

More Things To Do...

Virtual Positive Aging Programs-

Women Living Alone **V P**

Thurs., April 7 & 21, 1-2:30 p.m.
Course #21086; Free

Brain Games **V P**

Tues., April 12 & 26, 2:30-4 p.m.
Course #21088; Free

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

Thurs., April 14 & 28, 1-2:30 p.m.
Course #21090; Free

Managing Stress During the Pandemic **V P**

Fri., April 1, 8, 15, 22, 29, 11 a.m.-12 p.m.
Course #21089; Free

Relationship Boundaries **V P**

Tues., April 5 & 19, 2:30-4 p.m.
Course #21091; Free

Older Drivers Workshop **V**

Wed., April 13, 1-2 p.m.
How to stay safe while driving.
Presented by AAA. Course #21874.

Oral Meds Versus Topicals or Injections for Musculoskeletal and Neuromuscular Conditions **V**

Tues., April 19, 1-2:30 p.m.
Medical management of chronic musculoskeletal conditions includes a wide range of options in medications. Dr. M. Massumi, Massumi Associates, for Pain Management and Rehabilitation, will discuss examples and treatment options. Course #20998; Free

Intimacy and Aging **V**

Wed., April 20, 1-2 p.m.
This workshop will discuss sexual expression and attitudes towards sex as we age, including the important considerations of physical and psychological effects on individuals. Presented by Maria Khadar, director of JK House of Grace. Course #21892; Free

Emotional Engagement 1.0: A Pathway to Harmony and Humanity **V**

Tues., April 26, 1-2:30 p.m.
Address some of the barriers that inhibit or sabotage our individual and community wholeness. Presented by Bill Neely, Chaplain and director of Getting Along Better LLC. Course #22664; Free

Vertigo and Dizziness **V**

Thurs., April 28, 1-2 p.m.
Neurologist Dr. Omid Motabar will highlight treatment options pinpoint the cause of dizziness and vertigo. Course #21888; Free

Stress Reduction/Meditation **V**

Mon., April 4-June 13, 1-2 p.m.
Tools to focus, relax and come to a more peaceful sense of being with time for both meditation and discussion. Presented by senior center wellness coordinator Betty Figure. Course #21889; \$30/\$40

Add a Spring to Your Step **V**

Tues., April 5, 10-11 a.m.
Walk more than two miles, in the comfort of your own home, while viewing beautiful spring scenery from different parts of the world. Course #20792; Free

Balance Challenge (in person)

Wed., April 13-June 8, 1:15-2 p.m.
This advanced balance class improves coordination, muscle strength, and challenges your balance and mind for everyday active living. Course #21822; \$42/\$52

Small Group Interval Training (in person)

Thur., April 14-May 19, 2-2:45 p.m.
Takes place in the Rockville Senior Center fitness center and uses a combination of the machines and free weights. Course #21848; \$55/\$72

Functional Movement (in person)

Thur., April 14-May 19, 3-3:45 p.m.
Exercises help participants with skills that are used in everyday activities. Course #21938; \$55/\$72

Chairobics (hybrid)

Fri., April 15-June 10, 12:15-1:15 p.m.
Get your heart pumping and your muscles working while using a variety of equipment. Most exercises will be done seated. Course #22718; \$35/\$48
Online Course #23562; \$33/\$48

Zumba Gold (hybrid)

Fri., April 15-June 10, 1:30-2:15 p.m.
Same great class, new day and time! Course #22754; \$35/\$48
Online Course #23563; \$33/\$48

Bilingual Yoga with a Chair

Yoga Bilingüe con Silla (in person)
Fri., April 15 - June 10, 11:15a.m.-12p.m.
Designed to help you enjoy the benefits of gentle exercise and relaxation. Instruction also in Spanish. Course #21868; \$45/\$60

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.

In person April Movie Matinees

Must be a senior center member and register.

April 14 & 15, 12:30-2:40 p.m.

West Side Story (2021)

Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets. Rated PG 13

April 28 & 29, 12:30-2:40 p.m.

Nightmare Alley (2021)

In 1940s New York, down-on-his-luck Stanton Carlisle endears himself to a clairvoyant and her mentalist husband at a traveling carnival. Rated R

Senior Forum **V**

Fri., April 8, 10-11 a.m.
Interactive presentation by John McCarthy, the Montgomery County State's Attorney, and Eric Friedman, Director of the Office of Consumer Protection. They will discuss common fraudulent activities, scams and other types of financial exploitation that target seniors and how to protect yourself and your loved ones. Course #22773; Free

Ready, Set, Sleep! (Hybrid)

Wed., April 13, 10:30 - 11:30 a.m.
Learn about new techniques to promote a restful night and improve overall well-being. Course #22926; Free.

Home Share

Wed., April 13, 1-2 p.m.
Home sharing can reduce social isolation, create monthly income for homeowners, and generate new affordable housing options for home seekers. The new Montgomery County Home Sharing Program assists homeowners offering spare rooms in their home for rent and safe housing for longer than six months. Course #22084; Free.

Rockville Seniors

The Center's Monthly Highlights and Calendar

APRIL 2022



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

V = Virtual Program

P = Programs are available to listen through phone!

Storytelling Secrets So You Can Tell Yours **V**

Thur., April 7-28, 11:30 a.m.-12:30 p.m.
Staring at a blank page? Learn how to write your story with the simple tools and tricks of a professional storyteller. You won't just put words on paper, you'll capture memories for posterity and cherished storytelling for years to come. Instructor: Erin Vannella. Course #21918; \$34/\$42

Zoom With Pets **V**

Fri., April 8, 10 - 11 a.m.
Pets are often in the background of Zoom meetings. Let's give them center stage while we meet with one another and introduce our furry (or not so furry) friends. Course #21994; Free

American History Through Baseball Uniforms **V P**

Mon., April 11, 1 - 2 p.m.
Baseball uniforms tell us a great deal about American history. Just by studying changes to uniforms, we can correspond those changes to real life events and trends. Course #21943; \$6/\$9

Spring Birthday Party (in person)

Wed., April 13, 1:30 - 3 p.m.
Celebrate with a festive afternoon of lively entertainment. Mark your calendar for this special event, held in partnership with Rockville Seniors, Inc. Entertainment: Orleans Express; Sponsored by: Potomac Valley. Course #21957; Free/\$7

SUN: Earth Day Every Day! **V**

Fri., April 22, 1 - 2 p.m.
Learn what it means to be environmentally sustainable, tips on how to take advantage of sustainability efforts in our area and tricks of easy ways to make your household more sustainable. Course #21929; Free/\$4

Rocky Mountain Through Time **V**

Thur., April 28; 2 - 3 p.m.
Explore different topics with a Ranger and discover if cumulative changes in wildlife, wildfires and visitation have changed how we view Rocky Mountain National Park over the past 100 years. Course #21940; \$6/\$9

Outdoor Movie (in person)

Thur., April 28; 7 - 9 pm
Watch a free movie on the big screen outside! Bring blankets, chairs, and snacks and join us for a fun outdoor movie night! Preregistration required. Course #21945; Free

Your Heart, Your Life Series Session 7: Protect Your Heart, Take Good Care of Your Diabetes for Life. **V P**

Tues., April 5, 1-2 p.m.
Presented by Adventist HealthCare. Course #22032; Free

Weight Loss **V P**

Wed., April 6, 1-2 p.m.
Join Dr. Carlos A. Martinez, director of CAM Physical Therapy and Wellness Services, for safe tips and tricks for weight loss and exercise. Course #21890; Free

Coping with Loneliness **V P**

Tues., April 12, 1-2 p.m.
This workshop teaches skills for individuals experiencing loneliness. Presented by Lauren Newland, clinical manager for behavioral health integration, Adventist HealthCare. Course #22031; Free

8-Week Fitness Challenge

April 18- June 12
Join this 8-Week Fitness Challenge for a healthier you! There will be a mandatory organizational meeting through Zoom on April 8th at 1 p.m. We will explain the guidelines of the challenge and provide instructions on how to obtain your challenge packet. Course #21927; Free

Senior Duffers

Mon., April 25-Sept. 26, 7-11 a.m.
Most games will be played at Laytonsville golf course. Course #21871; Free

Bocce Ball Club (in person)

Tues., & Thur., April 5-Oct. 27, 10-11 a.m.
Course #21872; Free for members only.

Senior Center Hours of Operation

-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.: 7 a.m.-7 p.m.
Sat.: 9 a.m.- 1 p.m.

Spring Registration has begun!

Senior guide available for viewing at rockvillemd.gov/seniorcenter

Registration options:

-In-person: 8:30 a.m.-5 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 and Lunch (in-person)

Thur., April 21, 11 a.m.
Entertainment: Seth Kibel - 72nd Anniversary of YIH and Mission BBQ.

Willing 3C's Meeting (on Zoom)

Fri., April 22, 11:30 a.m.
Presentation from 3C's member Annie Rhodes. "Please join me at Annie's Doll Haven. I am excited to share my dolls of color with you. The oldest is from 1931 and they include both male and female dolls."

Red Hat Meeting (in-person)

Tues., April 26, 11 a.m. Joan Adams presents Betty White and luncheon.

10-2 Drop in Chess
1:30-3 Drop in Bridge

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SATURDAY

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8:30-5 Tax Assistance AARP
9:45-4 Cherry Blossom Lunch Cruise
10-12 Copying Pictures
10-12 Windows 10 Basics
10-12 English Classes
10:30-11:30 Marylanders of Note Ogden Nash
12-1:30 Memory Cafe
1-2 Stress Reduction/Meditation
1-2:30 Piecemakers' Club
1-3 English Conversation Classes

9:15-2 Piano Lessons
9:30-2 Watercolor Classes
10-11 Add a Spring to Your Step
10-11 Bocce Ball
10-12 English Class
1-2 Your Heart, Your Life Series
1-2:30 Energy Jeopardy
1-3 Flip Phone Basics
1-3 Bridge - Beginner III
2-3 Handbells Spring
2:30-4:30 Positive Aging Program

9:30-2 Watercolor Classes
10-12 Windows 10 Basics
10-12 English Class
1-2 Weight Loss
1-3 Avoiding PC Scams
1-3 English Conversation Classes
1:30-3 Drop in Bridge
2-3 Ukulele: Beginner Group Lesson

8-10 I Have a Question
10-12 English Class
10-12 Practice Lab
10-11 Bocce Ball
11:30-12:30 Storytelling Secrets So You Can Tell Yours
12-1 Grupo de Apoyo Hispano
1:30-3 Drop in Mahjong

10-11 Zoom with Pets
10-2 Drop in Chess
11-12 Positive Aging Program
1:30-3 Drop in Bridge

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8:30-5 Tax assistance AARP
9-9:45 Total Conditioning
10-10:50 Easy Zumba
10-12 English Class
10-12 Using Quick Keys
10:30-11:30 Through the Lens of Time
11-12 Chair Exercise
12:15-1:05 Total Body Fit
1-2 American History Through Baseball
1-2 Stress Reduction/Meditation
1-2:30 Piecemakers' Club
1-3 Microsoft Excel
1-3 English Conversation Classes
1:15-2 Balance Matters
2:15-3 On Your Feet Yoga Blend
5-5:45 Zumba Gold

9-9:45 Strength Training
9:15-2 Piano Lessons
9:30-2 Watercolor Classes
10-10:50 Forever Fit
10-11 Bocce Ball
10-12 PC New Users
10-12 English Class
11-12 Aerobic Workout
1-2 Arthritis Foundation Exercise
1-2 Coping with Loneliness
1-2 Science Tuesdays
1-3 Gmail Basics
1-3 Bridge - Beginner III
1:15-2:15 Chair Tap Dance
2-3 Handbells
2:15-3:15 Afternoon Yoga Flow
2:30-4:30 Positive Aging Program
3:30-4:15 Belly Dance - Intermediate
5-5:45 Abs and Back

9-9:45 Chair Cardio
9-9:45 Outdoor Group Training
10-10:50 Easy Zumba
10-11 Yoga for You
10-12 English Class
10-12 Using Quick Keys
10:30-11:30 Ready, Set, Sleep!
11-12 Chair Exercise
12-2 Watercolor Classes
12:15-1:05 Total Body Fit
1-2 Home Share
1-2 Older Drivers Workshop
1-3 Microsoft Excel
1-3 English Conversation Classes
1:15-2 Balance Challenge
1:15-2 Plates Basics
1:15-2 Piloxing
1:30-3 Birthday and Anniversary Party
1:30-3 Drop in Bridge
2-3 Ukulele: Beginner Group Lesson
5-5:45 Zumba Gold

8-10 Zoom Help
9-9:45 Strength Training
10-10:50 Forever Fit
10-11 Bocce Ball
10-12 English Class
10-12 Practice Lab
11-12 Aerobic Workout
11:30-12:30 Storytelling Secrets So You Can Tell Yours
12-1 Grupo de Apoyo Hispano
12:05-12:50 Drums Alive
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
3-3:45 Functional Movement

9-9:45 Total Conditioning
10-10:45 Belly Dance Basics
10-11 Yoga for You
10-2 Drop in Chess
11-12 Positive Aging Program
11:15-12 Bilingual Yoga with a Chair
11:15-12 Easy Feet
12:15-1:15 Chairobics
12:15-1 Chi Gong (Qigong)
1:30-3 Drop in Bridge
1:30-2:15 Zumba Gold
5-5:45 Caribbean Dance Party

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8:30-5 Tax assistance AARP
9-9:45 Total Conditioning
10-10:50 Easy Zumba
10-12 All Things Google
10-12 English Class
10-12 Chair Exercise
11-1:30 Memory Cafe
12:15-1:05 Total Body Fit
1-2 Stress Reduction/Meditation
1-2:30 Piecemakers' Club
1-3 Microsoft Excel
1-3 English Conversation Classes
1:15-2 Balance Matters
2:15-3 On Your Feet Yoga Blend
5-5:45 Zumba Gold

9-9:45 Strength Training
9:15-2 Piano Lessons
9:30-2 Watercolor Classes
10-10:50 Forever Fit
10-11 Bocce Ball
10-12 PC New Users
10-12 English Class
11-12 Aerobic Workout
1-2 Arthritis Foundation Exercise
1-2 Oral Meds vs. Topicals
1-3 Bridge - Beginner III
1-3 Windows Security
1:15-2:15 Chair Tap Dance
2-3 Handbells
2:15-3:15 Afternoon Yoga Flow
2:30-4:30 Positive Aging Program
3:30-4:15 Belly Dance - Intermediate
5-5:45 Abs and Back

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 All Things Google
10-12 English Class
11-12 Chair Exercise
12:15-1:05 Total Body Fit
12:30-3:30 True Respite Microbrewery Trip
1-2 Oral Meds vs Topicals
1-3 Microsoft Excel
1-3 English Conversation Classes
1:15-2 Balance Challenge
1:15-2 Pilates Basics
1:15-2 Piloxing
1:30-3 Drop in Bridge
2-3 Ukulele: Beginner Group Lesson
5-5:45 Zumba Gold

8-10 Windows PC Backup
9-9:45 Strength Training
10-10:50 Forever Fit
10-11 Young In Heart
10-11 Bocce Ball
10-12 English Class
10-12 Practice Lab
11-12 Aerobic Workout
11-1 Y oung In Heart
11:30-12:30 Storytelling Secrets So You Can Tell Yours
12-1 Grupo de Apoyo Hispano
12:05-12:50 Drums Alive
1-2 Arthritis Foundation Exercise
1-2 Senior Planet Montgomery
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
3-3:45 Functional Movement

9-9:45 Total Conditioning
10-10:45 Belly Dance Basics
10-11 Yoga for You
10-2 Drop in Chess
11-12 Positive Aging Program
11:15-12 Bilingual Yoga with a Chair
12:15-1:15 Easy Feet
12:15-1 Chairobics
1-2 Seniors Understanding Nature
1:30-3 Drop in Bridge
1:30-2:15 Zumba Gold
5-5:45 Caribbean Dance Party

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9-9:45 Total Conditioning
10-10:50 Easy Zumba
10-12 English Class Spring
10-12 Optimize Your Laptop
10:30-11:30 Books that Shaped America
11-12 Chair Exercise
12:15-1:05 Total Body Fit
1-2 Stress Reduction/Meditation
1-2:30 Piecemakers' Club
1-3 Optimize your Computer
1-3 English Conversation Classes
1:15-2 Balance Matters
2:15-3 On Your Feet Yoga Blend
5-5:45 Zumba Gold

9-9:45 Strength Training
9:15-2 Piano Lessons
9:30-2 Watercolor Classes
10-10:50 Forever Fit
10-11 Red Hat Meeting
10-11 Bocce Ball
10-12 English Class
10-12 Let It Bee
11-12 Aerobic Workout
11-12 Red Hat Meeting
11-1 Red Hat Meeting
1-2 Arthritis Foundation Exercise
1-2 Emotional Engagement
1-3 Bridge - Beginner III
1-3 Using Dropbox
1:15-2:15 Chair Tap Dance
2-3 Handbells
2:15-3:15 Afternoon Yoga Flow
2:30-4:30 Positive Aging Program
3:30-4:15 Belly Dance - Intermediate
5-5:45 Abs and Back

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 E nglish Class
10-12 Optimize Your Laptop
11-12 Chair Exercise
12:15-1:05 Total Body Fit
1-3 Optimize your Computer
1-3 English Conversation Classes
1:15-2 Balance Challenge
1:15-2 Pilates Basics
1:30-3 Drop In Bridge
2-3 Ukulele: Beginner Group Lesson
5-5:45 Zumba Gold

8-12 Zoom Help
9-9:45 Strength Training
9:30-10:45 Book Club
10-10:50 Forever Fit
10-11 Bocce Ball
10-12 English Class
10-12 Practice Lab
11-12 Aerobic Workout
11:30-12:30 Storytelling Secrets So You Can Tell Yours
12-1 Grupo de Apoyo Hispano
12:05-12:50 Drums Alive
1-2 Arthritis Foundation Exercise
1-2 Vertigo and Dizziness
1-2:30 Positive Aging Program
1:30-3 Drop in Mahjong
2-2:45 Small Group Interval Training
2-3 Rocky Mountain Through
2:15-3:15 Afternoon Yoga Flow
3-3:45 Functional Movement
7-9 Outdoor Movie

9-9:45 Total Conditioning
10-10:45 Belly Dance Basics
10-11 Yoga for You
10-2 Drop in Chess
11-12 Positive Aging Program
11:15-12 Bilingual Yoga with a Chair
12:15-1:15 Easy Feet
12:15-1:15 Chairobics
12:15-1 Chi Gong (Qigong)
1:30-3 Drop in Bridge
1:30-2:15 Zumba Gold
5-5:45 Caribbean Dance Party

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10-11 Functional Training

10-11 Functional Training

SATURDAY

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