

Adults 60+ Virtual Recreation and Services Guide

WINTER 2020-21



Please Note: Due to COVID-19, classes and programs are subject to change.

The Rockville Senior Center will remain virtual for all Winter classes. Go Online or Mail-In to Register for Winter Classes

Registration: Winter registration opens on Thursday, December 3 starting at 8:30 a.m. We will not have in person registration.

Trips: The popular 60+ Trip and Tour program is currently on hold. When travel is deemed safe again the Senior Recreation Service staff will be planning the wonderful adventures as enjoyed in the past.

Mail-In Registration: We are taking mail-in's now and will process them in the order it is received starting on December 3. If mailing registrations, please complete the registration form on page 19, enclose a check and mail to:

Rockville Senior Center
1150 Carnation Dr, Rockville, MD 20850

If mailing a registration, you will receive a receipt in the mail, or in your email. You will be contacted if you did not get into the class you wanted.

Online Registration: www.rockvillemd.gov/recreation
Visa and MasterCard accepted

REMINDER:

Please be sure your Senior Center Membership is up to date when you are registering. Memberships are now available for renewal online in our registration system while the Center is closed.

Please call **240-314-8800**, **240-314-8620**, or email us at seniorcenter@rockvillemd.gov if you have any questions with registrations.

Need Help paying for classes?
Program Assistance Fund can help!
Call 240-314-8800 for information.

Internet access is required for virtual classes. Some programs are phone-in available.

Need Food During this time?
Call 240-314-8800 or email us at seniorcenter@rockvillemd.gov

Arts & Enrichment

Holiday Programs: Registration begins **11/19** for Holiday Programs below only.

P A Jolly Good Time **NEW!**

Would you like to impress your family and friends this season? Our activities will give you new and unique fun facts about holiday customs. And you never know what else the staff has planned for you. Share holiday cheer with all!

Course	Day, Date	Time	Cost
17336	Th, 12/10	10:30-11:15 a.m.	Free

Sensational Holiday Sides **NEW!**

Sides always accompany the main courses at the holiday table. With so much attention given to main courses and desserts, creating sensational side dishes can add an extra element of excitement to a holiday meal. Cook along with Chef Alba, or simply watch, as tempting and delicious side dishes that will be the star on your holiday table are prepared. A shopping list and recipes will be emailed to participants. Menu: sweet potato and ricotta tortino, slow cooked spinach and amaretti, green beans caramelized onions and golden breadcrumbs, and greeked mashed potatoes with gruyere and feta.

Course	Day, Date	Time	Cost
17345	F, 12/11	11:30 a.m.-1 p.m.	\$7/\$10

P Holiday Happy Hour **NEW!**

Make your holidays extra special as you hear holiday classics with the one and only Dale Allen Jarrett. Dale's memorable renditions will fill your home with the warm sounds and spirit of the season. Enjoy your favorite beverage from the comfort of your home and be inspired by the holiday cheer!

Course	Day, Date	Time	Cost
17340	Tu, 12/15	5-6 p.m.	Free/\$7

P Melodies of the Season **NEW!**

Music and melodies reflecting this special time of the year will be performed by our center piano teacher, Connie Hughes. Enjoy some history and insight into seasonal favorites.

Course	Day, Date	Time	Cost
17337	M, 12/21	1:30-2:30 p.m.	Free/\$7

P Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment. Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party, based on availability.

Winter Birthdays

Celebrating January, February, and March birthdays! All are invited, whether or not you have a winter birthday.

Entertainment: Melanie van der Lee;
Sponsored by: Available

Course	Day, Date	Time	Cost
17309	W, 2/3	1:30-2:30 p.m.	Free/\$7

P Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion.

Jan. 28: "They Called Us Enemy" by George Takei;
Feb. 25: "The Giver of Stars" by Jojo Moyes;
March 25: "The Dutch House" by Ann Patchett

Course	Day, Date	Time	Cost
17236	Th, 1/28, 2/25, 3/25	9:30-10:45 a.m.	Free/\$6

P Books that Shaped America

Together we will take time to explore and discuss the significance of these works then and now. Each of us brings our own unique experiences to the exchange of ideas. Please find the work in the form that best suits your needs. Reading the book is optional. Presented by Joan Adams.

"The Souls of Black Folks" by W. E. B. DuBois

This work was published in 1903. The author argues that the world needs to know the humanity of black folks by listening to the "strivings" of their souls. This work is poetic and thought provoking. In ways it speaks to humanity like an epic poem. At the time this was an unlikely best seller. The Library of Congress considers it one of the most influential books ever printed in the United States. This session explores the work and delves into why it has lasted so long with such great impact.

Course	Day, Date	Time	Cost
17285	M, 2/22	10:30-11:30 a.m.	\$6/\$13

Price Key

Prices are listed as:
Senior Center Member/Nonmember

Arts & Enrichment cont.

“How the Other Half Lives” by Jacob Riis

Jacob Riis arrived in the US in 1870 penniless from Denmark. He became a photojournalist with The New York Tribune. He was a police reporter and covered some of the most dangerous neighborhoods. He used this experience to show his readers how poverty impacted urban areas. In 1890 this work was published as a combination of photographs and prose to depict life in poverty. During this session the group will explore ways Riis addressed poverty in urban areas for both social and moral reasons.

Course	Day, Date	Time	Cost
17286	M, 3/15	10:30-11:30 a.m.	\$6/\$13

Bridge - Beginner Part II

NEW!

This course is a continuation of Beginner’s Bridge I. The 2 Over 1 Bidding System will continue to be fleshed out and there will also be an emphasis on declarer play. Prerequisite: Beginner’s Bridge 1 or a basic understanding of modern bidding. Bridge Base Online (BBO) will be the online platform combined with Zoom video. Two separate internet devices highly recommended. The class is limited to 4 participants in order to allow for individualized instruction. Instructor: Peter Schiff

Course	Day, Date	Time	Cost
17299	Tu, 1/12-3/2	1-3 p.m.	\$65/\$81

Crafty Seniors

NEW!

Join us as we create a perfect addition to your crafting: an apron designed specifically for you! We will be using a stencil as a guide and paints that are specifically for fabric so they will last on material. And a cute, catchy saying: Crafty Seniors- Rockville Senior Center. Instructor: Tammy Brown

Course	Day, Date	Time	Cost
17571	Tu, 2/16	10 a.m.-12 p.m.	\$25/\$30

Did you know?

We have a pen pal program for seniors!
Call 240-314-8800 for more information

Critters and Coffee

Start your morning right with coffee and some critters from Croydon Creek Nature Center! Join a naturalist for a conversation about some of the animals we share our backyards with and learn their stories. Participants provide their own coffee and the Nature Center will provide the animals. Presented by Laura Fawks Lapole, the Assistant Supervisor of Croydon Creek Nature Center.

Course	Day, Date	Time	Cost
17303	Th, 2/18	9:30-10 a.m.	Free

English Class

Online classes include reading, speaking, listening, and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. Please email Program Coordinator, Ms. Amoke Alakoye at aalakoye@rockvillemd.gov to schedule assessment and register for class.

Beginner- English 1; Instructor: Crooks

Course	Day, Date	Time	Cost
17266	M,W, 1/11-3/24	10 a.m.-12 p.m.	Free

High Beginner -English 2; Instructor: Tunick

Course	Day, Date	Time	Cost
17267	Tu,Th, 1/12-3/18	10 a.m.-12 p.m.	Free

Intermediate- English 3; Instructor: Butler

Course	Day, Date	Time	Cost
17268	Tu,Th, 1/12-3/18	10 a.m.-12 p.m.	Free

Advanced- English 4; Instructor: Smudski

Course	Day, Date	Time	Cost
17269	M,W, 1/11-3/24	10 a.m.-12 p.m.	Free

English Conversation Classes

Speak more confidently about everyday topics.
Instructor: Nader

Beginning Conversation: Let’s Talk

Course	Day, Date	Time	Cost
17271	M, 1/11-3/22	12:30-2:30 p.m.	Free

Advanced Conversation: More Talk

Course	Day, Date	Time	Cost
17272	Th, 1/14-3/11	12:30-2:30 p.m.	Free



KEY: P = Phone in available



Check the monthly newsletter for updates on special events!

Everything Oranges in Italy **NEW!**

Oranges are an excellent source of vitamin C to be eaten as a fruit or squeezed as juice. In Italy however, especially in Sicily, oranges are used to create savory appetizers, main courses, side dishes, and desserts. You can create delicious recipes not only with the juice or pulp, but also with orange zest. Cook along with Chef Alba, or simply watch, as fragrant, aromatic, and tasty recipes using oranges are prepared. A shopping list and recipes will be emailed to participants. Menu: rustic crostini with ricotta and orange zest, salmone all'arancia, spinach and mozzarella salad in orange dressing, and for dessert stuffed oranges with mascarpone and chocolate.

Course	Day, Date	Time	Cost
17346	Th, 2/4	4-5:30 p.m.	\$10/\$15

Game Night **NEW!**

Would you like an awesome way to spend a winter evening? Connect and socialize with members and find plenty of laughter.

Scattergories

Course	Day, Date	Time	Cost
17347	Th, 1/21	7-7:45 p.m.	Free

America Says

Course	Day, Date	Time	Cost
17348	Th, 2/11	7-7:45 p.m.	Free

Bingo

Please register by 2/8 for bingo cards to be mailed. If registering after 2/8, you will need to provide your own bingo card.

Course	Day, Date	Time	Cost
17349	Th, 2/25	7-7:45 p.m.	Free

Guitar Lessons

Learn a new skill or refresh a long forgotten one with this acoustic guitar course, taught by Kevin Mittleman from The School of Music. Class covers basic strumming techniques, scales, melodies, basic theory, and tips to get you playing. Students need a guitar and notebook. The instructor will call participants to schedule a 30 minute one-on-one session within the time slot.

Course	Day, Date	Time	Cost
17315	W, 1/13-3/3	1-2 p.m.	\$80/\$107



Handbells

This is a fun course using color-coded lightweight handbells and requires no previous musical knowledge. Each student will get to use one or two bells and the group together will play folk and some classical music. As the class progresses, learn to play chords; practicing is not required. Staff will deliver bells to participant's front door, with no personal contact. Instructor: Connie Hughes

Course	Day, Date	Time	Cost
17314	Tu, 1/12-3/2	2:10-3 p.m.	\$16/\$25

Historically Black Colleges and Universities (HBCUs): Myths and Misunderstandings **NEW!**

Established under segregated education policies mandated by the U.S. Supreme Court, Historically Black Colleges and Universities (HBCUs) emerged with a powerful resolve to educate America's Black slave class. Still today, their challenge is to serve the under-prepared and under-privileged who would normally be excluded from the educational system. Despite always operating on the verge of financial collapse, HBCUs continue to be a key source of Black leaders in the fields of Science, Technology, Engineering and Mathematics (STEM). This talk will examine the myths and misunderstandings that continue to surround these landmark educational institutions.

Course	Day, Date	Time	Cost
17351	F, 2/19-2/26	11-11:45 a.m.	\$10/\$15

Want to help a fellow neighbor?

Many older adults need assistance with snow removal. If you would like to volunteer this winter, or if you are a city resident, 60 and older* in need of assistance, please contact:

Jerry Jones

240-314-8819 • jjones@rockvillemd.gov

**Volunteers not always available.*

Arts & Enrichment cont.

P Issues and Ethics

Do you ever feel conflicted about the major issues that confront us daily? Do you wish you knew more about a certain topic? This course provides an opportunity to: increase your knowledge, honestly look at the pros/cons, and discuss the ethics involved. Come and grow with us as all positions are respected. Instructor: Marvin Adams

Course	Day, Date	Time	Cost
17304	Th, 1/14-2/4	1-2:30 p.m.	\$34/\$42

P Milking, Baking, and Monks, Oh My! Story Hour with a Life-Enthusiast **NEW!**

When we can't get up and go like we used to, why not travel in our pajamas? Listen to the passionate tales of a woman, who after nearly a decade on television, bought a one-way ticket abroad and never looked back. Melt into a photograph and let your imagination romp through Cypriot fields of wild thyme, Georgia O'Keeffe's beloved desert canyon, starlit Danish streets, Napolitano living rooms, and monastic hops fields. Life is for living!

Course	Day, Date	Time	Cost
17352	W, 1/27	1:30-2:30 p.m.	\$6/\$13

Piano Lessons

Learn fundamentals of rhythm, theory, and note reading. Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule the 15 minutes within the time slot. A piano or keyboard is required. Instructor: Connie Hughes

Complete Beginner Piano

This class is ideal for the complete beginner. Instruction will be given on note reading, rhythm, theory, and technique.

Course	Day, Date	Time	Cost
17310	Tu, 1/12-3/2	9:15-10:15 a.m.	\$73/\$99

Beginner Continuing Piano

This class is for those who have taken at least one course of piano lessons with our Senior Center instructor. Further instruction will be given on technique, note reading, and theory.

Course	Day, Date	Time	Cost
17311	Tu, 1/12-3/2	10:30-11:30 a.m.	\$73/\$99
17312	Tu, 1/12-3/2	1-2 p.m.	\$73/\$99

Advanced Continuing Piano

This class is designed for those who read both musical clefs, play with two hands simultaneously, and have a good understanding of theory. Opportunity is given to explore different musical genres in music. Prerequisite: Students must have taken at least one Continuing Class at the Senior Center, or meet the listed requirements.

Course	Day, Date	Time	Cost
17313	Tu, 1/12-3/2	11:45 a.m.-12:45 p.m.	\$73/\$99

Piecemakers' Club **NEW!**

Make new connections with fellow quilters! Listen or share tips and tricks while encouraging one another in this comfortable environment. This is a wonderful opportunity to visit with those interested in the art of hand quilting and hand sewing techniques.

Course	Day, Date	Time	Cost
15955	M, 1/11 & 2/8	1-2:30 p.m.	Free

Potomac's Storied History **NEW!**

Produced in coordination with the release of her new book, *Potomac*, Judith Welles dives into never-before-seen photos, many from Montgomery History's collection, that shed new light on the storied history of this area of the county. With the photographs as a backdrop, Welles tells the impact of the C&O Canal and the Civil War; the story of the Gold Rush and ghosts; the Potomac Hunt; the growth of a bustling commercial and residential area and much more. Presented by Judith Welles, Journalist, Historian, Montgomery County Historical Society.

Course	Day, Date	Time	Cost
17350	Th, 2/11	10:30 a.m.-12 p.m.	\$6/\$8

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. Sign up to receive emails about monthly presentations! Second Tuesday of the month.

Course	Day, Date	Time	Cost
17273	Tu, 1/12-3/9	1-2 p.m.	Free

Virtual Winter Classes

Take all of these classes right from your home!



P Second Fiddle—VP’s Never President

The role of the Vice President is simply to be prepared to take over if the President is unable. They also play an important role as the President of the Senate and could cast a tie breaking vote. There have been 48 VP’s in American history and many are forgotten since they never became President of the United States. College Professor, Joan Adams, will present this series.

Hubert Humphrey

This 38th Vice President was well recognized as a great orator. He started his career as a pharmacist. Hubert ran his family’s drug store before getting involved in politics. He served as a mayor, a senator, and a candidate for the presidency. What were some of his other contributions to national and international politics?

Course	Day, Date	Time	Cost
17287	M, 1/11	10:30-11:30 a.m.	\$6/\$13

Spiro Agnew

The son of a Greek immigrant and native Virginian, Spiro served in the Army during World War II and Korean War. This native Marylander held several offices in the state before becoming President Nixon’s running mate. Unfortunately, he resigned his post in disgrace in 1973. What led to this fall from prominence?

Course	Day, Date	Time	Cost
17288	M, 2/1	10:30-11:30 a.m.	\$6/\$13

Nelson Aldrich Rockefeller

Born in Maine, this third of six children of John D. Rockefeller Jr. and Abby Aldrich Rockefeller was considered head strong and often at odds with his famous father. He rose to political power as Governor of New York and Vice President of the United States. His wish to become President of the U.S.A. never materialized. Rockefeller’s life and career were complicated and deserve a closer look.

Course	Day, Date	Time	Cost
17289	M, 3/1	10:30-11:30 a.m.	\$6/\$13

Seniors Understanding Nature (SUN)

Discover the outdoors from the comfort of your home as you connect with the natural world. Each month, a naturalist from Croydon Creek Nature Center will explore a different nature theme related to the current season. Participants will get a better understanding of the environment, gain new skills in observation and identification and enjoy the health benefits of nature study.

Birds of Prey

Discover the birds of prey commonly found in our area, their importance in the ecosystem, and their winter behavior patterns.

Course	Day, Date	Time	Cost
17300	F, 1/22	10:30-11:30 a.m.	Free

Mammals

Winter is usually a time of year when we think of animals in hibernation, but there is lots of animal activity going on outside. Learn about mammal tracks and other signs that can help you “read” the landscape.

Course	Day, Date	Time	Cost
17301	F, 2/12	10:30-11:30 a.m.	Free

P Storytelling Secrets So You Can Tell Yours

NEW!

Staring at a blank page? Learn how to write your story with the simple tools and tricks of a professional storyteller. You won’t just put words on paper, you’ll capture memories for posterity and cherished storytelling for years to come. Master idea organization, compelling transitions, character development, relatability, and more. Erin Vannella is a former television news reporter, international video documentarian, teacher, TEDx speaker coach, and founder of Pure Vannella, LLC.

Course	Day, Date	Time	Cost
17353	Th, 2/4-2/25	11 a.m.-12:30 PM	\$34/\$42

Consider Donating to the Senior Assistance Fund

Donations will provide necessary food and personal hygiene items for those seniors with emergent needs.

Donations can be added to your cart online in our registration system or by checks mailed to: Rockville Senior Center, 1150 Carnation Dr., Rockville, MD 20850.

Checks made out to: *City of Rockville with Program Assistance fund in the description.*

Arts & Enrichment cont.

P Through the Lens of Time **NEW!**

A new year and a new look at the people Time Magazine recognized beyond the 100 of the Century. Many fascinating and enchanting individuals have graced the cover of this magazine. Some never made the 100 list but are exciting, motivating, and deserve a closer look.

Instructor: Joan Adams

Mikhail Sergeyevich Gorbachev

Gorbachev was the eighth and last leader of the Soviet Union. He was of a mixed Russian and Ukrainian heritage. Mikhail grew up under the rule of Stalin. He is considered one of the most significant figures of the second half of the 20th century. He is both praised and derided for the collapse of the Soviet Union. Let's explore some of these deeply divided opinions concerning Gorbachev.

Course	Day, Date	Time	Cost
17290	M, 1/25	10:30-11:30 a.m.	\$6/\$13

Dwayne "The Rock" Johnson

Dwayne is the son of a Black Canadian father and a Samoan mother. Born in 1972 in California, his career has included being an actor, producer, businessman, professional wrestler, and football player. His mother was adopted by Peter Maiva, who was a pro wrestler. Dwayne holds a degree in General Studies in criminology and physiology. This charming man made the 100 Most Influential People in the World in 2016 and 2019. What makes him so admired?

Course	Day, Date	Time	Cost
17297	M, 2/8	10:30-11:30 a.m.	\$6/\$13

Eleanor Roosevelt

Anna Eleanor Roosevelt was born into an affluent and politically prominent family. She lived a charmed childhood but marked by hardship due to her father's alcoholism. By the time she was ten, both her parents had died. She was raised by a cruel grandmother. This shy, insecure child became one of the most distinguished political activists of her time and of all time. Time magazine recognized her as one of the 100 most influential of the century. What changed this shy child into an author, reformer, and world leader of women?

Course	Day, Date	Time	Cost
17298	M, 3/8	10:30-11:30 a.m.	\$6/\$13

Ukulele **NEW!**

Learn this fun, indigenous Hawaiian instrument! Class will cover chords, strumming, playing melodies, and everything you'll need to play your favorite songs. A Ukulele is required but rentals can be arranged by the School of Music for \$30 per semester. All other materials will be provided electronically.

Course	Day, Date	Time	Cost
17316	W, 1/13-3/3	2-3 p.m.	\$73/\$99

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations. Our classes are always supportive and encouraging. If you need the supply list, email seniorrecreation@rockvillemd.gov at least 1 week prior to class.

Beginner Watercolor

Learn the basics about paper, palette set up, and brush strokes, color mixing, and applying basic techniques in watercolor. Join us for a fun introduction to the watercolor medium.

Course	Day, Date	Time	Cost
17305	W, 1/13-3/3	9:30-11:30 a.m.	\$84/\$105

Intermediate Watercolor

For students who have had some watercolor exposure. Explore different techniques in watercolor that can enhance paintings and learn about building blocks to better paintings including use of color, shapes, values, and edges. Classes usually begin with a critique and then an introduction of well known watercolor artist. Then there will be a demo by the teacher.

Course	Day, Date	Time	Cost
17306	Tu, 1/12-3/2	9:30-11:30 a.m.	\$84/\$105
17307	Tu, 1/12-3/2	12-2 p.m.	\$84/\$105

Advanced Watercolor

Discuss composition, color, shapes, and edges. Techniques and personal style will be encouraged. We will have a critique, introduction to famous watercolor artists, and weekly demonstration given by the teacher. Enjoy our love of Watercolors in a very supportive environment.

Course	Day, Date	Time	Cost
17308	W, 1/13-3/3	12-2 p.m.	\$84/\$105

KEY: **P** = Phone in available

Technology

B Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app Store. Use the messaging app to communicate with your friends and more. Instructor: Hickman

Android Basics Phone

Course	Day, Date	Time	Cost
17532	Tu,Th, 2/23-2/25	10 a.m.-12 p.m.	\$14/\$27
17555	Tu,Th, 3/23-3/25	1-3 p.m.	\$14/\$27

Android Basics Tablet

Course	Day, Date	Time	Cost
17546	Tu,Th, 3/16-3/18	10 a.m.-12 p.m.	\$14/\$27
17530	W,F, 2/17-2/19	10 a.m.-12 p.m.	\$14/\$27

B Avoiding PC Scams

Alert! Beware! Protect yourself from the scams that are out there when using your computer on a daily basis. We will examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well known charity, learn the signs of deception. Instructor: Hickman

Course	Day, Date	Time	Cost
17379	W, 1/6	1-3 PM	\$9/\$15
17517	M, 2/1	10 a.m.-12 p.m.	\$9/\$15
17534	M, 3/1	10 a.m.-12 p.m.	\$9/\$15

B Computer Trouble Tips

Learn basic troubleshooting techniques and solve your computer problems. Instructor: Hickman

Course	Day, Date	Time	Cost
17511	M,W, 1/25-1/27	1-3 p.m.	\$14/\$27
17554	Tu,Th, 3/23-3/25	10 a.m.-12 p.m.	\$14/\$27

B Computers - Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating and/or deleting a desktop shortcut. Instructor: James Martin

Course	Day, Date	Time	Cost
17512	Tu, 1/26	1-3 p.m.	\$9/\$15
17531	W, 2/17	1-3 p.m.	\$9/\$15
17548	Tu, 3/16	1-3 p.m.	\$9/\$15

B Copying Pictures

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class. Instructor: Hickman

Tablet Pictures to PC

Course	Day, Date	Time	Cost
17376	Tu, 1/5	1-3 p.m.	\$9/\$15

Phone Pictures to PC

Course	Day, Date	Time	Cost
17501	Tu, 1/12	10 a.m.-12 p.m.	\$9/\$15

B File Management

Learn how to copy, move, delete, and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile.

Instructor: Martin

Course	Day, Date	Time	Cost
17499	Th, 1/7	1-3 p.m.	\$9/\$15

Instructor: Hickman

Course	Day, Date	Time	Cost
17539	M, 3/8	10 a.m.-12 p.m.	\$9/\$15

B Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons.

Instructor: Hickman

Course	Day, Date	Time	Cost
17374	M, 1/4	1-3 p.m.	\$9/\$15

B Fun with Pictures

Introduces drawing features in MS Word and Windows Paint program. Covers elementary manipulation of pictures and text in documents.

Instructor: James Martin

Course	Day, Date	Time	Cost
17533	W, 2/24	1-3 p.m.	\$6/\$13
17550	Th, 3/18	1-3 p.m.	\$6/\$13

Virtual Winter Classes

Take all of these classes right from your home!

KEY: **B** = Beginner **I** = Intermediate

Technology cont.

B Gmail basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman

Course	Day, Date	Time	Cost
17504	Th, 1/14	10 a.m.-12 p.m.	\$9/\$15
17538	Th, 3/4	1-3 p.m.	\$9/\$15

B Hotmail Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying, and saving emails. Instructor: James Martin

Course	Day, Date	Time	Cost
14927	Tu, 2/2	1-3 p.m.	\$9/\$15
17582	Tu, 3/2	1-3 p.m.	\$9/\$15

B PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing, and surfing the web. No experience required. Instructor: Hickman

Course	Day, Date	Time	Cost
17509	F, 1/22	10 a.m.-12 p.m.	\$14/\$27
17527	Th, 2/11	10 a.m.-12 p.m.	\$14/\$27
17543	Th, 3/11	10 a.m.-12 p.m.	\$14/\$27

B Simple Typing Tips

Basic typing techniques. Instructor: Martin

Course	Day, Date	Time	Cost
17505	Th, 1/14	1-3 p.m.	\$5/\$11
17521	Th, 2/4	1-3 p.m.	\$5/\$11

B Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer. Instructor: Hickman

Course	Day, Date	Time	Cost
17500	M,W, 1/11-1/13	1-3 p.m.	\$14/\$27
17528	Tu,Th, 2/16-2/18	10 a.m.-12 p.m.	\$14/\$27
17544	M,W, 3/15-3/17	10 a.m.-12 p.m.	\$14/\$27

Virtual Winter Classes

Take all of these classes right from your home!

B Windows 10 Basics

Windows 10 has many new and updated options. The start menu, Cortana, Windows Store, and Edge the new browser. Learn to navigate these features and more. Instructor: Hickman

Course	Day, Date	Time	Cost
17578	Tu,Th, 1/5-1/7	10 a.m.-12 p.m.	\$30/\$37
17525	Tu,Th, 2/9-2/11	1-3 p.m.	\$30/\$37
17540	Tu,Th, 3/9-3/11	1-3 p.m.	\$30/\$37

B Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Instructor: Hickman

Course	Day, Date	Time	Cost
17508	W, 1/20	10 a.m.-12 p.m.	\$14/\$27
17520	W, 2/3	10 a.m.-12 p.m.	\$14/\$27
17537	W, 3/3	10 a.m.-12 p.m.	\$14/\$27

B Yahoo Mail Basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster. Instructor: Hickman

Course	Day, Date	Time	Cost
17503	Tu, 1/12	1-3 p.m.	\$9/\$15
17545	M, 3/15	1-3 p.m.	\$9/\$15

I I Have a Question

Calling a company's support department can be a hassle. Going through the countless menus can be equally frustrating. Got a question, ask the teacher. You can even learn from questions of others. Instructor: Hickman

Course	Day, Date	Time	Cost
17515	Th, 1/28	1-3 p.m.	\$14/\$27
17522	M, 2/8	10 a.m.-12 p.m.	\$14/\$27
17526	W, 2/10	10 a.m.-12 p.m.	\$14/\$27
17556	M,W, 3/29-3/31	1-3 p.m.	\$14/\$27

I Lost Password?

Many have lost their password to their computer, tablets or phones. Going through a maze to reset them require patience. Learn some tips so that you can regain access to your devices. Instructor: Hickman

Course	Day, Date	Time	Cost
17542	W, 3/10	1-3 p.m.	\$14/\$27
17620	F, 2/19	1-3 p.m.	\$14/\$27

I Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format, and manipulate spreadsheets with MS Excel.

Instructor: Hickman

Course	Day, Date	Time	Cost
17518	M,W, 2/1-2/10	1-3 p.m.	\$24/\$37

I Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks. Instructor: Hickman

Course	Day, Date	Time	Cost
17373	M,W, 1/4-1/13	10 a.m.-12 p.m.	\$24/\$37
17529	Tu,Th, 2/16-2/25	1-3 p.m.	\$24/\$37

I Microsoft Powerpoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs, and background styles. Topics also include how to add titles, charts, tables, and pictures. Instructor: Hickman

Course	Day, Date	Time	Cost
17506	Tu,Th, 1/19-1/26	10 a.m.-12 p.m.	\$24/\$37
17535	M,W, 3/1-3/8	1-3 p.m.	\$24/\$37

I Microsoft Word

Learn to line up text, collate a list, and make documents look professional. Instructor: Hickman

Course	Day, Date	Time	Cost
17519	Tu,Th, 2/2-2/9	10 a.m.-12 p.m.	\$24/\$37
17536	Tu, Th, 3/2-3/9	10 a.m.-12 p.m.	\$24/\$37

I Optimize your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? Learn tips to help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class. Instructor: Hickman

Course	Day, Date	Time	Cost
17558	W,F, 1/20-1/22	1-3 p.m.	\$12/\$25
17551	M,W, 2/22-2/24	10 a.m.-12 p.m.	\$12/\$25
17583	M,W, 3/22-3/24	10 a.m.-12 p.m.	\$12/\$25

I PC Malware

Malware is any piece of software which is intended to cause harm to your system or network. Malware is different from normal programs in a way that they most of them have the ability to spread itself in the network, remain undetectable, cause changes/damage to the infected system or network. Learn how to prevent your PC from being ruined. Instructor: Hickman

Course	Day, Date	Time	Cost
17510	M, 1/25	10 a.m.-12 p.m.	\$14/\$27
17549	W, 3/17	1-3 p.m.	\$14/\$27

I Using Cortana

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse, and more. Program requires Windows 7 or 8. Instructor: Hickman

Course	Day, Date	Time	Cost
17513	W, 1/27	10 a.m.-12 p.m.	\$9/\$15
17541	W, 3/10	10 a.m.-12 p.m.	\$9/\$15

I Using Google Apps

Ever wonder about those nine little boxes forming a square in the upper-right corner of any Google page? They're a portal into a whole new Google world, with calendars, maps, photos, and anything else you can think of to make your time online more productive, useful and fun. Instructor: Hickman

Course	Day, Date	Time	Cost
17507	Tu,Th, 1/19-1/21	1-3 p.m.	\$14/\$27
17553	M,W, 3/22-3/24	1-3 p.m.	\$14/\$27

I Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy, and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available. Instructor: Hickman

Course	Day, Date	Time	Cost
17514	Th, 1/28	10 a.m.-12 p.m.	\$9/\$15
17584	Tu, 3/30	10 a.m.-12 p.m.	\$9/\$15

KEY: **B** = Beginner **I** = Intermediate

I Windows Security

Is your device or computer protected? Are you scanning for malware on a regular basis? Let's examine the best way to secure your computer and other devices. Instructor: Hickman

Course	Day, Date	Time	Cost
17585	M, 2/22	1-3 p.m.	\$14/\$27
17586	Tu, 3/30	1-3 p.m.	\$14/\$27

Fitness

Abs and Back

The core is the key to better posture, better balance, and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks, and mid and lower back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Owen

Course	Day, Date	Time	Cost
17474	Tu, 1/5-3/2	5-5:45 p.m.	\$38/\$60

Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music. Instructor: Klopfer

Course	Day, Date	Time	Cost
17487	Tu,Th, 1/5-3/4	11 a.m.-12 p.m.	\$48/\$75

Mini Session

17458	Tu,Th, 3/16-4/1	11 a.m.-12 p.m.	\$22/\$38
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Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat. Instructor: Ford

Course	Day, Date	Time	Cost
17491	Tu,Th, 1/5-3/4	2:15-3:15 p.m.	\$60/\$94

Mini Session

17460	Tu,Th, 3/16-4/1	2:15-3:15 p.m.	\$24/\$38
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Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina, and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Owen

Course	Day, Date	Time	Cost
17488	Tu,Th, 1/5-3/4	1-2 p.m.	\$48/\$75

Mini Session

17459	Tu,Th, 3/16-4/1	1-2 p.m.	\$22/\$38
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Balance Matters

Balance exercises help improve stability, coordination, leg strength, and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Ohlandt

Course	Day, Date	Time	Cost
17465	M, 1/4-3/15	1:15-2 p.m.	\$30/\$48
17467	W, 1/6-3/3	12:10-12:55 p.m.	\$30/\$48

Mini Session

17439	M, 3/22-4/5	1:15-2 p.m.	\$16/\$25
17440	W, 3/17-3/31	12:10-12:55 p.m.	\$16/\$25

Belly Dance Basics

Enjoy an expressive, exciting, and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Ford

Course	Day, Date	Time	Cost
17466	F, 1/8-3/5	10-10:45 a.m.	\$30/\$48

Mini Session

17448	F, 3/19-4/2	10-10:45 a.m.	\$16/\$25
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Belly Dance - Intermediate

Enjoy an expressive, exciting, and energetic activity. Intermediate belly dance can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. This class is for students who have some experience with belly dance and can move to an intermediate level. Intermediate belly dance covers intense multi-layered shimmies, complex combinations, travel steps and choreography. Instructor: Ford

Course	Day, Date	Time	Cost
17468	Tu, 1/5-3/2	3:30-4:15 p.m.	\$30/\$48

Mini Session

17574	Tu, 3/16-3/30	3:30-4:15 p.m.	\$16/\$25
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Caribbean Dance Party

NEW!

Learn how to dance salsa, cha cha, guaguancó, and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost
17575	F, 1/8-3/5	5-5:45 p.m.	\$30/\$48

Mini Session

17576	F, 3/19-4/2	5-5:45 p.m.	\$16/\$25
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Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance, and promote better circulation. Instructor: Owen

Course	Day, Date	Time	Cost
17480	M,W, 1/4-3/10	11 a.m.-12 p.m.	\$40/\$62

Mini Session

17449	M,W, 3/22-4/7	11 a.m.-12 p.m.	\$16/\$25
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Chair Zumba

This class allows the participants to enjoy all the Zumba dance moves while seated. Combine upper and lower body movements which gives the body a total workout while listening to great music. Instructor: Vivar

Course	Day, Date	Time	Cost
17462	Tu, 1/5-3/2	12:05-12:50 p.m.	\$28/\$44

Mini Session

17437	Tu, 3/16-3/30	12:05-12:50 p.m.	\$15/\$22
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Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing, and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Helfer

Course	Day, Date	Time	Cost
17484	F, 1/8-3/5	12:15-1 p.m.	\$42/\$66

Mini Session

17450	F, 3/19-4/2	12:15-1 p.m.	\$16/\$25
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Need help paying for classes?

Program Assistance Fund can help!
Call 240-314-8800 for more information

Drums Alive

NEW!

Try this exciting class using a stability ball and drum sticks. Get your heart pumping, strengthen your lungs, and improve endurance. This class is adaptable to most fitness levels. Equipment available upon request by calling 240-314-8800. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost
17457	Th, 1/7-3/4	12:05-12:50 p.m.	\$30/\$48

Mini Session

17577	Th, 3/18-4/1	12:05-12:50 p.m.	\$16/\$25
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Easy Feet

Use fun, energetic music to learn easy-to-follow patterns including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners. Instructor: Finn

Course	Day, Date	Time	Cost
17471	F, 1/8-3/5	11:15 a.m.-12 p.m.	\$32/\$50

Mini Session

17443	F, 3/19-4/2	11:15 a.m.-12 p.m.	\$16/\$25
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Easy Zumba

Combine fun, energetic, and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost
17483	M,W, 1/4-3/10	10-10:50 a.m.	\$42/\$66

Mini Session

17444	M,W, 3/22-4/7	10-10:50 a.m.	\$18/\$27
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Fitness Workshop

NEW!

This workshop includes an interactive presentation followed by a full practice of the highlighted program. This is a two part strength training workshop. The first workshop which is scheduled on January 14, will focus on exercises for the upper body and areas of the core. It will also focus on the brain muscle connection and include how to engage the right muscles during the correct exercises. The second part which is scheduled on February 11, will focus on the lower body as well as areas of the core. Instructor: Finn

Course	Day, Date	Time	Cost
17498	Th, 1/14-2/11	3:30-4:45 p.m.	\$25

Fitness cont.

Forever Fit

Receive a total-body workout that combines cardio exercise, strength training, and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels.

Instructor: M, W Ohlandt; Tu, Th Finn

Course	Day, Date	Time	Cost
17461	M, 1/4-3/15	12:15-12:55 p.m.	\$28/\$44
17489	Tu,Th, 1/5-3/4	10-10:50 a.m.	\$52/\$81
17464	W, 1/6-3/3	9-9:50 a.m.	\$35/\$44
Mini Session			
17441	M, 3/22-4/5	12:15-12:55 p.m.	\$15/\$23
17455	Tu,Th, 3/16-4/1	10-10:50 a.m.	\$22/\$31
17447	W, 3/17-3/31	9-9:50 a.m.	\$18/\$27

Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat, and reach your fitness goals. Participants use weights and mats. This work out is for most fitness levels. Instructor: Owen

Course	Day, Date	Time	Cost
17476	Sa, 1/9-3/6	10-11 a.m.	\$40/\$62
Mini Session			
17442	Sa, 3/20-4/3	10-11 a.m.	\$18/\$27

Gentle Yoga and Meditation

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please have a yoga sticky mat available to use. Instructor: Chowdhury

Course	Day, Date	Time	Cost
17473	W, 1/6-3/3	6:10-7 p.m.	\$38/\$56

KEY: **P** = Phone in available

On Your Feet — Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Ford

Course	Day, Date	Time	Cost
17477	M, 1/4-3/15	2:15-3 p.m.	\$42/\$62
Mini Session			
17451	M, 3/22-4/5	2:15-3 p.m.	\$18/\$27

Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this non-impact, mind/body workout using mats. Class is appropriate for beginners. Instructor: Ford

Course	Day, Date	Time	Cost
17485	W, 1/6-3/3	1:15-2 p.m.	\$46/\$72
Mini Session			
17454	W, 3/17-3/31	1:15-2 p.m.	\$18/\$27

Piloxing® - Pilates. Boxing. Dance.

This groundbreaking and unique program is a blend of lengthening Pilates, strengthening boxing, and dance moves that keep your pulse high. This workout will get you excited about working out again, not only for the physical aspect, but also because it's so much fun! You will notice stronger, longer, and leaner muscles, improved flexibility, better muscle control, and better coordination. Your metabolism will go into overdrive. For the active participant. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost
17486	F, 1/8-3/5	2:15-3 p.m.	\$44/\$72

Strength Training Challenge

This class is designed to build muscle strength, endurance, and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands, and tubes. Class may include work on the mat. Instructor: Ohlandt

Course	Day, Date	Time	Cost
17490	Tu,Th, 1/5-3/4	9-9:45 a.m.	\$52/\$81
Mini Session			
17456	Tu,Th, 3/16-4/1	9-9:45 a.m.	\$20/\$31

Virtual Winter Classes Take all of these classes right from your home!

STRONG 30™

Strong 30™ is an innovative and intense 30-minute, complete body exercise. During this workout, cardio and strength training are perfectly combined to music. There is no need to count reps since you are moving to the beat, pushing forward and burning more calories. For the very active participant. Instructor: Finn

Course	Day, Date	Time	Cost
17482	Tu, 1/5-3/2	12:15-12:45 p.m.	\$40/\$65

Mini Session

17438	Tu, 3/16-3/30	12:15-12:45 p.m.	\$18/\$27
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Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility, and balance using hand-held weights, bands, and tubes. Intensity may be modified to suit most fitness levels. Instructor: Klopfer

Course	Day, Date	Time	Cost
17478	M, 1/4-3/15	9-9:45 a.m.	\$40/\$62
17479	F, 1/8-3/5	9-9:45 a.m.	\$40/\$62

Mini Session

17452	M, 3/22-4/5	9-9:45 a.m.	\$18/\$27
17453	F, 3/19-4/2	9-9:45 a.m.	\$18/\$27

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation, and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Have a yoga sticky mat available to use. This class includes work done on the mat. Instructor: Figlure

Course	Day, Date	Time	Cost
17492	W, F, 1/6-3/5	10-11 a.m.	\$76/\$119

Mini Session

17463	W, F, 3/17-4/2	10-11 a.m.	\$30/\$48
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Walking Through the Winter Wonderlands **NEW!**

Join us on this virtual walk while viewing beautiful winter scenery from different parts of the world. Walk with us more than a mile, in the comfort of your own home.

Course	Day, Date	Time	Cost
17561	M, 12/21	10-11 a.m.	Free

Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total-body workout. Instructor: Ford

Course	Day, Date	Time	Cost
17470	M, 1/4-3/15	5-5:45 p.m.	\$30/\$48
17472	W, 1/6-3/3	5-5:45 p.m.	\$30/\$48

Mini Session

17445	M, 3/22-4/5	5-5:45 p.m.	\$16/\$25
17436	W, 3/17-3/31	5-5:45 p.m.	\$16/\$25

Wellness

P Beating the Winter Blues **NEW!**

Winter months can be hard to cope with when you can't migrate south. Join us for this virtual session as we will discuss how Winter season affects our mood, physical and financial health. We will explore the cause and discuss coping techniques. Presented by Adventist HealthCare

Course	Day, Date	Time	Cost
17367	Tu, 1/12	1-2 p.m.	Free

P Get Back into Action with Joint Replacement

Joints are alive! Relief from joint stiffness, swelling, and pain can come through various options. Kevin Woodward, P.A.-C will provide a detailed review of the latest advances in joint replacement as well as treatment options for common hip and knee joint issues.

Course	Day, Date	Time	Cost
17547	Th, 1/28	1-2 p.m.	Free

P Healthy Heart, Healthy Brain! **NEW!**

Heart disease is the leading cause of death for men and women in the United States. This class will discuss the heart and brain connection. We will learn what are the risk factors and how to recognize symptoms for better outcomes. Please join us! Presented by Adventist Health Care.

Course	Day, Date	Time	Cost
17368	Tu, 2/9	1-2 p.m.	Free

Wellness cont.

P Jin Shin Jyutsu Self-Help: Optimal Health and Healing

This deeply healing art uses the body's own energy to promote daily health and healing. Simple ways to use this for yourself or family will be discussed and shown so that you can immediately apply it. We will address common ailments such as headaches, stomach aches, colds coming on, balancing the body energy for daily maintenance, stress reduction and worry, and more! Your questions will be addressed! Presented by Betty Figlure, JSJ practitioner & self-help teacher for over 35 years.

Course	Day, Date	Time	Cost
17372	W, 2/17	1-2:30 p.m.	Free

P Joint Mobility – Reduce Pain & Increase Function **NEW!**

As we age, recovery is more difficult and stiffness increases. In the current environment of limited excursions, we have become even more sedentary. Exercise classes can help but can't address root causes of joint pain and mobility. In this workshop, you will be given the tools to create your own daily routine to release and strengthen the muscles around our most common cranky joints – shoulders, neck, knees, hips. Identify what behaviors that contribute to joint pain and how to change them, from creating frequent breaks to avoid too much sitting, to simple ideas for setting up your viewing or work space. Presented by Sharon Bourke, CMES, Executive Director, Life Energy Foundation.

Course	Day, Date	Time	Cost
17427	Tu, 1/19	1-2 p.m.	Free

P Managing Your Emotions **NEW!**

Learn how to distinguish between feelings and emotions and discover patterns that may contribute to emotional hurdles. Practice basic breathing techniques that lower stress. Probe your greater potential. Presented by Bill Neely, performance coach, minister and chaplain, Brooke Grove Retirement Village.

Course	Day, Date	Time	Cost
17434	Tu, 2/23	1-2 p.m.	Free

P Managing Your Medications **NEW!**

Suburban Hospital Pharmacy Residents will demystify the do's and don'ts of medication management. Learn helpful tips and practical approaches to proper dosage and uses, the dangers of non-compliance and the future of prescription medications.

Course	Day, Date	Time	Cost
17601	Th, 2/25	1-2 p.m.	Free

P Myths & Facts: Nutrition as We Age **NEW!**

Nutrition has an impact on our physical as well as mental health. Please join us as we discuss how our nutritional needs change as we age. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost
17370	Tu, 3/10	1-2 p.m.	Free

P Random Acts of Kindness and Your Health!

Join us as we discuss the connection between your physical and mental well-being and how it's tied to kindness! This will be a fun, light-hearted presentation followed by a discussion. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost
17369	Tu, 2/16	1-2 p.m.	Free

P Stress Reduction/Meditation

This class offers the tools to focus, relax, and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery, and stress reduction classes for over 30 years.

Course	Day, Date	Time	Cost
17371	M, 1/11-3/29	1-2 p.m.	\$24/\$40

P Keep Your Eye on the Prize **NEW!**

It's no secret that vision declines with age. Learn the essentials of eye health as well as prevention and treatment options for cataracts with Wilmer Eye Institute Ophthalmologist Dr. Nakul Shekhawat

Course	Day, Date	Time	Cost
17653	Th, 3/25	1-2 p.m.	Free

KEY: **P** = Phone in available

P The Gift of Criticism **NEW!**

Criticism can be a valuable tool rather than something to avoid. In fact, intentional communication, which includes criticism, can have a profound impact on your life! Learn how to present and respond to criticism so that it is mutually beneficial to all parties involved and discover how you can upgrade your communication skills and improve your relationships. This presentation is based on the speaker's book, "The Gift of Criticism". Presented by Bill Neely, performance coach, minister and chaplain, Brooke Grove Retirement Village.

Course	Day, Date	Time	Cost
17493	Th, 3/18	1-2 p.m.	Free

Support Resources

P \$pring into \$avings **NEW!**

\$pring into \$avings at this workshop we will highlight ways that people can reduce energy in their homes and keep money in their pockets. This will be an interactive presentation similar to Jeopardy so people can win prizes!

Course	Day, Date	Time	Cost
17318	W, 3/10	10-11:30 a.m.	Free

P Estate Planning and Elder Law – What Seniors Need to Know in 2021 **NEW!**

Presented by Elville and Associates' President and Principal Attorney Stephen Elville, this webinar will empower seniors with the knowledge needed to be informed about planning as we head into the New Year. We'll begin with the Essentials of Estate and Elder Law Planning, then switch gears and discuss major changes in the law recently passed that could impact your planning, including the SECURE Act, the augmented estate, and the elective share law.

Course	Day, Date	Time	Cost
17319	W, 1/27	10-11:30 a.m.	Free

Senior Income Tax Assistance

Tax preparation TBD, please call
240-314-8800 starting January 20 to hear updates.

P Making the Most of the Library During Covid **NEW!**

Learn how to utilize the Library during Covid including technology loan programs, presentations, and book/DVD rentals.

Course	Day, Date	Time	Cost
17560	W, 2/17	10:00-10:30 a.m.	Free

P Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets 1st and 3rd Monday of the month. Bring with you a bag lunch and meet people! Must contact, representative Sheila Griffith at 240.844.3608 or sagriffith@alz.org prior to attending the group.

Course	Day, Date	Time	Cost
17317	M, 1/4-3/15	12-1:30 p.m.	Free

P Positive Aging Program

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

Happiness **NEW!**

What is happiness? Do you consider yourself a happy person? Do you ever wonder how you could increase your happiness? Psychology professor and researcher Sonja Lyubomirsky says as much as 40% of our happiness is within our control, which is great news! In this group, we will explore prescriptions for happiness—based on Adlerian psychology and scientific research in positive psychology. *Meets first and third Tuesday of each month.*

Course	Day, Date	Time	Cost
17322	Tu, 1/5-3/16	1-2:30 p.m.	Free

Women Living Alone

This is a long-standing open-enrollment support group at RSC in which members support each other by listening; expressing concern; and offering tips, suggestions, and advice, when solicited. *Meets first and third Thursday of each month.*

Course	Day, Date	Time	Cost
17320	Th, 1/7-3/18	1-2:30 p.m.	Free

Support Resources cont.

Brain Games

It's back (again)! Our brains do change as we get older, but with regular brain exercise, we can actually improve our mental functioning, such as long-term memory, executive functioning, attention to detail, and processing speed. Join the fun and work your brain as you harmoniously compete in various games and puzzles. *Meets second and fourth Tuesday of each month.*

Course	Day, Date	Time	Cost
17321	Tu, 1/12-3/23	1-2:30 p.m.	Free

How to Heal a Broken Heart **NEW!**

Who hasn't experienced heartbreak? This group is for anyone seeking new insight into how best to handle a broken heart and eventually move on. This group will discuss suggestions by psychologist Guy Winch in his 2018 book, *How to Fix a Broken Heart*. *Meets second and fourth Thursday of each month.*

Course	Day, Date	Time	Cost
17323	Th, 1/14-3/25	1-2:30 p.m.	Free

Anger Management

This one-session class will provide a brief overview of how to manage anger and cope with frustrations so that you can be more effective and happy in all areas of your life.

Course	Day, Date	Time	Cost
17324	Tu, 3/30	1-2:30 p.m.	Free

P Making Memories Together **NEW!**

Making Memories Together offers an old-fashioned tool to improve the mood, level of engagement and ability to share stories for all. Making Memories Together is a great game to play with loved ones whether experiencing the challenges of cognitive changes or not. Games are provided FREE of charge. Bring your own pictures! Presented by, Patricia Dubroof, the Director of Community Relations at Assisting Hands Home Care.

Course	Day, Date	Time	Cost
17648	Th, 3/4	10-11 a.m.	Free
17649	Tu, 3/16	1-2 p.m.	Free

P Scams, Fraud, and Cons: **NEW!** How to Keep You & Your Money Safe

Did you know how to recognize a scam? Join the ElderSAFE Center for an interactive discussion on the most common scams right now, how to protect yourself, and information on reporting fraud.

Course	Day, Date	Time	Cost
17607	W, 3/10	1-2 p.m.	Free

P Senior Planet Montgomery **NEW!**

Senior Planet, powered by the nonprofit Older Adults Technology Services (OATS), harnesses technology to change the way we age. With a focus on social change, programs are intended to help seniors learn new skills, save money, get in shape, make new friends, and thrive in today's digital age. Courses, lectures, and activities are totally free and designed for people 60 and older. Since March and for the foreseeable future, programs are hosted virtually using Zoom video conferencing. Tune in to learn how to get involved and to receive an overview by the local operation, Senior Planet Montgomery, from Shivali Haribhakti, Regional Director, and Bre Clark, OATS Associate Director of Program Operations.

Course	Day, Date	Time	Cost
17563	Tu, 1/19	10:30 a.m.-12 p.m.	Free

P SNAP **NEW!**

SNAP and Food Access Outreach Program, trains volunteers to provide information to local residents about food assistance resources available in the County, and also help seniors, families with children, and other residents understand program eligibility requirements and documents needed to apply, and assist with application submission.

Course	Day, Date	Time	Cost
17595	W, 1/13	1-2 p.m.	Free

P Habitat for Humanity Metro Maryland Repair and Weatherization Programming **NEW!**

Information session and Q&A about Repair and Weatherization programs offered by Habitat for Humanity Metro Maryland for Income Qualified Households.

Course	Day, Date	Time	Cost
17650	W, 1/27	1-2 p.m.	Free

Registration Form

*Required Info | Info Requerida

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*	
Contribution to Program Assistance Fund: \$10 _____ \$25 _____ \$50 _____ Other \$ _____			
Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:

Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____	City Ciudad	State Estado	Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor: _____



Rockville Senior Center Information

City observances

Christmas 12/25, New Years 1/1, Martin Luther King Jr. Day 1/18, and Presidents Day 2/25. No classes or programs will run, we will return phone calls and emails the following business day.

Snow Removal

Many older adults need assistance with snow removal. If you would like to volunteer this winter, or if you are a city resident, 60 and older in need of assistance*, please contact Jerry Jones: 240-314-8819 jj-jones@rockvillemd.gov. *Volunteers not always available.

Walking Through the Winter Wonderlands

Join us on this virtual walk while viewing beautiful winter scenery from different parts of the world. Walk with us more than a mile, in the comfort of your own home.
See pg. 15 for more information.

Positive Aging

The Positive Aging Program at Rockville Senior Center is provided by Aspire Counseling. Counselors from Aspire provide psychoeducational groups and workshops as well as individual counseling that promote positive aging. Contact the senior center for a schedule of groups and workshops and/or to seek individual counseling.

Cómo hacer frente al cambio con José Hernández,
Terapeuta (en español) Segundo Jueves de
cada mes a la 1 p.m. por teléfono

Llame al 240.314.8800 o envíe un correo electrónico
seniorcenter@rockvillemd.gov para junta se el grupo

