

More Things To Do...

Virtual Positive Aging Programs-

Women Living Alone **P**

Thurs., June 3 & 17, 1-2:30 p.m.
Course #17320; Free

Brain Games **P**

Tues., June 8 & 22, 1-2:30 p.m.
Course #17321; Free

Empathy **P**

Tues., June 1 & 15, 2:30-4 p.m.
Course #17816; Free

Men Living Alone **P**

Thurs., June 10 & 24, 1-2:30 p.m.
Course #17819; Free

Managing Stress During the Pandemic **P**

Fri., Jun. 4, 11, 18, & 25, 11 am-12 p.m.
Course #17917; Free

Headache and Migraines **P**

Tues., June 1, 1-2 p.m.
Join us as we explore the differences between headaches and migraines as well as discuss the possible causes and treatments. Presented by Adventist HealthCare. Virtual Course #17823; Free

Boosting Your Immunity through Food **P**

Thurs., June 24, 1-2 p.m.
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. Virtual Course #18470; Free

Time Machine Tunes **P**

Tues, June 1, 3:30-4 p.m.
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! Virtual Course #18425; Free

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

Wed, June 30, 10:30-11:30 a.m.
Join the ElderSAFE Center for an interactive discussion on the most common scams, how to protect yourself, and information on reporting fraud. Virtual Course #19594; Free

Enticing Italian Pasta Sauces

Thurs., June 24, 4:30-6 p.m.
Menu: pasta pesto genovese e faggiolini (pesto and green beans pasta), pasta with fresh tomatoes and golden breadcrumbs, and pasta with fresh lemon sauce. A shopping list and recipes will be emailed to participants. Virtual Course # 18945; \$13/\$17

Seniors Understanding Nature (SUN)

Fri., June 25, 10:30-11:30 a.m.
Pollinators- Discover the importance of pollinators, the role they play in sustaining our ecosystem, and how you can protect and support them locally with everyday choices. Virtual Course # 18967; Free/\$4

Milking, Baking and Monks, Oh My! **P**

Thurs., June 17, 1:30-2:30 p.m.
Story Hour with a Life-Enthusiast Listen to the passionate tales of a woman, who after nearly a decade on television, bought a oneway ticket abroad and never looked back. Virtual Course #18978; \$6/\$9

Books that Shaped America **P**

Mon., June 21, 10:30-11:30 a.m.
"The Adventures of Huckleberry Finn" by Mark Twain. Virtual Course #18853; \$6/\$9

Creativity Circle

Wed., June 23 & July 28, 10-11 a.m.
Join us and bring your projects to work on! Share what you've been up to or what you hope to start. Virtual

Stay Informed:

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

Senior Center Fitness members:

The Senior Center Fitness Room will reopen on Monday, June 14, Monday-Friday from 9 am-4 pm. Call the senior center to check/renew your fitness membership.

Medical Durable Equipment Donations Needed!

The center will have a donation container located in the back parking lot Monday-Friday, from 9 am-3 pm. Donations needed: Wheelchairs, power chairs, rollators, shower supports, scooters, hospital beds & more! For your convenience, donation drop-offs are contactless and require no communication with the Senior Center.

COVID-19 VACCINE INFORMATION:

The Montgomery County Department of Health and Human Services is open for appointments for all individuals 12 years old and above. To make your first or second dose appointment with Montgomery County, call 240-777-2982 or email c19vaccination@montgomerycountymd.gov. 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:

Six Flags: 1-855-634-6829
Check with your primary care physician, local hospitals, and local pharmacies

Transportation options to your appointment: As soon as you have the details please call one of these numbers to request a ride to your appointment if needed.
Senior Connection, 301-962-0820
Connect A Ride, 301-738-3252

Rockville Seniors

The Center's Monthly Highlights and Calendar

JUNE 2021



MOST classes are virtual, a device and internet is required. **All Senior Center outdoor activities require masks and social distancing.**

P = many programs are available to listen through phone!

Spring and summer programs that have been advertised and scheduled will remain virtual

Father's Day Cook out

Fri., June 11, 12:30-2:30 p.m.
Lunch will be outside and includes, hot dogs, hamburgers, toppings, beverages, a side, and dessert. CDC guidelines will be followed. Register by 6/7. Sponsored by Collingswood. Course #18689; \$3/\$5

Rescheduled Wine and Cheese Event

Tues., June 22, 4:30-6:30 p.m.
Space is limited, please call the senior center to register. Sponsored by Assisted Hands.

Second Fiddle: VPs Never President **P**

Mon., June 7, 10:30-11:30 a.m.
Al Gore is an American politician and environmentalist who served as the 45th Vice President of the United States from 1993 to 2001. Virtual Course #18815; \$6/\$9

Let's Create: Outdoors NEW!

Thurs., June 10, 11 a.m.- 12:00 p.m.
Sit outside to create our projects. Enjoy personalizing your wood project from Hammer & Stain. All supplies included. Course #19029; \$35/\$40

Coffee Connections **P**

Fri., June 11, 10-11 a.m.
A fun way to become better acquainted with Senior Center staff and other Senior Center members. Virtual Course #18986; Free

Through the Lens of Time **P**

Mon., June 14, 10:30-11:30 a.m.
Take a look at the people "Time" magazine recognized beyond the 100 of the centuries. Michael Jackson Virtual Course #18850; \$6/\$9

Lunch and Learn **P**

Wed., June 16, 12-1:30 p.m.
Mastering Boundaries with Difficult People--This brief seminar will look at what makes healthy boundaries and how to protect them. Virtual Course # 18947; Free/\$7

The 1956 Washington Senators: Outdoors

Thur., June 17, 10-11:30 a.m.
Hear their close-up and personal experiences of the 1956 All-Star game, including those of Mickey Mantle, Willie Mays, Ted Williams, and Yogi Berra. We will sit outside in the fresh air under a tent, socially distanced, rain or shine. Course # 18982; \$6/\$9

Tai Chi Dao Yin NEW!

Tues., June 15 – July 22, 11-12 p.m.
This remarkable stretching and breathing exercise, derived from Chen Style Taiji and ancient Taoist qigong exercises, emphasizes whole-body muscular relaxation, flexibility and toning. This is a virtual class. Virtual Course #19772; \$40/\$62

Forever Fit - Outdoors Special

Tues., June 15, 10-11 a.m.
Join this one-time outdoor program! Receive a total-body workout that combines cardio exercise, strength training, and flexibility. Please bring your own bands and weights. Location: Back Parking Lot - Rockville Senior Center. Course #19028, \$5

Seated Tap Class – Stay tuned...more information coming soon!

The Senior Center will OPEN **Monday, June 14. Hours of operation will be Mon.-Fri. from 9-4pm.** Please visit our website at rockvillemd.gov/seniorcenter, call 240-314-8800, or check our e-newsletter for more detailed information on reopening plans.

Spring and summer programs that have been advertised and scheduled will remain virtual

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.

Craft Escape

Each kit includes all the materials and instructions needed to complete the craft. Supplies will be delivered to Rockville residents on June 28 with no personal contact. Non-residents will need to pick up the kits from the Senior Center from 11am-2 pm. June 28. There is no online instruction.

• **All 3 Crafts: Flamingo, Gnome and Wine Bottle**
Course #19005; \$50/\$65

• **Fourth of July Gnome**
Course #19003; \$15/\$20

• **Wooden Flamingo**
Course #19002; \$15/\$20

• **Glass Etching Wine Bottle with Cork & Lights**
Course #19004; \$30/\$35.

