## More Things To Do…

**Positive Aging Programs-**

**Women Living Alone** Ⓟ
Thurs., May 6 & 20, 1-2:30 p.m.
Course #17320; Free

**Brain Games** Ⓟ
Tues., May 11 & 25, 2:30-4 p.m.
Course #17321; Free

**Empathy** Ⓟ
Tues., May 4 & 18, 2:30-4 p.m.
Course #17816; Free

**Men Living Alone** Ⓟ
Thurs., May 13 & 27, 1-2:30 p.m.
Course #17819; Free

**Managing Stress During the Pandemic** Ⓟ
Fri., May 7- May 28, 11 am-12 p.m.
Course #17917; Free

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**MANNA Smart Spending** Ⓟ
Wed., May 12, 10:30 a.m.-12 p.m.
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.
Course #17855; Free

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**Maryland Insurance Administration**
Wed, May 5, 10:30-11:30 a.m. Ⓟ
Join Patricia Dorn, Outreach Staffer, for an overview of agency, Maryland Insurance Administration and an introduction to the webpage resources.
Course# 18623; Free

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**Standing Guard: Protect What You've Worked For** Ⓟ
Thurs., May 20, 10:30 a.m.-12 p.m.
Shares strategies designed to help you guard your most valuable assets and protect your pre- and post-retirement income. Course# 17814; Free

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**Herbs at a Glance** Ⓟ
Tues., May 4, 1-2 p.m.
Dr. Mehrdad Michael Massumi, of Massumi Associates, Pain Management and Rehabilitation, will discuss the benefits of herbs for managing chronic illness Course #17778; Free

**Stroke, From A-Z** Ⓟ
Tues., May 11, 1-2 p.m.
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 #17822; Free

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**EFT Tapping for Good Health** Ⓟ
Thurs., May 13, 1-2:30 p.m.
If you experience stress-related issues like anxiety, worry or anger, or physical aches and pains, learn about Emotional Freedom Techniques (EFT "Tapping") Presented by Bev Nerenberg, of Wellness at Your Fingertips.
Course #18333; Free

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**Smart Driver TEK Workshop** Ⓟ
Wed., May 19, 1-2:30 p.m.
AARP wants you to learn about new vehicle technologies like forward collision warning, blind spot warning, and drowsy driver alerts. Presented by Ken Ow, an AARP driving instructor. Course #17922; Free

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**Finding a Happy Balance** Ⓟ
Thurs., May 27, 1-2 p.m.
In most cases, falls can be prevented. Suburban Hospital Division Director of Orthopedics, Neurosurgery and Rehab, Matt Tovornick, will share practical and useful tips to prevent falls. Course #18469; Free

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**Chair Cardio**
Wed., Apr. 14-June 9, 9-9:45 a.m.
Combine upper and lower body movements which gives the body a total workout while listening to great music. It isn't too late to join this fun, seated class! Course #18641; $30/$48

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**Walking Group**
Wed., May 5-Jun. 9, 10-10:30 a.m.
A staff member will guide you on a 30 minute walk through the Woodley Gardens neighborhood. This is a free activity for senior center members only. Registration is required. Space is limited. Course # 19683; Free

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

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**Senior Center Fitness members:**
Current Rockville Senior Center fitness members can use the fitness/weight room at the following centers: Rockville Swim and Fitness Center, Twinbrook Community Recreation Center, Thomas Farm Community Center, Lincoln Park Community Center.
Interested members must first contact the Rockville Senior Center prior to reserving. Please contact the Rockville Senior Center staff at 240-314-8800 or seniorcenter@rockvillemd.gov to make arrangements.

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**COVID-19 VACCINE INFORMATION:**
The Montgomery County Department of Health and Human Services is preregistering priority group 1B and 1C, 2A, 2B, (2C will be available for preregistration on April 13 and Phase 2 April 27th). To preregister with Montgomery County, call 240-777-2982.

A new state portal, at covidvax.maryland.gov, allows Marylanders to enter their ZIP code or location to view vaccination clinics available within a 50-mile radius.

**Other options:**
Mass Vaccination Sites: Direct number for appointment 1-855-634-6829
Check with your primary care physician, local hospitals, and local pharmacies

# Rockville Seniors

***The Center's Monthly Highlights and Calendar***

MAY 2021

MOST classes are virtual, a device and internet is required. **All Senior Center outdoor activities require masks and social distancing.**
Ⓟ = many programs are available to listen through phone!
**Please refer to your 60+ Guide for more details.**

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**Brown Bag Lunch- Outdoors**
Mon., May 3-24, 11:30-12:30 p.m.
Course # 18686; Free

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**Spring Birthday Party** Ⓟ
Wed., May 5, 1:30-2:30 p.m.
Entertainment: Gina DeSimone and the Moaners. Held in partnership with Rockville Seniors, Inc. Sponsored by: Potomac Valley Rehabilitation and Healthcare Center. Course #17742 Free/$7

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**Police Academy** Ⓟ
Thurs., May 6-20, 10:30 a.m.-12 p.m.
Join us for this important program highlighting safety and education for our 60-plus population. Program facilitated by Cpl. Derrick Tibbs.
Course # 17739 Free

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**Mother's Day Celebration**
Fri., May 7, 11 a.m.- 2 p.m.
Send a mom or grandma a gift for Mother's Day. All gifts are delivered to that special mom on Friday, May 7 to City of Rockville residents. Out of City residents will need to pick up gifts at the Rockville Senior Center.
Course# 18690; $3/$5

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**Time Capsule Celebration**
Thurs., May 13, 5-6 p.m.
Join us for a blast from the past via Zoom to celebrate the opening of the Rockville Senior Center time capsule buried in 1995! If you or a family member thinks they have an item in the time capsule, please call the senior center. Course# 18872; Free

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**Coffee Connections** Ⓟ
Fri., May 14, 10-11 am
A fun way to become better acquainted with our senior center staff and other senior center members.
Course #18985; Free

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**Books that Shaped America** Ⓟ
Mon., May 17, 10:30-11:30 a.m.
"Catch-22" by Joseph Heller
Course # 17745; $6/$9

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**Virtual Art Reception**
Thurs., May 20, 6:30-8 p.m.
Featuring the work of Val Fry's watercolor classes. Course #17784; Free

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**Garden Critters**
Mon., May 24, 1-2 p.m.
Many kinds of critters visit our gardens--insects, birds, reptiles, and mammals. This talk focuses on the four-footed variety (mammals).
Course # 17786; $6/$9

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**Memorial Day Celebration** Ⓟ
Thurs., May 27, 11:30 a.m.-12:30 p.m.
Join us as we learn more about the new National Museum of the United States Army at Fort Belvoir, Virginia.
Course # 17787; Free/$7

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**Parking Lot Bingo- Outdoor**
Wed., Jun. 2, 4-6 p.m.
Designated parking spots marked for the event, feel free to play from your car or bring chairs to enjoy the sunshine! Registration required. Register by May 26. Course# 18968; $6/$10

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**Father's Day Cookout- Outdoor**
Fri., Jun. 11, 12:30-2:30 p.m.
Come by the senior center to celebrate father's day as we cook burgers and hot dogs on the grill! Lunch will be outside and CDC guidelines will be followed. Register by 6/7.

The Senior Center will remain closed until Montgomery County Government allows Senior Centers to open.

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No programs or classes will run on Memorial Day, **May 31**. We will return phone calls and emails the following buisness day.

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**Summer Class Registration begins May 6 at 8:30 a.m.**

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

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**Zoom Help**
Wed., May 12, 10 a.m.-12p.m.
Our computer manager, Andre Hickman, is offering a Zoom Help class to get you confident and ready for your next virtual class!
Course #17838; Free

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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** Ⓟ
Fri., May 21 at 11:30 am
Ella Fitzgerald- First Lady of Song Recordings, video clips, and live performances from instructor Seth Kibel will make this class as lively as the music itself. Course# 18716

**Young in Heart Meeting** Ⓟ
Thurs., May 20 at 11:00 am
A docent from Glenstone Museum will be our virtual guest presenter.
Course # 18647

**Red Hat Meeting** Ⓟ
Wed., May 26 at 11:30 am
We are so very excited to have a docent from the famous Ladew Topiary Garden's as our guest virtual speaker. Course# 18650

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | | **SATURDAY** |
| | | | | 10-11 Functional Training **1** |
| **3**<br>9-9:45 Total Conditioning<br>10-10:50 Easy Zumba<br>10-12 Avoiding PC Scams<br>10-12 English Class<br>10:30-11:30 Second Fiddle<br>11-12 Chair Exercise<br>11:15-12:05 Forever Fit<br>11:30-12:30 Brown Bag Lunch Series<br>12:15-1 Balance Matters<br>12:30-2:30 Spanish for 60+<br>1-2 Stress Reduction/Meditation<br>1-3 English Conversation<br>2:15-3 On Your Feet Yoga Blend<br>5-5:45 Zumba Gold | **4**<br>7:30-9 Bird Walk<br>9-9:45 Strength Training<br>9:15-2 Piano Lessons<br>9:30-2 Watercolor Classes<br>10-10:50 Forever Fit<br>10-12 Microsoft Word<br>10-12 English Class<br>11-12 Aerobic Workout<br>12:15-12:45 STRONG 30<br>12:30-2:30 Spanish for 60+<br>1-2 Arthritis Foundation Exercise<br>1-2 Herbs at A Glance<br>1-3 Hotmail Email Fundamentals<br>1-3 Bridge<br>2:10-3 Handbells<br>2:15-3:15 Afternoon Yoga Flow<br>2:30-4 Positive Aging Program<br>3:30-4:15 Belly Dance Intermediate<br>3:30-4 Time Machine Tunes<br>4:30-6 Wine and Cheese-Cinco de Mayo<br>5-5:45 Abs and Back | **5**<br>9-9:45 Chair Cardio<br>9-9:45 Outdoor Group Training<br>9:30-2 Watercolor Classes<br>10-10:30 Walking Group<br>10-10:50 Easy Zumba<br>10-11 Yoga for You<br>10-12 Windows PC<br>10-12 English Class<br>10:30-11:30 Maryland Insurance Administration<br>11-12 Chair Exercise<br>11:15-12:05 Forever Fit<br>12:30-2:30 Spanish for 60+<br>1-2 Guitar Lessons<br>1:15-2 Pilates Basics<br>1:30-2:30 Birthday and Anniversary Party<br>2-3 Ukulele<br>5-5:45 Zumba Gold | **6**<br>9-9:45 Strength Training<br>10-10:50 Forever Fit<br>10-12 Simple Typing Tips<br>10-12 Microsoft Word<br>10-12 English Class<br>10:30-12 Police Academy<br>10:30-12:30 Enjoy a Little Sunshine<br>11-12 Aerobic Workout<br>12:05-12:50 Drums Alive<br>12:30-2:30 Spanish for 60+<br>1-2 Arthritis Foundation Exercise<br>1-2:30 Let's Talk About Race<br>1-2:30 Positive Aging Program<br>1-3 Simple Typing Tips<br>1-3 English Conversation<br>2:15-3:15 Afternoon Yoga Flow | **7**<br>9-9:45 Total Conditioning<br>10-10:45 Belly Dance Basics<br>10-11 Yoga for You<br>10-12 Simple Typing Tips<br>11-12 Positive Aging Program<br>11:15-12 Easy Feet<br>12:15-1 Chi Gong (Qigong)<br>2:15-3 Piloxing<br>5-5:45 Caribbean Dance Party |
| | | | | **SATURDAY**<br>10-11 Functional Training **8** |
| **10**<br>9-9:45 Total Conditioning<br>10-10:50 Easy Zumba<br>10-12 I Have a Question<br>10-12 English Class<br>10:30-11:30 Through the Lens of Time<br>11-12 Chair Exercise<br>11:15-12:05 Forever Fit<br>11:30-12:30 Brown Bag Lunch Series<br>12:15-1 Balance Matters<br>12:30-2:30 Spanish for 60+<br>1-2:30 Piecemakers'<br>1-2 Stress Reduction/Meditation<br>1-3 English Conversation<br>2:15-3 On Your Feet Yoga Blend<br>5-5:45 Zumba Gold | **11**<br>7:30-9 Bird Walk<br>9-9:45 Strength Training<br>9:15-2 Piano Lessons<br>9:30-2 Watercolor Classes<br>10-10:50 Forever Fit<br>10-12 Microsoft Word<br>10-12 English Class<br>11-12 Aerobic Workout<br>12:15-12:45 STRONG 30<br>12:30-2:30 Spanish for 60+<br>1-2 Arthritis Foundation Exercise<br>1-2 Science Tuesdays<br>1-2 Stroke, From A-Z<br>1-3 Windows 10 Basics<br>1-3 Bridge<br>2:10-3 Handbells<br>2:15-3:15 Afternoon Yoga Flow<br>2:30-4 Positive Aging<br>3:30-4:15 Belly Dance Intermediate<br>3:30-4 Time Machine Tunes<br>5-5:45 Abs and Back | **12**<br>9:30-2 Watercolor Classes<br>9-9:45 Chair Cardio<br>9-9:45 Outdoor Group Training<br>10-10:30 Walking Group<br>10-10:50 Easy Zumba<br>10-11 Yoga for You<br>10-12 English Class<br>10-12 Zoom Help<br>10:30-12 MANNA Smart Spending<br>11-12 Chair Exercise<br>11:15-12:05 Forever Fit<br>12:30-2:30 Spanish for 60+<br>1-2 Guitar Lessons<br>1:15-2 Pilates Basics<br>2-3 Ukulele<br>5-5:45 Zumba Gold | **13**<br>8-10 Windows 10 Basics<br>9-9:45 Strength Training<br>10-12 PC New Users<br>10-12 English Class<br>10-10:50 Forever Fit<br>10:30-12 Police Academy<br>11-12 Aerobic Workout<br>12:05-12:50 Drums Alive<br>12:30-2:30 Spanish for 60+<br>1-3 Windows 10<br>1-3 English Conversation Classes<br>1-2:30 Let's Talk About Race<br>1-2:30 Positive Aging Program<br>1-2 Arthritis Foundation Exercise<br>2:15-3:15 Afternoon Yoga Flow<br>5-6 Time Capsule Celebration | **14**<br>9-9:45 Total Conditioning<br>10-10:45 Belly Dance Basics<br>10-11 Coffee Connections<br>10-11 Yoga for You<br>11-12 Positive Aging<br>11:15-12 Easy Feet<br>12:15-1 Chi Gong (Qigong)<br>2:15-3 Piloxing<br>5-5:45 Caribbean Dance Party |
| | | | | **SATURDAY**<br>10-11 Functional Training **15** |
| **17**<br>9-9:45 Total Conditioning<br>10-10:50 Easy Zumba<br>10-12 Lost Password?<br>10-12 English Class<br>10:30-11:30 Books that Shaped America<br>11-12 Chair Exercise<br>11:15-12:05 Forever Fit<br>11:30-12:30 Brown Bag Lunch Series<br>12:15-1 Balance Matters<br>12:30-2:30 Spanish for 60+<br>1-2 Stress Reduction/Meditation<br>1-3 Windows 10<br>1-3 English Conversation Classes<br>2:15-3 On Your Feet Yoga Blend<br>5-5:45 Zumba Gold | **18**<br>9-9:45 Strength Training<br>9:15-2 Piano Lessons<br>9:30-2 Watercolor Classes<br>10-10:50 Forever Fit<br>10-12 Android Basics<br>10-12 English Class<br>11-12 Aerobic Workout<br>12:15-12:45 STRONG 30<br>12:30-2:30 Spanish for 60+<br>1-2 Arthritis Foundation Exercise<br>1-3 Computers - Save and Find<br>1-3 Bridge<br>2:10-3 Handbells<br>2:15-3:15 Afternoon Yoga Flow<br>2:30-4 Positive Aging<br>3:30-4:45 Fitness Workshop<br>3:30-4:15 Belly Dance Intermediate<br>3:30-4 Time Machine Tunes<br>5-5:45 Abs and Back | **19**<br>9:30-2 Watercolor Classes<br>9-9:45 Chair Cardio<br>9-9:45 Outdoor Group Training<br>10-10:30 Walking Group<br>10-10:50 Easy Zumba<br>10-11 Yoga for You<br>10-12 Using Function Keys<br>10-12 English Class<br>11-12 Chair Exercise<br>11:15-12:05 Forever Fit<br>12:30-2:30 Spanish for 60+<br>1-2 Guitar Lessons<br>1-2:30 Smart Driver TEK Workshop<br>1-3 Windows 10<br>1:15-2 Pilates Basics<br>2-3 Ukulele<br>5-5:45 Zumba Gold | **20**<br>8-10 Lost Password?<br>9-9:45 Strength Training<br>10-10:50 Forever Fit<br>10-12 Android Basics<br>10-12 English Class<br>10:30-12 Police Academy<br>10:30-12 Standing Guard: Protect What You've Worked For<br>11 Young in Heart<br>11-12 Aerobic Workout<br>12:05-12:50 Drums Alive<br>12:30-2:30 Spanish for 60+<br>1-2 Arthritis Foundation Exercise<br>1-2:30 Let's Talk About Race<br>1-2:30 Positive Aging Program<br>1-3 Lost Password?<br>1-3 English Conversation<br>2:15-3:15 Afternoon Yoga Flow | **21**<br>6:30-8 Art Reception<br>9-9:45 Total Conditioning<br>10-10:45 Belly Dance Basics<br>10-11 Yoga for You<br>10:30-11:30 Seniors Understanding Nature<br>11-12 Positive Aging<br>11:15-12 Easy Feet<br>11:30-12:30 Willing 3C's Club<br>12:15-1 Chi Gong (Qigong)<br>2:15-3 Piloxing |
| | | | | **SATURDAY**<br>5-5:45 Caribbean Dance Party **22** |
| **24**<br>10-11 Functional Training<br>9-9:45 Total Conditioning<br>10-10:50 Easy Zumba<br>10-12 Optimize your Computer<br>10-12 English Class<br>11-12 Chair Exercise<br>11:15-12:05 Forever Fit<br>11:30-12:30 Brown Bag Lunch Series<br>12:15-1 Balance Matters<br>12:30-2:30 Spanish for 60+<br>1-2 Garden Critters<br>1-2 Stress Reduction/Meditation<br>1-3 Using Cortana<br>1-3 English Conversation Classes<br>2:15-3 On Your Feet Yoga Blend | **25**<br>5-5:45 Zumba Gold<br>9-9:45 Strength Training<br>9:15-2 Piano Lessons<br>9:30-2 Watercolor Classes<br>10-10:50 Forever Fit<br>10-12 Android Basics<br>10-12 English Class<br>11-12 Aerobic Workout<br>12:15-12:45 STRONG 30<br>12:30-2:30 Spanish for 60+<br>1-2 Arthritis Foundation Exercise<br>1-3 Bridge<br>1-3 Windows Security<br>2:10-3 Handbells<br>2:15-3:15 Afternoon Yoga Flow<br>2:30-4 Positive Aging<br>3:30-4:15 Belly Dance Intermediate<br>3:30-4 Time Machine Tunes | **26**<br>5-5:45 Abs and Back<br>9-9:45 Chair Cardio<br>9-9:45 Outdoor Group Training<br>9:30-2 Watercolor Classes<br>10-10:30 Walking Group<br>10-10:50 Easy Zumba<br>10-11 Yoga for You<br>10-12 Optimize your Computer<br>10-12 English Class<br>10:30-11:30 Red Hat<br>11-12 Chair Exercise<br>11:15-12:05 Forever Fit<br>11:30-12:30 Red Hat Membership<br>12:30-2:30 Spanish for 60+<br>1-2 Guitar Lessons<br>1-3 Using Right Click/Left Click<br>1:15-2 Pilates Basics<br>2-3 Ukulele | **27**<br>5-5:45 Zumba Gold<br>8-10 Fun with Pictures<br>9-9:45 Strength Training<br>9:30-10:45 Book Club<br>10-10:50 Forever Fit<br>10-12 Android Basics<br>10-12 English Class<br>11-12 Aerobic Workout<br>11:30-12:30 Memorial Day Celebration<br>12:05-12:50 Drums Alive<br>12:30-2:30 Spanish for 60+<br>1-2 Arthritis Foundation Exercise<br>1-2 Finding a Happy Balance<br>1-2:30 Let's Talk About Race<br>1-2:30 Positive Aging Program<br>1-3 Fun with Pictures<br>1-3 English Conversation Classes | **28**<br>2:15-3:15 Afternoon Yoga Flow<br>9-9:45 Total Conditioning<br>10-10:45 Belly Dance Basics<br>10-11 Yoga for You<br>11-12 Positive Aging Program<br>11:15-12 Easy Feet<br>12:15-1 Chi Gong (Qigong)<br>2:15-3 Piloxing |
| | | | | **SATURDAY**<br>5-5:45 Caribbean Dance Party **29** |
| **31**<br>**Memorial Day**<br>**Senior Center closed.**<br>**No classes or programs** | | | | |