

Adults 60+ Virtual Recreation and Services Guide

SPRING 2021



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

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

City Holidays: Memorial Day- May 31, 2021

Registration: Spring registration opens on Thursday, March 4 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 March 4. If mailing registrations, please complete the registration form on page 19, enclose a check written to "The City of Rockville" 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

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

Beginner Bird Walk **NEW!**

Discover the joy of watching birds! Join Croydon Creek Nature Center staff on a morning walk for beginning birders. Learn how to use binoculars for birding, identify common local species, use bird guides and apps, and much more. Binoculars provided or bring your own. Paths are paved, but be prepared to walk over 1 mile. Meet at the site of the former RedGate Golf Course at 14500 Avery Rd, Rockville.

Course	Day, Date	Time	Cost
17776	Tu, 5/4	7:30-9 a.m.	Free/\$4

P Birthday and Anniversary Party

Celebrate with a festive afternoon of lively entertainment. Mark your calendar for this special events, held in partnership with Rockville Seniors, Inc. Celebrating April and May birthdays! All are invited, whether or not you have a spring birthday. Entertainment: Gina DeSimone and the Moaners. Sponsored by: Available

Course	Day, Date	Time	Cost
17742	W, 5/5	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. Please register for one time slot only.

April 22- "Unorthodox" by Deborah Feldman

May 27- "It All Comes Back to You" by Beth Duke

Course	Day, Date	Time	Cost
17743	Th, 4/22&5/27	9:30-10:30 a.m.	Free/\$7
17771	Th, 4/22&5/27	7-8 p.m.	Free/\$7

P Books that Shaped America

The Library of Congress selected 88 books in June of 2012 that helped to shape America. These selections are to be a starting point for a National conversation. The selections are based on the concept that each book had, and continues to have, a profound impact on American life. Please find the work in the form that best suits your needs. Reading the book is optional. Presented by Joan Adams.

"Little Women" by Louisa May Alcott

Louisa May Alcott was an American author who wrote under various pseudonyms and only start-
Continued...

Sign-up for Extra-Special Seasonal Offerings

Art Reception **NEW!**

Featuring the work of Val Fry's watercolor classes. Registration is required for Zoom link.

Course	Day, Date	Time	Cost
17784	Th, 5/20	6:30-8 p.m.	Free

Bunny Wreath **NEW!**

Make an adorable bunny wreath perfect for your spring front door. No experience is required and Tammy Brown, one of our popular instructors will walk you through this project step by step. All supplies are included in the fee and will be delivered to participant's front door, with no personal contact. Must be a Rockville resident or Senior Center member for supply delivery. Registration for this class begins Feb. 18 and ends Mar. 1.

Course	Day, Date	Time	Cost
17740	Tu, 3/9	10 a.m.-12 p.m.	\$40/\$45

P St. Patrick's Day: Name That Tune **NEW!**

Ireland is renowned for many things, none more so than music. Could you pick some traditional Irish songs from the music and lyrics? Share your knowledge as Jerry Roman, the Piano Man plays the music and shares trivia in this fun and engaging afternoon.

Course	Day, Date	Time	Cost
17774	W, 3/17	11:30 a.m.-12:30 p.m.	Free/\$7

P Memorial Day Celebration **NEW!**

Join us as we learn more about the new National Museum of the United States Army at Fort Belvoir, Virginia. Army Historical Foundation President, LTG Roger Schultz (USA-Ret.) will join us virtually as we explore this monumental museum and its importance to the American Soldiers and their families.

Course	Day, Date	Time	Cost
17787	Th, 5/27	11:30 a.m.-12:30 p.m.	Free/\$7

Arts & Enrichment cont.

ed using her own name when she was ready
"Little Women" Continued...
 to commit to writing. Her novel "Little Women" gave Alcott financial independence and a lifetime writing career.

Course	Day, Date	Time	Cost
17744	M, 4/19	10:30-11:30 a.m.	\$6/\$9

"Catch-22" by Joseph Heller

Joseph Heller started his academic career by teaching composition at Penn State University; a job which he retained from 1950 to 1952. He was an instructor for fiction and dramatic arts at Yale. "Catch-22," published in 1961, is considered his most successful novel. The novel sold over 10 million copies in the U.S. and is ranked 7th on Modern Library's list of 100 novels of the century.

Course	Day, Date	Time	Cost
17745	M, 5/17	10:30-11:30 a.m.	\$6/\$9

Bridge - Beginner III **NEW!**

This is the final course in the Beginner's series. The eight week course will emphasize the play of the hand, both declarer and defensive. The 2 over 1 bidding system will be reinforced. Prerequisite: Beginner's Bridge I or a basic understanding of modern bidding. 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
17741	Tu, 4/6-5/25	1-3 p.m.	\$66/\$82

Capital Splendor-Gardens and Parks of Washington, DC **NEW!**

This PowerPoint lecture and slide presentation provides a framework of different landscape garden design styles at approximately 9 of the 32 gardens in the speaker's 2012 book by the same name. In addition, the talk highlights those gardens and provides historical information of the gardens, houses, and landscape architects. The gardens include: Mount Vernon Estate, Museum, & Gardens; River Farm; Meridian Hill Park; Tudor Place; Hillwood Estate, Museum, and Gardens; Dumbarton Oaks; Tregaron Conservancy; Ladew Topiary Gardens; the US Botanic Garden; and more. Presented by Barbara Glickman.

Course	Day, Date	Time	Cost
17788	Tu, 4/20	1-2:30 p.m.	\$6/\$9

English Class

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, Alakoye at aalakoye@rockvillemd.gov to schedule assessment and register for class.

Beginner-English I; Instructor: Crooks

Course	Day, Date	Time	Cost
17919	M,W, 3/22-5/26	10 a.m.-12 p.m.	Free

Beginner-English 2; Instructor: Tunick

Course	Day, Date	Time	Cost
17920	Tu,Th, 3/23-5/27	10 a.m.-12 p.m.	Free

Intermediate-English 3; Instructor: Butler

Course	Day, Date	Time	Cost
18148	Tu,Th, 3/23-5/27	10 a.m.-12 p.m.	Free

Advanced-English 4; Instructor: Smudski

Course	Day, Date	Time	Cost
18149	Tu,Th, 3/23-5/27	10 a.m.-12 p.m.	Free

English Conversation Classes

Speak more confidently about everyday topics.
 Instructor: Nader

Beginner: Let's Talk

Course	Day, Date	Time	Cost
18150	M, 3/22-5/24	1-3 p.m.	Free

Advanced: More Talk

Course	Day, Date	Time	Cost
18151	Th, 3/25-5/27	1-3 p.m.	Free

Enjoy a Little Sunshine **NEW!**

We all need a little "sunshine" in our lives right now. What better way to add a little happy to your homes than by painting your very own glass sunflower platter? We'll sit outside in the fresh air under a tent, rain or shine to enjoy painting. Your instructor will show you exactly what to do, and she will bring all of the supplies and examples. Beginners welcome in this very fun class. Supply fees included in registration fee. Instructor: Cathy Pasquariello

Course	Day, Date	Time	Cost
17782	Th, 5/6	10:30 a.m.-12:30 p.m.	\$10/\$14

(KEY: P = Phone in available)

Game Night

Would you like an awesome way to spend an evening? Connect and socialize with members and find plenty of laughter. The game played, back by popular demand, will be Scattegories.

Scattergories

Course	Day, Date	Time	Cost
17758	Th, 3/25	7-7:45 p.m.	Free/\$2

Garden Critters

NEW!

Many kinds of critters visit our gardens—insects, birds, reptiles, and mammals. This talk focuses on the four-footed variety (mammals). See evidence of footprints, scat, and damage to plantings, guess which mammals are involved, and learn about ways to deter or exclude them and when it makes sense to just tolerate them. Presentation by Master Gardener Speakers Bureau.

Course	Day, Date	Time	Cost
17786	M, 5/24	1-2 PM	\$6/\$9

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
17759	W, 4/7-5/26	1-2 p.m.	\$81/\$108

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
17761	Tu, 4/6-5/25	2:10-3 p.m.	\$17/\$26

Price Key

Prices are listed as: Senior Center Member/Nonmember

P Herbs to Enrich Our Food, Health, and Environment **NEW!**

This program will remind you how much fun it is to grow the plants we traditionally know as useful additions for flavoring and enhancing our foods and beverages. Common kitchen herbs will be featured including parsley (the Herb of the Year 2021), sage, rosemary, and thyme. Presentation by Master Gardener Speakers Bureau.

Course	Day, Date	Time	Cost
17785	Th, 4/29	1-2 p.m.	\$6/\$9

P How to Get Started in Researching Your Family **NEW!**

This talk discusses the genealogical research process: how to record and evaluate information, cite sources used, maintain a research calendar, develop a research plan, then how and where to get started with family research.

Instructor: Lorraine Minor

Course	Day, Date	Time	Cost
17780	Tu, 3/30	1-2:30 p.m.	\$6/\$9

Irresistibly Elegant Tea Party **NEW!**

Take out your favorite fancy teacups and join us on Zoom. Cook along with Chef Alba, or simply watch as she creates bite-size tea sandwiches. A shopping list and recipes will be emailed to participants. Menu: An assortment of savory sandwiches such as, English cucumber cream cheese and lemon zest, Downton Abbey egg salad, salmon mousse with smoked salmon & dill, and for a touch of sweet, lemon sugar cookies.

Course	Day, Date	Time	Cost
17773	Th, 4/8	2-3:30 p.m.	\$13/\$17

P Let's Talk About Race **NEW!**

These four seminars take a brief look at the systemic bias and institutional bias that are often not seen. We will take a closer look at: education, housing, employment, transportation, public health, and the justice system and how they quietly support racism. Each session will provide a short presentation followed by a meaningful discussion. Alternate views are welcome. Come and join us. Free for center members and city residents. Instructor: Marvin Adams

Course	Day, Date	Time	Cost
17777	Th, 5/6-5/27	1-2:30 p.m.	Free/\$7

Arts & Enrichment cont.

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

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

Course	Day, Date	Time	Cost
17762	Tu, 4/6-5/25	9:15-10:15 a.m.	\$74/\$100

Beginner Continuing

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
17763	Tu, 4/6-5/25	10:30-11:30 a.m.	\$74/\$100
17764	Tu, 4/6-5/25	1-2 p.m.	\$74/\$100

Advanced Continuing

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. Prerequisite: Students must have taken at least one Continuing Class at the Senior Center, or meet the listed requirements.

Course	Day, Date	Time	Cost
17765	Tu, 4/6-5/25	11:45 a.m.-12:45 p.m.	\$74/\$100

Piecemakers' Club

Make new connections with fellow quilters! Listen to or share tips and tricks in this comfortable environment while encouraging one another. This is a wonderful opportunity to explore various quilting techniques.

Course	Day, Date	Time	Cost
17766	M, 4/12 & 5/10	1-2:30 p.m.	Free/\$4

P Police Academy

NEW!

Join us for this important program highlighting safety and education for our 60-plus population. Classes cover preventing scammers, K-9 demo,

and more. Program facilitated by Cpl. Derrick Tibbs.

Course	Day, Date	Time	Cost
17739	Th, 5/6-5/20	10:30 a.m.-12 p.m.	Free

P 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. Instructor: N/A

Course	Day, Date	Time	Cost
17918	Tu, 4/13-6/8	1-2 p.m.	Free

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 49 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.

Walter Mondale

Walter Mondale was born in Minnesota and in 1948 began his work in politics. He helped elect Hubert H. Humphrey to the U.S. Senate. He was a graduate of the University of Minnesota with a degree in Political Science. After serving in the U.S. Army, he went on to get a law degree from the same school in 1956. In 1984 Mondale became the Democratic Party's nominee to run against Reagan. He made history by choosing Geraldine Ferraro as his running mate. What happened after his loss to Reagan?

Course	Day, Date	Time	Cost
17746	M, 4/5	10:30-11:30 a.m.	\$6/\$9

KEY: **P** = Phone in available

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

Dan Quayle

Vice President Dan Quayle was born on February 4, 1947, in Indianapolis, Indiana. Dan Quayle graduated from DePauw University in 1969 and received his J.D. from Indiana University School of Law at Indianapolis in 1974. In November 1972, Dan Quayle married the former Marilyn Tucker of Indianapolis. They live in Paradise Valley, Arizona. What has he been doing since leaving public office?

Course	Day, Date	Time	Cost
17747	M, 5/3	10:30-11:30 a.m.	\$6/\$9

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.

Vernal Pools

Vernal pools, also called spring, seasonal, or ephemeral pools, are a unique wetland habitat. We will take a look at some of the plant and animal species that live in these pools and explore the importance of this habitat.

Course	Day, Date	Time	Cost
17755	F, 3/19	10:30-11:30 a.m.	Free/\$4

Native Plants and Planting Natives

What is a native plant? We will investigate the value of native plants, some of the relationships between plant and animal communities, and what it means to plant native.

Course	Day, Date	Time	Cost
17756	F, 4/23	10:30-11:30 a.m.	Free/\$4

Cicadas and other True Bugs

Mid-May to early June 2021 will be the emergence of the 17 year periodical cicada. We will discover why this happens and take a look at some of the other insects in this family of true bugs.

Course	Day, Date	Time	Cost
17757	F, 5/21	10:30-11:30 a.m.	Free/\$4

NEW! P Seth Kibel Duo

Woodwind virtuoso Seth Kibel and his piano accompanist will entertain and delight with a program of jazz standards, with an emphasis on the so-called "Great American Songbook." Think the Brothers Gershwin, Irving Berlin, Cole Porter, Duke Ellington, Benny Goodman, and more!

Course	Day, Date	Time	Cost
17783	F, 4/9	1-2 p.m.	\$6/\$13

Spanish for 60+

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities. Instructor: Almidon

Just the Basics

Course	Day, Date	Time	Cost
17275	Tu,Th, 4/13-6/17	12:30-2:30 p.m.	\$44/\$70

Continuing

Course	Day, Date	Time	Cost
17276	M,W, 4/12-6/16	12:30-2:30 p.m.	\$44/\$70

NEW! P Speak with Confidence

It takes confidence, composure and compassion to share your courage effectively; this course will empower you with the tools to deliver all three. With personalized insight and guidance gained from a decade of trusted story sharing and training, you'll be equipped to comfortably engage audiences and produce consistent, positive results anywhere you speak. 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
17775	Th, 4/8-4/29	10-11:30 a.m.	\$34/\$42

Did you know?

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

Check the monthly newsletter for updates on special events!

Arts & Enrichment cont.

P The History of Reed Brothers Dodge, 1915-2012 **NEW!**

Reed Brothers Dodge was one of the longest running automobile dealerships in Montgomery County history, operating from two locations in Rockville for 97 years. This PowerPoint presentation features historical photographs taken by the dealership's founder, Lewis Reed, and highlights how Reed Brothers Dodge came into being, and how the company overcame the inevitable changes and challenges throughout almost a century of being in business. Instructor: Jeanne Gartner

Course	Day, Date	Time	Cost
17781	M, 4/19	1-2:30 p.m.	\$6/\$9

P Through the Lens of Time

Take a 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

Robert Frost

Robert Frost was an author of searching and often dark meditations on universal themes. He was a modern poet in his adherence to language as it is spoken. His works are often infused with layers of ambiguity and irony. Frost's works were highly associated with rural life in New England. He was honored to be asked by President Kennedy to recite a poem at his inauguration. Frost received four Pulitzer Prizes.

Course	Day, Date	Time	Cost
17748	M,4/12	10:30-11:30 a.m.	\$6/\$9

Bob Dylan

Bob Dylan (born Robert Allen Zimmerman; May 24, 1941) is an American singer-songwriter, author, and visual artist. Dylan is regarded as one of the greatest songwriters of all time. He has been a major figure in popular culture for more than 50 years. Much of his most celebrated works date from the 1960s, such as "Blowin' in the Wind" and "The Times They Are a-Changin'". His works became anthems for the civil rights and anti-war movements. What are in his lyrics

that made them last so long as part of American counterculture?

Course	Day, Date	Time	Cost
17749	M, 5/10	10:30-11:30 a.m.	\$6/\$9

Ukulele

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. Instructor: Kevin Mittleman

Course	Day, Date	Time	Cost
17760	W, 4/7-5/26	2-3 p.m.	\$74/\$100

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. 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
17767	W, 4/7-5/26	9:30-11:30 a.m.	\$89/\$110

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
17768	Tu, 4/6-5/25	9:30-11:30 a.m.	\$89/\$110
17769	Tu, 4/6-5/25	12-2 p.m.	\$89/\$110

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 demon-

Arts & Enrichment cont.

stration given by the teacher. Enjoy our love of watercolors in a very supportive environment.

Course	Day, Date	Time	Cost
17770	W, 4/7-5/26	12-2 p.m.	\$89/\$110

Wine and Cheese-Cinco de Mayo

Missing your friends? Enjoy the evening at the Senior Center with friends, wine, and refreshments. CDC guidelines will be enforced, bathrooms are available. This program is for Senior Center members only. Registration is required.

Course	Day, Date	Time	Cost
18473	Tu, 5/4	4:30-6 p.m.	Free

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

Course	Day, Date	Time	Cost
17842	Tu,Th, 5/18-5/20	10 a.m.-12 p.m.	\$14/\$27
17850	Tu,Th, 5/25-5/27	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
17799	W, 4/7	1-3 p.m.	\$9/\$15
17830	M, 5/3	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
17812	M,W, 4/26-4/28	1-3 p.m.	\$14/\$27
18407	Tu,Th, 6/22-6/24	10 a.m.-12 p.m.	\$14/\$27

B Computers: Save & 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: Martin

Course	Day, Date	Time	Cost
17826	Tu, 4/27	1-3 p.m.	\$9/\$15
18600	Tu, 5/18	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

Course	Day, Date	Time	Cost
17802	Tu, 4/13	10 a.m.-12 p.m.	\$9/\$15
17798	Tu, 4/6	1-3 p.m.	\$9/\$15
18411	M, 6/28	10 a.m.-12 p.m.	\$9/\$15
18417	W, 6/30	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: Hickman

Course	Day, Date	Time	Cost
17800	Th, 4/8	8-10 a.m.	\$9/\$15
18393	M, 6/7	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
17796	M, 4/5	1-3 p.m.	\$9/\$15
18416	Tu, 6/29	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: Martin

Course	Day, Date	Time	Cost
17854	Th, 5/27	1-3 p.m.	\$6/\$13
18478	Th, 5/27	8-10 a.m.	\$6/\$13
18404	Th, 6/17	1-3 p.m.	\$6/\$13

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
17804	Th, 4/15	10 a.m.-12 p.m.	\$9/\$15
18390	Tu, 6/1	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: Martin

Course	Day, Date	Time	Cost
17833	Tu, 5/4	1-3 p.m.	\$9/\$15
18479	Th, 6/3	8-10 a.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
17810	Th, 4/22	10 a.m.-12 p.m.	\$14/\$27
17839	Th, 5/13	10 a.m.-12 p.m.	\$14/\$27
18394	Tu, 6/8	1-3 p.m.	\$14/\$27

B Simple Typing Tips

Basic typing techniques. Instructor: Hickman

Course	Day, Date	Time	Cost
17805	Th, 4/15	8-10 a.m.	\$5/\$11
18475	Th, 5/6	8-10 a.m.	\$5/\$11
18402	Tu, 6/15	1-3 p.m.	\$5/\$11

Virtual Spring Classes

Take all of these classes right from your home!

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

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
17801	M,W, 4/12-4/14	1-3 p.m.	\$14/\$27
17844	M,W, 5/17-5/19	8-10 a.m.	\$14/\$27
18399	M,W, 6/14-6/16	10 a.m.-12 p.m.	\$14/\$27

B Using Right Click - Left Click

Understand your mouse and discover how to find, move, copy, and save files and pictures. Create or delete shortcut icons on your desktop, emails, and documents. Instructor: Martin

Course	Day, Date	Time	Cost
17853	W, 5/26	1-3 p.m.	\$9/\$15
18480	Th, 6/10	8-10 a.m.	\$9/\$15

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
17797	Tu,Th, 4/6-4/8	10 a.m.-12 p.m.	\$30/\$37
17837	Tu,Th, 5/11-5/13	8-10 a.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
17808	Tu, 4/20	10 a.m.-12 p.m.	\$14/\$27
17834	W, 5/5	10 a.m.-12 p.m.	\$14/\$27
18391	W, 6/2	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 than ever. Instructor: Hickman

Course	Day, Date	Time	Cost
17803	Tu, 4/13	1-3 p.m.	\$9/\$15
18400	M, 6/14	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
17790	Th, 4/1	8-10 a.m.	\$14/\$27
17829	Th, 4/29	8-10 a.m.	\$14/\$27
17836	M, 5/10	10 a.m.-12 p.m.	\$14/\$27
18414	M, 6/28	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
17840	M, 5/17	10 a.m.-12 p.m.	\$14/\$27
18477	Th, 5/20	8-10 a.m.	\$14/\$27
18396	W, 6/9	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
17793	M,W, 4/5-4/14	10 a.m.-12 p.m.	\$24/\$37
18378	Tu,Th, 6/1-6/10	10 a.m.-12 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
17831	M,W, 5/3-5/12	1-3 p.m.	\$24/\$37

I Microsoft Powerpoint

Create a presentation using eye-catching features. Learn how to use built-in templates,

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

themes, designs, and background styles. Topics also include how to add titles, charts, tables, and pictures. Instructor: Hickman

Course	Day, Date	Time	Cost
17806	M,W, 4/19-4/26	10 a.m.-12 p.m.	\$24/\$37
18392	M,W,F 6/2-6/7	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
17832	Tu,Th, 5/4-5/11	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. Instructor: Hickman

Course	Day, Date	Time	Cost
17809	Tu,Th, 4/20-4/22	8-10 a.m.	\$12/\$25
17848	M,W, 5/24-5/26	10 a.m.-12 p.m.	\$12/\$25
18405	M,W, 6/21-6/23	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
17825	Tu, 4/27	10 a.m.-12 p.m.	\$14/\$27
18403	W, 6/16	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
17827	W, 4/28	10 a.m.-12 p.m.	\$9/\$15
17849	M, 5/24	1-3 p.m.	\$9/\$15
18395	W, 6/9	10 a.m.-12 p.m.	\$9/\$15

Technology cont.

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 more productive, useful and fun. Instructor: Hickman

Course	Day, Date	Time	Cost
17807	M,W, 4/19-4/21	1-3 p.m.	\$14/\$27
18406	M,W, 6/21-6/23	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
17828	Th, 4/29	10 a.m.-12 p.m.	\$9/\$15
18415	Tu, 6/29	10 a.m.-12 p.m.	\$9/\$15

I Windows 10 Laptops

With the rollout of Windows 10, learn how to navigate the newest Windows platform. Instructor: Hickman

Course	Day, Date	Time	Cost
17841	M,W, 5/17-5/19	1-3 p.m.	\$24/\$37
18401	Tu,Th, 6/15-6/17	10 a.m.-12 p.m.	\$24/\$37

B 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
17852	Tu, 5/25	1-3 p.m.	\$14/\$27
18410	Tu, 6/22	1-3 p.m.	\$14/\$27

Zoom Help

Instructor: Hickman

Course	Day, Date	Time	Cost
17792	Th, 4/1	10 a.m.-12 p.m.	Free
18602	W, 4/7	8-10 a.m.	Free
17838	W, 5/12	10 a.m.-12 p.m.	Free
18420	F, 6/4	10 a.m.-12 p.m.	Free
18418	W, 6/30	1-3 p.m.	Free

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, but-tocks, 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
17898	Tu, 4/13-6/8	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
17909	Tu,Th, 4/13-6/10	11 a.m.-12 p.m.	\$48/\$75

Afternoon Yoga Flow

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: Ford

Course	Day, Date	Time	Cost
17913	Tu,Th, 4/13-6/10	2:15-3:15 p.m.	\$60/\$94

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
17910	Tu,Th, 4/13-6/10	1-2 p.m.	\$48/\$75

Brown Bag Lunch

Starting again in March! Check the monthly newsletter for updated information.

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
17889	M, 4/12-6/14	12:15-1 p.m.	\$30/\$48
17891	W, 4/14-6/9	12:15-1 p.m.	\$30/\$48

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
17890	F, 4/16-6/11	10-10:45 a.m.	\$30/\$48

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
17892	Tu, 4/13-6/8	3:30-4:15 p.m.	\$30/\$48

Caribbean Dance Party

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 will combine the steps learned to create fun Caribbean dances performed to live music. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost
17895	F, 4/16-6/11	5-5:45 p.m.	\$30/\$48

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
17903	M,W, 4/12-6/14	11 a.m.-12 p.m.	\$40/\$62

Chair Cardio **NEW!**

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

Course	Day, Date	Time	Cost
18614	W, 4/14-6/9	9-9:45 a.m.	\$30/\$48

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
17906	F, 4/16-6/11	12:15-1 p.m.	\$42/\$66

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 is available upon request. Course #18640 will be a seated class. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost
17887	Th, 4/15-6/10	12:05-12:50 p.m.	\$30/\$48
18640	Tu, 4/13-6/8	12:05-12:50 p.m.	\$30/\$48

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
17896	F, 4/16-6/11	11:15 a.m.-12 p.m.	\$32/\$50

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
17905	M,W, 4/12-6/14	10-10:50 a.m.	\$42/\$66

Virtual Spring Classes

Take all of these classes right from your homes!

Fitness cont.

Fitness Workshop: Balance Does Matter! **NEW!**

Concerned about falling? Do you miss activities because you're afraid you might fall? Join us for a 2 part workshop to improve your balance! Part one of this workshop with focus on the 3 systems that work together to keep us balanced. Part two of this workshop will focus on applying the 3 systems of balance to exercises that will help improve balance. Instructor: Ohlandt

Course	Day, Date	Time	Cost
17867	Tu, 4/20 & 5/18	3:30-4:15 p.m.	\$30

Forever Fit **NEW!**

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: Ohlandt, Finn

Course	Day, Date	Time	Cost
17886	M,W, 4/12-6/14	11:15 a.m.-12:05 a.m.	\$52/\$81
17911	Tu,Th, 4/13-6/10	10-10:50 a.m.	\$52/\$81

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 workout is for most fitness levels. Instructor: Owen

Course	Day, Date	Time	Cost
17899	Sa, 4/17-6/12	10-11 a.m.	\$40/\$62

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
17897	W, 4/14-6/9	6:10-7 p.m.	\$38/\$56

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
17900	M, 4/12-6/14	2:15-3 p.m.	\$42/\$62

Outdoor Group Training

This outdoor, strength-building class is designed to improve strength, flexibility, and balance using the fitness equipment located behind the senior center. Intensity may be modified to suit most fitness levels. Instructor: Ohlandt. Location: Rockville Senior Center back parking lot

Course	Day, Date	Time	Cost
17916	W, 4/14-6/9	9-9:45 a.m.	\$50/\$72

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
17907	W, 4/14-6/9	1:15-2 p.m.	\$48/\$70

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
17908	F, 4/16-6/11	2:15-3 p.m.	\$44/\$65

Need help paying for classes?

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

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
17912	Tu,Th, 4/13-6/10	9-9:45 a.m.	\$52/\$81

STRONG 30™

Strong 30™ is an innovative and intense 30-minute, complete body workout. During this class, 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
17904	Tu, 4/13-6/8	12:15-12:45 p.m.	\$40/\$62

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
17901	M, 4/12-6/14	9-9:45 a.m.	\$40/\$62
17902	F, 4/16-6/11	9-9:45 a.m.	\$40/\$62

Walking On Sunshine

Join us on this virtual walk while viewing beautiful spring scenery from different parts of the world. Walk with us more than a mile, in the comfort of your own home. Seated instruction will also be available. Instructor: Klopfer

Course	Day, Date	Time	Cost
17915	M, 4/7	10-11 a.m.	Free

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. This class includes work done on the mat, please have a sticky mat available to use. Instructor: Figlure

Course	Day, Date	Time	Cost
17914	W,F, 4/14-6/11	10-11 a.m.	\$76/\$119

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
17893	M, 4/12-6/14	5-5:45 p.m.	\$30/\$48
17894	W, 4/14-6/9	5-5:45 p.m.	\$30/\$48

Wellness

P Boosting Your Immunity through Food

With the Covid-19 pandemic still among us, it is essential to build and maintain our immune systems! Proper nutrition plays a huge role in keeping us healthy, but what foods help to support our immune system? Join Suburban Hospital Dietician, Michelle F. Young RDN, LDN, MPH to learn how to properly take care of yourselves and strengthen your immune system while maintaining proper portion control.

Course	Day, Date	Time	Cost
18470	Th, 6/24	1-2 p.m.	Free

P Common Neuromuscular and Musculoskeletal Pain Syndromes: Part 2

Dr. Massumi of Massumi Associates for Pain and Rehabilitation, will discuss basic anatomy and pathology of common neuromuscular and musculoskeletal pain, and treatments for these conditions specifically for the torso, abdomen, and lower extremities.

Course	Day, Date	Time	Cost
17753	W, 4/14	1-2:30 p.m.	Free

P EFT Tapping for Good Health

If you experience stress-related issues like anxiety, worry, anger or physical aches and pains, learn about Emotional Freedom Techniques (EFT "Tapping"). Tapping is a scientifically and clinically proven self-administered technique based on modern psychology and 5000 year old acupuncture but without needles. Presented by Bev Nerenberg, Wellness at Your Fingertips.

Course	Day, Date	Time	Cost
18333	Th, 5/13	1-2:30 p.m.	Free

Wellness cont.

P Essential Oils Can Help Manage Stress and Anxiety

During these difficult times, aromatherapy can play an important role in helping us stay centered and calm. A drop of Bergamot placed on an acupressure point on the ear can help relieve depression. Diffusing Lavender can help us sleep. We will also learn a few simple self care techniques (essential oil is optional). In this program you will learn about this ancient therapy for mind, body, and spirit. You will be able to learn about the many benefits of essential oils and how to safely use them. Presented by Adrienne Hausman, Adrienne's Aromas.

Course	Day, Date	Time	Cost
17779	Tu, 4/20	1-2 p.m.	Free

P Finding a Happy Balance

Every year, one out of three adults aged 65 and over experience an unexpected fall. In most cases, falls can be prevented. Suburban Hospital Division Director of Orthopedics, Neurosurgery & Rehab, Matt Tovornick, PT, MBA will share practical and useful changes that can be made at home and while on the move to prevent the incident of preventable falls.

Course	Day, Date	Time	Cost
18469	Th, 5/27	1-2 p.m.	Free

P Headache and Migraines

Join us as we explore the differences between headaches and migraines as well as discuss the possible causes and treatments. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost
17823	6/1	1-2 p.m.	Free

P Herbs at a Glance: Common Names, Benefits, Cautions & Resources

Dr Massumi, of Massumi Assoc, Pain Management and Rehabilitation, will discuss the proven benefits of herbs in the management of chronic illness—musculoskeletal, neuromuscular, psychological, hormonal and other chronic maladies.

Course	Day, Date	Time	Cost
17778	Tu, 5/4	1-2 p.m.	Free

P Keeping with the Beat

Atrial fibrillation is an irregular heartbeat or arrhythmia that can lead to blood clots, stroke or heart failure. Cardiologist, Dr. Edward Healy will review the signs and symptoms of atrial fibrillation as well as non-surgical and surgical treatment options.

Course	Day, Date	Time	Cost
17751	Th, 4/22	1-2 p.m.	Free

P Know Your Transportation Options

Just because you no longer drive doesn't mean you need to be stuck at home. The Connect-A-Ride Transportation Resource Center is a free service that helps seniors living in Montgomery County find the transportation they need. A Mobility Specialist from Connect-A-Ride will provide an overview of transportation options available in Montgomery County. Learn about public and private programs, volunteer organizations including local Villages with volunteer driving programs, subsidized programs, programs for those who need wheelchair accessible transport, and more! Presented by Jewish Council on Aging, Harriet Block. Have transportation questions? Call Connect-A-ride at 301-738-3252, Mon.-Fri. 9-5

Course	Day, Date	Time	Cost
18467	Tu, 6/8	1-2 p.m.	Free

P Smart Driver TEK Workshop

AARP wants you to learn about new vehicle technologies like Forward Collision Warning, Blind Spot Warning, and Drowsy Driver Alerts. Stay ahead of the curve by joining your peers for an engaging, 90-minute instructor-led session live on Zoom. Understanding these important changes can keep you on the road safer longer! Presented by Ken Ow, AARP driving instructor and workshop leader, who works with adults 50 and up to help with safer driving.

Course	Day, Date	Time	Cost
17922	W, 5/19	1-2:30 p.m.	Free

Virtual Spring Classes

Take all of these classes right from your homes!

International Day - Save the Date

Friday, June 11. See May newsletter for details.

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 Figure has taught meditation, guided imagery, and stress reduction classes for over 30 years.

Course	Day, Date	Time	Cost
17754	M, 4/5	1-2 p.m.	Free
17752	M, 4/12-6/14	1-2 p.m.	\$30/\$40

P Stress-Away!

Join us for a presentation and discussion on stress. We will explore what stress levels are normal and what levels are unhealthy and how to eliminate it from our daily lives. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost
17821	Tu, 4/6	1-2 p.m.	Free

P Stroke, From A-Z

Did you know May is Stroke Awareness Month? Join us as we explore the three types of strokes as well as learn the risk factors, symptoms and treatments. Presented by Adventist HealthCare

Course	Day, Date	Time	Cost
17822	5/11	1-2 p.m.	Free

P Total Hip and Knee Replacement

In this informative session, Dr. Carlos A. Martinez, PT, DPT, Owner of CAM Physical Therapy and Wellness Services LLC. will inform you of what to expect before and after surgery from rehabilitation to your return to function. He will also review the anatomy of your hips and knees, what is a total knee and hip replacement, how a physical therapist can help you, and strategies to improve your activities of daily living and active lifestyle.

Course	Day, Date	Time	Cost
17923	Tu, 4/13	1-2 p.m.	Free

Support Resources

P Healthy: Fact or Fiction

A walk-through of our most commonly asked food and health questions designed to dispel eating myths and solidify knowledge around key core nutrition principles. We decode and demystify many grocery store advertisements and descriptions and uncover what organic, made with

real fruit, heart-healthy, and low sodium mean for our bodies and well-being.

Course	Day, Date	Time	Cost
17856	W, 6/16	10:30 a.m.-12 p.m.	Free

P MANNA Smart Spending

Balancing eating health and saving money can be a challenge but we will discuss how to navigate through the grocery store and make cents out of purchasing healthy foods. We'll discuss tricky advertising, the meaning behind popular product health labels, and easy ways to save money on products that you already purchase.

Course	Day, Date	Time	Cost
17855	W, 5/12	10:30 a.m.-12 p.m.	Free

P Maryland Insurance Administration

Join Patricia Dorn, Outreach Staffer, for an overview of agency, Maryland Insurance Administration and an introduction to the webpage resources.

Course	Day, Date	Time	Cost
18623	W, 5/5	10:30-11:30 a.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.

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
17818	Th, 4/1-6/17	1-2:30 p.m.	Free

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, working memory, executive functioning, attention to detail, and processing speed. Come join the fun and work your brain as you harmoniously compete with your peers in various games and puzzles. Meets second and fourth Tuesday of each month.

Course	Day, Date	Time	Cost
17917	Tu, 4/13-6/22	2:30-4 p.m.	Free

Support Resources cont.

Positive Aging Programs Continued...

Empathy

We learned from our Improving Communication group how empathy is essential to good communication. So how can we increase our empathy? How does it develop in the first place? On the other hand, if we are already highly empathic, how do we keep from being overwhelmed by other people's experiences? This group will explore empathy from the points of view of various authors and provide an opportunity for participants to share their own experiences with empathy or the lack of it. Meets first and third Tuesday of the month.

Course	Day, Date	Time	Cost
17816	Tu, 4/6-6/15	2:30-4 p.m.	Free

Men Living Alone

By popular demand, this group will provide an opportunity for men to socialize and support each other, as many women do, in the Women Living Alone group. Join with other men and share the challenges and joys of living by yourself. Meets second and fourth Thursday of each month.

Course	Day, Date	Time	Cost
17819	Th, 4/8-6/24	1-2:30 p.m.	Free

Dealing with Ageism

This workshop will describe the effects of ageism on seniors, suggest ways to cope with it, and propose how we can work to eliminate it.

Course	Day, Date	Time	Cost
17820	Th, 4/29	1-2:30 p.m.	Free

Managing Stress During the Pandemic

This is an ongoing support and educational group to help people with coping with the isolation, anxiety, depression, loss, etc. as a result of the COVID-19 Pandemic. Participants learn coping skills from facilitator and from each other. Meets every Friday.

Course	Day, Date	Time	Cost
17917	F, 4/2-6/25	11 a.m.-12:00 p.m.	Free

P Standing Guard: Protect What You've Worked For

shares strategies designed to help you guard your most valuable assets and protect your pre- and post-retirement income. This presentation covers risks that could impact your financial strategy and solutions to protect against these risks:

- Creating a foundation to protect against unexpected events
- Protecting your income during retirement
- Addressing rising health care and long-term medical care costs

Course	Day, Date	Time	Cost
17814	Th, 5/20	10:30 a.m.-12 p.m.	Free

P Time Machine Tunes

Come experience a blast from the past with high school musicians as we sing popular tunes from past decades! Our musical volunteers will be singing songs and playing instruments- come sing along with us!

Course	Day, Date	Time	Cost
18425	Tu, 4/6-6/1	3:30-4 p.m.	Free

Senior Income Tax Assistance

Call 240-777-2577 for tax preparation options.

Need help paying for classes?

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

Thrift Shop Donations

Doing some spring cleaning this season?
Consider donating your gently used small household or clothing items to the Senior Center Thrift Shop!

Check the monthly newsletter for updates on special events!

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 Wordsearch

P	E	L	L	I	V	K	C	O	R	E	E	R	U	T	A	N	A
D	T	L	B	C	S	S	F	M	H	T	F	R	T	A	C	O	L
C	N	E	F	Y	D	V	Q	D	U	F	I	R	I	R	U	D	S
T	E	V	R	O	L	O	C	R	E	T	A	W	W	T	J	T	X
E	M	I	I	C	O	Q	E	W	I	N	T	M	R	Q	P	D	Y
C	H	T	E	U	N	F	E	C	S	S	W	E	Q	U	O	X	T
H	C	I	N	U	Q	L	A	P	G	P	A	T	E	N	F	S	I
N	I	S	D	F	L	F	O	R	E	C	R	E	A	T	I	O	N
O	R	O	S	N	I	R	S	K	H	O	N	T	R	D	I	I	U
L	N	P	E	T	T	O	S	F	P	A	E	O	Y	I	M	Q	M
O	E	S	N	A	Z	E	M	P	C	Z	G	R	P	V	E	C	M
G	S	E	T	S	N	U	U	L	T	T	N	P	I	O	Q	Y	O
Y	S	I	I	I	Y	S	M	L	K	E	I	V	A	C	I	I	C
S	O	U	O	A	E	R	O	B	I	C	G	S	N	O	D	T	F
N	U	R	C	H	S	N	Z	I	A	N	A	F	O	I	I	B	B

watercolor recreation outreach rockville wellness
 support positive donate friends zumba aerobic
 community covid transportation enrichment technology
 fitness nature senior piano aging