

More Things To Do...

Virtual Positive Aging Programs-

Women Living Alone **V** **P**
Thurs., Mar. 3 & 17, 1-2:30 p.m.
Course #21086; Free

Brain Games **V** **P**
Tues., Mar. 8 & 22, 2:30-4 p.m.
Course #21088; Free

Living Alone (Men & Women) **V** **P**
Thurs., Mar. 10 & 24, 1-2:30 p.m.
Course #21090; Free

Managing Stress During the Pandemic **V** **P**
Fri., Mar. 4, 11, 18, 25, 11 a.m.-12 p.m.
Course #21089; Free

Increasing Motivation **V** **P**
Tues., Mar. 1 & 15, 2:30-4 p.m.
Course #21091; Free

Self-Talk **V** **P**
Thurs., Mar. 31, 1-2:30 p.m.
Course # 21092; Free

Investment Opportunities for Seniors **V** **P**
M, W, 3/14-3/23 1:30-3:30 p.m.
Learn the skills you need to become your own options trader. Options can help you develop a weekly stream of income with little risk, double or triple the dividends on stock you already own, turn a loss into a gain when the market goes against you, and reduce the cost basis on stock you already own. Course #21710; \$24/\$37

Meditación **V** **P**
Fri., 3/18 12:15-12:45 p.m.
Esta clase se enfocará en técnicas de respiración lenta y profunda y posturas meditativas. No se requiere experiencia. Course #21711; Free.

Duffers Organizational Meeting
Wed., Mar. 23, 10-11 a.m.
Held in-person at the Rockville Senior Center.

Calling all Bocce players!
The official season is set to open on April 5. Play is held every Tuesday and Thursday from 10-11 a.m., weather permitting. This is a free activity for Senior Center Members only. Registration is required. Course #21872; Free

Two for Ten
Stay active during the break between sessions by joining one of our Two for Ten programs. These programs are offered in addition to our regular sessions. You can find the description for each class in the senior recreation guide.

Forever Fit **V**
Tu. & Th., 3/22 & 3/24, 10-10:50 a.m.

Course # 21025; \$10

Aerobic Workout **V**
Tu. & Th., 3/22 & 3/24, 11 a.m.-12 p.m.

Course # 21024; \$10

Arthritis Foundation Exercise **V**
Tu. & Th., 3/22 & 3/24, 1-2 p.m.

Course # 21032; \$10

Afternoon Yoga Flow **V**
Tu. & Th., 3/22 & 3/24, 2:15-3:15 p.m.

Course # 21026; \$10

Zumba Gold **V**
Wed., 3/23 & 3/30, 5-5:45 p.m.

Course # 21027; \$10

Add a Spring to Your Step **V**
Tu., April 5, 10-11 a.m.
Join us for this virtual walk while viewing beautiful scenery from different parts of the world. Course #20792; Free (seated instruction is also available).

Jin Shin Jyutsu Self-Help **V** **P**
Tu., Mar. 8, 1-2:30 p.m.

This is an ancient art for healing the body's energy for optimal health and healing. Simple self-help will be explained for daily maintenance, strengthening the immune system, stomach aches, and much more. Course # 20999; Free

What Science Tells Us About Happiness **V** **P**
Th., Mar. 17, 1-2 p.m.

Happiness lowers your risk for cardiovascular disease, blood pressure, better sleep, etc. Learn how engagement in life can increase satisfaction, happiness and longevity. Presented by Adventist Health Care. Course # 21007; Free

All About GERD **V** **P**
Th., Mar. 24, 1-2 p.m.

If you have heartburn twice a week or more you may have gastroesophageal reflux or GERD. Learn more about this condition from Dr. Gary Roggin. Course # 21713; Free

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 or gjones@rockvillemd.gov. Rockville residents only.

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

See March Oscar Series insert for the list of movies playing every Thursday and Friday in March!

Better Breathers Club **V** **P**
Th., Mar. 17, 1-2 p.m.
This club meets the third Thursday of each month for educational info, tips and help in improving the quality of life with breathing problems. Presented by the American Lung Assoc. Course #21062; Free

Rockville Seniors

The Center's Monthly Highlights and Calendar

MARCH 2022



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

V = Virtual Program

P = Programs are available to listen through phone!

Better Angels of the American Civil War (In-person) Th., Mar. 10, 11 a.m.-12 p.m.
A presentation about five remarkable women who made important contributions to the Union cause at various stages before, during, and after the critical years of the American Civil War.

Course #22022; \$6/\$9

Chat with a Ranger **V** **P**
Mon., Mar. 14, 1-2 p.m.

Learn about Zion National Park, the park service and the ranger themselves as you interact in live time with a uniformed ranger. Course #21926; \$6/\$9

HeART Kits: Today, It's Spring! Collage Workshop **V**

Wed., Mar. 23, 10-11 a.m.
Exploration and reimagining of artworks by Alma Thomas. These visual and literary art kits from Arts for the Aging provide all materials needed and clear instruction sheets. Pick up kits from the Senior Center or have them delivered to your home within City limits on March 22. Course #21939; \$20/\$25

Remarkable Women of Maryland **V** **P**
Th., Mar. 24, 11 a.m.- 12 p.m.

Celebrate Women's History Month with a presentation on the remarkable women of Maryland. Course #21947; \$6/\$9

Cooking Class: Italian Inspired Elegant Brunch **V**

Mon., Mar. 28, 11:30 a.m.- 1 p.m.
Cook along with Chef Alba, or simply watch, during these live and interactive

cooking classes on Zoom. Menu: French Toast Stuffed with Ricotta and Strawberries, Baked Eggs Florentine with Spanish Tomato Toast, and Prosciutto and Herbs Wrapped Mini Potatoes. Course #21905; \$15/\$20

How Space Exploration Changed Your Life **V** **P**

Th., Mar. 31, 1-2 p.m.
Next time you use a wireless headset, touchless thermometer or dustbuster, you can thank the space program. Course #21941; \$6/\$9

Painting with Cathy: Cherry Blossom Glasses (In-person) Th., Mar. 31, 10:30 a.m.-12:30 p.m.

The instructor, Cathy Pasquariello, brings the instructions and all the supplies! No painting experience is required. Course #21924; \$12/\$15

Let it "Bee" **V**

Tues., April 26, 10 a.m.- 12 p.m.
Paint a beautiful wooden bumblebee welcome sign. All supplies will be provided by the art instructor Tammy Brown. Pick up supplies from the Senior Center or have them delivered to your home within City limits. Register by March 31. Course #21936; \$20/\$25

Financial Fitness: Planning for Transitions **V** **P**
Wed., Mar. 23, 1-2:30 p.m.

Learn what you need to know about organizing and implementing important financial and healthcare records. Course #21646; Free.

Trip Lottery (In-person)

Tues., Mar. 8, 10:30 a.m.
Senior Center members: Numbers will be distributed in random order starting at 10:15 a.m. Nonmembers: Registrations accepted at Senior Center only, beginning Wed., Mar. 9. Senior Center Trips a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay.

Senior Center Hours of Operation

-Office & Building Hours:
Mon.- Fri.: 9 a.m.- 4 p.m.
-Fitness Room Hours:
Mon. & Wed.: 7 a.m.-4 p.m.
Tues., Thurs. & Fri.: 9 a.m.-4 p.m.

Spring Registration is here!
Senior Center member registration begins **Tuesday, March 1**. Nonmember registration begins: **Thursday, March 3**. Senior guide available for viewing at rockvillemd.gov/seniorcenter

Registration options:

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

Rockvillemd.gov/registration

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 (in-person)
Th, March 17, 11 a.m.
Irish Program

Willing 3C's Meeting (on Zoom)

Fri, March 18, 11:30 a.m.
View and Discuss "Did You Know? Well You Should!"
Celebrate Black History with an hour-long special, highlighting the people, places and events that have had a significant impact on Black, American and Global Culture.

Red Hat Meeting (in-person)
Wed, March 23, 11:30 am
Guest speaker: Mary Ann Jung as Amelia Earhart.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9-9:45	Strength Training
9:15-2	Piano Lessons
9:30-2	Watercolor Classes
10-10:50	Forever Fit
10-12	English Classes
10-12	Using Quick Keys
11-12	Chair Exercise
11-12	Aerobic Workout
11-12	Arthritis Foundation Exercise
1-2	Your Heart, Your Life Series
1-2	Bridge - Beginner Part II
1-3	Handbells
2-3	Balance Matters
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

9-9:45	Chair Cardio
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	English Classes
10-12	Using Quick Keys
11-12	Chair Exercise
12-2	Watercolor Class
12:15-1:05	Forever Fit
1-3	Hotmail Email Fundamentals
1-3	English Conversation Class
1:15-2	Balance Matters
1:15-2	Plates Basics
1:15-2	Ploixing
1:30-3	Drop in Bridge
5-5:45	Zumba Gold

8-10	Zoom Help
9-9:45	Strength Training
9-1	Practice Lab
10-10:50	Forever Fit
10-12	English Classes
11-12	Aerobic Workout
12-1	Grupo de Apoyo Hispano
12:05-12:50	Drums Alive
12:30-3	Movie: Dune
1-2	Arthritis Foundation Exercise
1-2:30	Positive Aging Program
1:30-3	Drop in Mahjong
2-2:45	Small Group Interval Training
2:15-3:15	Afternoon Yoga Flow
7-7:45	Game Night Bingo

9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-2	Drop in Chess
10-11	Yoga For You
11-12	Decluttering 101
11-12	Positive Aging Program
11:15-12	Easy Feet
12-1	Chi Gong (Qigong)
12:30-2:30	Movie: CODA
1:30-3	Drop in Bridge
5-5:45	Caribbean Dance Party

SATURDAY

Functional Training

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

9-9:45	Strength Training
10-10:50	Forever Fit
10-12	Gmail basics
10-12	English Classes
10:30	Trip Lottery
11-12	Aerobic Workout
1-2	Arthritis Foundation Exercise
1-2	Science Tuesdays
1-2:30	Jin Shin Jyutsu Self Help
1-3	Yahoo Mail Basics
1-3	Bridge - Beginner Part II
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

9-9:45	Chair Cardio
10-10:50	Easy Zumba
10-11	Yoga for You
10-12	Android Basics
10-12	English Classes
11-12	Chair Exercise
12:15-1:05	Forever Fit
1-3	Android Basics
1-3	English Conversation Class
1:15-2	Balance Matters
1:15-2	Plates Basics
1:15-2	Ploixing
1:30-3	Drop in Bridge
5-5:45	Zumba Gold

9-1	Practice Lab
9-9:45	Strength Training
10-10:50	Forever Fit
10-12	English Classes
11-12	Aerobic Workout
11-12	Better Angels of the American Civil War
12-1	Grupo de Apoyo Hispano
12:05-12:50	Drums Alive
12:30-2:30	Movie: The Tragedy of Macbeth
1-2	All About Compression Socks
1-2	Arthritis Foundation Exercise
1-2:30	Positive Aging Program
1:30-3	Drop in Mahjong
2:15-3:15	Afternoon Yoga Flow

9-9:45	Total Conditioning
10-10:45	Belly Dance Basics
10-2	Drop in Chess
10-11	Yoga For You
11-12	Decluttering 101
11-12	Positive Aging Program
11:15-12	Easy Feet
12-1	Chi Gong (Qigong)
12:30-3	Movie: Don't Look Up
1:30-3	Drop in Bridge
5-5:45	Caribbean Dance Party

SATURDAY

Functional Training

9-9:45	Total Conditioning
10-10:50	Easy Zumba
10-12	Windows 10
10-12	English Classes
10-12	Investment Opportunities for Seniors
10:30-11:30	Marylanders of Note
11-12	Chair Exercise
12:15-1:05	Forever Fit
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

10-11	Spring Sampler
10-12	Copying Pictures
10-12	English Classes
1-3	Avoiding PC Scans
1-3	Bridge - Beginner Part II
2:30-4	Positive Aging Program

10-10:50	Easy Zumba
10-12	Windows 10 Basics
10-12	English Classes
10-12	Investment Opportunities for Seniors
11-12	Chair Exercise
11-1:30	Local Adventure: Bowling
12:15-1:05	Forever Fit
1-3	File Management
1-3	English Conversation Classes
1:30-3	Drop in Bridge

8-10	Forgot My Password?
9-1	Practice Lab
10-12	English Classes
11-12:30	Young in Heart Club Meeting
12-1	Grupo de Apoyo Hispano
12-12	Movie: Belfast
1-2	Better Breathers Club
1-2	What Science tells Us About Happiness
1-2:30	Positive Aging Program
1:30-3	Drop in Mahjong

10-2	Drop in Chess
11-12	Positive Aging Program
11:30-12:30	Willing 3C's Club Meeting
12-1	Chi Gong (Qigong)
12:15-12:45	Meditación
12:30-3	Movie: King Richard
1-2	Seniors Understanding Nature
1:30-3	Drop in Bridge

9-9:45	Total Conditioning
10-12	Windows PC Backup
10-12	Investment Opportunities for Seniors
10:30-11:30	Through the Lens of Time
1-2	Stress Reduction/Meditation
1-2:30	Piecemakers' Club
1-3	Copying Pictures
1:15-2	Balance Matters
2:15-3	On Your Feet Yoga Blend
5-5:45	Zumba Gold

10-10:50	Two for Ten: Forever Fit
10-11	heART Kits
10-12	Using Cortana
11-12	Two for Ten: Aerobics
1-2	Two for Ten: Arthritis Foundation
1-3	I Have a Question
2:15-3:15	Two for Ten: Afternoon Yoga Flow
2:30-4	Positive Aging Program

10-12	PC Malware
10-12	Investment Opportunities for Seniors
11-12	Red Hat Meeting
1-2:30	Financial Fitness
1-3	Windows Security
1:30-3	Drop in Bridge
5-5:45	Two for Ten: Zumba Gold

8-10	PC New Users
9-1	Practice Lab
9:30-10:45	Book Club
10-10:50	Two for Ten: Forever Fit
11-12	Two for Ten: Aerobics
11-12	Remarkable Women of Maryland
12-1	Grupo de Apoyo Hispano
12:30-2:30	Movie: Tick, Tick...Boom
1-2	Two for Ten: Arthritis Foundation
1-2:30	Positive Aging Program
1:30-3	Drop in Mahjong
2:15-3:15	Two for Ten: Afternoon Yoga Flow

10-2	Drop in Chess
11-12	Positive Aging Program
12:30-2:30	Movie: Encanto
1:30-3	Drop in Bridge

10:30-11:30	Books that Shaped America
11:30-1	Cooking with Chef Alba

No scheduled classes.
Drop-in programs open.

1:30-3	Drop in Bridge
5-5:45	Two for Ten: Zumba Gold

9-1	Practice Lab
12-1	Grupo de Apoyo Hispano
10:30-12:30	Painting with Cathy
1-2	Space Exploration
1-2:30	Positive Aging Program
2-3:30	Gardeners Group Meeting
1:30-3	Drop in Mahjong



SATURDAY

10-11	Functional Training
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10-11	Functional Training
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SATURDAY

Functional Training