More Things To Do…

Blood Pressure Series with Adventist HealthCare Ⓟ
Session 2: Diet and Hydration
Tues. Oct. 6, 1-2 p.m.
Course# 14973; Free

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EFT Tapping for Good Health
Wed., Oct. 7, 1-2 p.m. Ⓟ
Tapping is a scientifically and clinically proven self-administered technique based on modern psychology and 5000 year old acupuncture, but without needles. Presented by Bev Nerenberg, Wellness at Your Fingertips.
Course# 12990; Free

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Medical Cannabis Ⓟ
Tues, Oct., 13, 1-2 p.m.
Dr. Wilfredo Gamez, MD and Clinical Director of Peake ReLeaf, specializes in the fields of aging and addiction to medicine. Dr. Gamez will present on the basics of medical cannabis. Course# 12985; Free

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Combating Loneliness in Times of Social Distanicing Ⓟ
Tues,., Oct 20, 1-2 p.m.
This virtual zoom meeting with Adventist HealthCare will discuss tips on how to combat loneliness during this time of social distancing as well as coping strategies on keeping the mind engaged.
Course# 14974; Free

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Back Pain and Sciatica Ⓟ
Wed., Oct. 21, 1-2 p.m.
Dr. Carlos Martinez, DPT from CAM Physical Therapy and Wellness Services will share how back pain and sciatica affects us, the causes of back pain, the anatomy of your back, how a physical therapist can help you, and strategies to manage your pain.
Course# 14892; Free

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

Managing Stress and Anxiety during Quarantine
Fridays, 11 a.m.
Course# 17233; Free

Women Living Alone
Tues., Oct. 1 & 15, 1-2:30 p.m.
Course# 14903; Free

Fostering Relationships
Tues., Oct. 6 & 20, 1-2:30 p.m.
Course# 14901; Free

Improving Communication
Thurs., Oct. 8 & 22, 1-2:30 p.m.
Course# 14902; Free

Brain Games,
Tues., Oct. 13 & 27, 1-2:30 p.m.
Course# 14904; Free

Physical Exercise & Mental Health Workshop Ⓟ
Tues., Oct. 7, 1-2:30 p.m.
Course# 14905; Free

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Villages 101
Tues., Oct. 27, 1-2:30 p.m.
Learn the basics of the village concept in a lively discussion with Rockville village facilitator Trish Evans. Course# 12993; Free

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Winter Holidays during Covid-19 Pandemic Ⓟ
Thurs., Oct. 29, 1-2 p.m.
This talk will address the combination of Pandemic stress and holiday stress. We will address how to minimize stress in the detailed decision making required due to Covid-19 safety precautions when planning for the winter holidays.
Course# 17234; Free

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/rockvillerec
- 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.

- Deadline to Register to Vote or Change Party Affiliation: Tuesday, October 13, 2020
- Deadline to Request a Mail-In Ballot: Tuesday, October 20, 2020
- Mail-In ballots can be mailed to the worker's home address or voted in person at the Board of Elections prior to Election Day
- Ballot Drop off locations:
  - -Montgomery County Board of Elections 18753 N. Frederick Ave, Suite 210, Gaithersburg, MD 20879
  - -Rockville City Hall 111 Maryland Ave Rockville, MD 20850
- Call 240-777-8683 for more information, including how to submit Mail-In ballot applications online.

Rockville Seniors

The Center's Monthly Highlights and Calendar

OCTOBER 2020

All Classes are virtual, device and internet required.
Ⓟ= many programs are available to listen through phone!
Please refer to you 60+ Guide for details. These classes fill quickly.

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Home for the Holidays Ⓟ
Thurs., Oct 8, 10 a.m.- 12 p.m.
Paint and decorate a sign for your home that can be used year-round. Rotate through 5 seasonal designs. Staff will deliver materials to participant's front door, with no personal contact. Please register by 10/1.
Course # 14700; $36/$45

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Paint and Sip
Fri., Oct 16, 4-6 p.m.
Paint a watercolor along with the instructor, while discussing brush strokes, color, and composition. The cost of paper, tube paints, and brush is included in the registration fee. Supply your beverage of choice, and the center will provide the materials with contact free delivery to participant's front door. Please register by 10/5. Course# 14660; $28/$35

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Seniors Understanding Nature (SUN)- Fall Woody Plants Ⓟ
Fri., Oct. 23, 10:30-11:30 a.m.
Course# 14694; Free

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Books that Shaped America Ⓟ
Mon., Oct., 19, 10:30-11:30 a.m.
"Uncle Tom's Cabin" By: Harriet Beecher Stowe
Course# 14755; $6/$13

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Time's 100- Margaret Thatcher Ⓟ
Mon., Oct. 26, 10:30- 11:30 a.m.
Course #14658; $6/$13

The 1950's Housing Boom in Montgomery County Ⓟ
Tues., Oct. 20, 10:30 am-12 p.m.
This presentation will focus on the national-level & county-level factors that fueled the housing boom in the 1950's, the federal programs that helped builders & buyers, where the new homes were built in the county, the styles of these new homes, and more.
Course# 14702; $6/$8

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Cooking for One (please note date change- Oct. 20)
Tues., Oct 20, 4:30-6 p.m.
We will be making salmon! Featured recipes come from The Pleasures of Cooking for One, by Judith Jones. After registering, you will be sent the recipe so you can purchase your own supplies if you'd like to cook along with Chef Sheila. Please register by 10/9.
Course# 14649; $26/$35

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Rockville 11 is collaborating with the Rockville Senior Center on a new series called "60+ Spotlight." The series will provide information and resources for the senior community during the COVID-19 pandemic and beyond.

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Veteran's Appreciation Ⓟ
Fri., Nov. 6, 10:30- 11:30 a.m.
We're having a virtual Veterans' Appreciation event to honor all veterans who served our country, and we'd love to see you there. See the fall guide for more information. Please register by 10/28.
Course# 14691; Free

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

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Attention all clubs: If you are not a current member and would like to join one of the clubs below, please email seniorrecreation@rockvillemd.gov. New members are welcomed.

Young In Heart Senior Club Meeting Ⓟ
Thurs. Oct. 15, 11 a.m.
"Around the Fire Pit" with Ken Kemp. Club members will be emailed a Zoom link. Those without e-mail will be called by the YIH Board.

Willing 3C Senior Club November Meeting Ⓟ
A flyer will be e-mailed to members and phone calls to others for the next meeting. Staff will be happy to work individually with members to feel comfortable using zoom.

Red Hat Club Meeting
Wed. Oct. 28 Ⓟ
Info on the meeting being held will be emailed to members and calls to those without.

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November & December Birthday Party Ⓟ
Wed., Nov. 18, 1:30- 2:15 p.m.
Entertainment: Winfield Parker,
Sponsored by: Available
Course# 14687; Free/$7

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Sr. Commision Virtual Mtg.
Thurs., Oct 15, 10 a.m.
Call 240-314-8800 for link

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Coming Soon!
Virtual Drums Alive will be taught by Yenobis Delgado! Keep a lookout for an email with class information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9-9:45 Strength Training Challenge 10-10:50 Forever Fit 10-11 -Philias, -phobias, -ologies 10-12 (B)Windows PC Backup 10-12 English 2 10-12 English 3 11-12 Aerobic Workout 12:30-2:30 English Conversation 12:30-2:30 Spanish 1-2 Arthritis Foundation 1-2:30 Estate Administration 1-2:30 Issues and Ethics Issues 1-2:30 Women Living Alone 1-3 (B)PC New Users 2:15-3:15 Afternoon Yoga Flow	**2** 9-9:45 Total Conditioning 10-10:45 Belly Dance Basics 10-11 Yoga for You 11 Managing Stress & Anxiety 11:15-12 Easy Feet 12:15-1 Chi Gong 2:15-3 Piloxing 6:30-7:30 Virtual Campfire **SATURDAY** **3** No Programs
5 9-9:45 Total Conditioning 9:50-10:20 STRONG 30 10-10:30 Yoga For You Outdoors! 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 12-1:30 Memory Cafe 12:15-12:55 Forever Fit 12:30-2:30 English Conversation 12:30-2:30 Spanish 1-2 Stress Reduction 1-3 (I)Microsoft Excel 1:15-2 Balance Matters 2:15-3 On Your Feet Yoga 5-6 Zumba Gold	**6** 9-9:45 Strength Training 9:15-2 Piano Classes 9:30-11:30 Watercolor 10-10:50 Forever Fit 10-12 (I)PC Malware 10-12 English 2 10-12 English 3 11-12 Aerobic Workout 12-2 Watercolor 12:05-12:50 Chair Zumba 12:30-2:30 Spanish 1-2 Arthritis Foundation 1-2 Blood Pressure 1-2:30 Fostering Relationships 1-3 Bridge-Beg 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 3:30-4:15 Belly Dance Int. 5-5:45 Abs and Back	**7** 9-9:40 Outdoor Group Training 9-9:50 Forever Fit 9:30-11:30 Watercolor 10-10:50 Easy Zumba 10-11 Yoga for You 10-12 (I)Microsoft Word 10-12 English 1 10-12 English 4 11-12 Chair Exercise 12-2 Watercolor 12:10-12:55 Balance Matters 12:30-2:30 Spanish 1-2 EFT Tapping for Good Health 1-2:30 Physical Exercise & Mental Health Workshop 1-2:30 Sally Ride 1-3 Guitar 1-3 (I)Microsoft Excel 1:15-2 Pilates Basics 5-6 Zumba Gold	**8** 9-9:45 Strength Training 10-10:50 Forever Fit 10-11 -Philias, -phobias, -ologies 10-12 (B)Yahoo Mail Basic 10-12 English 2 10-12 English 3 10-12 Home for the Holidays 11-12 Aerobic Workout 12:30-2:30 English Conversation 12:30-2:30 Spanish 1-2 Arthritis Foundation 1-2:30 Issues and Ethics 1-2:30 Improving Communication 1-3 (B)Gmail basics 2:15-3:15 Afternoon Yoga Flow	**9** 9-9:45 Total Conditioning 10-10:45 Belly Dance Basics 10-11 Yoga for You 11 Managing Stress & Anxiety 11:15-12 Easy Feet 12:15-1 Chi Gong 2:15-3 Piloxing **SATURDAY** **10** 10-11 Functional Training
12 9-9:45 Total Conditioning 9:50-10:20 STRONG 30 10-10:30 Yoga For You Outdoors! 10-10:50 Easy Zumba 10-12 (I)Microsoft Word 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 12:30-2:30 Spanish 1-2 Stress Reduction 1-3 (I)Microsoft Excel 1:15-2 Balance Matters 2:15-3 On Your Feet 5-6 Zumba Gold	**13** 9-9:45 Strength Training 9:15-2 Piano Classes 9:30-11:30 Watercolor 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 12:05-12:50 Chair Zumba 12:30-2:30 Spanish 1-2 Arthritis Foundation 1-2 Medical Cannabis 1-2 Science Tuesdays 1-2:30 Brain Games 1-3 (I)Using Thumb Drives 1-3 Bridge-Beg 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 3:30-4:15 Belly Dance - Int 5-5:45 Abs and Back	**14** 9-9:40 Outdoor Group Training 9-9:50 Forever Fit 9:30-11:30 Watercolor 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 12-2 Watercolor 12:10-12:55 Balance Matters 12:30-2:30 Spanish 1-3 Guitar 1-3 (I)Microsoft Excel 1:15-2 Pilates Basics 5-6 Zumba Gold	**15** 9-9:45 Strength Training 10-10:50 Forever Fit 10 Sr. Commission Mtg 10-11 -Philias, -phobias, -ologies, 10-12 (B)Android Basics 10-12 English 2 10-12 English 3 10-12 SNAP 11-12 Aerobic Workout 12:30-2:30 English Conversation 12:30-2:30 Spanish 1-2 Arthritis Foundation 1-2:30 Issues and Ethics 1-2:30 Women Living Alone 1-3 (I)I Have a Question 2:15-3:15 Afternoon Yoga Flow	**16** 9-9:45 Total Conditioning 10-11 Yoga for You 10-10:45 Belly Dance Basics 11 Managing Stress & Anxiety 11:15-12 Easy Feet 12:15-1 Chi Gong 2:15-3 Piloxing 4-6 Paint and Sip Paint **SATURDAY** **17** 10-11 Functional Training
19 9-9:45 Total Conditioning 9:50-10:20 STRONG 30 10-10:30 Yoga For You Outdoors! 10-10:50 Easy Zumba 10-12 (I)Microsoft Powerpoint 10-12 English 1 10-12 English 4 10:30-11:30 Books that Shaped America 11-12 Chair Exercise 12-1:30 Memory Cafe 12:15-12:55 Forever Fit 12:30-2:30 English Conversation 12:30-2:30 Spanish 1-2 Stress Reduction 1-3 (B)Android Basics 1:15-2 Balance Matters 2:15-3 On Your Feet 5-6 Zumba Gold	**20** 9-9:45 Strength Training 9:15-2 Piano Classes 9:30-11:30 Watercolor 10-10:50 Forever Fit 10-12 (B)Computer Trouble Tips 10-12 English 2 10-12 English 3 10:30-12 The 1950's Housing Boom 11-12 Aerobic Workout 12-2 Watercolor 12:05-12:50 Chair Zumba 12:30-2:30 Spanish 1-2 Arthritis Foundation 1-2 Combating Loneliness 1-2:30 Fostering Relationships 1-3 (B)Using Right/Left Clicks 1-3 Bridge-Beg 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 3:30-4:15 Belly Dance - Int 4:30-6 Cooking for One 5-5:45 Abs and Back	**21** 9-9:40 Outdoor Group Training 9-9:50 Forever Fit 9:30-11:30 Watercolor 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 12:10-12:55 Balance Matters 12:30-2:30 Spanish 1-3 Guitar 1-3 (B)Android Basics 1-2:30 Staying Safe and Healthy 1-2 Back Pain and Sciatica 1:15-2 Pilates Basics 5-6 Zumba Gold	**22** 9-9:45 Strength Training 9:30-10:45 Book Club 10-12 (B)Computer Trouble Tips 10-12 English 2 10-12 English 3 10-10:50 Forever Fit 11-12 Aerobic Workout 12:30-2:30 English Conversation 12:30-2:30 Spanish 1-3 (B)Fun with Pictures 1-2:30 Issues and Ethics 1-2:30 Improving Communication 1-2 Arthritis Foundation 2:15-3:15 Afternoon Yoga Flow 4-5:30 Wine and Cheese Campfire	**23** 9-9:45 Total Conditioning 10-11 Yoga for You 10-10:45 Belly Dance Basics 10:30-11:30 SUN 11 Managing Stress & Anxiety 11:15-12 Easy Feet 12:15-1 Chi Gong 2:15-3 Piloxing **SATURDAY** **24** 10-11 Functional Training
26 9-9:45 Total Conditioning 9:50-10:20 STRONG 30 10-12 (I)Maintaining Your Computer 10-12 English 1 10-12 English 4 10-10:50 Easy Zumba 10-10:30 Yoga For You Outdoors! 10:30-11:30 Time's 100 of the Century 11-12 Chair Exercise 12-1:30 Memory Cafe 12:15-12:55 Forever Fit 12:30-2:30 English Conversation 1-3 (I)Windows 10 1-2 Stress Reduction 1:15-2 Balance Matters 2:15-3 On Your Feet 5-6 Zumba Gold	**27** 9-9:45 Strength Training 9:15-2 Piano Classes 9:30-11:30 Watercolor 10-12 English 2 10-12 English 3 10-10:50 Forever Fit 11-12 Aerobic Workout 12-2 Watercolor 12:05-12:50 Chair Zumba 1-3 (B)Hotmail Email Fundamentals 1-3 Bridge-Beg 1-2:30 Brain Games 1-2:30 Villages 101 1-2 Arthritis Foundation 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 3:30-4:15 Belly Dance-Int 5-5:45 Abs and Back	**28** 9-9:40 Outdoor Group Training 9-9:50 Forever Fit 9:30-11:30 Watercolor 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 12:10-12:55 Balance Matters 1-3 Guitar 1-3 (I)Windows 10 1:15-2 Pilates Basics 5-6 Zumba Gold	**29** 9-9:45 Strength Training 10-12 (I)I Have a Question 10-12 English 2 10-12 English 3 10-10:50 Forever Fit 10-10:30 Critters and Coffee 11-12 Aerobic Workout 12:30-2:30 English Conversation 1-3 (B)Computers - Save and Find Documents 1-2 Arthritis Foundation 1-2 Hallowishes Party 1-2 Winter Holidays During Covid 2:15-3:15 Afternoon Yoga Flow 2:30-4:30 Halloween Boo Through	**30** 9-9:45 Total Conditioning 10-11 Yoga for You 10-10:45 Belly Dance Basics 11 Managing Stress & Anxiety 11:15-12 Easy Feet 12:15-1 Chi Gong 2:15-3 Pioxing **SATURDAY** **31** 10-11 Functional Training 11-12 Zoomba Party