 Chair Exercise* 12:30-2 Beg. Intro. to Computers-Mouse* 12:45-2:45 Piecemakers* 1-3 Spanish Beg.* 1-3 Stroke Awareness* 1:15-2 Ball Dynamics* 1:30 & 2:20 Senior Fit*	**11** 10-11 Table Tennis* 10-11 T'ai Chi Ch'uan* 10:15-12:15 Group Piano* 11-12 Soft Aerobics* 10:15-12:15 Group Piano* 1-3 Spanish – Adv.* 1-3 Help Menu for Windows* 1-3:30 Pinochle Pursuit 2-2:45 Sr. Pilates* **DOWN ON THE RIVER TRIP**	**12** 9 Softball* 9-10 Total Conditioning* 10 Health Insurance Counseling** 10:15 TRIP REGISTRATION 10-11 Volleyball* 10-12 Gift Shop Crafts 10-12 Understanding Windows* 10:10-11 Line Dancing* 1:15-2 Ball Dynamics* 1-1:45 Hand Chime Choir* 1-3 Spanish for Beg.* 1:30 & 2:20 Senior Fit*	**13** 9:30 Sr. Fit Walk* 10-11 T'ai Chi Ch'uan* 10-12 Watercolor – Adv.* 10-12 New Medicare Drug Program** 11-12 Soft Aerobics* 12-12:30 New Attitudes* 12-3:30 Pinochle 12:45-3:30 Party Bridge 1-2 P.A.C.E.* 1-2 How to Improve Your Balance** 1-3 Spanish – Adv.* 1:30-2:30 Active for Life* 2-2:45 Sr. Pilates*	**14** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10 Instructional Golf* 10-11 Volleyball* 12-1 Chinese Lunch 1 Bingo 1-3:30 Chinese Dance Saturday, May 15 **SPRING BAZAAR & YARD SALE**: 9 a.m.-1 p.m.
17 9 Sr. Duffers* 9-10 Total Conditioning* 10-12 E-Mail* 11-12 Chair Exercise* 12:45-2:45 Piecemakers* 1-3 Spanish – Beg.* 1:15-2 Ball Dynamics* 1:30 & 2:20 Senior Fit*	**18** 10-11 T'ai Chi Ch'uan* 10-11 Table Tennis* 11-12 Soft Aerobics* 10:15-12:15 Group Piano* 12:30-5 Mobile Med.*** 1 **Volunteer Party & RSI Elections** 1-3 Windows Paint* 1-3 Spanish – Adv.* 1-3:30 Pinochle Pursuit	**19** 9 Softball* 9-10 Total Conditioning* 10-11 Volleyball* 10-12 Gift Shop Crafts 10-12 Blood Pressure Screening 10-12 E-Mail* 10:10-11 Line Dancing* 10:30 English Class Reg., Summer 11-12 Chair Exercise* 1-2:30 Classical Music* 1-1:45 Hand Chime Choir* 1:15-2 Ball Dynamics* 1:30 & 2:20 Senior Fit*	**20** 9:30 Sr. Fit Walk* 10-11 T'ai Chi Ch'uan* 10-12 Watercolor – Adv.* 10-12 Senior Commission 11-12 Soft Aerobics* 12-12:30 New Attitudes* 12-3:30 Pinochle 12:45-3:30 Party Bridge 1-2 New Techniques in Surgery* 1-2 P.A.C.E.* 1-3 Windows Paint* 1:30-2:30 Active for Life* 2-2:45 Sr. Pilates* **BOWIE BAYSOX OUTING** **YOUNG IN HEART HERSHEY TRIP**	**21** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10 Instructional Golf* 10-11 Volleyball* 10-11:30 Cholesterol Screening** 10:30-11:30 Stamp Club 12-1 Chinese Lunch 1 Bingo 1-3:30 Chinese Dance
24 8 Sr. Duffers* 9-10 Total Conditioning* 10-12 Blood Pressure Screening 10-12 E-Mail* 11-12 Chair Exercise* 12:45-2:45 Piecemakers* 1:15-2 Ball Dynamics* 1:30 & 2:20 Senior Fit* **INN AT BUCKEYSTOWN TRIP** **LAKEFOREST MALL SHOPPING**	**25** 10-11 T'ai Chi Ch'uan* 10-12 Beg. Intro. to Computers – Word Processing* 11-12 Soft Aerobics* 10:15-12:15 Group Piano* 12:15-2:15 Glass Fusing – Int.* 1-2:30 Over the Counter Medication** 1-3:30 Pinochle Pursuit	**26** 9 Softball* 10-11 Volleyball* 10-11 Fitness Walk* 10-12 Gift Shop Crafts 11-12 Chair Exercise* 1:15-2 Ball Dynamics* 1-1:45 Hand Chime Choir* 1:30 & 2:20 Senior Fit* **HEALTH FAIR – 11-2**	**27** 9:30 Sr. Fit Walk* 10-11 T'ai Chi Ch'uan* 10-12 Watercolor – Adv.* 10-12 Beg. Intro. to Computers – Word Processing* 11-12 Soft Aerobics* 12-12:30 New Attitudes* 12-3:30 Pinochle 12:45-3:30 Party Bridge 1 Movie 1-2 P.A.C.E.*	**28** 8:45-9:45 Badminton* 9:50-10:50 Yoga* 10 Instructional Golf* 10-11 Volleyball* 12-1 Chinese Lunch 1 Bingo 1 Movie 1-3:30 Chinese Dance
31 **Rockville Senior Center CLOSED MEMORIAL DAY**	**May** 	Lunch Served Daily: 12 Noon Register on site or call 240-314-8810 * Register Thru Guide ** Phone 240-314-8810 *** Phone 301-493-2400	Monday thru Friday – 10-12 Hispanic Activities Monday thru Friday – 10-12 English Monday & Wednesday – 12:30-2:30 Citizenship Class Tuesdays & Thursdays - 10-1 - Drop In Ceramics Tuesdays - 1-3 - Helping Hands Knitting	Tuesdays - 5pm - Carnation Supper Club Every Thursday – 10:30-12 – Body Fat Composition Every 1st & 3rd Tues. - 11am - Senior Assoc. Club - Glenview Mansion Every 3rd Saturday 1:30pm 3C's Club – Dining Room

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