

## More Things To Do...

### Virtual Positive Aging Programs-

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

Thurs., Nov. 4 & 18, 1-2:30 p.m.  
Course #19986; Free

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

Tues., Nov. 9 & 23, 2:30-4 p.m.  
Course #19987; Free

#### Living Alone (Men & Women) **V P**

Thurs., Nov. 11, 1-2:30 p.m.  
Course #19991; Free

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

Fri., Nov. 5, 12, 19, 11 a.m.-12 p.m.  
Course #19992; Free

#### Decluttering **V P**

Tues., Nov. 2 & 16, 2:30-4 p.m.  
Course #19990; Free

#### Workshop: Setting Relationship Boundaries **V P**

Tues., Nov. 30, 2:30-4 p.m.  
Course #19993; Free

#### Stress Reduction/Meditation **V** Mini

Mon., Nov. 29-Dec. 20, 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. Presented by Betty Figliore. Course #20133; \$15/\$25

#### The Benefits of Being Kind **V P**

Tues., Nov. 9, 1-2 p.m.  
World Kindness Day is November 13th 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 #20134; Free

#### Diabetes "Toolbox" **V P**

Thurs., Nov. 4, 1-2 p.m.  
During this class we will go over healthy eating, exercise, stress management, monitoring, avoiding complications and understanding emotions. Presented by Adventist HealthCare. Course #20135; Free

#### Your Heart, Your Life Series **V P**

##### Session 2: Act in Time to Heart Attack Signs.

Tues., Nov. 16, 1-2 p.m.  
Learn what a heart attack is, why it is important to seek treatment immediately, warning signs of heart attack and much more! Presented by Adventist HealthCare. Course #20137; Free

#### The Most Common **V P**

##### Winter Injuries

Wed., Nov. 17, 1-2 p.m.  
Prevention is key! Join Dr. Carlos Martinez, owner of CAM Physical therapy, to discuss the most common injuries during the winter. Course #20127; Free

#### Managing Your Hearing **V P**

Wed., Nov. 10, 1-2 p.m.  
Topics discussed include the basics of hearing, hearing testing and information about hearing aid technology. Presented by Dr. Branna Collins and Dr. Alanna Schloss, Live Better Hearing. Course #20130; Free

#### Exercise – A Powerful **V P** Medicine

Thurs., Nov. 18, 1-2 p.m.  
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 physical limitations. Course #20683; Free

#### Big or Small, Fire **V P**

Wed., Nov. 3, 10-11:30 a.m.  
Hybrid (In-person OR Virtual)  
Hosted by the Graduate Student Nurses from University of Maryland, School of Nursing. Free gift for in-person attendees! Course #20934; Free.

#### Fall Shopping & Lunch Trip

Wednesday, Nov. 17, 10:15 a.m. (back to the Center by 2:30 p.m.)  
Take the RSC bus to Walmart and Golden Corral. Fee: \$11, for lunch. Sign up at the Transportation Office or call 240.314.8810

#### In person lunch has resumed.

To see a menu and order lunch please call 240.314.8815

#### COVID-19 VACCINE INFORMATION:

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

#### 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.

#### 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 Nov. Movie Matinees

Thurs. and Fri., 12:30-2:45 p.m.  
Must be a senior center member and register.

#### *Cruella*: Nov. 4 & 5

A film about the rebellious early days of one of cinemas most notorious villains, the legendary Cruella de Vil. "Cruella," which is set in 1970s London amidst the punk rock revolution, follows a young grifter named Estella, a clever and creative girl determined to make a name for herself with her designs. Rated PG-13 thematic Elements, some Violence. Thurs., Course #21649; Fri., Course #21650

#### *Little Women*: Nov. 18 & 19

Jo March reflects back and forth on her life, telling the beloved story of the March sisters- four young women, each determined to live life on her own terms. Rated PG for thematic elements and brief smoking. Thurs., Course #21651; Fri., Course #21652

## Rockville Seniors

### The Center's Monthly Highlights and Calendar

NOVEMBER 2021



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

**V** = Virtual Program

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

#### Cooking Class:

##### Sides for the Holidays **V**

Thurs., Nov. 4, 11:30 a.m.-1 p.m.  
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 #19843; \$13/\$17

#### Coffee Connections **V P**

Fri, Nov. 5, 10-11 a.m.  
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! Special Guest: Anna Gossage  
Course #19836; Free

#### National Aquarium Virtual Tour **V**

Wed., Nov. 17, 6-7 p.m.  
From Zoom, participants will be virtually guided through a portion of the National Aquarium by an expert guide. Participants will get a closer look at a variety of fish, sharks, and rays from the Atlantic ocean to tropical Indo-Pacific reefs. Course #19954; \$10/\$14

#### TED Talks: What Brings **V P** You to Life?

Thurs., Nov. 18, 1-2 p.m.  
What brings you to life is different for everyone and that's what makes it meaningful and fun to share. This TED Talk is just the start. Come, listen and share. Course #19886; \$6/\$9

#### Let It Snow! **V**

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

#### Annual Turkey Trot

Fri., Nov. 19, 10-11 a.m.  
Walk in-person with us through the Woodley Gardens neighborhood or virtually, from the comfort of your own home. This event is sponsored by Marquis Health Consulting Services. They will be providing t-shirts and snacks for all participants (in-person and virtual) that bring a non-perishable food item for the Rockville Senior Center food pantry to serve our local community. In-Person Course #19802. Virtual Course #21642; Free

#### Bilingual Yoga with a Chair

Fri., Dec. 3-Jan. 21, 11:15 a.m.-12 p.m.  
Try this introductory basic Yoga class being offered in English and Spanish. This 6 week session will be offered on Fridays beginning December 3. No class December 24 or December 31. Pruebe esta clase de introducción básica de yoga que se ofrece en inglés y español. Esta sesión de 6 semanas se ofrecerá los viernes a partir del 3 de diciembre. No habrá clases el 24 o el 31 de diciembre. Course #21641; \$30/\$38

#### Machine Training Refresher

Are you ready to come back to the Senior Center fitness center? Let us help refresh your memory on the use of the equipment. We are still offering a free refresher course for fitness center members. Please stop by or call the front desk to make an appointment with one of our trainers.

### 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.

No programs or classes will run on Veteran's Day, **Nov. 11** or Thanksgiving, **Nov. 24 and 25**. We will return phone calls and emails the following business day.

#### Winter Registration:

Tuesday, November 30 for members;  
Thursday, December 2 for non members.

#### Registration options:

-In-person: 8:30 a.m.-5 p.m.  
-Mail: check and registration form  
-Call: 240-314-8800  
-Online: rockvillemd.gov/seniorcenter

#### All Mini Sessions: Registration is opened for all mini sessions!

#### 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

#### Young in Heart and Willing 3C's Joint Meeting

Tues., Nov. 16, 11 a.m.  
Performance by Carnation Players.

#### Red Hat Meeting

No November Meeting



**MONDAY**

8-10	Using Dropbox	9-9:45	Strength Training	8-10	Windows Security	9-9:45	Strength Training	9-9:45	Total Conditioning
9-9:45	Total Conditioning	9:15-2	Piano Lessons	9-9:45	Chair Cardio	9-9:45	Forever Fit	10-10:45	Belly Dance Basics
10-10:50	Easy Zumba	9:30-2	Watercolor Classes	9-9:45	Outdoor Group Training	10-12	Android Basics	10-11	Yoga for You
10-12	Forgot My Password?	10-10:50	Forever Fit	9:30-2	Watercolor Classes	10-12	English Class	10-11	Coffee Connections
10-12	English Class	10-12	Android Basics	10-10:50	Easy Zumba	11-12	Aerobic Workout	10-12	Drop in Chess
10:30-11:30	Marylanders of Note	10-12	English Class	10-11	Yoga for You	11:30-1	Cooking Classes with Chef Alba	11-12	Positive Aging Program
11-12	Chair Exercise	11-12	Aerobic Workout	10-12	English Class	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
12-1:30	Memory Cafe	12:15-12:45	STRONG 30	11-12	Chair Exercise	12:05-12:50	Drums Alive	11:30-12:30	Fused Glass Jewelry
12:15-1:05	Forever Fit	1-2	Arthritis Foundation	12:15-1:05	Forever Fit	12:30-2:45	Movie: Cruella	11-30	Veteran's Appreciation
1-2:30	Piecemakers' Club	1-3	Bridge- Beginner I	1-1:30	Guitar Lessons	1-2	Arthritis Foundation	12:15-1	Chi Gong (Qigong)
1-3	English Conversation Classes	2:10-3	Handbells	1-3	English Conversation Classes	1-2	Diabetes Tool Box	12:30-2:45	Movie: Cruella
1-2	Stress Reduction/Meditation	2:15-3:15	Afternoon Yoga Flow	1:15-2	Balance Matters	1-2:30	Positive Aging Program	1:30-3	Drop in Bridge
1:15-2	Balance Matters	3-4	Positive Aging Program	1:15-2	Pilates Basics	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
2:15-3	On Your Feet Yoga Blend	3-4	Carnation Players	1:15-2	Piloxing				
5-5:45	Zumba Gold	3-4:30	Virtual Historic Ghost Walk	1:30-3	Drop in Bridge				
		3:30-4:15	Belly Dance- Intermediate	2-2:30	Ukulele				
		5-5:45	Abs and Back	5-5:45	Zumba Gold				

**TUESDAY**

9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Chair Cardio	9-9:45	Chair Cardio
9:15-2	Piano Lessons	9:15-2	Piano Lessons	9-9:45	Outdoor Group Training	9-9:45	Outdoor Group Training
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	10-10:50	Watercolor Classes
10-10:50	Forever Fit	10-10:50	Forever Fit	10-10:50	Easy Zumba	10-11	Yoga for You
10-12	Android Basics	10-12	English Class	10-12	English Class	10-12	English Class
10-12	English Class	11-12	Aerobic Workout	11-12	Chair Exercise	12:15-1:05	Forever Fit
11-12	STRONG 30	12:15-12:45	STRONG 30	11-12	Chair Exercise	1-1:30	Guitar Lessons
12:15-12:45	Arthritis Foundation	1-2	Arthritis Foundation	1-1:30	Guitar Lessons	1-3	English Conversation Classes
1-2	Bridge- Beginner I	2:10-3	Handbells	1-3	English Conversation Classes	1:15-2	Balance Matters
2:15-3:15	Afternoon Yoga Flow	2:15-3:15	Afternoon Yoga Flow	1:15-2	Balance Matters	1:15-2	Pilates Basics
3-4	Positive Aging Program	3-4	Carnation Players	1:15-2	Piloxing	1:30-3	Drop in Bridge
3-4	Carnation Players	3-4:30	Virtual Historic Ghost Walk	2-2:30	Ukulele		
3:30-4:15	Belly Dance- Intermediate			5-5:45	Zumba Gold		
5-5:45	Abs and Back						

**WEDNESDAY**

8-10	Windows Security	8-10	Windows Security	9-9:45	Strength Training	9-9:45	Strength Training
9-9:45	Chair Cardio	9-9:45	Chair Cardio	9-9:45	Forever Fit	10-10:50	Forever Fit
9-9:45	Outdoor Group Training	9-9:45	Outdoor Group Training	10-12	Android Basics	10-12	Android Basics
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	10-12	English Class	10-12	English Class
10-10:50	Easy Zumba	10-10:50	Easy Zumba	11-12	Aerobic Workout	11-12	Aerobic Workout
10-11	Yoga for You	10-11	Yoga for You	11:30-1	Cooking Classes with Chef Alba	11-12	Positive Aging Program
10-12	English Class	10-12	English Class	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
11-12	Chair Exercise	11-12	Chair Exercise	12:05-12:50	Drums Alive	11:30-12:30	Fused Glass Jewelry
12:15-1:05	Forever Fit	12:15-1:05	Forever Fit	12:30-2:45	Movie: Cruella	11-30	Veteran's Appreciation
1-1:30	Bridge- Beginner I	1-1:30	Guitar Lessons	1-2	Arthritis Foundation	12:15-1	Chi Gong (Qigong)
2:10-3	Handbells	1-3	English Conversation Classes	1-2	Diabetes Tool Box	12:30-2:45	Movie: Cruella
2:15-3:15	Afternoon Yoga Flow	1:15-2	Balance Matters	1-2:30	Positive Aging Program	1:30-3	Drop in Bridge
3-4	Positive Aging Program	1:15-2	Pilates Basics	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
3-4	Carnation Players	1:30-3	Drop in Bridge				
3:30-4:15	Belly Dance- Intermediate	2-2:30	Ukulele				
5-5:45	Abs and Back	5-5:45	Zumba Gold				

**THURSDAY**

9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training
9:15-2	Piano Lessons	9:15-2	Piano Lessons	9-9:45	Forever Fit	10-10:50	Forever Fit
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	9-9:45	Android Basics	10-12	Android Basics
10-10:50	Forever Fit	10-10:50	Forever Fit	10-12	English Class	10-12	English Class
10-12	Android Basics	10-10:50	Easy Zumba	11-12	Aerobic Workout	11-12	Aerobic Workout
10-12	English Class	10-11	Yoga for You	11:30-1	Cooking Classes with Chef Alba	11-12	Positive Aging Program
11-12	Aerobic Workout	10-12	English Class	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
12:15-12:45	STRONG 30	11-12	Chair Exercise	12:05-12:50	Drums Alive	11:30-12:30	Fused Glass Jewelry
1-2	Arthritis Foundation	12:15-1:05	Forever Fit	12:30-2:45	Movie: Cruella	11-30	Veteran's Appreciation
1-3	Bridge- Beginner I	1-1:30	Guitar Lessons	1-2	Arthritis Foundation	12:15-1	Chi Gong (Qigong)
2:10-3	Handbells	1-3	English Conversation Classes	1-2	Diabetes Tool Box	12:30-2:45	Movie: Cruella
2:15-3:15	Afternoon Yoga Flow	1:15-2	Balance Matters	1-2:30	Positive Aging Program	1:30-3	Drop in Bridge
3-4	Positive Aging Program	1:15-2	Pilates Basics	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
3-4	Carnation Players	1:30-3	Drop in Bridge				
3:30-4:15	Belly Dance- Intermediate	2-2:30	Ukulele				
5-5:45	Abs and Back	5-5:45	Zumba Gold				

**FRIDAY**

9-9:45	Total Conditioning	9-9:45	Total Conditioning	9-9:45	Total Conditioning	9-9:45	Total Conditioning
10-10:50	Easy Zumba	10-10:50	Easy Zumba	10-10:50	Yoga for You	10-10:45	Belly Dance Basics
10-12	Through the Lens of Time	10-10:50	Forever Fit	10-12	Android Basics	10-11	Yoga for You
11-12	Chair Exercise	10-12	English Class	10-12	English Class	10-11	Coffee Connections
11-12	Forever Fit	10-12	Aerobic Workout	11-12	Aerobic Workout	10-12	Drop in Chess
12:15-1:05	Stress Reduction/Meditation	11-12	STRONG 30	11:30-1	Cooking Classes with Chef Alba	11-12	Positive Aging Program
1-2	Balance Matters	12:15-12:45	STRONG 30	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
1-2	On Your Feet Yoga Blend	1-2	Arthritis Foundation	12:05-12:50	Drums Alive	11:30-12:30	Fused Glass Jewelry
5-5:45	Zumba Gold	1-3	Handbells	12:30-2:45	Movie: Cruella	11-30	Veteran's Appreciation
		1-3	English Conversation Classes	1-2	Arthritis Foundation	12:15-1	Chi Gong (Qigong)
		1:15-2	Balance Matters	1-2	Diabetes Tool Box	12:30-2:45	Movie: Cruella
		2:15-3:15	Afternoon Yoga Flow	1-2:30	Positive Aging Program	1:30-3	Drop in Bridge
		3-4	Positive Aging Program	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
		3-4	Carnation Players				
		3:30-4:15	Belly Dance- Intermediate				
		5-5:45	Abs and Back				

**3**

9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training
9:15-2	Piano Lessons	9:15-2	Piano Lessons	9-9:45	Forever Fit	10-10:50	Forever Fit
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	9-9:45	Android Basics	10-12	Android Basics
10-10:50	Forever Fit	10-10:50	Forever Fit	10-12	English Class	10-12	English Class
10-12	Android Basics	10-10:50	Easy Zumba	11-12	Aerobic Workout	11-12	Aerobic Workout
10-12	English Class	10-11	Yoga for You	11:30-1	Cooking Classes with Chef Alba	11-12	Positive Aging Program
11-12	Aerobic Workout	10-12	English Class	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
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2:10-3	Handbells	1-3	English Conversation Classes	1-2	Diabetes Tool Box	12:30-2:45	Movie: Cruella
2:15-3:15	Afternoon Yoga Flow	1:15-2	Balance Matters	1-2:30	Positive Aging Program	1:30-3	Drop in Bridge
3-4	Positive Aging Program	1:15-2	Pilates Basics	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
3-4	Carnation Players	1:30-3	Drop in Bridge				
3:30-4:15	Belly Dance- Intermediate	2-2:30	Ukulele				
5-5:45	Abs and Back	5-5:45	Zumba Gold				

**4**

9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training
9:15-2	Piano Lessons	9:15-2	Piano Lessons	9-9:45	Forever Fit	10-10:50	Forever Fit
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	9-9:45	Android Basics	10-12	Android Basics
10-10:50	Forever Fit	10-10:50	Forever Fit	10-12	English Class	10-12	English Class
10-12	Android Basics	10-10:50	Easy Zumba	11-12	Aerobic Workout	11-12	Aerobic Workout
10-12	English Class	10-11	Yoga for You	11:30-1	Cooking Classes with Chef Alba	11-12	Positive Aging Program
11-12	Aerobic Workout	10-12	English Class	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
12:15-12:45	STRONG 30	11-12	Chair Exercise	12:05-12:50	Drums Alive	11:30-12:30	Fused Glass Jewelry
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2:10-3	Handbells	1-3	English Conversation Classes	1-2	Diabetes Tool Box	12:30-2:45	Movie: Cruella
2:15-3:15	Afternoon Yoga Flow	1:15-2	Balance Matters	1-2:30	Positive Aging Program	1:30-3	Drop in Bridge
3-4	Positive Aging Program	1:15-2	Pilates Basics	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
3-4	Carnation Players	1:30-3	Drop in Bridge				
3:30-4:15	Belly Dance- Intermediate	2-2:30	Ukulele				
5-5:45	Abs and Back	5-5:45	Zumba Gold				

**5**

9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training
9:15-2	Piano Lessons	9:15-2	Piano Lessons	9-9:45	Forever Fit	10-10:50	Forever Fit
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	9-9:45	Android Basics	10-12	Android Basics
10-10:50	Forever Fit	10-10:50	Forever Fit	10-12	English Class	10-12	English Class
10-12	Android Basics	10-10:50	Easy Zumba	11-12	Aerobic Workout	11-12	Aerobic Workout
10-12	English Class	10-11	Yoga for You	11:30-1	Cooking Classes with Chef Alba	11-12	Positive Aging Program
11-12	Aerobic Workout	10-12	English Class	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
12:15-12:45	STRONG 30	11-12	Chair Exercise	12:05-12:50	Drums Alive	11:30-12:30	Fused Glass Jewelry
1-2	Arthritis Foundation	12:15-1:05	Forever Fit	12:30-2:45	Movie: Cruella	11-30	Veteran's Appreciation
1-3	Bridge- Beginner I	1-1:30	Guitar Lessons	1-2	Arthritis Foundation	12:15-1	Chi Gong (Qigong)
2:10-3	Handbells	1-3	English Conversation Classes	1-2	Diabetes Tool Box	12:30-2:45	Movie: Cruella
2:15-3:15	Afternoon Yoga Flow	1:15-2	Balance Matters	1-2:30	Positive Aging Program	1:30-3	Drop in Bridge
3-4	Positive Aging Program	1:15-2	Pilates Basics	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
3-4	Carnation Players	1:30-3	Drop in Bridge				
3:30-4:15	Belly Dance- Intermediate	2-2:30	Ukulele				
5-5:45	Abs and Back	5-5:45	Zumba Gold				

**6**

9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training	9-9:45	Strength Training
9:15-2	Piano Lessons	9:15-2	Piano Lessons	9-9:45	Forever Fit	10-10:50	Forever Fit
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	9-9:45	Android Basics	10-12	Android Basics
10-10:50	Forever Fit	10-10:50	Forever Fit				