

More Things To Do...

Virtual Positive Aging Programs-

Women Living Alone **V P**

Thurs., July 1 & 15, 1-2:30 p.m.
Course #19042; Free

Brain Games **V P**

Tues., July 13 & 27, 2:30-4 p.m.
Course #19603; Free

Relating to Your Adult Children **V P**

Tues., July 6 & 20, 2:30-4 p.m.
Course #19045; Free

Men Living Alone **V P**

Thurs., July 8 & 22, 1-2:30 p.m.
Course #19041; Free

Managing Stress During the Pandemic **V P**

Fri., Jul. 2, 9, 16, 23 & 30,
11 am-12 p.m.
Course #19406; Free

Basic First Aid:

Summer Edition **V P**

Tues., July 13, 1-2 pm
Join us to discuss basic first aid treatments associated with summer injuries, such as sunburn, insect bites and stings, heat related injuries, and much more! Presented by Adventist HealthCare. Course #19069; Free

Covid-19 and Caregiving **V P**

Wed., July 14, 1-2 pm
Learn about the relationship between dementia and Covid-19, tips for caregivers during the pandemic and Alzheimer's Association resources. Presented by Sheila Griffith, Alzheimer's Association. Course #19034; Free

Caring for the Caregiver/Taking Care of Yourself **V P**

Wed., July 21, 1-2 pm
This gives you tools on caring for someone who is important to you, in addition to techniques in taking good care of yourself in the process and

beyond. Presented by Maude Harrison-Hudson, Bereavement Counselor and Minister, Montgomery Hospice. Course #19031; Free

A Refreshing Look at Hydration **V P**

Thur., July 22, 1-2 pm
Water is the essence of all life and is necessary for all body functions. Leni Barry, Suburban Hospital Heart Well nurse, will explain the dangers of dehydration and the many benefits to keeping ourselves hydrated. Tips will be shared to ensure you remain hydrated. Course #19662; Free

Fire Safety: Batteries and more **V P**

Wed., July 7, 10:30-11:30 am
Smoke alarms are an essential part of your fire safety strategy. All smoke alarms (battery-powered and hard-wired) need to be replaced EVERY 10 years. Let Jim Resnick provide you with tips and resources for a safer home. Course# 18703; Free

The Outdoor Group Training

Program will be moved indoors for the summer session. This class takes place on Wednesday mornings at 9:00 a.m. beginning June 30. For a complete description of the program, please see the senior recreation guide. Course #18842; \$50/\$72

Walking Group

Mon., July 12-Aug. 23, 9-9:30 am
Join this 30 minute guided walk through Woodley Garden Community. For Senior Center members only. This is a free activity, however, registration is required. Course #20610

Aerobic Workout

Wed., July 2-Aug. 25, 11 am-12 pm
Join this additional Aerobic Workout class during the summer session which will be held at the senior center! Course # 20610; \$42/\$52

Stay Informed:

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

Senior Center Fitness members:

The Senior Center Fitness Room is open!

Hours: Monday-Friday from 9 am-4 pm.
Call the senior center to check/renew your fitness membership.

Durable Medical Equipment

The Senior Center no longer has a Loan Closet for medical equipment. The State of Maryland will now handle and distribute all equipment. If you have donations or something to return, please put it in the large metal container in the rear left back parking lot.

A list of items that will and will not be accepted can be found on the side of the container. Do NOT bring equipment into the Center.

If you need equipment please contact DME.MDOA@maryland.gov or call: 240-230-8000. Please see Betty in the Health room for questions or help.

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.

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

JULY 2021



MOST classes are virtual, a device and internet is required.

V = Virtual Program

P = Programs are available to listen through phone!

Summer programs that have been advertised and scheduled will remain virtual

Editing Your Home: Organizational Tips and Tricks **V**

Thurs., July 8-29, 10-11 am
Catherine Ryan, founder of Swooped, LLC, is a veteran professional organizer who helps people edit their homes and lives. Catherine will begin with an overview of editing one's home, and follow with sessions on process, strategies, and helpful local resources. Course #18981; \$34/\$42

July Coffee Connections Special: **V P**

Fri., July 9, 10-11 am
Guests: Chris Klopfer, Senior Sports and Fitness Supervisor and Noelia Serrano-Gonzalez, Recreation and Parks Program Specialist with Senior Sports and Fitness. Course #18987; Free

Cooking Class: Fusion of Italian and Greek Cuisine, Opa! **V**

Thurs., July 22, 11:30 am- 1 pm
Cook along with Chef Alba, Recipes will include rigatoni with feta and sundried tomatoes, grilled sausage peppers and tomatoes, and Greek spinach salad with shallot dressing. A shopping list and recipes will be emailed to participants. Course #18946; \$13/\$17

Summer Birthday Party **V P**

Wed., August 4, 1:30-2:30 pm
Celebrating June, July, and August birthdays! All are invited, whether or not you have a summer birthday. Held in partnership with Rockville Seniors, Inc. Entertainment: Chris Bruno, soloist,

of Capital Effect. Sponsored by: Potomac Valley. Course #18741; Free/\$7

Kneading Connection **V**

Thurs., August 5-26, 11 am- 12 pm
During this four week course, we'll peek into Baltic and Mediterranean kitchens to discover how four simple ingredients have defined a culture and its people and how you can fold millennia-old traditions into your ovens at home. Instructor: Erin Vannella. Course #18969; \$26/34

Chair Tap Dance **V**

Mon., July 19-Aug. 23, 1-2 pm
Have you always wanted to Tap Dance? Now's your chance from the ease and comfort of a chair. Tap dance helps with memory, balance, coordination, and much more. All exercises can also be done standing if desired. No experience necessary – Gene Kelly here we come! Course #19863; \$40/\$50

Machine Training Refresher

Are you ready to come back to the Senior Center fitness center? Let us help refresh your memory on the use of the equipment. Beginning in the month of July, we will offer a free refresher course for fitness center members. Please stop by or call the front desk to make an appointment with one of our trainers.

Balance Matters on Wednesday will become a hybrid class. Participants that are registered are welcome to join Paula at the center and for those that wish to continue to take it through zoom, this option is also available. Course# 18822; \$30/\$40

Crochet All Day **V**

Mon, July 19 & Aug 16, 1-2 pm
Work on the same project simultaneously, or bring and share what you're currently working on. Supply your own materials. Course# 18950; Free/\$4

The Senior Center is OPEN!

Hours of operation are Mon.-Fri. from 9 a.m.-4 p.m.

Please visit our website at rockvillemd.gov/seniorcenter, call 240-314-8800, or check our e-newsletter for more detailed information on reopening plans.

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

Martha McClelland retired!
Martha has dedicated her love, knowledge and empathy for several years to the City of Rockville. We wish her the best in this next chapter, as it is well deserved.

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.

Young in Heart Meeting **P**

Thurs., July 15 at 11:30 a.m.
America Says on Zoom! Course #19792

Willing 3C's Meeting **P**

Fri., July 16 at 11:30 a.m.
Bingo on Zoom! Course #20590

Red Hat Meeting **P**

Wed., July 28 at 11:30 a.m.
Bingo on Zoom! Course #20591



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Senior Center closed. No classes or programs

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9-9:45	Strength Training
10-2	Gift/Thrifty Shop Reopens
10-11	Bocce Club
10-10:50	Forever Fit
11-12	Aerobic Workout
12:15-12:45	STRONG 30
1-2	Arthritis Foundation Exercise
1:30-3	Helping Hands Knitting
2:15-3:15	Afternoon Yoga Flow
2:30-4	Positive Aging
3:30-4:15	Belly Dance Intermediate
5-5:45	Abs and Back

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9-9:45	Chair Cardio
9-9:45	Outdoor Group Training
10-10:50	Easy Zumba
11-12	Chair Exercise
11:15-12:05	Forever Fit
12:15-1	Balance Matters
1:15-2	Pilates Basics
1:30-3	Drop in Bridge
5-5:45	Zumba Gold

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9-9:45	Strength Training
10-10:50	Forever Fit
10-11	Editing Your Home: Organization
10-11	Bocce Club
11-12	Aerobic Workout
12-1	Hispanic Outreach
12:05-12:50	Drums Alive
12:30-2:30	Movie: Rocketman
1-2:30	Positive Aging
1-2	Arthritis Foundation Exercise
2:15-3:15	Afternoon Yoga Flow

9

9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-12	Computer Coding
10-12	Drop in Chess
10-11	Coffee Connections
11-12	Positive Aging
11:15-12	Easy Feet
12:15-1	Chi Gong (Qigong)
12:30-2:30	Movie: Rocketman
1:30-3	Drop in Bridge
2:15-3	Piloxing
5-5:45	Caribbean Dance Party

SATURDAY

10-11	Functional Training
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12

9-9:30	Walking Group
9-9:45	Total Conditioning
10-10:50	Easy Zumba
10:30-11:30	Second Fiddle VPs
11-12	Chair Exercise
11:15-12:05	Forever Fit
11:30-12:30	Brown Bag Lunch
12:15-1	Balance Matters
1-2	Stress Reduction/Meditation
2:15-3	On Your Feet Yoga Blend
5-5:45	Zumba Gold

13

9-9:45	Strength Training
9:15-2	Piano Lessons
9:30-2	Drawing with Val
10-10:50	Forever Fit
10-11	Bocce Club
11-12	Aerobic Workout
12:15-12:45	STRONG 30
1-2	Arthritis Foundation Exercise
1-2	Basic First Aid: Summer Edition
1:30-3	Helping Hands Knitting
2:10-3	Handbells
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance Intermediate
5-5:45	Abs and Back

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9-9:45	Chair Cardio
9-9:45	Outdoor Group Training
10-10:50	Easy Zumba
11-12	Chair Exercise
11:15-12:05	Forever Fit
12-1:30	Lunch and Learn
12:15-1	Balance Matters
1-2	Covid-19 and Caregiving
1-2	Guitar Lessons
1:15-2	Pilates Basics
1:30-3	Drop in Bridge
2-3	Ukulele
5-5:45	Zumba Gold

15

9-9:45	Strength Training
10-11	Editing Your Home: Organization
10-11	Bocce Club
10-10:50	Forever Fit
11-12	Aerobic Workout
11:30-12:30	Young in Heart
12-1	Hispanic Outreach
12:05-12:50	Drums Alive
1-2:30	Positive Aging
1-2	Arthritis Foundation Exercise
2:15-3:15	Afternoon Yoga Flow
3:30-4:45	Fitness Workshop
6-8	Parking lot Bingo

16

9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-12	Computer Coding
10-12	Drop in Chess
11-12	Positive Aging
11:15-12	Easy Feet
11:30-12:30	3C's
12:15-1	Chi Gong (Qigong)
1:30-3	Drop in Bridge
2:15-3	Piloxing
5-5:45	Caribbean Dance Party

SATURDAY

10-11	Functional Training
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19

9-9:30	Walking Group
9-9:45	Total Conditioning
10-10:50	Easy Zumba
10:30-11:30	Through the Lens of Time
11-12	Chair Exercise
11:15-12:05	Forever Fit
11:30-12:30	Brown Bag Lunch
12:15-1	Balance Matters
1-2	Crochet All Day
1-2	Stress Reduction/Meditation
1-2	Chair Tap Dance
2:15-3	On Your Feet Yoga Blend
5-5:45	Zumba Gold

20

9-9:45	Strength Training
9:15-2	Piano Lessons
9:30-2	Drawing with Val
10-10:50	Forever Fit
10-11	Bocce Club
11-12	Aerobic Workout
12:15-12:45	STRONG 30
1-2	Arthritis Foundation Exercise
1:30-3	Helping Hands Knitting
2:10-3	Handbells
2:15-3:15	Afternoon Yoga Flow
3:30-4	Positive Aging
3:30-4:15	Belly Dance Intermediate
5-5:45	Abs and Back

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9-9:45	Chair Cardio
9-9:45	Outdoor Group Training
10-10:50	Easy Zumba
10:30-12	Cabin John: Legends and Life of an Uncommon Place
10:30-11:30	Can I Sell and Buy a House?
11-12	Chair Exercise
11:15-12:05	Forever Fit
12:15-1	Balance Matters
1-2	Caring for the Caregiver
1-2	Guitar Lessons
1:15-2	Pilates Basics
1:30-3	Drop in Bridge
2	RSI Meeting
2-3	Ukulele
5-5:45	Zumba Gold

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9-9:45	Strength Training
9:30-10:45	Book Club
10-10:50	Forever Fit
10-11	Editing Your Home: Organization
10-11	Bocce Club
11-12	Aerobic Workout
11:30-1	Fusion of Italian and Greek Cuisine
12-1	Hispanic Outreach
12:30-2:30	Movie: Harriet
12:05-12:50	Drums Alive
1-2:30	Positive Aging
1-2	Arthritis Foundation Exercise
2:15-3:15	Afternoon Yoga Flow

23

9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-12	Computer Coding
10-12	Drop in Chess
11-12	Positive Aging
11:15-12	Easy Feet
12:15-1	Chi Gong (Qigong)
12:30-2:30	Movie: Harriet
1:30-3	Drop in Bridge
2:15-3	Piloxing
5-5:45	Caribbean Dance Party

SATURDAY

10-11	Functional Training
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26

9-9:30	Walking Group
9-9:45	Total Conditioning
10-10:50	Easy Zumba
11-12	Chair Exercise
11:15-12:05	Forever Fit
11:30-12:30	Brown Bag Lunch
12:15-1	Balance Matters
1-2	Stress Reduction/Meditation
1-2	Chair Tap Dance
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	Drawing with Val
10-10:50	Forever Fit
10-11	Bocce Club
11-12	Aerobic Workout
12:15-12:45	STRONG 30
1-2	Arthritis Foundation Exercise
1:30-3	Helping Hands Knitting
2:10-3	Handbells
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance Intermediate
5-5:45	Abs and Back

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9-9:45	Chair Cardio
9-9:45	Outdoor Group Training
10-10:50	Easy Zumba
11-12	Chair Exercise
11:15-12:05	Forever Fit
11:30-12:30	Red Hat
12:15-1	Balance Matters
1-2	Guitar Lessons
1:15-2	Pilates Basics
1:30-3	Drop in Bridge
2-3	Ukulele

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5-5:45	Zumba Gold
9-9:45	Strength Training
10-11	Editing Your Home: Organization
10-11	Bocce Club
10-10:50	Forever Fit
11-12	Aerobic Workout
12-1	Hispanic Outreach
12:05-12:50	Drums Alive
1-2	Arthritis Foundation

30

2:15-3:15	Afternoon Yoga Flow
9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-12	Drop in Chess
11-12	Positive Aging
11:15-12	Easy Feet
12:15-1	Chi Gong (Qigong)
1:30-3	Drop in Bridge
2:15-3	Piloxing
5-5:45	Caribbean Dance Party

SATURDAY

7-9	Lifting the Veil
10-11	Functional Training

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