

Adults 60+ Recreation and Services Guide

FALL 2021



Rockville Senior Center is now open!



Go Online or Mail In to Register for Fall Classes

City Holidays: **Labor Day:** Observed Monday, Sept. 6
Veterans Day: Thursday, Nov. 11
Thanksgiving: Thursday, Nov. 25 and Friday, Nov. 26
Christmas: Friday, Dec. 24 and Sat. Dec. 25

Registration: In person and online Fall registration opens:
for members Tuesday, Aug. 3 starting at 8:30 a.m.;
for nonmembers Thursday, Aug. 5 at 8:30 a.m.

Trips: The popular 60+ Trip and Tour program is on hold. When travel is deemed safe again, Senior Recreation Service staff will plan the wonderful adventures as enjoyed in the past.

Mail-In Registration: Complete the registration form on page 19, enclose a check made out to "The City of Rockville" and mail to:

Rockville Senior Center
1150 Carnation Drive, Rockville, MD 20850

If mailing a registration, you will receive a receipt in the mail or via 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 registering. Memberships are now available for renewal online in our registration system, by calling the Senior Center's main line listed below, or in person at the front desk.

Please call **240-314-8800** or **240-314-8620**, or email us at seniorcenter@rockvillemd.gov if you have any questions about registration.

Need help paying for classes?

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

Internet access is required for virtual classes.
Some programs are phone-in available.

Building and Fitness Room Hours: Call 240-314-8800, email seniorcenter@rockvillemd.gov, or visit our website at Rockvillemd.gov/seniorcenter

Arts & Enrichment

1956 Washington Senators **NEW!**

Do you remember going to Griffith Stadium to watch the Washington Senators? Our two guest speakers were with the team as bat boy and scoreboard keeper. Hear their close-up and personal experiences at the 1956 All-Star game including memories of Mickey Mantle, Willie Mays, Ted Williams and Yogi Berra.

Course	Day, Date	Time	Cost	Location
18982	Tu, 9/14	1:30-3 p.m.	\$6/\$9	Sr. Ctr.

Birthday and Anniversary Party

Celebrate September, October, and November birthdays with a festive afternoon of lively entertainment. Mark your calendar for this special event, held in partnership with Rockville Seniors, Inc. All are invited, whether or not you have a fall birthday. Entertainment: Reggie Rice

Sponsored by: TBD

Course	Day, Date	Time	Cost	Location
19822	W, 10/6	1:30-3 p.m.	Free/\$7	Sr. Ctr.

Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion.

Course	Day, Date	Time	Cost	Location
19838	Th, 9/23, 10/28, 12/2	9:30-10:45 a.m.	Free/\$7	Sr. Ctr.

Books that Shaped America **P**

The Library of Congress selected 88 books in June 2012 that helped shape America. The selections are based on the concept that each book had, and continues to have, a profound impact on American life. Together, we will take time to explore and discuss the significance of these works, then and now. Please find the work in the form that best suits your needs. Reading the book is optional. *Presented by Joan Adams.*

“The Jungle” by Upton Sinclair

This work is an example of investigative journalism. The novel portrays the hard conditions and exploited lives of those working in the meat-packing industry. It was a view of hopelessness among many workers. What made Sinclair say: "I aimed at the public's heart, and by accident I hit it in the stomach"?

Course	Day, Date	Time	Cost	Location
19823	M, 9/27	10:30-11:30 a.m.	\$6/\$9	Online

“Riders of the Purple Sage” by Zane Grey

This is Grey's best-known work. It was one of the Western genres. It is a story about three characters who struggle with persecution. It is set in southern Utah in 1871, during an influx of Mormon settlers. The book made Grey a household name. How did this success give him the ability to pursue his greatest passion?

Course	Day, Date	Time	Cost	Location
19824	M, 10/25	10:30-11:30 a.m.	\$6/\$9	Online

“Bury My Heart at Wounded Knee” by Dee Brown

Dee was a part-time writer and agricultural librarian at the University of Illinois. His success with this non-fiction book in 1970 came from his keen interest in the American West. The focus of this work is on American expansionism and the impact on Native Americans. Why did so few Americans know about the unjust treatment of the indigenous people?

Course	Day, Date	Time	Cost	Location
19825	M, 11/15	10:30-11:30 a.m.	\$6/\$9	Online

Bridge - An Introduction to the Game **NEW!**

This short introductory class is designed for those who have no knowledge of the game of bridge. The session will cover the concepts of trick taking, trump suit, and bidding.

Course	Day, Date	Time	Cost	Location
19875	Tu, 9/21-9/28	1-3 p.m.	\$20/\$25	Sr. Ctr.

Bridge-Beginner I **NEW!**

Fun and instructive class for those who would like to learn the game of bridge. Classes start with a lesson and finish with supervised play. Topics include the 2 over 1 bidding system and the play of cards while learning the basics and foundations of the game. Completion of Introduction to Bridge or equivalent required. Instructor: Peter Schiff

Course	Day, Date	Time	Cost	Location
19839	Tu, 10/5-11/16	1-3 p.m.	\$76/\$94	Sr. Ctr.

Can I Recycle That? **P NEW!**

Did you know that Montgomery County has a goal to reduce waste and recycle at least 70%, aiming for zero waste? Do you have questions about the types of materials that can be recycled in Montgomery County or what happens to recyclable materials after they are collected at the

Continued on next page...

Arts & Enrichment cont.

curb? Join us for this online presentation about waste reduction, reuse, and recycling in Montgomery County.

Course	Day, Date	Time	Cost	Location
19959	Tu, 9/14	11 a.m.-12 p.m.	Free	Online

Carve and Cackle **NEW!**

In this fun, casual activity, come carve and cackle with your friends. We will provide one medium pumpkin, carving tools, and designs to choose from. Come dressed to get messy.

Course	Day, Date	Time	Cost	Location
19958	Th, 10/21	1:30-3 p.m.	\$6/\$9	Sr. Ctr.

Coffee Connections

A fun way to become better acquainted with our senior center staff and other senior center members. We encourage you to connect with senior center staff 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. Catch up with your friends and make some new ones! Sept. 10 sponsored by: Assisting Hands Oct. 8 sponsored by: HandyPro Nov. 5 sponsored by: Brightview Fallsgrove

Course	Day, Date	Time	Cost	Location
19832	F, 9/10	10-11 a.m.	Free	Sr. Ctr.
19834	F, 10/8	10-11 a.m.	Free	Sr. Ctr.
19836	F, 11/5	10-11 a.m.	Free	Sr. Ctr.

Coffee Connections **NEW!** with Peter Carlson

During Peter Carlson's 22-year career as a "Washington Post" reporter, the Soviet Union collapsed, terrorists attacked America, and the U.S. invaded Iraq and Afghanistan. Carlson didn't cover any of those world-shaking stories. He was too busy covering a chicken-wing eating contest, Groundhog Day in Punxsutawney, a husband-and-wife human cannonball team, and much more! A longtime Rockville resident and author of three books on American history, Carlson will tell stories, explain what feature writers learn about the human race, and reveal the timeless wisdom that Arnold Schwarzenegger told him while they basked in a hot tub in 1991.

Course	Day, Date	Time	Cost	Location
19833	F, 9/24	10-11 a.m.	Free	Sr. Ctr.

Connecting Hearts Through Story **NEW!**

Learn to flex deep feelings in storytelling exercises that transcend the page to grow courage from vulnerability. Guided by trusted story professional and former television broadcaster, Erin Vannella. Explore journaled, spoken, photographed, and demonstrated expression as means to capture and release repressed emotion. Journal provided.

Course	Day, Date	Time	Cost	Location
19877	W, 10/6-10/27	2-3 p.m.	\$26/\$34	Online

Cooking Classes with Chef Alba

Cook along with Chef Alba, or simply watch, during these live and interactive cooking classes on Zoom. A shopping list and recipes will be emailed ahead of time to participants.

Fragrant Lemon Dishes from Amalfi

Amalfi seduces us with art, narrow streets, and contrasting colors between its blue sea, the green of its trees, and the bright yellow of its fragrant lemons. In this class, Chef Alba will prepare recipes with fresh lemons in all of our dishes. Menu: Pasta con panna prosciutto e limone, bocconcini di pollo al limone, and zucchini grigliate al limone e aglio.

Course	Day, Date	Time	Cost	Location
19842	W, 9/22	4:30-6 p.m.	\$13/\$17	Online

Sides for the Holidays

Whether you are hosting a holiday dinner or attending as a guest and bringing a dish, why not make delicious sides to pair with the main course? Learn new side dishes that are easy to make while amazing to your guests. Menu: Potatoes al forno with prosciutto and mozzarella, baked tomatoes with ricotta, spinach and feta mashed cauliflower, and insalata grape apple and cheese salad.

Course	Day, Date	Time	Cost	Location
19843	Th, 11/4	11:30 a.m.-1 p.m.	\$13/\$17	Online

English as a Second Language (ESL)

Online classes include reading, speaking, listening and pronunciation for older adults whose first language is not English. Returning students should register for the class recommended by their teacher. New students should email the program coordinator Ms. Alakoye at aalakoye@rockvillemd.gov to schedule assessment before registering for class.

Continued on next page...

Beginning English

Course	Day, Date	Time	Cost	Location
19953	M,W, 9/13-11/17	10 a.m.-12 p.m.	\$20/\$27	Online

High Beginning English

Course	Day, Date	Time	Cost	Location
19956	Tu,Th, 9/14-11/18	10 a.m.-12 p.m.	\$20/\$27	Online

Intermediate English

Course	Day, Date	Time	Cost	Location
19982	Tu,Th, 9/14-11/18	10 a.m.-12 p.m.	\$20/\$27	Online

Advanced English

Course	Day, Date	Time	Cost	Location
19952	M,W, 9/13-11/17	10 a.m.-12 p.m.	\$20/\$27	Online

English Conversation Classes

Speak more confidently about everyday topics.

Beginning Conversation: Let's Talk

Course	Day, Date	Time	Cost	Location
19984	M, 9/13-11/15	1-3 p.m.	\$14/\$18	Online

Advanced Conversation: More Talk

Course	Day, Date	Time	Cost	Location
19983	W, 9/15-11/17	1-3 p.m.	\$14/\$18	Online

Fall Wreath **NEW!**

Bring a cheerful pop of color to your home with a fall wreath made by you. Follow the simple step-by-step directions from senior center staff to turn a fall leaves garland into a festive wreath ready to hang.

Course	Day, Date	Time	Cost	Location
19882	W, 9/27	1-2 p.m.	\$12/\$15	Sr. Ctr.

Fused Glass Jewelry **NEW!**

Learn how to design your own fused glass jewelry. Make a pair of earrings and a pendant for you or for someone else. Learn how to use the tools with artist and art teacher, Tracy L. Keating and create works of art to wear. All materials will be supplied by Tracy.

Course	Day, Date	Time	Cost	Location
19878	F, 10/29-11/19	11:30 a.m.-12 p.m.	\$35/\$42	Sr. Ctr.

Game Night

Would you like an awesome way to spend an evening? Connect and socialize with members on Zoom and find plenty of laughter.

Bingo **P**

Course	Day, Date	Time	Cost	Location
19840	Th, 9/30	7-7:45 p.m.	Free/\$2	Online

Pictionary

Course	Day, Date	Time	Cost	Location
19841	Th, 10/28	7-7:45 p.m.	Free/\$2	Online

Halloween Costume Bash **NEW!**

Dust off an old costume, create a new one or come as you are to this year's Halloween Bash and Dance Party! There will be music! There will be dancing! There will be hysterics—the good kind. And there will be a Best Costume Contest! You won't want to miss this opportunity to leave the house and join your fellow center members for some much needed Halloween revelry! Performance by Seniorita Sunshine.

Course	Day, Date	Time	Cost	Location
19007	W, 10/20	3-4 p.m.	\$6/\$9	Sr. Ctr.

Life Lessons in Writing **NEW!**

Bring your stories to class and bring them to life! If you've compiled a lifetime of notes and scribbles and want to put them in a book or journal for your loved ones, now's the time to start. Each week, inspired by a provided topic, extract a memory, give it words, and share whatever comes with classmates and trusted story professional, Erin Vannella. Journal provided.

Course	Day, Date	Time	Cost	Location
19876	Th, 10/7-10/28	11 a.m.-12 p.m.	\$26/\$34	Online

Marylanders of Note **P NEW!**

There are many famous and not so famous (but important) Marylanders. Maryland is famous for many things: blue crabs, the Ravens, John Hanson and, of course, Spiro Agnew. We are also the home of the first railroad, first dental school, and first umbrella factory. Instructor: Joan Adams

Charles Carroll

Charles Carroll of Carrollton was a wealthy planter, an advocate for independence, an American statesman, and one of the signers of the Declaration of Independence. He never really retired from public life. Carroll was instrumental in the establishment of the Baltimore and Ohio Railroad.

Course	Day, Date	Time	Cost	Location
19829	M, 9/13	10:30-11:30 a.m.	\$6/\$9	Online

Elaine Hamilton-O'Neal

Elaine Hamilton-O'Neal was born near Catonsville. This high mountain climber became well known in Europe and the United States as an abstract painter and muralist. Her love of mountain

Continued on next page...

Arts & Enrichment cont.

Marylanders of Note: Hamilton-O'Neal continued... climbing led her around the world. This exposure to various cultures helped her realize her artistic vision. She called many places home, but she returned to Maryland.

Course	Day, Date	Time	Cost	Location
19830	M, 10/4	10:30-11:30 a.m.	\$6/\$9	Online

Robert Sargent Shriver Jr.

Robert Sargent Shriver Jr. was born in Westminster in 1915. He was a diplomat, politician, and activist. Most noted for being the driving force behind the creation of the Peace Corps. He was a force in the founding of Job Corps, Head Start, VISTA and Upward Bound. He served as the president of the Special Olympics and at one time was a part owner of the Baltimore Orioles.

Course	Day, Date	Time	Cost	Location
19831	M, 11/1	10:30-11:30 a.m.	\$6/\$9	Online

National Aquarium **NEW!** Virtual Tour

Join us as we show you the National Aquarium in a whole new way! From Zoom, participants will be guided virtually through a portion of the National Aquarium by an expert guide and have the opportunity to ask questions. Learn how the Aquarium cares for its animals inside and outside of its doors on our ocean planet. Participants will get a closer look at a variety of fish, sharks and rays from the Atlantic ocean all the way to tropical Indo-Pacific reefs.

Course	Day, Date	Time	Cost	Location
19954	W, 11/17	6-7 p.m.	\$10/\$14	Online

National Philharmonic **P NEW!**

Join Maestro Piotr Gajewski for an exclusive virtual preview of the National Philharmonic's 2021-2022 Season. During this Zoom event, Maestro Gajewski will share special insights about the music that will bring us back together at The Music Center at Strathmore.

Course	Day, Date	Time	Cost	Location
19910	M, 9/13	1-2 p.m.	Free	Online

KEY: **P** = Phone in available

Painting On Glass

The instructor, Cathy Pasquarello, brings the instructions and all the supplies! Paint a fall fruit bowl with leaves and apples. No painting experience is required.

Course	Day, Date	Time	Cost	Location
19887	Th, 9/9	10:30 a.m.-12:30 p.m.	\$12/\$15	Sr. Ctr.

Patriotic Concert **NEW!**

This musical presentation will be performed by Connie Hughes, our piano teacher. The program will include notes and commentary on some of the greatest patriotic songs and marches of the USA. Learn history and gain insight into pieces that instill a sense of patriotism and pride for Americans.

Course	Day, Date	Time	Cost	Location
19966	F, 9/10	1-2 p.m.	\$6/\$9	Sr. Ctr.

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	Location
18862	M, 9/20-11/1	1-2:30 p.m.	\$9/\$12	Sr. Ctr.

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.

Course	Day, Date	Time	Cost	Location
19921	Tu, 10/12	1-2 p.m.	Free	Online
	Tu, 11/9	1-2 p.m.	Free	Online
	Tu, 12/14	1-2 p.m.	Free	Online

Sending Homemade Wishes

Brighten someone's day by sending a hand-crafted card created by YOU. Your card kit will contain all the supplies and step-by-step instructions to make three cards: an autumn, winter and a generic holiday themed card. Kits will be available for pickup at Rockville Senior Center.

Course	Day, Date	Pick-up Time	Cost	Location
19894	F, 10/1	11 a.m.-2 p.m.	\$9/\$12	Sr. Ctr.

Seniors Understanding Nature (SUN)

Discover the outdoors from the comfort of your home as you connect with the natural world. A naturalist from Croydon Creek Nature Center will explore a 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.

Nuts and Seeds

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	Day, Date	Time	Cost	Location
19961	F, 8/27	10:30-11:30 a.m.	Free/\$4	Online

Geology

Investigate the geology of the mid-Atlantic to understand how what's under our feet influences what we see around us.

Course	Day, Date	Time	Cost	Location
19963	F, 10/29	10:30-11:30 a.m.	Free/\$4	Online

Nature Folklore

Can woolly bears predict the length of winter? Or do toads give you warts? Dive into some of the nature myths and folklore that many of us grew up hearing about.

Course	Day, Date	Time	Cost	Location
19964	F, 11/19	10:30-11:30 a.m.	Free/\$4	Online

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: Lidia Almidon

Just the Basics

Course	Day, Date	Time	Cost	Location
19942	M,W, 9/20-10/20	12:30-2:30 p.m.	\$44/\$70	Online

Continuing

Course	Day, Date	Time	Cost	Location
19985	Tu,Th, 9/21-10/21	12:30-2:30 p.m.	\$44/\$70	Online

Supper Club **NEW!**

Register by October 29. Catered by: Stone Soup Entertainment: Capital Effect. Sponsored by: Brightview Falls Grove

Course	Day, Date	Time	Cost	Location
19913	Tu, 11/9	5-7 p.m.	\$20/\$25	Sr. Ctr.

TED Talks **NEW!**

TED Talks are influential presentations by expert speakers in education, business, science, tech, creativity, psychology and so much more. Many of the world's leading thinkers and doers give the talk of their lives in 18 minutes or less. TED Talks make you think, leave you inspired and, often, make you laugh. We can treasure the nuggets of wisdom they impart. It's hard to pick since they're all so good. Join us to view and discuss.

The Healing Power of Humor

Do you believe everything you think? Many of our thoughts can be the source of humor if we learn how to discover our inner sitcom. Life does not have to be a "stress rehearsal."

Course	Day, Date	Time	Cost	Location
19884	Th, 9/9	1-2 p.m.	\$6/\$9	Online

Procrastination

This hilarious and insightful TED Talk takes us on a journey through video watching binges, "rabbit holes," and other delaying tactics. It encourages us to think harder about why we are really procrastinating. Don't put it off... register now!

Course	Day, Date	Time	Cost	Location
19885	Th, 10/7	1-2 p.m.	\$6/\$9	Online

What Brings You to Life?

What excites you? What makes you want to get up in the morning, what gives you great joy? It's different for everyone, and that's what makes it meaningful and fun to share.

Course	Day, Date	Time	Cost	Location
19886	Th, 11/18	1-2 p.m.	\$6/\$9	Online

Through the Lens of Time **P**

Many fascinating individuals have graced the cover of "Time" magazine. Take a closer look at some of these people. Instructor: Joan Adams

Associate Justice Sonia Sotomayor

Sotomayor was nominated by President Obama on May 26, 2009. She is the third woman to hold the position. Sotomayor is the first Hispanic to serve on the court. She served as an assistant district attorney in New York. President George H. W. Bush nominated her to the U.S. District Court for the Southern District of New York in 1991. What has been her impact since taking her seat on the court?

Course	Day, Date	Time	Cost	Location
19826	M, 9/20	10:30-11:30 a.m.	\$6/\$9	Online

Continued on next page...

Arts & Enrichment cont.

Through the Lens of Time continued...

James Francis Byrnes

Byrnes served in the highest levels of all three branches of the federal government. He was raised in Charleston, South Carolina and entered politics in 1911. He was a close adviser to President Truman, and in 1945 became the Secretary of State. He was a Democrat, but he endorsed Republicans in 1948. What made him support Strom Thurmond in 1964 and change parties?

Course	Day, Date	Time	Cost	Location
19827	M, 10/18	10:30-11:30 a.m.	\$6/\$9	Online

Alan Shepard

This graduate of the U.S. Naval Academy served in the Navy during WWII. In 1950, Shepard became a test pilot. In 1961, he became the second man and the first American to travel into space, and he walked on the moon in 1971. Why was he grounded in 1963, and how did he manage to hit two golf balls on the lunar surface?

Course	Day, Date	Time	Cost	Location
19828	M, 11/8	10:30-11:30 a.m.	\$6/\$9	Online

True Respite Brewing Company **NEW!**

Join us on Zoom for a true tasting experience. Over the course of the event, you will sample four beers from True Respite expertly paired with four pieces of chocolate from The Chocolatier's Palette. Staff from both companies will guide you through the nuances in flavor while engaging in conversations about beer history, beer style information, and beer and chocolate production. Audience participation is strongly encouraged, so bring any questions and comments with you. Beer and chocolate samples will be delivered to City residents on 9/21 between 12-2 p.m. Non-residents pick up from the senior center between 12-2 pm.

Course	Day, Date	Time	Cost	Location
19957	Tu, 9/21	3-4:30 p.m.	\$10/\$14	Online

Veteran's Appreciation **NEW!**

Join us for this special program as we honor and express our gratitude to veterans. There will be a speaker from the Maryland National Guard, followed by a lunch. Register by 10/28.

Course	Day, Date	Time	Cost	Location
19907	F, 11/5	11:30 a.m.-1 p.m.	Free	Sr. Ctr.

Virtual Historic Ghost Walk of Annapolis **NEW!**

Be led by our spirited guide through the timeless narrow streets of this old and creaky town during this live virtual ghost walk in historic Annapolis. Stopping at spooky spots, stories of those that have passed will be recounted with dramatic zeal. You will visit sites that to this day have unexplained phenomena. Your last destination will be the old St. Anne's Cemetery. We spook you with stories, not screams! All sites are subject to availability.

Course	Day, Date	Time	Cost	Location
19044	Tu, 11/2	3-4:30 p.m.	\$6/\$9	Online

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, please email seniorrecreation@rockvillemd.gov at least one week prior to class.*

Beginner

Learn the basics about paper, palette set up, 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	Location
19847	W, 9/22-11/10	9:30-11:30 a.m.	\$89/\$110	Online

Intermediate Watercolor (AM)

For students who have had some watercolor experience. 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.

Course	Day, Date	Time	Cost	Location
19845	Tu, 9/21-11/9	9:30-11:30 a.m.	\$89/\$110	Online

Intermediate Watercolor (PM)

Course	Day, Date	Time	Cost	Location
19846	Tu, 9/21-11/9	12-2 p.m.	\$89/\$110	Online

Advanced

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

Course	Day, Date	Time	Cost	Location
19848	W, 9/22-11/10	12-2 p.m.	\$89/\$110	Online

Technology

I Forgot My Password?

Many have lost their password to their computer, tablets or phones. Going through a maze to reset them requires patience. Learn some tips so that you can regain access to your devices. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
20564	M, 11/1	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

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. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
20562	Th, 10/28	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
20573	Tu, 11/16	1-3 p.m.	\$14/\$27	Sr. Ctr.
20574	Th, 11/18	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

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 most of them have the ability to spread itself in the network, remain undetectable, and cause changes/damage to the infected system or network. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
20561	Tu, 10/26	12-10 a.m.	\$14/\$27	Sr. Ctr.

All Things Google

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 online more productive, useful and fun.

Course	Day, Date	Time	Cost	Location
20559	M,W,10/18-10/20	1-3 p.m.	\$14/\$27	Sr. Ctr.

Creating Holiday Labels

'Tis the season! Let us take you step by step on how to make festive labels to send cards and gifts during the holiday season.

Course	Day, Date	Time	Cost	Location
20571	Tu, 11/9	1-3 p.m.	\$9/\$15	Sr. Ctr.
20572	Th, 11/18	8-10 a.m.	\$9/\$15	Sr. Ctr.

Online Grocery Shopping

Make an online account and shop from your home— have your groceries delivered or pickup at the front!

Course	Day, Date	Time	Cost	Location
20582	W, 10/27	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

Using Quick Keys

Ever wondered what the keys on the top of the keyboard mean? This class will guide you through the actions on each.

Course	Day, Date	Time	Cost	Location
20580	Tu,Th,12/28-12/30	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

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	Location
20570	W, 11/3	8-10 a.m.	\$14/\$27	Sr. Ctr.

Zoom Help

Instructor: Hickman

Course	Day, Date	Time	Cost	Location
20554	W, 10/6	8-10 a.m.	Free	Sr. Ctr.
20556	Tu, 10/12	8-10 a.m.	Free	Sr. Ctr.
20575	Tu, 11/23	8-10 a.m.	Free	Sr. Ctr.

B Avoiding PC Scams

Alert! Beware! Protect yourself from scams 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	Location
19573	W, 10/6	1-3 p.m.	\$9/\$15	Sr. Ctr.
20576	M, 11/29	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

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	Location
20577	M, 12/20	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

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

Technology cont.

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	Location
20578	M,W, 12/6-12/15	10 a.m.-12 p.m.	\$24/\$37	Sr. Ctr.

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. Thumb drives available. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
20581	Th, 12/2	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

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	Location
20569	Tu,Th, 11/2-11/4	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Flip Phone Basics

Learn the basics and get direction on what the icons mean on your screen and how to navigate through the buttons. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
20553	M, 10/4	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

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. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
20579	Tu, 12/14	1-3 p.m.	\$14/\$27	Sr. Ctr.

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	Location
20558	Th, 10/14	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

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	Location
20555	Tu,Th, 10/5-10/7	10 a.m.-12 p.m.	\$24/\$37	Sr. Ctr.

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	Location
20557	Tu, 10/12	1-3 p.m.	\$9/\$15	Sr. Ctr.

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

Fitness

Abs and Back

This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks, 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	Location
19755	Tu, 9/14-11/9	5-5:45 p.m.	\$38/\$60	Online

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	Location
19766	Tu,Th, 9/14-11/18	11 a.m.-12 p.m.	\$60/\$75	Sr. Ctr.
19793	Tu,Th, 9/14-11/18	11 a.m.-12 p.m.	\$48/\$75	Online

Mini Sessions:

19738	Tu,Th, 11/30-12/16	11 a.m.-12 p.m.	\$30/\$38	Sr. Ctr.
19794	Tu,Th, 11/30-12/16	11 a.m.-12 p.m.	\$24/\$38	Online

Need help with Zoom?

The Senior center is here to help. See page 9 for "Zoom Help" classes with Andre Hickman, computer lab manager.

Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. 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	Location
19770	Tu,Th,9/14-11/18	2:15-3:15 p.m.	\$60/\$94	Online

Mini Session:

19740	Tu,Th,11/30-12/16	2:15-3:15 p.m.	\$24/\$38	Online
-------	-------------------	----------------	-----------	--------

Fitness Club

Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment.

Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members, by appointment only. Appointments can be made at the front desk. \$15.

Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Fitness Club members only.

One:	One-Hour Session: \$52	Fitness Rm
Two:	One-Hour Sessions: \$100	Fitness Rm
Three:	One-Hour Sessions: \$142	Fitness Rm
Six:	One-Hour Sessions: \$265	Fitness Rm
Ten:	One-Hour Sessions: \$415	Fitness Rm

Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. Must be a fitness club member. By appointment only. Appointments can be made at the front desk. \$15.

All Day Exercise

Would you like to try a new exercise class to help spice up your fitness routine? 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	Day, Date	Time	Cost	Location
19819	W, 9/1	10 a.m.-2 p.m.	Free	Sr. Ctr./Online

Annual Turkey Trot

To stay fit during the holiday season, join us for our annual Turkey Trot. Walk with us through the Woodley Gardens neighborhood. Please bring a canned food item to support our Senior Center food bank, or make a donation to our Program Assistance Fund. Sponsored by: Collingswood Rehabilitation Health Care

Course	Day, Date	Time	Cost	Location
19802	F, 11/19	10-11 a.m.	Free	Sr. Ctr.

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	Location
19767	Tu,Th,9/14-11/18	1-2 p.m.	\$48/\$75	Online

Mini Session:

19739	Tu,Th,11/30-12/16	1-2 p.m.	\$22/\$38	Online
-------	-------------------	----------	-----------	--------

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	Location
19746	M, 9/13-11/8	1:15-2 p.m.	\$38/\$48	Sr. Ctr.
19748	W, 9/15-11/10	1:15-2 p.m.	\$38/\$48	Sr. Ctr.

Mini Sessions:

19717	M, 11/29-12/13	1:15-2 p.m.	\$20/\$25	Sr. Ctr.
19718	W, 12/1-12/15	1:15-2 p.m.	\$20/\$25	Sr. Ctr.

Need help paying for classes?

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

Fitness cont.

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	Location
19747	F, 9/17-11/12	10-10:45 a.m.	\$30/\$48	Online

Mini Session:

19721	F, 12/3-12/17	10-10:45 a.m.	\$18/\$25	Online
-------	---------------	---------------	-----------	--------

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 participants 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	Location
19749	Tu, 9/14-11/9	3:30-4:15 p.m.	\$30/\$48	Online

Mini Session:

19725	Tu, 11/30-12/14	3:30-4:15 p.m.	\$18/\$25	Online
-------	-----------------	----------------	-----------	--------

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. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost	Location
19752	F, 9/17-11/12	5-5:45 p.m.	\$30/\$48	Online

Mini Session:

19726	F, 12/3-12/17	5-5:45 p.m.	\$18/\$25	Online
-------	---------------	-------------	-----------	--------

Chair Cardio

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

Course	Day, Date	Time	Cost	Location
19781	W, 9/15-11/10	9-9:45 a.m.	\$30/\$48	Online

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: Ramsey

Course	Day, Date	Time	Cost	Location
19760	M,W, 9/13-11/10	11 a.m.-12 p.m.	\$50/\$62	Sr. Ctr.

Mini Session:

19722	M,W, 11/29-12/15	11 a.m.-12 p.m.	\$20/\$25	Sr. Ctr.
-------	------------------	-----------------	-----------	----------

Chair Tap Dance **NEW!**

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. The class will start with warmups for the whole body, then move to tap specific exercises. We will work on tap technique and combinations, and move onto choreography. All exercises can be done standing, if desired. No experience necessary— Gene Kelly here we come! Instructor: Connor

Course	Day, Date	Time	Cost	Location
19864	M, 9/13-11/8	1-2 p.m.	\$50/\$62	Sr. Ctr.

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	Location
19763	F, 9/17-11/12	12:15-1 p.m.	\$42/\$66	Online

Mini Session:

19723	F, 12/3-12/17	12:15-1 p.m.	\$20/\$25	Online
-------	---------------	--------------	-----------	--------

Drums Alive

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. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost	Location
19744	Th, 9/9-11/18	12:05-12:50 p.m.	\$30/\$48	Online

Mini Session:

19727	Th, 12/2-12/16	12:05-12:50 p.m.	\$18/\$25	Online
-------	----------------	------------------	-----------	--------

Check the monthly newsletter for updates on special events!

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	Location
19753	F, 9/17-11/12	11:15 a.m.-12 p.m.	\$32/\$50	Online

Mini Session:

19719	F, 12/3-12/17	11:15 a.m.-12 p.m.	\$18/\$25	Online
-------	---------------	--------------------	-----------	--------

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	Location
20125	M,W, 9/13-11/10	10-10:50 a.m.	\$53/\$66	Sr. Ctr.
19762	M,W, 9/13-11/10	10-10:50 a.m.	\$42/\$66	Online

Mini Sessions:

20126	M,W, 11/29-12/15	10-10:50 a.m.	\$20/\$25	Sr. Ctr.
19730	M,W, 11/29-12/15	10-10:50 a.m.	\$18/\$25	Online

Fitness Workshop – Yoga Basics

Yoga is more than a physical workout, it is a full mind and body exercise. Using a set of specific exercises, you will combine specific breathing techniques and meditation principles as the building blocks of a yoga class. This two-part workshop will include discussion, an interactive demonstration and a basic yoga class. It will also include modifications that will allow you to perform most yoga poses safely. Instructor: Ford

Course	Day, Date	Time	Cost	Location
19724	F, 9/17 & 11/12	1-2:15 p.m.	\$25	Online

Forever Fit

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	Location
19741	M,W, 9/13-11/10	12:15-1:05 p.m.	\$65/\$81	Sr. Ctr.
19866*	Tu,Th, 9/14-11/18	10-10:50 a.m.	\$65/\$81	Sr. Ctr.
19768*	Tu,Th, 9/14-11/18	10-10:50 a.m.	\$52/\$81	Online

Mini Sessions:

19715	M,W, 11/29-12/15	12:15-1:05 p.m.	\$25/\$31	Sr. Ctr.
19865*	Tu,Th, 11/30-12/16	10-10:50 a.m.	\$25/\$31	Sr. Ctr.
19736*	Tu,Th, 11/30-12/16	10-10:50 a.m.	\$22/\$31	Online

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	Location
19756	Sa, 9/18-11/13	10-11 a.m.	\$40/\$62	Online

Mini Session:

19729	Sa, 12/4-12/18	10-11 a.m.	\$18/\$25	Online
-------	----------------	------------	-----------	--------

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	Location
19757	M, 9/13-11/8	2:15-3 p.m.	\$42/\$62	Online

Mini Session:

19732	M, 11/29-12/13	2:15-3 p.m.	\$18/\$25	Online
-------	----------------	-------------	-----------	--------

Outdoor Group Training

This outdoor, strength-building class is designed to improve strength, flexibility and balance. Intensity may be modified to suit most fitness levels. Instructor: Ohlandt

Course	Day, Date	Time	Cost	Location
19782	W, 9/15-11/10	9-9:45 a.m.	\$50/\$72	Sr. Ctr.

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	Location
19764	W, 9/15-11/10	1:15-2 p.m.	\$50/\$72	Online

Mini Session:

19735	W, 12/1-12/15	1:15-2 p.m.	\$18/\$25	Online
-------	---------------	-------------	-----------	--------

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

Continued on next page...

Fitness cont.

Piloxing continued...

flexibility, better muscle control and better coordination. For the active participant.

Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost	Location
19765	W, 9/15-11/10	1-1:45 p.m.	\$45/\$60	Sr. Ctr.

Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight, individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Fitness Club members only.

Course	Day, Date	Time	Cost	Location
19804	M-F, 9/13-12/31	9 a.m.-3 p.m.	\$315	Sr. Ctr.

Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Fitness Club members only.

Course	Day, Date	Time	Cost	Location
19806	M-F, 9/13-12/31	9 a.m.-3 p.m.	\$315	Sr. Ctr.

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: Ramsey

Course	Day, Date	Time	Cost	Location
19769	Tu,Th, 9/14-11/18	9-9:45 a.m.	\$65/\$81	Sr. Ctr.

Mini Session:

19737	Tu,Th, 11/30-12/16	9-9:45 a.m.	\$25/\$31	Sr. Ctr.
-------	--------------------	-------------	-----------	----------

STRONG 30™

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	Location
19761	Tu, 9/14-11/9	12:15-12:45 p.m.	\$45/\$60	Sr. Ctr.

Mini Session:

19728	Tu, 11/30-12/14	12:15-12:45 p.m.	\$18/\$25	Sr. Ctr.
-------	-----------------	------------------	-----------	----------

Tai Chi Dao Yin **NEW!**

This remarkable stretching and breathing exercise, derived from Chen Style Taiji and ancient Taoist qigong exercises, emphasizes whole-body muscular relaxation, flexibility and toning. Increase circulation, free the movement of joints, and bring qi and breath to every part of the body to maintain and improve health, and to self-repair and adjust the body. Instructor: Chang

Course	Day, Date	Time	Cost	Location
19783	Tu,Th, 9/14-11/18	12:30-1:30 p.m.	\$50/\$72	Sr. Ctr.

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	Location
20586	M, 9/13-11/8	9-9:45 a.m.	\$50/\$72	Sr. Ctr.
19758	M, 9/13-11/8	9-9:45 a.m.	\$40/\$72	Online
20583	F, 9/17-11/12	9-9:45 a.m.	\$50/\$72	Sr. Ctr.
19759	F, 9/17-11/12	9-9:45 a.m.	\$40/\$72	Online

Mini Sessions:

20584	M, 11/29-12/13	9-9:45 a.m.	\$20/\$25	Sr. Ctr.
19733	M, 11/29-12/13	9-9:45 a.m.	\$18/\$25	Online
20585	F, 12/3-12/17	9-9:45 a.m.	\$20/\$25	Sr. Ctr.
19734	F, 12/3-12/17	9-9:45 a.m.	\$18/\$25	Online

Walking through the Winter Wonderlands **NEW!**

Join us on this virtual walk while viewing beautiful winter 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. Instructor: Klopfer

Course	Day, Date	Time	Cost	Location
19713	M, 12/20	10-11 a.m.	Free	Online

Yoga for You

Yoga is a lifestyle that incorporates 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. Wednesday class will be held in the Carnation Room. Instructor: Figlure

Course	Day, Date	Time	Cost	Location
19771	W,F,9/15-11/12	10-11 a.m.	\$95/\$119	Sr. Ctr.

Mini Session:

19745	W,F,12/1-12/17	10-11 a.m.	\$35/\$48	Sr. Ctr.
-------	----------------	------------	-----------	----------

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	Location
19750	M, 9/13-11/8	5-5:45 p.m.	\$30/\$48	Online
19751	W, 9/15-11/10	5-5:45 p.m.	\$30/\$48	Online

Mini Sessions:

19720	M, 11/29-12/13	5-5:45 p.m.	\$18/\$25	Online
19716	W, 12/1-12/15	5-5:45 p.m.	\$18/\$25	Online

Zumba Happy Hour

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 time for new friends and light refreshments. Sponsored by: HandyPro

Course	Day, Date	Time	Cost	Location
19814	Th, 9/2	4:30-6 p.m.	Free	Sr. Ctr.

Sports

Bocce Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. *For Senior Center members only.*

Course	Day, Date	Time	Cost	Location
19472	Tu,Th, 4/6-10/28	10-11 a.m.	Free	Sr. Ctr.

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps

increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
19808	M, 9/27-11/1	1-2 p.m.	\$30/\$38	Sr. Ctr.
19809	Tu, 9/28-11/2	1-2 p.m.	\$30/\$38	Sr. Ctr.

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

Course	Day, Date	Time	Cost	Location
87120	W, 9/29-11/3	1-2 p.m.	\$30/\$38	Sr. Ctr.
19810	F, 10/1-11/5	1-2 p.m.	\$30/\$38	Sr. Ctr.

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. A weekly fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

Course	Day, Date	Time	Location
19807	Th, 9/16-12/30	1-3 p.m.	Bowl Am.

Support Resources

HandyPro

We are dedicated to empowering seniors and all persons living with an illness, injury or condition impacting their mobility, to have the right keys to unlock the door to a safe and accessible home. HandyPro will showcase classic art with a unique twist to discuss the value of home modification in a positive way!

Course	Day, Date	Time	Cost	Location
20628	Th, 10/28	1-2:30 p.m.	Free	Sr. Ctr.

Know Your Transportation Options

A mobility specialist from Connect-A Ride will provide an overview of transportation options 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 accessibility.

Course	Day, Date	Time	Cost	Location
20131	W, 10/6	1-2 p.m.	Free	Sr. Ctr.

Support Resources cont.

Medicare Open Enrollment Seminar

Open Enrollment allows you to make changes to your Medicare coverage. You can join or switch to a different Medicare Advantage or Medicare Part D plan during open enrollment. Learn about your options with the Montgomery County State Health Insurance Assistance Program (SHIP).

Course	Day, Date	Time	Cost	Location
19994	Tu, 10/5	1-3 p.m.	Free	Sr. Ctr.

Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets the first and third Monday of each month. Bring with you a bag lunch and meet people! New participants must contact representative Sheila Griffith at 240.844.3608 or sagriffith@alz.org prior to attending the group.

Course	Day, Date	Time	Cost	Location
19924	M, 10/4-12/27	12-1:30 p.m.	Free	Sr. Ctr.

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. Location for Positive Aging programs are to be determined (TBD) at a later date. For more information please contact the front desk 240.314.8800.

Managing Stress After the Pandemic

This is an ongoing support and educational group to help people cope with isolation, anxiety, depression, loss, etc., originally brought on by the COVID-19 pandemic. Participants learn coping skills from facilitator and from each other. Meets every Friday.

Course	Day, Date	Time	Cost	Location
19992	F, 10/1-12/17	11 a.m.-12 p.m.	Free	TBD

Decluttering

This group will be based on a curriculum by Dr. Elspeth Bell called Challenging Clutter. Included will be discussions of what gets in the way of getting rid of things we no longer need, such as difficulties in determining the relative importance of things; procrastinating; a tendency to hoard; and emotional attachment. Share your chal-

lenges and learn ways to organize and reduce your belongings. Meets first and third Tuesday of each month.

Course	Day, Date	Time	Cost	Location
19990	Tu, 10/5-12/21	10-11:30 a.m.	Free	TBD

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	Location
19986	Th, 10/7-12/16	1-2:30 p.m.	Free	TBD

Brain Games

It's back (again)! Our brains do change as we get older, but with regular brain exercise, we can improve our mental functioning, such as long-term memory, working memory, executive functioning, attention to detail and processing speed. Join the fun and work your brain in various games. Meets second and fourth Tuesday of each month.

Course	Day, Date	Time	Cost	Location
19987	Tu, 10/12-12/28	10-11:30 a.m.	Free	TBD

Living Alone

This ongoing group provides an opportunity for men and women living alone to socialize, discuss topics of interest, share challenges and support each other. Meets second and fourth Thursday of each month.

Course	Day, Date	Time	Cost	Location
19991	Th, 10/14-12/23	1-2:30 p.m.	Free	TBD

Setting Relationship Boundaries

This one-session class will provide tips on how to set limits—for what you will and won't do and for what you will and won't tolerate from others. It will be based on the book, "Setting Boundaries Will Set You Free", by Nancy Levin. Learn how setting relationship boundaries can improve your relationships and set you free to be yourself.

Course	Day, Date	Time	Cost	Location
19993	Tu, 11/30	10-11:30 p.m.	Free	TBD

Thrift Shop Donations

Consider donating your gently used small household or clothing items to the Senior Center Thrift Shop!

Senior Housing Made Simple

Families face making tough decisions for their loved ones. Oasis wants to help navigate the process with compassion and patience during this emotional time. Oasis senior advisors are here to provide details of senior housing options in the area.

Course	Day, Date	Time	Cost	Location
20552	W, 9/29	1-2:30 p.m.	Free	Sr. Ctr.

Senior Planet Montgomery

Senior Planet, powered by the nonprofit Older Adults Technology Services (OATS), harnesses technology to change the way we age. With a focus on social change, programs are intended to help seniors learn new skills, save money, get in shape, make new friends and thrive in today's digital age. Tune in to learn how to get involved and to receive an overview by the local operation, Senior Planet Montgomery, from Shivali Haribhakti, regional director, and Bre Clark, OATS associate director of program operations.

Course	Day, Date	Time	Cost	Location
20104	Th, 10/28	10:30am-12pm.	Free	Online

Social Connections

Want to drop in to chat with fellow members, meet staff or try a new arts and crafts project?

Course	Day, Date	Time	Cost	Location
19710	Tu, 9/7	10-11 a.m.	Free	Sr. Ctr.

Villages 101

Learn the basics of the Village concept in a lively discussion with Rockville Village facilitator Trish Evans. Have your questions answered about starting a Village in your neighborhood and get the necessary resources to support it.

Course	Day, Date	Time	Cost	Location
20102	W, 10/13	1-2 p.m.	Free	Sr. Ctr.

Inscripción abierta al seminario de Medicare/Medicare Open Enrollment

La inscripción abierta es su oportunidad para hacer cambios a su cobertura de Medicare. Usted puede registrarse o cambiar a Medicare Advantage o la cobertura de su plan de "Parte D" (Medicina). Conozca sus opciones con el Programa Estatal de Asistencia de Seguro de Salud (SHIP) del Condado de Montgomery.

Course	Day, Date	Time	Cost	Location
19995	Tu, 8/24	1-3 p.m.	Free	Sr. Ctr.

Grupo de Apoyo Hispano

Las personas mayores pueden compartir sus miedos y frustraciones; Recibir apoyo sin juzgar; Creando un espacio para compartir sentimientos Guiado José Hernández, Terapeuta bilingüe de Affiliated Santé Group

Course	Day, Date	Time	Cost	Location
20629	Th, 9/9-12/16	12-1 p.m.	Free	Sr. Ctr.

Salud & Bienestar

Ven a conocer más sobre Salud y Bienestar, integra recursos y brinda servicios completamente EN ESPAÑOL para ayudarte a ti, a tu familia y a toda la comunidad directa e indirectamente afectados por la pandemia.

Course	Day, Date	Time	Cost	Location
20627	W, 10/20	10:30-11:30 a.m.	Free	Sr. Ctr.

Wellness

Diabetes "Tool Box"

November is Diabetes Health Observance month. We will go over healthy eating, exercise, stress management, monitoring, avoiding complications and understanding emotions. Presented by Adventist Healthcare.

Course	Day, Date	Time	Cost	Location
20135	Th, 11/4	1-2 p.m.	Free	Sr. Ctr.

Exercise – A Powerful Medicine

Staying fit and eating right are essential to good health. Exercise physiologist Jeanmarie Gallagher from Suburban Hospital's Cardiac Rehabilitation Department will share strategies to become and stay active, regardless of their physical limitations.

Course	Day, Date	Time	Cost	Location
20683	Th, 11/18	1-2 p.m.	Free	Online

Managing Your Hearing

A brief overview to managing your hearing health. Topics include the basics of hearing and hearing testing and information about hearing aid technology – it can improve not only your hearing, but your quality of life. Presented by Dr. Breanna Collins and Dr. Alanna Schloss, Live Better Hearing.

Course	Day, Date	Time	Cost	Location
20130	W, 11/10	1-2 p.m.	Free	Sr. Ctr.

Resiliency After Covid

Life lessons learned through the pandemic! Share your thoughts, your ideas and what you have understood and experienced to move you forward, to be stronger and more present, and to create a better, healthier future! Betty Figlere, BA, MSC, LMT, Meditation & Yoga instructor.

Course	Day, Date	Time	Cost	Location
20139	Tu, 10/5	1-2 p.m.	Free	Sr. Ctr.

Take a Deep Breath to Health ^P

Renee Davenport, respiratory therapist from Suburban Hospital, will discuss the signs, symptoms and practical ways to manage medications for various lung diseases such as COPD.

Course	Day, Date	Time	Cost	Location
20612	Th, 10/28	1-2 p.m.	Free	Online

The Benefits of Being Kind

World Kindness day is Nov. 13 and has been observed on this day since 1998. Adventist HealthCare will teach the practice of being kind, examine what science is behind it, and the possible health impacts it has on us.

Course	Day, Date	Time	Cost	Location
20134	Tu, 11/9	1-2 p.m.	Free	Sr. Ctr.

The Most Common Winter Injuries

Prevention is key! Join Dr. Carlos Martinez, owner of CAM Physical Therapy, to discuss the most common injuries during the winter.

Course	Day, Date	Time	Cost	Location
20127	W, 11/17	1-2 p.m.	Free	Sr. Ctr.

Understanding Physical Therapy Medicare Benefits ^P

Do you understand your Medicare benefits for physical therapy? Join CAM Physical Therapy and Wellness Services' billing director Janesa Paver and owner, Dr. Carlos Martinez to discuss Medicare's "Yearly cap," co-insurance and deductible for physical therapy. Know when and why you should schedule your physical therapy before your cap is met.

Course	Day, Date	Time	Cost	Location
20129	W, 10/13	1-2 p.m.	Free	Online

Your Heart, Your Life Series

An evidence-based program with lessons providing information for understanding, skill building, self-assessment and goal setting for healthy lifestyle changes. You may sign up for one or more sessions. Presented by Adventist HealthCare.

Session 1: Are you at Risk for Heart Disease?

In this first session, group members will be introduced to: How the heart works; its importance and structure; heart disease risk factors and prevention.

Course	Day, Date	Time	Cost	Location
20136	Tu, 10/19	1-2 p.m.	Free	Sr. Ctr.

Session 2: Act in Time to Heart Attack Signs

By the end of this second session, group members will have learned the following: What a heart attack is; why it is important to seek treatment immediately; warning signs of heart attack; why people delay in seeking help; the benefits of early intervention; and how to plan ahead.

Course	Day, Date	Time	Cost	Location
20137	Tu, 11/16	1-2 p.m.	Free	Sr. Ctr.

Session 3: Say YES to Physical Activity

By the end of this third session, group members will have learned the following: Why physical activity is good for the heart and overall health; physically active duration may vary for adults, adolescents and children; benefits of brisk walking; and fitting physical activity into busy a schedule.

Course	Day, Date	Time	Cost	Location
20138	Tu, 12/14	1-2 p.m.	Free	Sr. Ctr.

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

Course	Day, Date	Time	Cost	Location
20132	M, 9/13-11/15	1-2 p.m.	\$30/\$40	Online

Mini Session:

20133	M, 11/29-12/20	1-2 p.m.	\$15/\$25	Online
-------	----------------	----------	-----------	--------

Durable Medical Equipment Donations

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. Do NOT bring equipment into the Senior Center. If you need equipment, please contact DME.MDOA@maryland.gov or call: **240-230-8000**. Please see Betty Figlere in the health room for questions or help.

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*
----------------	--------------------------	-------------------

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: _____

Sign-up for these Special...

Grandparents Day: Friday, Sept. 10

A Grandparents Day Event is an opportunity for Senior Center members and their grandchildren to celebrate that special connection. Enjoy activities, refreshments, entertainment, and a special keepsake to make and take home! Please register each grandparent and grandchild attending. Sponsored by: Brightview West End
Course# 20651; \$2/\$4

Course	Day, Date	Time	Cost	Location
20651	F, 9/10	5-6:30 p.m.	\$2/\$4	Sr. Ctr.

Flu Shot Clinic

Giant pharmacists are giving the shots this year. This will be charged to your Medicare insurance. Please bring your insurance cards with you. If you do not have insurance, you may pay cash. Please register so that we have a count of how many vaccines are needed. If you do not take high dose, kindly indicate that you want regular.

Course	Day, Date	Time	Location
20128	Tu, 10/12	10 a.m.-1:30 p.m.	Sr. Ctr.

Halloween Brew-Thru

Enjoy the festivities with a walkthrough through friendly Halloween displays, beer and cider, and our annual staff pumpkin carving contest. New this year, we will include a senior pumpkin contest! Seniors can carve their pumpkins at the

Carve and Cackle program (see pg. 4 for details) the day before or bring their carved/decorated pumpkin the day of. Registered participants will receive a goody bag. Costumes are strongly encouraged.

Sponsored by: Brightview Falls Grove.

Course	Day, Date	Time	Cost	Location
20647	F, 10/22	3:30-5 p.m.	Free	Sr. Ctr.

Skin Care Clinic

The dermatologist will be available on the second Thursday of each month, starting at 12:30 p.m., by appointment only. Your insurance will be billed. You will be seen at the Senior Center in a Support Services/Health Room office. Make an appointment by calling 1-877-345-5300, toll free.

RSI Fundraisers

Holiday Bazaar: Great opportunity to shop for the holidays ahead and support a worthwhile cause.

Day, Date	Time	Location
Sa, 12/4	9 a.m.-2 p.m.	Sr. Ctr.

Oktoberfest: Featuring the Rockville German Band. Food and beer available for purchase at the event. Open to the community!

Course	Day, Date	Time	Cost	Location
20646	F, 10/1	5-7 p.m.	\$3	Sr. Ctr.

Autumn Offerings!

To Register: www.rockvillemd.gov/registration