

More Things To Do...

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.

Women Living Alone **P**

Thurs., Dec. 3 & 17, 1-2:30 p.m.
Course# 14903; Free

Fostering Relationships **P**

Tues., Dec. 1 & 15, 1-2:30 p.m.
Course# 14901; Free

Improving Communications **P**

Thurs., Dec. 10, 1-2:30 p.m.
Course# 14902; Free

Brain Games **P**

Tues., Dec. 8, 22 & 29, 1-2:30 p.m.
Course# 14904; Free

Managing Stress and Anxiety During Quarantine **P**

Tues., Dec. 29, 11 a.m.-12 p.m.
Course# 17233; Free

Blood Pressure Session 4: Stress Reduction **P**

Tues., 12/1, 1-2 p.m.
Stress reduction methods such as breathing exercises and meditation can lower blood pressure. Presented by Adventist HealthCare.
Course# 14977; Free

Ramping Up Your Exercise Program **P**

Wed., Dec. 2, 1-2 p.m.
Dr. Carlos Martinez, DPT, CAM Physical and Wellness Services, will present safe and effective strategies to begin exercising in the comfort of your own home, including how to utilize the internet and YouTube to help you. Course# 14894; Free

Gut Health 101 **P**

Tues., Dec. 8, 1-2 p.m.
New research suggests that our immune system may play an active role in shaping the digestive-tract flora, which is tightly linked to health and disease. Presented by Adventist HealthCare Course# 17653; Free

Walking Through the Winter Wonderlands

Mon., Dec. 21, 10-11 a.m.
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 # 17561; Free

Rockville Senior Center

Jingle Bus

Mon. Dec. 21, 5-7 pm
Be on the lookout for the Senior Center staff as we make our way through different neighborhoods of the City of Rockville with decorated cars and music!

Rockville Senior Center Holiday Window Displays

Dec. 7- Dec. 31
Throughout the holiday season, take a stroll around the Rockville Senior Center to see decorative window displays. No reservation needed.

Rockville Senior Center Winter Lights

Dec. 14-18, 4:30-6:30 pm
The Rockville Senior Center is getting lit outside! Come see the holiday lights at the center from the comfort of your car. No reservation needed.

Stay Informed:

- www.rockvillemd.gov/seniorcenter
- seniorcenter@rockvillemd.gov
- 240-314-8800
- facebook.com/rockvilleseniors

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 jjones@rockvillemd.gov

*Volunteers not always available.

Carbon Monoxide Detectors

If you are in need of a carbon monoxide detector for your home, please contact Jerry Jones: 240-314-8819 jjones@rockvillemd.gov

Senior Income Tax Assistance

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

Covid Vaccine

Information on the new vaccines is not yet available as to when these will be approved and ready for public distribution. We will let you know when we have more details. Keep an eye on our newsletter, Facebook, etc. We will post information when we have it.

Rockville 11 "60+ Spotlight"

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.

<https://www.rockvillemd.gov/157/Rockville-11>

Rockville Seniors

The Center's Monthly Highlights and Calendar

DECEMBER 2020



All Classes are virtual, a device and internet is required.

P = many programs are available to listen through phone!

Please refer to you 60+ Guide for details. These classes fill quickly.

Registration for the below Holiday Events began November 19.

A Jolly Good Time **P**

Thurs., Dec.10, 10:30-11:15 a.m.

Would you like to impress your family and friends this season? Our activities will give you new and unique fun facts about holiday customs.

Course # 17336; Free

Sensational Holiday Sides

Fri., Dec.11, 11:30 a.m.- 1 p.m.

Register by December 2

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. Course # 17345; \$7/\$10

Holiday Happy Hour **P**

Tues., Dec.15, 5-6 p.m.

Make your holidays extra special as you hear holiday classics with the one and only Dale Allen Jarrett.

Course # 17340; Free/\$7

Melodies of the Season **P**

Mon., Dec. 21, 1:30- 2:30 p.m.

Music and melodies reflecting this special time of the year will be performed by our center piano teacher, Connie Hughes.

Course # 17337; Free/\$7

Fitness Mini Sessions

The fitness department will be offering 3 week mini sessions beginning November 30. This is a great time to try something new with more than 24 programs being offered virtually. Check the recreation guide for more information. Read below about three FREE fitness mini sessions.

Free Fitness Mini Sessions:

There is no need to register for the free mini classes. Links will be emailed on Nov. 30.

Gentle Yoga and Meditation Mini

Wed., Dec. 2 & 9, 6:10-7:00 p.m.

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This class includes work done on the mat. Please have a yoga sticky mat available to use.

Caribbean Dance Mini

Fri., Dec. 4 & 11, 5:00-5:45 p.m.

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. You combine the steps learned to create fun Caribbean dances performed to live music.

Piloxing Mini

Fri., Dec. 4 & 11, 2:15-3:00 p.m.

This groundbreaking and unique program is a blend of lengthening Pilates, strengthening boxing, and dance moves that keep your pulse high. For the active participant.

The Senior Center will remain closed until the State of Emergency is lifted. No programs or classes will run on **Dec., 25 or Jan., 1.** We will return phone calls and emails the following business day.

Winter Class Registration

*All classes and programs are subject to change

Class Registration: Thursday, Dec. 3 at 8:30 a.m.

Registration options:

- Mail: check and registration form
- Call: 240-314-8800
- Online: rockvillemd.gov/seniorcenter

Club News

- 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

Red Hat Meeting **P**

Wed., Dec. 9- 11:30 a.m. with special guest meteorologist Veronica Johnson from ABC7, information will be sent to members

Holiday Program with the Young in Heart and Willing 3C's Clubs **P**

Thurs., Dec. 17- 11:00 a.m.
Enjoy a musical show "Mistletoe and Holly" by Vintage Entertainment as the clubs share the spirit of the season in a joint meeting

- 9-9:45 Strength Training Mini
- 9:15-2 Piano
- 10-12 Windows PC Backup
- 10-10:50 Forever Fit Mini
- 11-12 Aerobic Workout Mini
- 12:05-12:50 Chair Zumba Mini
- 1-3 Copying Pictures
- 1-2:30 Fostering Relationships
- 1-2 Arthritis Foundation Mini
- 1-2 Blood Pressure Series
- 2:10-3 Handbells
- 2:15-3:15 Afternoon Yoga Flow Mini
- 3:30-4:15 Belly Dance Intermediate Mini

- 9-9:50 Forever Fit Mini
- 9:30-11:30 Watercolor of Pets/Birds
- 10-12 Flip Phone Basics
- 10-11 Yoga for You Mini
- 10-10:50 Easy Zumba Mini
- 11-12 Chair Exercise Mini
- 12-2 Watercolor of Pets/Birds
- 12:10-12:55 Balance Matters Mini
- 1-3 Using Cortana
- 1-2 Guitar
- 1-2 Ramping Up Your Exercise
- 1:15-2 Pilates Basics Mini
- 5-6 Zumba Gold Mini
- 6:10-7 Gentle Yoga and Meditation

- 9-9:45 Strength Training Mini
- 9:30-10:45 Book Club
- 10-12 PC New Users
- 10-10:50 Forever Fit Mini
- 11-12 Aerobic Workout Mini
- 12:05-12:50 Drums Alive
- 1-3 Fun with Pictures
- 1-2:30 Women Living Alone
- 1-2 Arthritis Foundation Mini
- 2:15-3:15 Afternoon Yoga Flow Mini

- 9-9:45 Total Conditioning Mini
- 10-11 Yoga for You Mini
- 10-10:45 Belly Dance Basics Mini
- 11-12 Managing Stress and Anxiety
- 11:15-12 Easy Feet Mini
- 12:15-1 Chi Gong Mini
- 2:15-3 Piloxing
- 5-5:45 Caribbean Dance Party

- 9-9:45 Total Conditioning Mini
- 9:50-10:20 STRONG 30 Mini
- 10-12 Microsoft Word
- 10-10:50 Easy Zumba Mini
- 11-12 Chair Exercise Mini
- 12-1:30 Memory Cafe
- 12:15-12:55 Forever Fit Mini
- 1-3 Microsoft Excel
- 1-2 Stress Reduction/Meditation
- 1:15-2 Balance Matters Mini
- 1:30-2 Memory Cafe
- 2:15-3 On Your Feet Yoga Blend Mini
- 5-6 Zumba Gold Mini

**Holiday Window Displays
Dec. 7-31**

- 9-9:45 Strength Training Mini
- 9:15-2 Piano
- 10-12 PC Malware
- 10-10:50 Forever Fit Mini
- 11-12 Aerobic Workout Mini
- 12:05-12:50 Chair Zumba Mini
- 1-2:30 Brain Games
- 1-2 Arthritis Foundation Mini
- 1-2 Science Tuesdays
- 1-2 Gut Health
- 2:10-3 Handbells
- 2:15-3:15 Afternoon Yoga Flow Mini
- 3:30-4:15 Belly Dance Intermediate Mini

- 9-9:50 Forever Fit Mini
- 9:30-11:30 Watercolor of Pets/Birds
- 10-12 Microsoft Word
- 10-11 Yoga for You Mini
- 10-10:50 Easy Zumba Mini
- 11-12 Chair Exercise Mini
- 12-2 Watercolor of Pets/Birds
- 12:10-12:55 Balance Matters Mini
- 1-2 Guitar
- 1-3 Microsoft Excel
- 1:15-2 Pilates Basics Mini
- 5-6 Zumba Gold Mini
- 6:10-7 Gentle Yoga and Meditation

- 9-9:45 Strength Training Mini
- 9:30-10:45 Book Club
- 10-12 PC New Users
- 10-10:50 Forever Fit Mini
- 11-12 Aerobic Workout Mini
- 12:05-12:50 Drums Alive
- 1-3 Fun with Pictures
- 1-2:30 Women Living Alone
- 1-2 Arthritis Foundation Mini
- 2:15-3:15 Afternoon Yoga Flow Mini

- 9-9:45 Total Conditioning Mini
- 10-11 Yoga for You Mini
- 10-10:45 Belly Dance Basics Mini
- 11-12 Managing Stress and Anxiety
- 11:15-12 Easy Feet Mini
- 12:15-1 Chi Gong Mini
- 2:15-3 Piloxing
- 5-5:45 Caribbean Dance Party

- 9-9:45 Total Conditioning Mini
- 9:50-10:20 STRONG 30 Mini
- 10-12 Microsoft Word
- 10-10:50 Easy Zumba Mini
- 11-12 Chair Exercise Mini
- 12-1:30 Memory Cafe
- 12:15-12:55 Forever Fit Mini
- 1-3 Microsoft Excel
- 1:15-2 Balance Matters Mini
- 1:30-2 Memory Cafe
- 2:15-3 On Your Feet Yoga Mini
- 5-6 Zumba Gold Mini

**Rockville Senior Center
Winter Lights
Dec. 14-18.**

- 9-9:45 Strength Training Mini
- 9:15-2 Piano
- 10-12 Android Basics
- 10-10:50 Forever Fit Mini
- 11-12 Aerobic Workout Mini
- 12:05- 12:50 Chair Zumba Mini
- 1-3 Using Thumb Drives
- 1-2 Arthritis Foundation Mini
- 1-2 Fostering Relationships
- 2:10-3 Handbells
- 2:15-3:15 Afternoon Yoga Flow Mini
- 3:30-4:15 Belly Dance Intermediate Mini
- 5-6 Holiday Happy Hour

- 9-9:50 Forever Fit Mini
- 9:30-11:30 Watercolor of Pets/Birds
- 10-12 Microsoft PowerPoint
- 10-11 Yoga for You Mini
- 10-10:50 Easy Zumba Mini
- 11-12 Chair Exercise Mini
- 12- 2 Watercolor of Pets/Birds
- 12:10-12:55 Balance Matters Mini
- 1-2 Guitar
- 1:00-3 Microsoft Excel
- 1:15-2 Pilates Basics Mini
- 5-6 Zumba Gold Mini

- 9-9:45 Strength Training Mini
- 10-12 Android Basics
- 10-10:50 Forever Fit Mini
- 11-12 Aerobic Workout Mini
- 12:05-12:50 Drums Alive
- 1-3 I Have a Question
- 1-2 Arthritis Foundation Mini
- 1-2 Women Living Alone
- 2:15-3:15 Afternoon Yoga Flow Mini

- 9-9:45 Total Conditioning Mini
- 10-11 Yoga for You Mini
- 10-10:45 Belly Dance Basics Mini
- 11:15-12 Easy Feet Mini
- 12:15-1 Chi Gong Mini
- 2:15-3 Piloxing
- 5-5:45 Caribbean Dance Party

- 10-12 Microsoft PowerPoint
- 10-11 Walking Through the Winter Wonderland
- 12-1:30 Memory Cafe Mini
- 1-3 Android Basics
- 1:30-2:30 Melodies of the Season
- 1:30-2 Memory Cafe

**Rockville Senior Center
Jingle Bus, 5-7 p.m.**

- 10-12 Computer Trouble Tips
- 1-3 Using Right Click
- 1-2 Brain Games

- 10-12 Microsoft PowerPoint
- 1-3 Android Basics

- 10-12 Computer Trouble Tips

- 9-9:45 Total Conditioning Mini
- 10-11 Yoga for You Mini
- 10-10:45 Belly Dance Basics Mini
- 11:15-12 Easy Feet Mini
- 12:15-1 Chi Gong Mini

- 10-12 Optimize Your Computer
- 1-3 Windows 10

- 11-12 Managing Stress
- 1-2 Brain Games
- 1-3 Email Fundamentals

- 10-12 Optimize Your Computer
- 1-3 Windows 10

- 10-12 I Have a Question
- 1-3 Computers - Save and Find

- 9-9:45 Total Conditioning Mini
- 10-11 Yoga for You Mini
- 10-10:45 Belly Dance Basics Mini
- 11-12 Managing Stress and Anxiety
- 11:15-12 Easy Feet Mini
- 12:15-1 Chi Gong Mini
- 2:15-3 Piloxing
- 5-5:45 Caribbean Dance Party

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