More Things To Do…

Virtual Positive Aging Programs-

Women Living Alone Ⓥ Ⓟ
Thurs., Oct. 7 & 21, 1-2:30 p.m.
Course #19986; Free

Brain Games Ⓥ Ⓟ
Tues., Oct. 12 & 26, 2:30-4 p.m.
Course #19987; Free

Living Alone Ⓥ Ⓟ
Thurs., Oct. 14 & 28, 1-2:30 p.m.
Course #19991; Free

Managing Stress During the Pandemic Ⓥ Ⓟ
Fri., Oct. 1, 8, 15, 22, 29, 11 a.m.-12 p.m.
Course #19992; Free

Decluttering Ⓥ Ⓟ
Tues., Oct. 5 & 19, 2:30-4 p.m.
Course #19990; Free

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Resiliency After Covid Ⓥ Ⓟ
Tues., Oct. 5, 1-2 p.m.
Share your thoughts, ideas and what you have learned and experienced during this time to help move you forward and create a better, healthier future! Presented by Betty Figlure.
Course #20139; Free

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Know Your Transportation Options Ⓥ Ⓟ
Wed., Oct. 6, 1-2 p.m.
Learn about public and private transportation programs, volunteer organizations, subsidized programs, and programs for those who need wheelchair accessibility. Presented by JCA Access. Course #20131; Free

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Understanding Physical Therapy Medical Benefits Ⓥ Ⓟ
Wed., Oct. 13, 1-2 p.m.
Join CAM Physical Therapy and Wellness Services' billing director Janesa Paver and owner, Dr. Carlos Martinez to discuss Medicare's "Yearly cap" so that you know when and why to schedule your PT before your cap is met. Course #20129; Free

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Your Heart, Your Life Series Ⓥ Ⓟ
Tues., Oct. 19, 1-2 p.m.
Session 1: Learn how the heart works; its importance and structure, and heart disease risk factors. Presented by Adventist HealthCare. Course #20136; Free

Take a Deep Breath to Health Ⓥ Ⓟ
Thurs., Oct. 28, 1-2 p.m.
Renee Davenport, respiratory therapist from Suburban Hospital, will discuss the signs, symptoms and ways to manage medications for various lung diseases. Course #20612; Free

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Connecting Hearts Through Story Ⓥ
Wed., Oct. 6-27, 2-3 p.m.
Guided by trusted story professional and former television broadcaster, Erin Vannella, explore journaled, spoken, and photographed means to express emotion. Course #19877; $26/$34

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CANCELLED: RSI's Oktoberfest

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Halloween Brew-Thru (In-person)
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! Bring your carved/decorated pumpkin the day of.
Course #20647; Free

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Fall Fitness Programs
Its not too late to try one of the many fitness classes being offered!

Abs and Back Ⓥ
Tues., Sept. 14-Nov. 9, 5-5:45 p.m.
Focus on the core through exercises using 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.
Course #19755; $38/$60

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Caribbean Dance Ⓥ
Fri., Sept. 17-Nov. 12, 5-5:45 p.m.
Learn how to dance salsa, cha cha, guaguancó, and other Caribbean rhythms! Course #19752; $30/$48

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Drums Alive Ⓥ
Thurs., Sept. 9-Nov. 18, 12:05-12:50 p.m.
Try this exciting class using a stability ball and drum sticks. Get your heart pumping, strengthen your lungs, and improve endurance.
Course # 19744; $30/$48

In person lunch has resumed.
To see a menu and order lunch please call 240.314.8815

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COVID-19 VACCINE INFORMATION:
To make your first or second dose appointment with Montgomery County, call 240-777-2982 or email c19vaccination@montgomerycountymd.gov.

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In person Oct. Movie Matinees
Thurs. and Fri., 12:30-2:30 p.m.
Must be a senior center member and register.

Tortilla Soup: Oct. 7 & 8
Three grown sisters try to cope and live with their father; a veteran chef who is slowly losing his sense of taste. Rated PG-13

Knives Out: Oct. 14 & 15
The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but Detective Benoit Blanc knows everyone in family is a suspect. Rated PG-13

Arsenic and Old Lace(1944): Oct. 29
Mortimer Brewster falls for girl-next-door, and they tie the knot on Halloween. He returns home to finds a corpse hidden in a window seat and starts to realize that his family is crazy. Not Rated.

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Online English as a Second Language

Beginning English
M,W, 9/13-11/17, 10 a.m.-12 p.m.
Course# 19953; $20/$27

High Beginning English
Tu,Th, 9/14-11/18, 10 a.m.-12 p.m.
Course #19956; $20/$27

Intermediate English
Tu,Th, 9/14-11/18, 10 a.m.-12 p.m.
Course #19982; $20/$27

Advanced English
M,W, 9/13-11/17, 10 a.m.-12 p.m.
Course #19952; $20/$27

Online English Conversation Classes

Beginning Conversation: Let's Talk
M, 9/13-11/15, 1-3 p.m.
Course #19984; $14/$18

Advanced Conversation: More Talk
W, 9/15-11/17, 1-3 p.m.
Course #19983; $14/$18

Rockville Seniors

The Center's Monthly Highlights and Calendar

OCTOBER- HAPPY HISPANIC HERITAGE MONTH!

MOST classes are virtual, a device and internet is required.
Ⓥ= Virtual Program
Ⓟ = Programs are available to listen through phone!

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Flu Shot Clinic (In-person)
Tues., Oct. 12, 10 a.m.-1:30 p.m.
Senior flu shots will be charged to your Medicare insurance. Please bring your insurance cards with you. High dose and regular available. Registration required.
Course #20128

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Life Lessons in Writing Ⓥ
Thurs., Oct. 7-28, 11 am- 12 p.m.
Each week, inspired by a provided topic, extract a memory, give it words, and share with classmates and trusted story professional, Erin Vannella.
Course #19876; $26/$34

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Coffee Connections Ⓥ Ⓟ
Fri., Oct. 8, 10-11 a.m.
Sharing a cup of coffee or tea is a great way to learn more about our staff and programs. Special Guest: Sheryl Roff, RSC Facility Coordinator. Course #19834; Free

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Halloween Costume Bash Ⓥ
Wed., Oct. 20, 3-4 p.m.
Dust off an old costume, create a new one or come as you are to this year's Halloween Bash, Dance Party, and Best Costume Contest!! Performance by Seniorita Sunshine. Course# 19007; $6/$9

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Carve and Cackle (In-person)
Thurs., Oct. 21, 1:30-2:30 p.m.
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# 19958; $6/$9

Game Night: Pictionary Ⓥ
Thurs., Oct. 28, 7-7:45 p.m.
Would you like an awesome way to spend an evening? Connect and socialize with members on Zoom and find plenty of laughter. Course# 19841; Free/$2

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Let It Snow! Ⓥ
Tues, Dec. 7, 10 a.m.-12 p.m.
Paint a 20 inch tall "let it snow" wooden snowman door hanger to decorate your home. All supplies will be provided. Pick up supplies from the Senior Center or have them delivered to your home within City limits on December 6. Paint with art instructor Tammy Brown over Zoom. Register by November 12. Course# 20930; $20/$25

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Medicare Open Enrollment Seminar (In-person OR Virtual)
Tues., Oct. 5, 1-3 p.m.
Learn about your options with the Montgomery County State Health Insurance Assistance Program (SHIP).
Course #19994; Free.

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Villages 101 Ⓥ Ⓟ
Wed., Oct. 13, 1-2 p.m.
Learn the basics of the Village concept in a lively discussion with Rockville Village facilitator Trish Evans. Course# 20102; Free

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HandyPro Ⓥ Ⓟ
Thur., Oct. 28, 1-2:30 p.m.
HandyPro will showcase classic art with a unique twist to discuss the value of home modification in a positive way!
Course #20628; Free

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Life During a Pandemic- How Rockville Senior Center Can Help (In-person OR Virtual)
Wed., Oct. 20, 10-11:30 a.m.
Hosted by the Graduate Student Nurses from University of Maryland, School of Nursing. Course #20934; Free

Senior Center Hours of Operation
-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.

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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

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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 Ⓥ Ⓟ
Fri., Oct 15, 11:30 a.m.
Watermark's African American Heritage Virtual Tour. #20602

Young in Heart Meeting Ⓥ Ⓟ
Thurs., Oct. 21, 11 a.m.
Presentation by Susan Hogan, News4 Consumer Investigative Reporter. #20608

Red Hat Meeting Ⓥ Ⓟ
Wed., Oct. 27, 11:30 a.m.
Presentation by Karen Gray on the C&O Canal. #20605

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Did you know the Fitness Center has a variety of programs to help you work out better? Sign up for a **Fitness Buddy** to work out with you, **Machine Training Refresher** to re-learn how to use fitness center equipment, **Pre-hab/Post-rehab training** for after or help prepare for PT, or for a **Personal Trainer**! For more detailed information, see the e-newsletter or page 11 of our Fall guide.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

1 (FRIDAY)

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

2 (SATURDAY)

10-11	Functional Training

4 (MONDAY)

9-9:45	Total Conditioning
10-10:50	Easy Zumba
10-12	Flip Phone Basics
10-12	English Class
10:30-11:30	Marylanders of Note Elaine Hamilton-O'Neal
11-12	Chair Exercise
12-1:30	Memory Cafe
12:15-1:05	Forever Fit
12:30-2:30	Spanish for 60+
1-2	Stress Reduction/Meditation
1-2:30	Piecemakers' Club
1-3	English Conversation Classes
1:15-2	Balance Matters
2:15-3	On Your Feet Yoga Blend
5-5:45	Zumba Gold

5 (TUESDAY)

9-9:45	Strength Training
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-11	Bocce
10-11:30	Positive Aging Program
10-12	Windows 10 Basics
10-12	English Class
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	Resiliency After Covid
1-3	Bridge-Beginner
1-3	Medicare Open Enrollment Seminar
1:30-3	Drop in Chess
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance- Intermediate
5-5:45	Abs and Back

6 (WEDNESDAY)

8-10	Zoom Help
9-9:45	Chair Cardio
9-9:45	Outdoor Group Training
9:30-2	Watercolor Classes
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	English Class
11-12	Chair Exercise
12:15-1:05	Forever Fit
12:30-2:30	Spanish for 60+
1:15-2	Piloxing
1-2	Know Your Transportation Options
1-3	Avoiding PC Scams
1-3	English Conversation Classes
1:30-3	Drop in Bridge
1:15-2	Balance Matters
1:15-2	Pilates Basics
1:30-3	Birthday and Anniversary Party
2-3	Connecting Hearts Through Story
5-5:45	Zumba Gold

7 (THURSDAY)

9-9:45	Strength Training
10-10:50	Forever Fit
10-11	Bocce
10-12	Windows 10 Basics
10-12	English Class
11-12	Aerobic Workout
11-12	Life Lessons in Writing
12-1	Grupo de Apoyo Hispano
12:05-12:50	Drums Alive
12:30-2:30	Spanish for 60+
12:30-1:30	Tai Chi Dao Yin
12:30-2	Movie: Tortilla Soup
1-2	Arthritis Foundation Exercise
1-2	TED Talks Procrastination
1-2:30	Positive Aging Program
2:15-3:15	Afternoon Yoga Flow

8 (FRIDAY)

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

9 (SATURDAY)

10-11	Functional Training

11 (MONDAY)

9-9:45	Total Conditioning
10-10:50	Easy Zumba
10-12	English Class
11-12	Chair Exercise
12:15-1:05	Forever Fit
12:30-2:30	Spanish for 60+
1-2	Stress Reduction/Meditation
1-2:30	Piecemakers' Club
1-3	English Conversation Classes
1:15-2	Balance Matters
2:15-3	On Your Feet Yoga Blend
5-5:45	Zumba Gold

12 (TUESDAY)

8-10	Zoom Help
9-9:45	Strength Training
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-11	Bocce
10-11:30	Positive Aging Program
10-12	English Class
10-1:30	Fall Flu Shots
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	Science Tuesdays
1-3	Yahoo Mail Basics
1-3	Bridge- Beginner
1:30-3	Drop in Chess
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance- Intermediate
5-5:45	Abs and Back

13 (WEDNESDAY)

9-9:45	Chair Cardio
9-9:45	Outdoor Group Training
9:30-2	Watercolor Classes
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	English Class
11-12	Chair Exercise
12:15-1:05	Forever Fit
12:30-2:30	Spanish for 60+
1:15-2	Piloxing
1-2	Villages 101
1-2	Understanding Your PT Medical Benefits
1-3	English Conversation Classes
1:30-3	Drop in Bridge
1:15-2	Balance Matters
1:15-2	Pilates Basics
2-3	Connecting Hearts Through Story
5-5:45	Zumba Gold

14 (THURSDAY)

9-9:45	Strength Training
10-10:50	Forever Fit
10-11	Bocce
10-12	Gmail basics
10-12	English Class
11-12	Aerobic Workout
11-12	Life Lessons in Writing
12-1	Grupo de Apoyo Hispano
12:05-12:50	Drums Alive
12:30-2:30	Spanish for 60+
12:30-1:30	Tai Chi Dao Yin
12:30-2:30	Movie: Knives Out
1-2	Arthritis Foundation Exercise
1-2:30	Positive Aging Program
2:15-3:15	Afternoon Yoga Flow

15 (FRIDAY)

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

16 (SATURDAY)

10-11	Functional Training

18 (MONDAY)

9-9:45	Total Conditioning
10-10:50	Easy Zumba
10-12	English Class
10:30-11:30	Through the Lens of Time James Francis Byrnes
11-12	Chair Exercise
12-1:30	Memory Cafe
12:15-1:05	Forever Fit
12:30-2:30	Spanish for 60+
1-2	Stress Reduction/Meditation
1-2:30	Piecemakers' Club
1-3	All Things Google
1-3	English Conversation Classes
1:15-2	Balance Matters
2:15-3	On Your Feet Yoga Blend
5-5:45	Zumba Gold

19 (TUESDAY)

9-9:45	Strength Training
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-11	Bocce
10-11:30	Positive Aging Program
10-12	English Class
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	Your Heart, Your Life Series
1-3	Bridge-Beginner
1:30-3	Drop in Chess
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance- Intermediate
5-5:45	Abs and Back

20 (WEDNESDAY)

8-12	Optimize Your Laptop
9-9:45	Chair Cardio
9-9:45	Outdoor Group Training
9:30-2	Watercolor Classes
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	English Class
10:30-11:30	Salud & Bienestar
10-11:30	Life During a Pandemic - How Rockville Senior Center Can Help
11-12	Chair Exercise
12:15-1:05	Forever Fit
12:30-2:30	Spanish for 60+
1:15-2	Piloxing
1-3	All Things Google
1-3	English Conversation Classes
1:30-3	Drop in Bridge
1:15-2	Balance Matters
1:15-2	Pilates Basics
2-3	Connecting Hearts Through Story
3-4	Halloween Costume Bash
5-5:45	Zumba Gold

21 (THURSDAY)

9-9:45	Strength Training
10-11	Bocce
10-10:50	Forever Fit
10-12	English Class
11-12:30	Young In Heart Meeting
11-12	Aerobic Workout
11-12	Life Lessons in Writing
12-1	Grupo de Apoyo Hispano
12:05-12:50	Drums Alive
12:30-2:30	Spanish for 60+
12:30-1:30	Tai Chi Dao Yin
1-2	Arthritis Foundation Exercise
1:30-2:30	Carve and Cackle
1-2:30	Positive Aging Program
2:15-3:15	Afternoon Yoga Flow

22 (FRIDAY)

9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-11	Yoga for You
10-12	Drop in Chess
11-12	Positive Aging Program
11:15-12	Easy Feet
12:15-1	Chi Gong (Qigong)
1:30-3	Drop in Bridge
3:30-5	Halloween Brew-Thru
5-5:45	Caribbean Dance Party

23 (SATURDAY)

10-11	Functional Training

25 (MONDAY)

9-9:45	Total Conditioning
10-10:50	Easy Zumba
10-12	English Class
10:30-11:30	Books that Shaped America "Riders of the Purple Sage"
11-12	Chair Exercise
12:15-1:05	Forever Fit
1-2	Stress Reduction/Meditation
1-2:30	Piecemakers' Club
1-3	English Conversation Classes
1:15-2	Balance Matters
2:15-3	On Your Feet Yoga Blend
5-5:45	Zumba Gold

26 (TUESDAY)

9-9:45	Strength Training
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-11:30	Positive Aging Program
10-11	Bocce
10-12	PC Malware
10-12	English Class
11-12	Aerobic Workout
12:15-12:45	STRONG 30
12:30-1:30	Tai Chi Dao Yin
1-2	Arthritis Foundation Exercise
1-3	Bridge- Beginner
1:30-3	Drop in Chess
2:15-3:15	Afternoon Yoga Flow
3:30-4:15	Belly Dance- Intermediate
5-5:45	Abs and Back

27 (WEDNESDAY)

9-9:45	Chair Cardio
9-9:45	Outdoor Group Training
9:30-2	Watercolor Classes
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	English Class
10-12	Online Grocery Shopping
11-12	Chair Exercise
11:30-12:30	Red Hat Membership Meeting
12:15-1:05	Forever Fit
1:15-2	Piloxing
1-3	English Conversation Classes
1:30-3	Drop in Bridge
1:15-2	Balance Matters
1:15-2	Pilates Basics
2-3	Connecting Hearts Through Story
5-5:45	Zumba Gold

28 (THURSDAY)

9-9:45	Strength Training
9:30-10:45	Book Club
10-10:50	Forever Fit
10-11	Bocce
10-12	I Have a Question
10-12	English Class
10:30-12	Senior Planet Montgomery
11-12	Aerobic Workout
11-12	Life Lessons in Writing
12-1	Grupo de Apoyo Hispano
12:05-12:50	Drums Alive
12:30-1:30	Tai Chi Dao Yin
1-2	Arthritis Foundation Exercise
1-2	Take a Deep Breath to Health
1-2:30	HandyPro
1-2:30	Positive Aging Program
2:15-3:15	Afternoon Yoga Flow
7-7:45	Game Night Pictionary

29 (FRIDAY)

9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-11	Yoga for You
10:30-11:30	Seniors Understanding Nature
10-12	Drop in Chess
11-12	Positive Aging Program
11:15-12	Easy Feet
11:30-12:30	Fused Glass Jewelry
12:15-1	Chi Gong (Qigong)
12:30-2:30	Movie: Arsenic and Old Lace
1:30-3	Drop in Bridge
5-5:45	Caribbean Dance Party

30 (SATURDAY)