

More Things To Do...

Virtual Positive Aging Programs-
All Positive Aging Programs are virtual with phone-in options.

Women Living Alone

Thurs., Jan. 6 & 20, 1-2:30 p.m.
Course #21086; Free

Brain Games

Tues., Jan. 11 & 25, 2:30-4 p.m.
Course #21088; Free

Living Alone (Men & Women)

Thurs., Jan. 13 & 27, 1-2:30 p.m.
Course #21090; Free

Managing Stress During the Pandemic

Fri., Jan. 7, 14, 21, 28, 11 a.m.-12 p.m.
Course #21089; Free

Increasing Motivation

Tues., Jan. 13 & 27, 2:30-4 p.m.
Course #21091; Free

60+ English Classes-

All English classes are virtual.

Basic English

Mon., & Wed., Jan. 10- Mar. 16
10 a.m.-12 p.m.
Course #21012; \$20/\$27

Beginning/High Beginning English

Tues & Thurs., Jan. 11-Mar. 17
10 a.m.-12 p.m.
Course #21013; \$20/\$27

Intermediate English

Tues., & Thurs., Jan. 11-Mar. 17
10 a.m.-12 p.m.
Course #21014; \$20/\$27

Advanced English

Mon., & Wed., Jan. 10-Mar. 16
10 a.m.-12 p.m.
Course #21015; \$20/\$27

English Conversation Classes

Speak more confidently about everyday topics. All conversation classes are virtual.

Beginning Conversation: Let's Talk

Mon., Jan. 10- Mar. 14, 1-3 p.m.
Course #21017; \$14/\$18

Advanced Conversation: More Talk

Wed., Jan. 12-Mar. 16, 1-3 p.m.
Course #21016; \$14/\$18

Rockville Housing

Thurs., 1/27 10-11 a.m.

Moore, Resident Services Programs Supervisor will provide an overview of HOC locations in Rockville and the programs offered through their department. Course #21238; Free

Social Security

This program will be split into two, those already receiving benefits and another presentation for those not receiving Social Security benefits yet.

Already receiving my Social Security benefits

Wed., Jan. 12, 10-11:30 a.m.

Course #21612; Free

Not receiving my Social Security benefits yet

Wed., Jan. 20, 10-11:30 a.m.

Course #21729; Free

Personal Training Program

Let one of our Nationally Certified Personal Trainers help you achieve your fitness goals. They will develop a plan specific to your needs. In-person and virtual sessions are available. See pricing in the Senior Recreation Guide.

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. 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. Course #20793; \$25

Stress Reduction/Meditation

Mon., Jan. 10-Mar. 21, 1-2 p.m.

This class offers the tools to focus, relax and come to a more peaceful sense of being, with time for both meditation and discussion. Presented by Betty Figliure. Course #20996; \$30/\$40

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. Booster shots are also available.

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 Jan. Movie Matinees

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

Jungle Cruise

Jan. 13 & 14
Dr. Lily Houghton enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his ramshackle boat. Together, they search for an ancient tree that holds the power to heal -- a discovery that will change the future of medicine. Rated PG-13 for adventure violence.

The Father

Jan. 27 & 28
A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality. Rated PG-13 for thematic material & some strong language.

Rockville Seniors

The Center's Monthly Highlights and Calendar

JANUARY 2022



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

V = Virtual Program

P = Programs are available to listen through phone!

Pro Football Hall of Fame and Selection Process

Thurs., Jan. 13, 1-2 p.m.

Dive into the history of the Pro Football Hall of Fame and how greatest ever involved in professional football came to be. Course #20892; \$6/\$9

Intergenerational Storytelling: Shared Stories Open Hearts

Tues., Jan. 18- Feb 8, 4-5 p.m.

Enjoy speaking with local teenagers eager to learn what love, loss, pain and hope felt like when you were young. Dust off your long, but not forgotten, memories and pick the teens' brains, too. Instructor: Erin Vannella. Course #21068; Free

Birthday and Anniversary Party

Wed., Jan. 19, 1:30-2:30 p.m.
Celebrating December, January and February birthdays on Zoom! All are invited, whether or not you have a winter birthday. Entertainment: Rearview Mirror. Course #21079; Free/\$7

Mosaic Art Class (In-person)

Fri., Jan. 21- Feb. 11, 11:30 a.m.- 1 p.m.
Learn how to design a framed piece of mosaic art with stained glass and other materials. All materials will be supplied by artist and art teacher Tracy L. Keating. Course #20907; \$40/\$47

Painting with Cathy (In-person)

Thurs., Jan. 27, 10:30 a.m.-12:30 p.m.
The instructor, Cathy Pasquariello, brings the instructions and all the supplies to paint a glass snowman mug! No painting experience is required. Course #20914; \$12/\$15

2020 Census

Thurs., Jan 20, 1-2 p.m.

Census numbers! What do they mean? How do they affect us? No need to be a mathematician. We will take a brief look at some numbers and what they mean for each of us. Instructor: Marvin Adams. Course #20912; \$6/\$9

Better Breathers Club

Thurs., Jan. 20-Mar. 17, 1-2 p.m.

The club meets virtually on the third Thursday of each month and features presentations on a variety of topics, including how lung disease affects the lungs, breathing techniques, exercise, and more. Course #21062; Free

Ask A Nurse Q & A: Blood Pressure

Tues., Jan. 18, 1-2 p.m.

Covers the basics of blood pressure and beyond, led virtually by a registered nurse. Presented by Adventist HealthCare. Course #21005; Free

Healthy Living for Your Brain and Body:

Tips from the Latest Research

Wed., Jan. 19, 1-2:30 p.m.

Covers four areas of lifestyle habits associated with healthy aging. Presented by Alzheimer's Association. Course #21004; Free

Medical Management of Chronic Pain: Interventional vs. Noninterventional

Wed., Jan. 12, 1-2:30 p.m.

This program discusses the options and variations in care of chronic pain syndromes. Presented by Dr. M. Massumi of Massumi Associates, Pain Management and Rehabilitation. Course #20997; Free

Your Heart, Your Life Series, Session 4: Help Your Heart, Control Your Blood Pressure

Tues., Jan. 25, 1-2 p.m.

An evidence-based virtual NIH program with lessons providing information to understand, build skills, assess and set goals for healthy lifestyle changes. Course #21008; Free

Senior Center Hours of Operation

As of January 18th, Senior Center hours of operation will be extended, but not be back to full hours until center participation increases.

-Office & Building Hours:

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

-Fitness Room Hours:

Mon., Wed., & Fri.: 7 a.m.-5 p.m.

Tues., & Thurs.: 8:30 a.m.-4 p.m.

Sat.: 9 a.m.-1 p.m.

The Senior Center will be closed for Martin Luther King Jr. Day, **Jan. 17.** We will return phone calls and emails the following business day.

Winter registration is open!

Registration options:

-In-person: 9 a.m.-4 p.m.

-Mail: check and registration form

-Call: 240-314-8800

-Online: Rockvillemd.gov/registration

Fitness Programs: Let us help you achieve that New Year resolution! See the recreation guide for a full list of fitness classes.

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 Meeting

Thurs., Jan. 20 at 11 a.m.
"From Hamilton to West Side Story: Identifying Our American Experience through Song"

Willing 3C's

Fri., Jan. 21 at 11:30 a.m.
Presentation from ProMedica Skilled Nursing and Rehabilitation on "Healthy Eating 2022"

Red Hat Meeting

Wed., Jan. 26 at 11:30 a.m.
Presentation on Boston Tea Party and American Revolution.

MONDAY

10-12 Windows PC Backup
12-1:30 Memory Cafe
1-3 Copying Pictures

3

2:30-4 Positive Aging Program

4

10-12 PC Malware
1-3 Zoom Help
1:30-3 Drop in Bridge

5

8-10 PC New Users
9-1 Practice Lab
12-1 Grupo de Apoyo Hispano
1-2:30 Positive Aging Program
1-2 Exercise A Powerful Medicine
1:30-3 Drop in Mahjong

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10-12 Drop in Chess
11-12 Positive Aging Program
11:15-12 Bilingual Yoga with a Chair
1:30-3 Drop in Bridge

7

THURSDAY

WEDNESDAY

TUESDAY

FRIDAY

SATURDAY

8

9-9:45 Total Conditioning
10-10:50 Easy Zumba
10-11:30 Social Security
10-12 Windows 10 Basics
10-12 English Class
10:30-11:30 Through the Lens of Time
11-12 Chair Exercise
12:15-1:05 Forever Fit

10

9-9:45 Strength Training
9:15-2 Piano Lessons
9:30-2 Watercolor Classes
10-10:50 Forever Fit
2:30-4 Positive Aging Program
10-12 Copying Pictures
10-12 English Class
11-12 Aerobic Workout

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9-9:45 Chair Cardio
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
1-2:30 Medical Management of Chronic Pain

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8-10 Forgot My Password?
9-1 Practice Lab Practice
9-9:45 Strength Training
10-10:50 Forever Fit
10-12 English Class
11-12 Aerobic Workout
12-1 Grupo de Apoyo Hispano
12:05-12:50 Drums Alive

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9-9:45 Total Conditioning
10-10:45 Belly Dance Basics
10-11 Yoga for You
10-12 Drop in Chess
10:30-11:30 Seniors Understanding Nature
11-12 Positive Aging Program
11:15-12 Bilingual Yoga with a Chair
11:15-12 Easy Feet

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1-2 Stress Reduction/Meditation
1-2:30 Piecemakers' Club
1-3 Using Thumb Drives Etc.
1-3 English Conversation Classes
1:15-2 Balance Matters
2:15-3 On Your Feet Yoga Blend
5-5:45 Zumba Gold

1-2 Arthritis Foundation Exercise
1-2 Science Tuesdays
1-3 Avoiding PC Scams
1-3 Bridge- Beginner Part II
1:15-2:15 Chair Tap Dance
2:3 Handbells
2:15-3:15 Afternoon Yoga Flow
3:30-4:15 Belly Dance- Intermediate
5-5:45 Abs and Back

9-9:45 Chair Cardio
9:30-2 Watercolor Classes
10-10:50 Easy Zumba
10-11 Yoga for You
10-12 English Class
10-12 Using Quick Keys
11-12 Chair Exercise
11-12 Arthritis Foundation Exercise
1-2 Ask a Nurse: Blood Pressure
2:30-4 Positive Aging Program
1-3 Bridge- Beginner Part II
1-3 Decluttering 101
1:15-2:15 Chair Tap Dance
2-3 Handbells
2:15-3:15 Afternoon Yoga Flow
3:30-4:15 Belly Dance- Intermediate
5-5:45 Zumba Gold

9-9:45 Strength Training
9:30-2 Watercolor Classes
10-10:50 Forever Fit
10-12 English Class
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11-12 Aerobic Workout
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10-10:45 Belly Dance Basics
10-11 Yoga for You
10-12 Drop in Chess
11-12 Positive Aging Program
11:15-12 Bilingual Yoga with a Chair
11:30-1 Mosaic Art Class
12-1 Chi Gong (Qigong)
1:30-3 Drop in Bridge
5-5:45 Caribbean Dance Party

9-9:45 Zoom Help
9-1 Practice Lab
9-9:45 Strength Training
10-10:50 Forever Fit
10-12 English Class
11-12 Aerobic Workout
11-12:30 Young in Heart
12-1 Grupo de Apoyo Hispano
12:05-12:50 Drums Alive

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11:30-1 Mosaic Art Class
12-1 Chi Gong (Qigong)
1:30-3 Drop in Bridge
5-5:45 Caribbean Dance Party

SATURDAY

15

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15

9-9:45 Strength Training
9:15-2 Piano Lessons
9:30-2 Watercolor Classes
10-10:50 Forever Fit
10-12 English Class
10-12 Using Quick Keys
11-12 Aerobic Workout
11-12 Arthritis Foundation Exercise
1-2 Ask a Nurse: Blood Pressure
2:30-4 Positive Aging Program
1-3 Bridge- Beginner Part II
1-3 Decluttering 101
1:15-2:15 Chair Tap Dance
2-3 Handbells
2:15-3:15 Afternoon Yoga Flow
3:30-4:15 Belly Dance- Intermediate
4-5 Intergenerational Storytelling
5-5:45 Abs and Back

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9-9:45 Strength Training
9:30-2 Watercolor Classes
10-10:50 Forever Fit
10-11 Yoga for You
10-12 English Class
10-12 Using Quick Keys
11-12 Chair Exercise
11-12 Mystery Adventure
12:15-1:05 Forever Fit

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9-9:45 Chair Cardio
9:30-2 Watercolor Classes
10-10:50 Easy Zumba
10-11 Yoga for You
10-12 English Class
10-12 Using Quick Keys
11-12 Chair Exercise
11-12 Mystery Adventure
12:15-1:05 Forever Fit

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8-10 Zoom Help
9-1 Practice Lab
9-9:45 Strength Training
10-10:50 Forever Fit
10-12 English Class
11-12 Aerobic Workout
11-12:30 Young in Heart
12-1 Grupo de Apoyo Hispano
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11:15-12 Bilingual Yoga with a Chair
11:30-1 Mosaic Art Class
12-1 Chi Gong (Qigong)
12:15-12:45 Meditacion
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5-5:45 Caribbean Dance Party

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11:30-1 Mosaic Art Class
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5-5:45 Caribbean Dance Party

SATURDAY

22

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SATURDAY

28

9-9:45 Zoom Help
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10-10:50 Forever Fit
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11-12 Aerobic Workout
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10-12 Android Basics
10-12 English Class
10:30-11:30 Marylanders of Note
11-12 Chair Exercise
12:15-1:05 Forever Fit

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9-9:45 Strength Training
9:15-2 Piano Lessons
9:30-2 Watercolor Classes
10-10:50 Forever Fit
2:30-4 Positive Aging Program
10-12 Gmail basics
10-12 English Class
11-12 Aerobic Workout
1-2 Arthritis Foundation Exercise
1-2 Your Heart, Your Life Series

25

9-9:45 Chair Cardio
9:30-2 Watercolor Classes
10-10:50 Easy Zumba
10-11 Yoga for You
10-12 Android Basics
10-12 English Class
10-12 Chair Exercise
11:30-12:30 Red Hat
12:15-1:05 Forever Fit

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9-1 Practice Lab
9-9:45 Strength Training
9:30-10:45 Book Club
10-10:50 Forever Fit
10-11 Rockville Housing
10-12 English Class
10:30-12:30 Painting with Cathy Snowman Mug
11-12 Aerobic Workout
12-1 Grupo de Apoyo Hispano
12-1 Stop Wasting Money on Your Utility Bills

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12-1 Chi Gong (Qigong)
1:30-3 Drop in Bridge
5-5:45 Caribbean Dance Party

SATURDAY

