

## More Things To Do...

### Virtual Positive Aging Programs-

#### Women Living Alone **V P**

Thurs., Sept. 2 & 16, 1-2:30 p.m.  
Course #19042; Free

#### Brain Games **V P**

Tues., Sept. 14 & 28, 2:30-4 p.m.  
Course #19603; Free

#### Relating to Your Adult Children **V P**

Tues., Sept. 7 & 21, 2:30-4 p.m.  
Course #19045; Free

#### Living Alone **V P**

Thurs., Sept 9 & 23, 1-2:30 p.m.  
Course #19041; Free

#### Managing Stress During the Pandemic **V P**

Fri., Sept. 3, 10, 17, & 24,  
11 a.m.-12 p.m.  
Course #19046; Free

#### Workshop: Decluttering **V P**

Thurs., Sept. 30, 1 – 2:30 p.m.  
Course #19052; Free

#### Stress Reduction/Meditation **V P**

Mon, Sept. 13-Nov. 15, 1-2 p.m.  
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.  
Course #20132; \$30/\$40

#### Successful Ageing **V P**

Wed., Sept. 15, 1-2 p.m.  
Join us to discuss how to navigate changes as people get older. Learn techniques to keep mind, body and spirit healthy! Presented by Adventist HealthCare. Course #19602; Free

#### Best Foot Forward **V P**

Thurs., Sept. 23, 1-2 p.m.  
Learn common problems that can affect your mobility and comfort from orthopedic foot and ankle surgeon Dr. John Thompson.  
Course #19484; Free

#### Fall Risk Screening **V P**

Tues., Sept. 28, 1-2 p.m.  
Attend this virtual session to receive fall prevention education from

Adventist Rehabilitation Hospital staff and complete a questionnaire to assess your risk of falls. Course #19032; Free

#### Game Night: Bingo **V P**

Thurs., Sept. 30, 7-7:45 pm  
Course #19840; Free/\$2

#### Fitness Workshop: Yoga Basics **V**

Fri., Sept. 17 & Fri., Nov 12,  
1-2:15 p.m.

Using a set of specific exercises, 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. Modifications will be provided.  
Course# 19724; \$25

#### RSI's Oktoberfest (In-Person)

Fri., Oct 1, 5-7 p.m.  
Featuring the Rockville German Band. Food and beer available for purchase at the event. Open to the community!  
Course#20646; \$3 per person

#### Halloween Brew-Thru

Friday, Oct. 22, 3:30-5 p.m.  
Enjoy the festivities with a walk through of friendly Halloween displays, beer and cider tastings, and our annual staff pumpkin carving contest. New this year, a senior pumpkin contest! Seniors can carve their pumpkins at the Carve and Cackle program (see pg. 4 of the Fall guide for details). Course #20647

#### RSI's Holiday Bazaar (In-Person)

Sat., Dec. 4, 9 a.m.-2 p.m.  
We are looking for crafters who make handmade crafts for our annual holiday bazaar! Call 240-314-8800 or email seniorcenter@rockvillemd.gov for an application.

#### Hispanic Festival

Thursday, Oct. 7, 12-1 p.m.  
Course #20787; Free

#### Stay Informed:

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

#### In person lunch will resume Tuesday, September 7, 12 p.m.

To see a menu and order lunch please call 240.314.8815

#### 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:

To make your first or second dose appointment with Montgomery County, call 240-777-2982 or email c19vaccination@montgomerycountymd.gov.

#### 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.

#### In person Sept. Movie Matinees

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

#### Land: Sept. 9 & 10

The poignant story of one woman's search for meaning in the vast and harsh American wilderness. Rated **PG-13** Course # 20770 & 20771

#### Queen Bees: Sept. 23 & 24

Fiercely independent senior, Helen, temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls." Rated **PG-13**. Course # 20772 & 20773

## Rockville Seniors

### The Center's Monthly Highlights and Calendar

SEPTEMBER



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

**V** = Virtual Program

**P** = Programs are available to listen through phone!

#### Painting on Glass (In-Person)

Thurs, Sept. 9, 10:30 am-12:30 pm  
The instructor, Cathy Pasquariello, brings the instructions and all the supplies! Paint a fall fruit bowl with leaves and apples. No painting experience is required. Course #19887; \$12/\$15

#### TED Talks: The Healing Power of Humor **V**

Thurs., Sept. 9, 1-2 pm  
Many of our thoughts can be the source of humor if we learn how to discover our inner sitcom. When we explore how to "lighten up," we help to "lighten up" the world. Course #19884; \$6/\$9

#### Patriotic Concert (In-Person)

Fri., Sept. 10, 1-2 pm  
This musical presentation will be performed by Connie Hughes, our piano teacher. The program will include notes and commentary of some of the greatest patriotic songs and marches of the USA. Course #19966; \$6/\$9

#### Coffee Connections (In-Person)

Fri., Sept. 10, 10-11 am  
A fun way to become better acquainted with our senior center staff and other senior center members. Catch up with some of your friends and make some new ones! Sponsored by: Assisting Hands; Special Guest: TBD  
Course #19832; Free

#### The 1956 Washington Senators (In-Person)

Tues., Sept. 14, 1:30-3 pm  
Do you remember going to Griffith Stadium to watch the Washington Senators? Our two guest speakers were actually with the team as bat boy and scoreboard keeper. Hear their close up and personal experiences. Course #18982; \$6/\$9

#### Fall Wreath (In-Person)

Mon., Sept. 27, 1-2 pm  
Follow the simple step-by-step directions to turn a fall leaves garland into a festive wreath ready to hang. Note: Fall guide has incorrect day listed. 9/27 is on a Monday.  
Course #19882; \$12/\$15

#### Fall Birthdays (In-Person)

Wed., Oct. 6, 1:30-3 pm  
Celebrating September, October, and November birthdays! All are invited, whether or not you have a fall birthday. Entertainment: Reggie Rice. Course #19822; Free/\$7

#### All Day Exercise **V** & (In-Person)

Wed., Sept. 1, 10 a.m.-2 p.m.  
Preview many classes that will be offered this fall. Several free, 25-minute class demonstrations offered throughout the day. Some virtual options will be included. Sponsored by: Potomac Valley Nursing and Wellness Center. Course #19819; Free

#### Walking on Sunshine **V**

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

#### Wednesday Night Bingo (In-Person)

Tentative date Sept 8, 7 p.m.  
\*Limited food

## The Senior Center will NOT resume normal operating hours as of September 2021.

#### -Office Hours:

Mon.- Fri.: 8:30 a.m.- 5 p.m.

#### -Building Hours:

Mon.- Fri.: 9 a.m.- 4 p.m.

#### -Fitness Room Hours:

Mon. & Wed.: 7 am-4 p.m.  
Tues., Thurs., Fri.: 9 a.m.-4 p.m.  
Call the senior center to check/renew your fitness membership.

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

## Fall class registration has begun!

#### Registration options:

- In-person: 9 a.m.-4 p.m.
- Mail: check and registration form
- Call: 240-314-8800
- Online: rockvillemd.gov/seniorcenter

#### Club News

• Attention all clubs: If you are not a current member and would like to join one of the clubs below, please email seniorrecreation@rockvillemd.gov

#### Willing 3C's Meeting **V P**

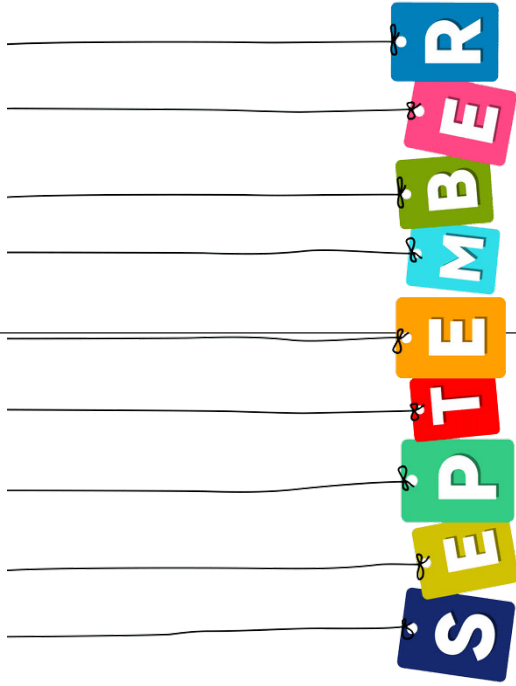
Fri., Sept. 17 at 11:30 a.m.  
Presentation by Cpl. Derrick Tibbs. Course# 20601

#### Young in Heart Meeting **V P**

Thurs., Sept. 23 at 11:00 a.m.  
Presentation on Potomac River by James Johnston; Course #20607

#### Red Hat Meeting **V P**

Wed., Sept. 29 at 11:30 a.m.  
Presentation by Rockville's Deputy Chief of Police Laura Lanham; Course# 20604



9-9:45 Total Conditioning

10-12 Optimize your Computer

8-10 I Have a Question  
10-2 All Day Exercise  
10-12 Android Basics  
1-3 Computers- Save and Find  
1:30-3 Drop in Bridge

**1**

8-10 File Management  
8-10 Forgot My Password?  
10-12 Using Function Keys  
10-11 Boccee Ball  
12-1 Hispanic Outreach  
1-3 PC Malware  
1-2:30 Positive Aging Program

**2**

**3**

8-10 Zoom Help  
10-12 Android Basics  
11-12 Positive Aging Program  
1-3 Drop in Poker  
1:30-3 Drop in Bridge

**4**

**6**

Senior Center closed. No classes or programs

10-12 Optimize your Computer  
10-11 Social Connections  
10-11 Boccee Ball  
1-3 Using Google Apps  
1:30-3 Helping Hands

**7**

10-12 Computer Trouble Tips  
10-11 Walking on Sunshine  
1-3 Yahoo Mail Basics  
1:30-3 Drop in Bridge

**8**

8-10 File Management  
10-11 Boccee Ball  
10-12 Optimize your Computer  
10:30-12:30 Painting On Glass Fall  
Fruit  
12:30-2:30 Movie- Land  
12-1 Grupo de Apoyo Hispano  
12-1 Hispanic Outreach  
12:05-12:50 Drums Alive  
1-3 Using Google Apps  
1-2:30 Positive Aging Program  
1-2 TED Talks The Healing Power of Humor

**9**

10-11 Coffee Connections  
10-12 Computer Trouble Tips  
10-12 Drop in Chess  
11-12 Positive Aging Program  
12:30-2:30 Movie- Land  
1-3 Drop in Poker  
1:30-3 Drop in Bridge  
1-3 Gmail basics  
1-2 Patriotic Concert  
Grandparents Day Activity Bag  
Pick up

**10**

9-9:45 Total Conditioning  
10-12 File Management  
10-12 English Class  
10-10:50 Easy Zumba  
10:30-11:30 Marylanders of Note Chortles Carroll

9-9:45 Strength Training  
10-12 Copying Pictures  
10-12 English Class  
10-10:50 Forever Fit  
10-11 Boccee Ball  
11-12 Aerobic Workout  
11-12 Can I Recycle that?  
12:15-12:45 STRONG 30  
12:30-1:30 Tai Chi Dao Yin

**14**

9-9:45 Chair Cardio  
9-9:45 Outdoor Group Training  
10-12 Windows PC Backup  
10-12 English Class  
10-11 Yoga for You  
10-10:50 Easy Zumba  
11-12 Chair Exercise  
12:15-1:05 Forever Fit  
1-1:45 Piloxing  
1-2 Successful Ageing  
1-3 Microsoft PowerPoint  
1-3 English Conversation Classes  
1:15-2 Balance Matters  
1:15-2 Pilates Basics  
1:30-3 Drop in Bridge  
5-5:45 Zumba Gold

**15**

8-10 File Management  
10-12 Copying Pictures  
10-12 English Class  
12-1 Grupo de Apoyo Hispano  
Hispano  
12-1 Hispanic Outreach  
1-3 Using Cortana  
1-2:30 Positive Aging Program

**16**

9-9:45 Total Conditioning  
10-11 Yoga for You  
10-10:45 Belly Dance Basics  
10-12 Drop in Chess  
11-12 Positive Aging Program  
11:15-12 Easy Feet  
11:30-12:30 Willing 30's Club  
12:15-1 Chi Gong (Qigong)  
1-2:15 Fitness Workshop- Yoga Basics  
1-3 Drop in Poker  
1-3 Drop in Bridge  
5-5:45 Caribbean Dance Party

**17**

9-9:45 Total Conditioning  
10-12 Microsoft Excel  
10-12 English Class  
10-10:50 Easy Zumba  
10:30-11:30 Through the Lens of Time  
11-12 Chair Exercise  
12-1:30 Memory Cafe  
12:15-1:05 Forever Fit  
12:30-2:30 Spanish for 60+

9-9:45 Strength Training  
9:30-2 Watercolor Classes  
9:15-2 Piano  
10-11 Boccee Ball  
10-12 Microsoft Word  
10-12 English Class  
10-10:50 Forever Fit  
11-12 Aerobic Workout  
12:15-12:45 STRONG 30  
12:30-2:30 Spanish for 60+

**21**

9-9:45 Chair Cardio  
9-9:45 Outdoor Group Training  
9:30-2 Watercolor Classes  
10-11 Yoga for You  
10-12 Microsoft Excel  
10-12 English Class  
10-10:50 Easy Zumba  
11-12 Chair Exercise  
12:15-1:05 Forever Fit  
12:30-2:30 Spanish for 60+  
1-1:45 Piloxing  
1-2 Guitar  
1-3 English Conversation  
1:15-2 Balance Matters  
1:15-2 Pilates Basics  
1:30-3 Drop in Bridge  
2-3 Ukulele  
4:30-6 Cooking Classes with Chef Alba  
5-5:45 Zumba Gold

**22**

9-9:45 Strength Training  
9:30-10:45 Book Club Fall  
10-12 Microsoft Word  
10-12 English Class  
10-10:50 Forever Fit  
10-11 Boccee Ball  
11-12:30 Young in Heart Sept. Meeting  
11-12 Aerobic Workout  
12-1 Grupo de Apoyo Hispano  
12-1 Hispanic Outreach  
12:05-12:50 Drums Alive  
12:30-2:30 Spanish for 60+  
12:30-2:30 Movie- Queen Bee  
12:30-1:30 Tai Chi Dao Yin  
1-3 PC New Users  
1-2:30 Positive Aging Program  
1-2 Arthritis Foundation Exercise  
1-2 Best Foot Forward  
2:15-3:15 Afternoon Yoga Flow

**23**

9-9:45 Total Conditioning  
10-11 Coffee Connections with Peter Carlson  
10-11 Yoga for You  
10-10:45 Belly Dance Basics  
10-12 Drop in Chess  
11-12 Positive Aging Program  
11:15-12 Easy Feet  
12:15-1 Chi Gong (Qigong)  
12:30-2:30 Movie- Queen Bee  
1-3 Drop in Poker  
1:30-3 Drop in Bridge  
5-5:45 Caribbean Dance Party

**24**

9-9:45 Total Conditioning  
10-12 Microsoft Excel  
10-12 English Class  
10-10:50 Easy Zumba  
10:30-11:30 Books that Shaped America  
11-12 Chair Exercise  
12-1:30 Memory Cafe  
12:15-1:05 Forever Fit  
12:30-2:30 Spanish for 60+

9-9:45 Strength Training  
9:30-2 Watercolor Classes  
9:15-2 Piano  
10-11 Boccee Ball  
10-12 Microsoft Word  
10-12 English Class  
10-10:50 Forever Fit  
11-12 Aerobic Workout  
12:15-12:45 STRONG 30  
12:30-2:30 Spanish for 60+

**28**

9-9:45 Chair Cardio  
9-9:45 Outdoor Group Training  
9:30-2 Watercolor Classes  
10-12 Microsoft Excel  
10-12 English Class  
10-11 Yoga for You  
10-10:50 Easy Zumba  
11-12 Chair Exercise  
11:30-12:30 Red Hat Membership  
12:15-1:05 Forever Fit  
12:30-2:30 Spanish for 60+  
1-1:45 Piloxing  
1-2 Guitar  
1-2 Table Tennis Intermediate  
1-3 Using Right Click- Left Click  
1-3 English Conversation Classes  
1-2:30 Senior Housing Made Simple  
1:15-2 Balance Matters  
1:15-2 Pilates Basics  
1:30-3 Drop in Bridge  
2-3 Ukulele  
5-5:45 Zumba Gold

**29**

9-9:45 Strength Training  
10-12 English Class  
10-10:50 Forever Fit  
10-11 Boccee Ball  
11-12 Aerobic Workout  
12-1 Grupo de Apoyo Hispano  
12-1 Hispanic Outreach  
12:05-12:50 Drums Alive  
12:30-2:30 Spanish for 60+  
12:30-1:30 Tai Chi Dao Yin  
1-2:30 Positive Aging Program  
1-2 Arthritis Foundation Exercise  
2:15-3:15 Afternoon Yoga Flow  
7-7:45 Game Night Bingo

**30**

9-9:45 Total Conditioning  
10-12 Microsoft Excel  
10-12 English Class  
10-10:50 Easy Zumba  
10:30-11:30 Books that Shaped America  
11-12 Chair Exercise  
12-1:30 Memory Cafe  
12:15-1:05 Forever Fit  
12:30-2:30 Spanish for 60+

**27**

9-9:45 Total Conditioning  
10-12 Microsoft Excel  
10-12 English Class  
10-10:50 Easy Zumba  
10:30-11:30 Books that Shaped America  
11-12 Chair Exercise  
12-1:30 Memory Cafe  
12:15-1:05 Forever Fit  
12:30-2:30 Spanish for 60+  
1-3 Fun with Pictures  
1-3 English Conversation Classes  
1-2:30 Peccemakers' Club  
1-2 Table Tennis Beginner  
1-2 Bunny Wreath  
1-2 Chair Tap Dance  
1-2 Fall Wreath  
1-2 Stress Reduction/Meditation  
2:10-3:00 Handbells  
2:15-2 Balance Matters  
2:15-3 On Your Feet Yoga Blend  
5-5:45 Zumba Gold

**27**

9-9:45 Strength Training  
9:30-2 Watercolor Classes  
9:15-2 Piano  
10-11 Boccee Ball  
10-12 Microsoft Word  
10-12 English Class  
10-10:50 Forever Fit  
11-12 Aerobic Workout  
12:15-12:45 STRONG 30  
12:30-2:30 Spanish for 60+  
12:30-1:30 Tai Chi Dao Yin  
1-2 Arthritis Foundation Exercise  
1-2 Fall Risk Screening  
1-2 Table Tennis Beginner  
1-3 Bridge- An Introduction to the Game  
1-3 Windows Security  
1:30-3 Helping Hands  
2:10-3:00 Handbells  
2:15-3:15 Afternoon Yoga Flow  
2:30-4 Positive Aging Program  
3:30-4:15 Belly Dance- Intermediate  
5-5:45 Abs and Back

**27**

9-9:45 Total Conditioning  
10-12 Microsoft Excel  
10-12 English Class  
10-10:50 Easy Zumba  
10:30-11:30 Books that Shaped America  
11-12 Chair Exercise  
12-1:30 Memory Cafe  
12:15-1:05 Forever Fit  
12:30-2:30 Spanish for 60+  
1-3 Fun with Pictures  
1-3 English Conversation Classes  
1-2:30 Peccemakers' Club  
1-2 Table Tennis Beginner  
1-2 Bunny Wreath  
1-2 Chair Tap Dance  
1-2 Fall Wreath  
1-2 Stress Reduction/Meditation  
2:10-3:00 Handbells  
2:15-2 Balance Matters  
2:15-3 On Your Feet Yoga Blend  
5-5:45 Zumba Gold

**27**

9-9:45 Total Conditioning  
10-11 Coffee Connections with Peter Carlson  
10-11 Yoga for You  
10-10:45 Belly Dance Basics  
10-12 Drop in Chess  
11-12 Positive Aging Program  
11:15-12 Easy Feet  
12:15-1 Chi Gong (Qigong)  
12:30-2:30 Movie- Queen Bee  
1-3 Drop in Poker  
1:30-3 Drop in Bridge  
5-5:45 Caribbean Dance Party

**24**

**27**

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**24**

**27**

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11:15-12 Easy Feet  
12:15-1 Chi Gong (Qigong)  
12:30-2:30 Movie- Queen Bee  
1-3 Drop in Poker  
1:30-3 Drop in Bridge  
5-5:45 Caribbean Dance Party

**24**

**27**

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12:30-2:30 Movie- Queen Bee  
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5-5:45 Caribbean Dance Party

**24**

**27**

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10-10:45 Belly Dance Basics  
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11:15-12 Easy Feet  
12:15-1 Chi Gong (Qigong)  
12:30-2:30 Movie- Queen Bee  
1-3 Drop in Poker  
1:30-3 Drop in Bridge  
5-5:45 Caribbean Dance Party

**24**

**27**

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11:15-12 Easy Feet  
12:15-1 Chi Gong (Qigong)  
12:30-2:30 Movie- Queen Bee  
1-3 Drop in Poker  
1:30-3 Drop in Bridge  
5-5:45 Caribbean Dance Party

**24**

**27**

**18**

10-11 Functional Training

**18**