

More Things To Do...

Positive Aging Programs-Happiness **P**

Tu., Feb. 2 & 16, 1-2:30 pm
Course# 17322; Free

Women Living Alone **P**

Thurs., Feb. 4 & 18, 1-2:30 pm
Course# 17320; Free

How to Heal a Broken Heart **P**

Thurs., Feb. 11 & 25, 1-2:30 pm
Course# 17323; Free

Brain Games **P**

Tu., Feb. 9 & 23, 1-2:30 pm
Course# 17321; Free

Making most of Library

During Covid **P**

Wed., Feb. 17, 10-11:30 am
Learn how to utilize the Library during Covid including technology loan programs, presentations, book/DVD rentals. Course #17560; Free

Healthy Heart, Healthy Brain! **P**

Tu., Feb. 9, 1-2 pm
This class will discuss the heart and brain connection. Learn the risk factors and how to recognize symptoms for better outcomes. Presented by Adventist HealthCare
Course #17368; Free

Seniors Understanding Nature (SUN): Mammals

Fri., Feb. 12, 10:30-11:30 am
Learn about mammal tracks and other signs that can help you "read" the landscape. Course #17301; Free

Random Acts of Kindness and Your Health! **P**

Tu., Feb. 16, 1-2 pm
Join us as we discuss the connection between your physical and mental well-being and how it's connected to kindness. Presented by Adventist HealthCare. Course #17369; Free

Jin Shin Jyutsu Self-Help: For Optimal Health & Healing **P**

Wed., Feb. 17, 1-2:30 pm
We will address common ailments and show you how to balance your energy using this deeply healing art for daily maintenance, stress reduction and more! Presented by Betty Figlure, JSJ Practitioner for over 35 years. Course #17372; Free

Managing Your Emotions **P**

Tues., Feb. 23, 1-2 pm
Learn how to distinguish between feelings and emotions. Presented by Bill Neely, performance coach, minister and chaplain, Brooke Grove Retirement Village.
Course #17434; Free

Managing Your Medications **P**

Thurs., Feb. 25, 1-2 pm
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 #17601; Free

Go Red for Women

Fri., Feb. 5, 8:30-9:15 am
Join Collingswood Rehab and Health Care Center's Medical Director of Cardiology, Dr. Michael Chen, as he discusses what's new in cardiac care 2021. Course# 18383; Free

Making Memories Together: Learn How to play the game!

Thurs., Mar. 4, 1-2 pm
Learn 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!
Course # 17648; Free

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

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>

SCAM ALERT

There is a scam saying that Medicare is offering you genetic testing for cardiology, genetic heart problems etc., where they send out a kit for a mouth swab and later call to tell the results. Note, any type of lab tests should be authorized by your doctor only! **Do NOT take these tests. Medicare is NOT going to call you for testing.** Check your monthly Medicare and secondary insurance info to be sure that all charges are correct

Rockville Seniors

The Center's Monthly Highlights and Calendar

FEBRUARY 2021



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.

Winter Birthdays **P**

Entertainment: Melanie van der Lee
Wed, Feb. 3, 1:30-2:30 pm
Course #17309; Free/\$7

Through the Lens of Time: Dwayne "The Rock" Johnson **P**

Mon., Feb. 8, 10:30-11:30 am
Course #17297; \$6/\$13

Piecemakers' Club (Quilting)

Mon., Feb. 8, 1-2:30 pm
Course#15955; Free

Game Night: America Says

Thurs., Feb. 11, 7-7:45 pm
Course #17348; Free

Crafty Seniors

Tues., Feb. 16, 10 am-12 pm
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. Course #17571; \$25/\$30
Register by Feb. 4

Critters and Coffee

Thurs., Feb. 18, 9:30-10 am
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.
Course #17303; Free

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

Fri., Feb. 19 & 26, 11-11:45 am
Course #17351; \$10

Books that Shaped America: The Souls of Black Folks **P**

Mon., Feb. 22, 10:30-11:30 am
The Library of Congress considers this one of the most influential books ever printed in the United States.
Course #17285; \$6/\$13

Game Night: Bingo **P**

Thurs., Feb. 25, 7-7:45pm
Register by 2/8 to have Bingo card mailed. Course #17349; Free

Looking to have fun while staying fit? Drums Alive or Caribbean Dance Party may be for you! Check your recreation guide for details.

Fitness Mini Sessions

The fitness department will be offering 3 week mini sessions beginning March 15. This is a great time to try something new with more than 24 programs being offered virtually.

Welcome to the Rockville Senior Center team, Kelley Day-Terry!

Kelley is our new Senior Recreation Program Supervisor. Kelley grew up in the City of Rockville and started to work full-time for the City in 2002. She enjoys traveling and spending time with her family and friends. We are so excited to welcome her to the team!



The Senior Center will remain closed until the State of Emergency is lifted. No programs or classes will run on President's Day, Feb. 15. We will return phone calls and emails the following business day.

Spring Class Registration is March 4 at 8:30 a.m.

Rockville Senior Center Memberships are being extended one last time until March 31.

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

Current club members will be emailed details about upcoming meetings.

Willing 3C's Meeting **P**- The next meeting will be on Fri., March 19. In place of a February meeting, we hope you will consider registering for course #17351 Historically Black College and Universities (HBCUs): Myths and Misunderstandings on Feb. 19 and 26 at 11 am.

Young in Heart Meeting **P**- Thurs., Feb. 18 at 11:00 am- Name That Broadway Musical with Jerry Roman, Course #18159

Red Hat Meeting **P**- Wed., Feb. 24 at 11:30 am- Susanna White: A Passenger on the Mayflower, Presented by Mary Ann Jung, Course# 18161

MONDAY

9-9:45	Total Conditioning
10-10:50	Easy Zumba
10-12	Avoiding PC Scams
10-12	English Class
10:30-11:30	Second Fiddle VPs
11-12	Chair Exercise
12-2	Memory Cafe
12:15-12:55	Forever Fit
12:30-2:30	English Conversation
1-3	Microsoft Excel
1:15-2	Balance Matters
2:15-3	On Your Feet Yoga Blend
5-5:45	Zumba Gold

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9-9:45	Strength Training
9:15-2	Piano Lessons
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-12	Microsoft Word
10-12	English Class
11-12	Aerobic Workout
12:15-12:45	STRONG 30
1-2	Arthritis Foundation Exercise
1-2:30	Happiness
1-3	Hotmail Email Fundamentals
1-3	Bridge Beginner
2:10-3	Handbells
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance Intermediate

TUESDAY

9-9:50	Forever Fit
9:30-2	Watercolor Classes
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	Windows PC Backup
10-12	English Class
11-12	Chair Exercise
12:10-12:55	Balance Matters
1-3	Microsoft Excel
1-2	Guitar Lessons
1:15-2	Plates Basics
1:30-2:30	Birthday and Anniversary
2-3	Ukulele
5-5:45	Zumba Gold

WEDNESDAY

9-9:45	Strength Training
10-10:50	Forever Fit
10-12	Microsoft Word
11-12	English Class
12:30-2:30	English Conversation Classes
1-3	Simple Typing Tips
1-2:30	Issues and Ethics
1-2:30	Women Living Alone
1-2	Arthritis Foundation Exercise
2:15-3:15	Afternoon Yoga Flow
4-5:30	Everything Oranges in Italy

THURSDAY

9-9:45	Strength Training
10-10:50	Forever Fit
10-12	Microsoft Word
10-12	English Class
11-12:30	Storytelling Secrets
11-12	Aerobic Workout
12:05-12:50	Drums Alive
12:30-2:30	English Conversation Classes
1-3	Simple Typing Tips
1-2:30	Issues and Ethics
1-2:30	Women Living Alone
1-2	Arthritis Foundation Exercise
2:15-3:15	Afternoon Yoga Flow
4-5:30	Everything Oranges in Italy

FRIDAY

8:30-9:15	Go Red for Women
9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-11	Yoga for You
11-15-12	Easy Feet
12:15-1	Chi Gong (Qigong)
2:15-3	Piloxing
5-5:45	Caribbean Dance Party

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SATURDAY

10-11	Functional Training
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8

9-9:45	Total Conditioning
10-10:50	Easy Zumba
10-12	I Have a Question
10-12	English Class
10:30-11:30	Through the Lens of Time
11-12	Chair Exercise
12-2	Memory Cafe
12:15-12:55	Forever Fit
12:30-2:30	English Conversation
1-3	Microsoft Excel
1-2:30	Piece-makers' Club
1:15-2	Balance Matters
2:15-3	On Your Feet Yoga
5-5:45	Zumba Gold

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9-9:45	Strength Training
9:15-2	Piano Lessons
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-12	Microsoft Word
10-12	English Class
11-12	Aerobic Workout
12:15-12:45	STRONG 30
1-2	Arthritis Foundation Exercise
1-2	Science Tuesdays
1-2:30	Brain Games
1-3	Windows 10 Basics
1-3	Bridge Beginner
2:10-3	Handbells
2:15- 3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance Intermediate

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9-9:50	Forever Fit
9:30-2	Watercolor Classes
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	I Have a Question
10-12	English Class
11-12	Chair Exercise
12:10-12:55	Balance Matters
1-2	Guitar Lessons
1:15-2	Plates Basics
1-3	Microsoft Excel
2-3	Ukulele
5-5:45	Zumba Gold

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9-9:45	Strength Training
10-10:50	Forever Fit
10-12	PC New Users
10-12	English Class
10:30-11:30	Seniors
11-15-12	Understanding Nature
12:15-12	Easy Feet
12:15-1	Chi Gong (Qigong)
2:15-3	Piloxing
5-5:45	Caribbean Dance Party

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SATURDAY

10-11	Functional Training
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15

9-9:45	Strength Training
9:15-2	Piano Lessons
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-12	Using Function Keys
10-12	Crafty Seniors
10-12	English Class
11-12	Aerobic Workout
12:15-12:45	STRONG 30
1-2	Arthritis Foundation Exercise
1-2:30	Happiness
1-3	Bridge Beginner
2:10-3	Handbells
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance Intermediate

Senior Center closed. No classes or programs

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9-9:45	Forever Fit
9:30-2	Watercolor Classes
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	Android Basics
10-12	English Class
11-12	Chair Exercise
12:10-12:55	Balance Matters
1-2	Guitar Lessons
1-3	Computers Save and Find
1:15-2	Plates Basics
2-3	Ukulele
5-5:45	Zumba Gold

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9-9:45	Strength Training
9:30-10	Critters and Coffee
10-10:50	Forever Fit
10-12	Using Function Keys
10-12	English Class
11	YH Meeting
11-12:30	Storytelling Secrets
11-12	Aerobic Workout
12:05-12:50	Drums Alive
12:30-2:30	English Conversation
1-2	Arthritis Foundation Exercise
1-2:30	Women Living Alone
2:15-3:15	Afternoon Yoga Flow

18

9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-11	Yoga for You
10-12	Android Basics
11-11:45	Historically Black Colleges and Universities
11:15-12	Easy Feet
12:15-1	Chi Gong (Qigong)
1-3	Lost Password?
2:15-3	Piloxing
5-5:45	Caribbean Dance Party

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9-9:45	Strength Training
9:15-2	Piano Lessons
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-12	Android Basics
10-12	English Class
11-12	Aerobic Workout
12:15-12:45	STRONG 30
1-2	Arthritis Foundation Exercise
1-2:30	Happiness
1-3	Bridge Beginner
2:10-3	Handbells
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance Intermediate

23

9-9:50	Forever Fit
9:30-2	Watercolor Classes
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	Optimize your Computer
10-12	English Class
11-12	Chair Exercise
11:30	Red Hat Meeting
12:10-12:55	Balance Matters
1-2	Guitar Lessons
1-3	Fun with Pictures
1:15-2	Plates Basics
2-3	Ukulele
5-5:40	Zumba Gold

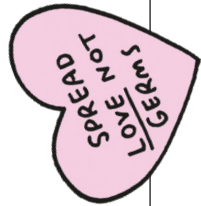
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9-9:45	Strength Training
9:30-10:45	Book Club
10-10:50	Forever Fit
10-12	Android Basics
10-12	English Class
11-12 A	Aerobic Workout
11-12:30	Storytelling Secrets
12:05-12:50	Drums Alive
12:30-2:30	English Conversation
1-2	Arthritis Foundation Exercise
1-2:30	Women Living Alone
2:15-3:15	Afternoon Yoga Flow

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9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-11	Yoga for You
11-11:45	Historically Black Colleges and Universities
11:15-12	Easy Feet
12:15-1	Chi Gong (Qigong)
1-3	Lost Password?
2:15-3	Piloxing
5-5:45	Caribbean Dance Party

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FEBRUARY

Café y charle con su grupo de apoyo

Las personas mayores pueden compartir miedos y frustraciones, y recibir apoyo sin juzgar. Permitir crear una salida para sentimientos que los amigos y familiares que no se encuentran en la misma situación que no pueden no comprender completamente.

Con: Jose Hernandez, Consejero Bilingue, de Affiliated Sante Group

Cada Jueves a las 1:00 p.m. – 1:50 p.m. via aplicacion de ZOOM.

Para más información favor hablarle a Karina Dodson, del Centro de Rockville 240-314-8804 O correo electronico a k-dodson@rockvillemd.gov

Food and Transportation: Do you need food during this time? Please call us on Tuesday by 12:00 a week before the meals are distributed. At this time, food distribution is on Wednesdays.

Senior Center's Call and Ride Program: Senior services will be unable to transport seniors on trips to grocery stores or pharmacies. Instead, Senior Center's Call and Ride program is available during this crisis to provide taxi coupons to seniors in need of transportation. Seniors, living in the city limits of Rockville, in need of transportation can call 240-314-8810 for assistance.

Donation Opportunities Still Needed: Food Drive We are collecting shelf stable food at the Rockville Senior Center to help those in need. Staff will be there Tuesday and Wednesday from 9 a.m.-12 p.m. to help collect donations. There is also a blue bin located under the awning on the side of the building. Food items can be dropped anytime.

Program Assistance Fund: Effective immediately, the senior services staff can use the PAF for the purchase of necessary food and personal hygiene items for those seniors with emergent needs. Code# 14468

SATURDAY

10-11	Functional Training
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SATURDAY