

More Things To Do...

Virtual Positive Aging Programs-

Women Living Alone **V P**

Thurs., Dec. 2 & 16, 1-2:30 p.m.
Course #19986; Free

Brain Games **V P**

Tues., Dec. 14, 2:30-4 p.m.
Course #19987; Free

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

Thurs., Dec. 9 & 23, 1-2:30 p.m.
Course #19991; Free

Managing Stress During **V P** the Pandemic

Fri., Dec. 3, 10, 17, 11 a.m.-12 p.m.
Course #19992; Free

Decluttering **V P**

Tues., Dec. 7 & 21, 2:30-4 p.m.
Course #19990; Free

Bilingual Yoga with a Chair (In-person)

Yoga bilingüe con silla (En persona)

Fri., Dec. 3-Jan. 21, 11:15 a.m.-12 p.m.

This class is designed to help you enjoy the benefits of gentle exercise and relaxation. Esta clase está diseñada para ayudarle a disfrutar y recibir los beneficios del ejercicio suave y la relajación.

Course #21641; \$30/\$38

Chair Tap Dance (Hybrid)

Tues., Jan. 11-Mar. 8, 1:15-2:15 p.m.

Free Demo, Dec. 7, 1:15-2:15 p.m.

Have you always wanted to Tap Dance? Now's your chance from the ease and comfort of a chair. We will work on tap technique, combinations and onto choreography. All exercises can also be done standing if desired.

Course #20845 (RSC); \$50/\$62

Course #21653 (Virtual); \$40/\$62

Course #19864 (Free Demo)

Small Group Interval Training

Thurs., Jan. 13-Feb. 17, 2-2:45 p.m.

Takes place in the Rockville Senior Center fitness center and will use a combination of the machines and free

weights. It will include a wide variety of exercises using all major muscle groups. Space is limited.

Course #21620; \$50/\$72

Fitness Workshop:

Balance Does Matter! (In-Person)

Thurs., Jan. 27 & Feb. 10, 2-3:15 p.m.

First class will focus on the three systems that work together to keep us balanced. Second class will focus on applying the three systems of balance to exercises that will help improve balance. Course #20793; \$25

Your Heart, Your Life Series

Session 3: Say YES to Physical Activity **V P**

Tues., Dec. 14, 1-2 p.m.

Learn 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 schedules. Presented by Adventist HealthCare.

Course #20138; Free

Stress Reduction/Meditation **V P**

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. Presented by Betty Figlure. Mini Session course #20133; \$15/\$25

Seniors Understanding Nature (SUN): Stream Health and Macroinvertebrates **V**

Fri, Dec 10, 10:30-11:30 a.m.

Human choices make a big impact on stream health and the animals that live in our rivers, creeks and streams. Learn how volunteers contribute to the ongoing study of macroinvertebrates, the importance of stormwater management and much more. Course #20908; Free/\$4

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.

Must be a senior center member and register.

RESPECT

Dec. 2 & 3, 12:30-3 p.m.

Following the rise of Aretha Franklin's career -- from a child singing in her father's church choir to her international superstardom. Rated PG-13 for racial epithets, mature thematic content, violence, smoking, strong language, suggestive material.

Last Christmas

Dec. 16 & 17 12:30-2:30 p.m.

Nothing seems to go right for young Kate, a frustrated Londoner who works as an elf in a year-round Christmas shop. But things soon take a turn for the better when she meets Tom -- a handsome charmer who seems too good to be true. Rated PG-13 for Language and sexual content.

Rockville Seniors

The Center's Monthly Highlights and Calendar

DECEMBER 2021



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

V = Virtual Program

P = Programs are available to listen through phone!

Winter Lights, Window Displays and Bonfire Get Together

Thurs., Dec. 16, 3:30-5 p.m.

The Senior Center will be decorated for the holidays the whole month of December! Join us for an outside bonfire and refreshments. Course #21783; Free

Holiday Bazaar- Baked Goods

We're looking for baked goods! All baked good items are due Friday, Dec. 3, or by 8 a.m. on Dec 4. All items should be individually wrapped, and marked with the ingredients of each item.

Cooking Class with Chef Alba: Holiday Entertaining Small Dishes **V**

Thurs, Dec 2, 4:30-6 p.m.

Menu: roasted grapes bruschetta, sage sausage bites with balsamic apricot, butterflied shrimp in garlic-mint butter, and a bonus dessert, crema al limoncello for panettone. Course #20886; \$13/\$17

It's a Wonderful Life **V P**

Mon, Dec 6-20, 10:30-11:30 a.m.

Three-part series on "It's a Wonderful Life" Part One -- The short story that started it all. Part Two -- The movie and the time frame. Part Three -- The movie and the cast. Instructor: Joan Adams Course #20883; \$15/\$24

Virtual Candlelight Stroll **V**

Thurs, Dec 9, 3-4:30 pm

Virtual tour of Annapolis with one of Watermark's renowned tour guides, Mistress Mary. She will share Christmas

customs in early America and the background of holiday symbols while traversing the streets of Maryland's capital city. Course #20884; \$6/\$9

The Nature of our Holiday Traditions **V**

Wed, Dec 15, 1:30-3 p.m.

When you think of this time of year, what smells and colors come to mind? Pine, gingerbread, mulled cider, green and red? These are related to plants that have been used to celebrate winter holidays for over 2,000 years within different cultures. Presented by Canada's Royal Botanical Gardens Course #20903; \$6/\$9

Game Night: Bingo **V P**

Thurs., Dec 16, 7-7:45 pm

Course #21022; Free/\$2

Holiday Concert **V P**

Mon., Dec. 20, 1:30-2:30 p.m.

Make your holidays extra special as you hear holiday classics with the one and only Dale Allen Jarrett. Dale's memorable renditions will fill your home with the warm sounds and spirit of the season. Course #20933; Free/\$7

Walking Through the Winter Wonderlands **V**

Mon., Dec. 20, 10-11:00 a.m.

Join us on this virtual walk while viewing beautiful winter scenery from different parts of the world. Walk with us more than a mile, in the comfort of your own home. Course #19713; Free

Basic Machine Training Refresher

Get started early on your New Year resolution! Rejoin the Rockville Senior Center Fitness Center and receive a free Basic Machine Training refresher during the Month of December.

*Must be a current Senior Center Member.

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.

The Senior Center will be closed for the holiday's on **Dec. 24-25, and Dec. 31.** 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

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 **V P**

Thurs., Dec. 16 at 11 a.m.
Performance by Vintage Entertainment.

Red Hat Meeting **V P**

Wed., Dec. 8 at 11:30 a.m.
An Early American Christmas presentation by food history educator and speaker Joyce White.



9-9:45	Total Conditioning Mini	9-9:45	Total Conditioning Mini
10-10:50	Easy Zumba Mini	10-11	Yoga for You Mini
10-11	Yoga for You Mini	10-10:45	Belly Dance Basics Mini
11-12	Chair Exercise Mini	10-12	Drop in Chess
12:15-1:05	Forever Fit Mini	11-12	Positive Aging Program
1:15-2	Balance Matters Mini	11:15-12	Easy Feet Mini
1:15-2	Pilates Basics Mini	11:15-12	Bilingual Yoga with a Chair
1:30-3	Drop in Bridge	12:15-1	Chi Gong Mini
2-2:30	Ukulele Mini	12:30-3	Movie: Respect
5-5:45	Zumba Gold Mini	1:30-3	Drop in Bridge

SATURDAY

10-11	Functional Training Mini
9-2	Holiday Bazaar

9-9:45	Strength Training Mini
9:30-10:45	Book Club
10-10:50	Forever Fit Mini
10-12	Using Thumb Drives Etc.
11-12	Aerobic Workout Mini
12-1	Grupo de Apoyo Hispano
12:30-3	Movie: Respect
1-2	Arthritis Foundation Exercise Mini
2:15-3:15	Afternoon Yoga Flow Mini
4:30-6	Cooking Classes with Chef Alba

10-10:50	Easy Zumba Mini
10-11	Yoga for You Mini
11-12	Chair Exercise Mini
12:15-1:05	Forever Fit Mini
1:15-2	Balance Matters Mini
1:15-2	Pilates Basics Mini
1:30-3	Drop in Bridge
2-2:30	Ukulele Mini
5-5:45	Zumba Gold Mini

9-9:45	Strength Training Mini
9:15-2	Piano Lessons Mini
10-10:50	Forever Fit Mini
10-12	Let It Snow!
11-12	Aerobic Workout Mini
12:15-12:45	STRONG 30 Mini
1-2	Arthritis Foundation Exercise Mini
1:15-2:15	Chair Tap Dance Demo
2:10-3	Handbells Fall Mini
2:15-3:15	Afternoon Yoga Flow Mini
3:30-4:15	Belly Dance- Intermediate Mini
5-5:45	Zumba Gold

9-9:45	Total Conditioning Mini
10-10:50	Easy Zumba Mini
10-12	Microsoft Excel
10:30-11:30	It's a Wonderful Life
11-12	Chair Exercise Mini
12-1:30	Memory Cafe
12:15-1:05	Forever Fit Mini
1-2	Stress Reduction/Meditation Mini
1:15-2	Balance Matters Mini
2:15-3	On Your Feet Yoga Blend Mini
2:15-3	Senior Fit
5-5:45	Zumba Gold

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9-9:45	Strength Training Mini
10-10:50	Forever Fit Mini
11-12	Aerobic Workout Mini
12-1	Grupo de Apoyo Hispano
1-2	Arthritis Foundation Exercise Mini
1-2:30	Positive Aging Program
1-3	Drop in Mahjong
2:15-3:15	Afternoon Yoga Flow Mini
3-4:30	Virtual Candlelight Stroll

9-9:45	Strength Training Mini
10-10:50	Forever Fit Mini
11-12	Aerobic Workout Mini
12-1	Grupo de Apoyo Hispano
1-2	Arthritis Foundation Exercise Mini
1-2:30	Positive Aging Program
1-3	Drop in Mahjong
2:15-3:15	Afternoon Yoga Flow Mini
3-4:30	Virtual Candlelight Stroll

10-10:50	Easy Zumba Mini
10-11	Yoga for You Mini
10-12	Microsoft Excel
10:30-11:30	Red Hat Membership
11-12	Chair Exercise Mini
12:15-1:05	Forever Fit Mini
1:15-2	Balance Matters Mini
1:15-2	Pilates Basics Mini
1:30-3	Drop in Bridge
2-2:30	Ukulele Mini
2:15-3	Senior Fit
5-5:45	Zumba Gold Mini

9-9:45	Strength Training Mini
9:15-2	Piano Lessons Mini
10-10:50	Forever Fit Mini
10-12	Let It Snow!
11-12	Aerobic Workout Mini
12:15-12:45	STRONG 30 Mini
1-2	Arthritis Foundation Exercise Mini
1:15-2:15	Chair Tap Dance Demo
2:10-3	Handbells Fall Mini
2:15-3:15	Afternoon Yoga Flow Mini
3:30-4:15	Belly Dance- Intermediate Mini
5-5:45	Zumba Gold

9-9:45	Strength Training Mini
9:15-2	Piano Lessons Mini
10-10:50	Forever Fit Mini
10-12	Let It Snow!
11-12	Aerobic Workout Mini
12:15-12:45	STRONG 30 Mini
1-2	Arthritis Foundation Exercise Mini
1:15-2:15	Chair Tap Dance Demo
2:10-3	Handbells Fall Mini
2:15-3:15	Afternoon Yoga Flow Mini
3:30-4:15	Belly Dance- Intermediate Mini
5-5:45	Zumba Gold

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SATURDAY

10-11	Functional Training Mini
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9-9:45	Strength Training Mini
10-10:50	Forever Fit Mini
11-12	Aerobic Workout Mini
12-1	Grupo de Apoyo Hispano
1-2	Arthritis Foundation Exercise Mini
1-2:30	Positive Aging Program
1-3	Drop in Mahjong
2:15-3:15	Afternoon Yoga Flow Mini
3-4:30	Virtual Candlelight Stroll

9-9:45	Strength Training Mini
10-10:50	Forever Fit Mini
11	Young in Heart/Willing
10-12	3C's Joint Meeting
11-12	Aerobic Workout Mini
12-1	Grupo de Apoyo Hispano
12:30-3	Movie: Last Christmas
1-2	Arthritis Foundation Exercise Mini
1-2:30	Positive Aging Program
1-3	Drop in Mahjong
2:15-3:15	Afternoon Yoga Flow Mini
3:30-5	Bonfire Get Together
7-7:45	Game Night Bingo

10-11	Yoga for You Mini
10-10:50	Easy Zumba Mini
10-12	Microsoft Excel
11-12	Chair Exercise Mini
12:15-1:05	Forever Fit Mini
1:15-2	Balance Matters Mini
1:15-2	Pilates Basics Mini
1:30-3	Drop in Bridge
1:30-3	The Nature of our Holiday
2-2:30	Traditions
2:15-3	Ukulele Mini
5-5:45	Zumba Gold Mini

9-9:45	Strength Training Mini
9:15-2	Piano Lessons Mini
10-10:50	Forever Fit Mini
10-11:30	Positive Aging Program
11-12	Aerobic Workout Mini
12:15-12:45	STRONG 30 Mini
1-2	Arthritis Foundation Exercise Mini
1-2	Science Tuesday
1-2	Your Heart, Your Life Series- Session 3, Physical Activity
1-3	PC New Users
2:10-3	Handbells
2:15-3:15	Afternoon Yoga Flow Mini
3:30-4:1	Belly Dance- Intermediate Mini

9-9:45	Strength Training Mini
9:15-2	Piano Lessons Mini
10-10:50	Forever Fit Mini
10-11:30	Positive Aging Program
11-12	Aerobic Workout Mini
12:15-12:45	STRONG 30 Mini
1-2	Arthritis Foundation Exercise Mini
1-2	Science Tuesday
1-2	Your Heart, Your Life Series- Session 3, Physical Activity
1-3	PC New Users
2:10-3	Handbells
2:15-3:15	Afternoon Yoga Flow Mini
3:30-4:1	Belly Dance- Intermediate Mini

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SATURDAY

10-11	Functional Training Mini
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10-11	Walking Through the Winter Wonderland
10-12	Using Cortana
10:30-11:30	It's a Wonderful Life
12-1:30	Memory Cafe
1-2	Stress Reduction/Meditation Mini
1:30-2:30	Holiday Concert
2:15-3	Senior Fit

12-1	Grupo de Apoyo Hispano
1-2:30	Positive Aging Program
1-3	Drop in Mahjong

1:30-3	Drop in Bridge
2:15-3	Senior Fit

10-11:30	Positive Aging Program
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9-4	Drop in programs
10-11:30	Positive Aging Program
10-12	Using Quick Keys

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SATURDAY

10-11	Functional Training Mini
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1:30-3	Drop in Bridge
2:15-3	Senior Fit

10-11:30	Positive Aging Program
10-12	Using Quick Keys

9-4	Drop in programs
10-11:30	Positive Aging Program
10-12	Using Quick Keys

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SATURDAY

10-11	Functional Training Mini
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1:30-3	Drop in Bridge
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10-11:30	Positive Aging Program
10-12	Using Quick Keys

9-4	Drop in programs
10-11:30	Positive Aging Program
10-12	Using Quick Keys

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SATURDAY

10-11	Functional Training Mini
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1:30-3	Drop in Bridge
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10-11:30	Positive Aging Program
10-12	Using Quick Keys

9-4	Drop in programs
10-11:30	Positive Aging Program
10-12	Using Quick Keys

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