

More Things To Do...

Virtual Positive Aging Programs-

Women Living Alone **V P**

Thurs., Aug. 5 & 19, 1-2:30 p.m.
Course #19042; Free

Brain Games **V P**

Tues., Aug. 10 & 24, 2:30-4 p.m.
Course #19603; Free

Relating to Your Adult Children **V P**

Tues., Aug. 3 & 17, 2:30-4 p.m.
Course #19045; Free

Living Alone **V P**

Thurs., Aug. 12 & 26, 1-2:30 p.m.
Course #19041; Free

Managing Stress During the Pandemic **V P**

Fri., Aug. 6, 13, 20, 27
11 a.m.-12 p.m.
Course #19046; Free

Hands Only CPR with AED Demo

Wed., Aug. 4, 1-1:45 p.m.
Wed., Aug. 4, 2-2:45 p.m.

Join a quick in-person session and learn how to perform hands-only CPR. This is not a certification class. This practice session will be conducted in the Azalea Room. For questions and information, email: bskraban@adventisthealthcare.com. Course #19067; Free. Course #19663; Free

All About Compression Socks **V P**

Wed., Aug. 18, 1-2 p.m.
Akukeng Mba, MSN, CFCN, FNP-C, who specializes in foot issues will discuss what compression socks are, when to use them, and their benefits. Course #19661, Free

Demystifying Your Thyroid **V P**

Thurs., Aug. 26, 1-2 p.m.
Dr. Aarti Mathur, endocrine surgeon with Johns Hopkins Division of Surgical Oncology, will review the signs and symptoms of various thyroid diseases. She will also discuss

when to get your thyroid examined and risk factors for thyroid cancer. Course #19490; Free

10 Warning Signs of Alzheimer's **V P**

Wed., Aug. 11, 1-2 p.m.
This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem. Presented by Sheila Griffith, Alzheimer's Association.

Course #19033; Free

Summer Skin Care **V P**

Tues., Aug. 3, 1-2 p.m.
Learn remedies for skin problems, how to naturally treat problem areas and exchange tips and advice. Presented by Adventist HealthCare. Course #19068; Free

In person August Movie Matinees

Thurs. and Fri., 12:30-2:30 p.m.
Must be a senior center member and register.

News of the World: August 12 & 13
Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd crosses paths with a 10-year-old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the harsh and unforgiving plains of Texas. **Rated PG-13** for some language, disturbing images, thematic material, and violence. Courses #20672 & 20674
Minari: August 26 & 27
A Korean American family moves to an Arkansas farm in search of its own American dream. **Rated PG-13** for some thematic elements and a rude gesture. Courses # 20675 & 20676

Drop-in programs have started at the Senior Center. To participate in a drop-in program, you must be a current Senior Center Member and sign up for each program. Drop-in programs include bridge, chess, knitting, monthly movies, and knockout poker. Register online or call 240-314-8800

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: Mon.-Fri. from 9 am-4 p.m.

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

AUGUST 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 as virtual will remain virtual

Summer Birthday Party **V P**

Wed., Aug. 4, 1:30-2:30 p.m.
Celebrating June, July, and August birthdays! All are invited to join on Zoom, whether or not you have a summer birthday. Entertainment: Chris Bruno, soloist, of Capital Effect. Sponsored by: Potomac Valley; In partnership with RSI. Course #18741; Free/\$7

Coffee Connections **V P**

Fri., Aug. 13, 10-11 a.m.
We encourage you to connect with senior center staff on Zoom through our Coffee Connections program. Sharing a cup of coffee or tea and an informal conversation is a great way to learn more about our staff and programs. Guests: Instructors Joan and Marvin Adams. Course #18988; Free

Kneading Connection **V**

Thurs., Aug. 5-26, 11 a.m.-12 p.m.
Follow your nose to the hearths of homes where bread is the rising star. In four weeks, 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. Course #18969; \$26/\$34

Seniors Understanding Nature (SUN) Nuts and Seeds **V**

Fri., Aug. 27, 10:30-11:30 a.m.
All nuts are seeds, but all seeds aren't

nuts. Learn how to make sense of the bounty that summer plants have created and discover what is out there right now! Course #19961; Free/\$4

We will be offering classes online and in person fitness classes for the fall session. Please check the 60+ Fall Recreation Guide for a complete list of programs.

All Day Exercise

Wed., Sept. 1, 10 a.m.-2 p.m.
Come preview many classes that will be offered this fall. We'll have several free, 25-minute class demonstrations offered throughout the day. Try as many as you would like. Some virtual options will be included. Sponsored by: Potomac Valley Nursing and Wellness Center. Course #19819; Free

Zumba Happy Hour

Thurs., Sept. 2, 4:30-6 p.m.
Enjoy 30 minutes of salsa, merengue, and other Latin dances. Learn the moves as you go. Instruction will be provided. All levels of experience are welcome. Enjoy an additional hour with friends and light refreshments. Sponsored by Handy-Pro. Course #19814; Free

Walking on Sunshine

Wed., Sept. 8, 10-11 a.m.
Join us on this virtual walk while viewing beautiful Summer scenery from different parts of the world. Walk with us more than 2 miles, in the comfort of your own home. Seated instruction will also be available. Course #18817; Free

"Those who touch our lives stay in our hearts forever."

**Eddie "Eggie" Lynn
1947-2021**

The Senior Center is OPEN!

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

In observance of Labor Day, **Sept. 6**, the Rockville Senior Center will be closed and no programs or classes will run. We will return phone calls and emails the following business day.

Fall Class Registration:

Members, Aug. 3, 8:30 a.m.

Nonmembers, Aug. 5, 8:30 a.m.

Registration options:

-The front desk will be open 8:30 a.m.-5 p.m. on registration days, Aug. 3 and Aug. 5.

-Mail: check and registration form

-Call: 240-314-8800

-Online: rockvillemd.gov/seniorcenter

The gift shop is open Mon.-Fri. from 10 a.m.-2 p.m.

The thrift shop is closed and will reopen after labor day.

Donations are still being accepted.

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

Club meetings will resume in September.

Carbon Monoxide Detectors

If you are in need of a carbon monoxide detector for your home, please contact Jerry Jones: 240-314-8819 jjones@rockvillemd.gov. Rockville residents only.

