More Things To Do…

Stay in Circulation (P)
Thurs, Sept. 24, 1-2 p.m.
Review the circulatory system and learn potential problems of a compromisedsystem.Presentedthrough Suburban/ Johns Hopkins. Course# 13630; Free

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Fall Risks (P)
Wed., Sept. 9, 1-2 p.m.
September is Fall Prevention Month. PTs from Adventist Rehabilitation Center will share information on what you can do to avoid falls.
Course# 14972; Free

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Blood Pressure Series with Adventist HealthCare (P)
Wed., Sept. 8, 1-2 p.m.
Each month will cover different topics dealing with blood pressure.
Course# 14979; Free

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Senior Housing And Care Options (P)
Tues., Sept. 22, 1-2:30 p.m.
Understand the differences between independent living, assisted living, memory care, and more hosung options.
Course# 13285; Free

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Speech and Voice (P)
Tues., Sept. 3, 10 a.m.-12 p.m.
"Speech and Voice Exeperience" is leading this program about voice and strategies to help it.
Course# 13288; Free

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Positive Aging Program (P)
A unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies.

Women Living Alone,
Tues., Sept. 3 & 17, 1-2:30 p.m.
Course# 13631; Free

Adaptability,
Tues., 9/1 & 9/15, 1-2:30 p.m.
Course# 13633; Free

Understanding Grief
Thursday, 9/10 & 9/24, 1-2:30 p.m.
Course# 13632; Free

Brain Games,
Tues., 9/8 & 9/22, 1-2:30 p.m.
Course# 13634;Free

Understanding Forgiveness,
Tues., Sept. 29, 1-2:30 p.m.
Course# 13636;Free

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Senior Citizens Commission (P) Forum
Thursday, Sept. 17, 11 a.m.
We want to hear from Rockville's Seniors! Use your voice and let us know how we (or the city) can help. Join us via zoom or call in.
Course# 15853; Free

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Outdoor Flu Shot Clinic
Tues.,Sept 22, 10-1 p.m.
This year it is especially important to get your flu shot!
back parking lot of the center at 1150 Carnation Drive.
Only Medicare insurance will be accepted and billed for your shot. Otherwise you must pay cash. Bring your Medicare Insurance card.
Quadrivalent (regular) $30; preservative free, $32;
high-dose, $70; egg-free, $70.
This is NOT a COVID-19 vaccine.
For members who do not drive shots will be given at Bethany House, Monroe Street, Victory Court and Heritage House, info to come. Other non-driving members must call the center to make a bus reservation. Call 240-314-8800 to register.

A full list of classes and discriptions can be found in our seasonal 60+ Recreation Guide. The guide can be found online at www.rockvillemd.gov/seniorcenter.

Stay Informed:

- www.rockvillemd.gov/seniorcenter
- seniorcenter@rockvillemd.gov
- 240-314-8800
- facebook.com/rockvilleseniors
- twitter.com/rokcvillerec
- instagram.com/rockvillerec

Voting 2020
To reduce the risk of spreading COVID-19, we encourage voters to vote by mail. There are three ways you can request a mail-in ballot.

- Online if you have a Maryland's driver's license or MVA-issued ID card.
- Complete and return one of the forms below. Read the instructions, enter the required information, print the form, sign it, and return it to your local board of elections. You can return it by mail, fax, or email (scanned as an attachment). (if you need this form pleas call 240.314.8800)
- Go to your local board of elections and fill out and turn in the form.

Rockville Seniors

The Center's Monthly Highlights and Calendar

SEPTEMBER 2020

All Classes are virtual, device and internet required.
(P) = many programs are available to listen through phone!

Classes in Bridge Lessons, Watercolor, Piano, Handbells and Guitar start the week of September 14, Please refer to you 60+ Guide for details. These classes fill quickly.

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Calling all Veterans! We're having a virtual Veterans Appreciation event (#14691) on Friday, November 6 to honor all veterans who served our country, and we'd love to see you there. See the fall guide for more information

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Strength Training Workshop
Fri., Sept.,11, 10:00 a.m.- 11:30 a.m.
Given by Andrea Finn, Certified Personal Trainer and Group Exercise Instructor. This workshop will begin with an interactive presentation, and finish with a 40 minute strength training class. Appropriate for beginner. It is also a great refresher for the intermediate exercisers. Course# 15657; $15

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Second Fiddle- John Nance Garner
Mon., Sept. 14, 10:30-11:30 a.m.
Course #14654; $6/$13

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What's My Type? (P)
Thurs., Sept., 17 & 24, 1:00 p.m.
Find out what your Meyers-Briggs Type is in this 2 part class.
Course# 14664; $8/$15

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Time's 100- Rosa Parks (P)
Mon., Sept., 21, 10:30-11:30 a.m.
Course #14657; $6/$13

Books that Shaped America (P)
Mon., Sept., 21, 1-2 p.m.
"The Narrative of the Life of Frederick Douglass"
Course# 14754; $6/$13

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C&O Canal Myths and Truths (P)
Tues., Sept. 22, 10:30-11:30 a.m.
Learn about the history and operations of the C&O Canal.
Course# 14701; $6/$8

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Seniors Understanding Nature (SUN)-Nature Journals and Observation Skills
Fri., Sept. 25, 10:30-11:30 a.m.
A naturalist from Croydon Creek Nature Center will explore different nature themes. Course# 14693; Free

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The Loughborough Family of Montgomery County (P)
Tues., Sept. 29, 10:30- 11:30 a.m.
Presented by James H. Johnston with the Montgomery County Historical Society.
Course# 14698; $6/$8

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September/October Birthday Party (P)
Wed., Sept. 30, 1:30 p.m.
Vintage Entertainment, Sponsored by Yvonne Koo
Course# 14668; Free/$7

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Issues and Ethics (P)
Thurs., Oct. 1-22, 1-2:30 p.m.
Course# 14665; $34/$42

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- Philias, Phobias, Ologies, and More (P)
Thurs, Oct 1-15 10- 11 a.m.
Learn English words from their Greek and Latin Roots.
Course# 14652; $18/$25

The Senior Center will remain closed until the State of Emergency is lifted.

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Don't forget: City Holiday:
Sept. 7, Labor Day

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Attention all clubs: Please e-mail seniorrecreation@rockvillemd.gov for club information and/or using zoom.

Young In Heart Senior Club Meeting (P)
Thurs. ,Sept. 17, 11 a.m.
Guest speaker, City of Rocville, Deputy Police Chief Laura Lanham. The Chatter will be e-mailed to all to those with e-mail addresses. Zoom link will be sent to all club members. Those without e-mail will be called by the YIH Board. New members welcome.

Willing 3C Senior Club Meeting (P)
Fri., Sept. 18, 11:30 a.m.
The first meeting of the year will be via Zoom and phone. A guest speaker on Covid and the Elderly will present our first program of the new club season. A flier will be e-mailed to members and phone calls to others to share the meeting details. Staff will be happy to work individually with members to feel comfortable using zoom.

Red Hat Club Meeting (P)
Wed., Sept. 23, 11:45 a.m.
The first meeting of the season starts with a portrayer of "Lucy" of the famous I Love Lucy TV show. Free. We all can use laughter during this time! E-mails will be sent to members and calls to those without. New members welcome.

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Virtual Campfire (P)
Fri., Oct. 2, 6:30 p.m.
Course# 14692; Free

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10-12 (B)Windows PC Backup 1-2:30 Adapability	**2** 10-12 (B)Flip Phone Basics 1-3 (I)PC Voice Commands 1:15-2 Pilates Basics 5-6 Zumba Gold	**3** 9-2:30 All Day Exercise 10-12 (B)PC New Users 10-12 Speech and Voice 10:30 YIH Board Mtg. 1-2:30 Women Living Alone 1-3 (B)Fun with Pictures	**4** 8:30-2 All Day Exercise 10-12 Computer Coding **SATURDAY** **5** No Programs
7 No programs	**8** 10-12 (I)Microsoft Word 1-2 Blood Pressure 101 1-2 Science Tuesdays 1-2:30 Brain Games 1-3 (I)Microsoft Excel	**9** 9-9:40 Outdoor Group Training 1-3 (I)PC Malware 1-2:30 Fall Risk	**10** 10-12 (I)Microsoft Word 1-2:30 Brain Games 1-3 (I)Microsoft Excel	**11** 10-12 (B)Yahoo Mail Basics 10-12 Computer Coding 10-11:30 Strength Training Workshop 1-2:30 Understading Grief 1-3 (B)Gmail basics **SATURDAY** **12** 10-11 Functional Training 11:15-12:15 Arthritis Foundation
14 9-9:45 Total Conditioning 9:50-10:20 STRONG 30 10-10:50 Easy Zumba 10-12 (I)Microsoft Word 10-12 English 1 10-12 English 4 10:30-11:30 Second Fiddle 11-12 Chair Exercise 12:15-12:55 Forever Fit 12:30-2:30 English Conversation 1-2 Stress Reduction 1-3 (I)Microsoft Excel 1:15-2 Balance Matters 2:15-3 On Your Feet 5-6 Zumba Gold	**15** 9-9:45 Strength Training 9:15-2 Piano Classes 9:30-11:30 Watercolor Int. 10-10:50 Forever Fit 10-12 (B)Android Basics 10-12 English 2 10-12 English 3 11-12 Aerobic Workout 12-2 Watercolor Int. 1-2 Arthritis Foundation 1-2:30 Adaptibility 1-3 (I)Using Thumb Drives 1-3 Bridge-Beginner I 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 3:30-4:15 Belly Dance - Int 5-5:45 Abs and Back	**16** 9-9:40 Outdoor Group Training 9-9:50 Forever Fit 9:30-11:30 Watercolor Beg. 10-12 (I)Microsoft Powerpoint 10-12 English 1 10-12 English 4 10-11 Yoga for You 10-10:50 Easy Zumba 11-12 Chair Exercise 12-2 Watercolor Adv. 12:10-12:55 Balance Matters 1-3 Guitar Adv, Beg 1-3 (I)Microsoft Excel 1:15-2 Pilates Basics 5-6 Zumba Gold	**17** 9-9:45 Strength Training 10-12 (B)Android Basics 10-12 English 2 10-12 English 3 10-10:50 Forever Fit 11 YIH Mtg 11-12 Aerobic Workout 11:30 Sr. Commission Forum 12:30-2:30 English Conversation 1-3 (I)I Have a Question 1-2:30 What's My Type? 1-2 Arthritis Foundation 1-2 Women Living Alone 2:15-3:15 Afternoon Yoga	**18** 9-9:45 Total Conditioning 10-10:45 Belly Dance Basics 10-11 Yoga for You 10-12 Computer Coding 11:15-12 Easy Feet 11:30 WIlling 3C Mtg 12:15-1 Chi Gong 1:15-2 Chair Zumba 2:15-3 Piloxing **SATURDAY** **19** No Programs
21 9-9:45 Total Conditioning 9:50-10:20 STRONG 30 10-10:30 Yoga For You Outdoors! 10-10:50 Easy Zumba 10:30-11:30 Time's 100 of the Century 10-12 (I)Microsoft Powerpoint 10-12 English 1 10-12 English 4 11-12 Chair Exercise 12-1:30 Memory Cafe 12:15-12:55 Forever Fit 12:30-2:30 English Conversation 1-2 Books that Shaped America 1-2 Stress Reduction 1-3 (B)Android Basics 1:15-2 Balance Matters 2:15-3 On Your Feet 5-6 Zumba Gold	**22** 9-9:45 Strength Training 9:15-2 Piano Classes 9:30-11:30 Watercolor Int. 10-10:50 Forever Fit 10-12 English 2 10-12 English 3 10-1 Outdoor Flu Shots 10:30-12 C&O Canal Myths and Truths 11-12 Aerobic Workout 12-2 Watercolor Int. 12:30-2:30 Spanish for 60+ 1-2 Arthritis Foundation 1-3 (B)Using Right/Left Click 1-3 Bridge-Beg I 1-2:30 Brain Games 1-2:30 Senior Housing and Care Option 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 3:30-4:15 Belly Dance 5-5:45 Abs and Back	**23** 9-9:40 Outdoor Group Training 9-9:50 Forever Fit 9:30-11:30 Watercolor Beg 10-10:50 Easy Zumba 10-11 Yoga for You 10-12 (I)Microsoft Powerpoint 10-12 English 1 10-12 English 4 11-12 Chair Exercise 11:45 Red Hat Mtg 12-2 Watercolor Adv. 12:10-12:55 Balance Matters 1-3 Guitar Adv,Beg 1-3 (B)Android Basics 1:15-2 Pilates Basics 5-6 Zumba Gold	**24** 9-9:45 Strength Training 9:30-10:45 Book Club 10-10:50 Forever Fit 10-12 English 2 10-12 English 3 11-12 Aerobic Workout 12:30-2:30 English Conversation 12:30-2:30 Spanish for 60+ 1-2 Arthritis Foundation 1-2 Stay in Circulation 1-2:30 Understanding Grief 1-2:30 What's My Type? 2:15-3:15 Afternoon Yoga Flow	**25** 9-9:45 Total Conditioning 10-10:45 Belly Dance Basics 10-11 Yoga for You 10:30-11:3 Seniors Understanding Nature (SUN) 11:15-12 Easy Feet 12:15-1 Chi Gong 1:15-2 Chair Zumba 2:15-3 Piloxing **SATURDAY** **26** 10-11 Functional Training 11:15-12:15 Arthritis Foundatio
28 10-12 (I)Maintaining Your Computer 10-12 English 1 10-12 English 4 12:30-2:30 English Conversation 1-3 (I)Windows 10 1-2 Stress Reduction	**29** 9-9:45 Strength Training 9:15-2 Piano Classes 9:30-11:30 Watercolor Int. 10-12 English 2 10-12 English 3 10-10:50 Forever Fit 11-12 Aerobic Workout 12-2 Watercolor Int. 12:30-2:30 Spanish for 60+ 1-3 Bridge-Beginner I 1-2:30 Understanding Forgiveness 1-2 Arthritis Foundation 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 3:30-4:15 Belly Dance 5-5:45 Abs and Back	**30** 9-9:40 Outdoor Group Training 9-9:50 Forever Fit 9:30-11:30 Watercolor Beg 10-12 (I)Maintaining Your Computer 10-12 English 1 10-12 English 4 10-11 Yoga for You 10-10:50 Easy Zumba 11-12 Chair Exercise 12-2 Watercolor Adv. 12:10-12:55 Balance Matters 1-3 Guitar Adv,Beg 1-3 (I)Windows 10 1:15-2 Pilates Basics 1:30-2:15 Birthday Party 5-6 Zumba Gold	