

More Things To Do...

Positive Aging Program:

Activating Your Character Strengths, **P** Part 2

Tues., Mar 7 & 21, 1-2:30PM
Course #25005; Free

Brain Games **P**

Tues., Mar 14 & 28, 1-2:30PM
Course #25002; Free

Positive Aging Alone **P**

Thurs., Mar 2 & 16, 1-2:30PM
Course #25004; Free

Managing Stress During the Pandemic **P**

Fri., Mar 3, 10, 17, 24 & 31, 11AM-12PM
Course #25006; Free

Stroke - Symptoms and Rehab **P V**

Wed, Mar 1, 1-2PM
Dr. Carlos Martinez, Director Cam Physical Therapy, discusses the signs/symptoms of a stroke, when to call 911 and the rehab process.
Course #24965; Free.

Dealing with Dementia **P V**

Tues., Mar 7, 1-2PM
Join us to learn some tools and resources for communicating effectively with individuals who are diagnosed with dementia. Meet with staff at Keora Bernard and Judith Rogers Fruiterman PhD, MSN, RN from Asbury Living.
Course #25014; Free.

Funeral Planning in Advance **P V**

Tues, Mar 7, 10-11:30AM
How your friends and family say goodbye to you is determined by the type of event you choose. You can plan for a formal affair with a long list of speakers, a more casual event with only your closest friends and family present, or anything in between.
Course #25008; Free.

Oral Meds vs Topicals or Injectables for Musculoskeletal and Neuromuscular Conditions **V**

Wed, Mar 15, 1-2:30PM
Dr. Mehrdad Michael Massumi of Massumi Assoc., will discuss examples of commonly used medications and/or delivery protocols in the treatment of musculoskeletal and neuromuscular conditions. Course #24952; Free.

What's What Wednesday **P**

Wed, Mar 15, 10-11AM
Engage in conversation with staff or local organization. Sign up and you will receive an email about the topic. Meet third Wednesday of the month. This month: Presenter Elaine Koubek, Brightview West End. Course #25017; Free

Your Good Health: Self-Help with **P V** Jin Shin Jyutsu

Thurs, Mar 23, 1-2:30PM
Simple, hands-on ways to help yourself with healing and optimum health. New and previous students are welcome. Presented by Betty Figlure, Jin Shin Jyutsu practitioner and Rockville Senior Center wellness coordinator. Course #24953; Free

A Heart to Heart **V**

Thurs, Mar 23, 2-3PM
Leni Barry, RN-BC, BSN, MA, will detail practical strategies for heart healthy living. Course #27511; Free

Dance Party with Gizelle **P**

Thurs, Mar 23, 4:30-6PM
Join us for this exciting special event. This program will include popular social dances such as Swing, Salsa and line dancing. We will begin with 30 minutes of instruction followed by a short break with refreshments. We will conclude the evening with 45 minutes of open dancing. No partner necessary. Instructor: Gizelle Merced.
Course #25561; \$7.

Put a Spring in your Step **V**

Thurs, Mar 30, 10-11AM
Join us on this virtual walk while viewing beautiful spring scenery from different parts of the world. Walk with us for more than two miles, in the comfort of your own home. Seated instruction will also be available. Instructor: Chris Klopfer. Course #24811; Free

Seniors Duffers **P**

Mondays, April 24 - Sep 25 7-11AM
Join the 2023 Golf Season. Play is arranged at local golf courses. This is not a teaching activity. All levels of ability are invited to join. An organizational meeting is scheduled for Wed, March 22 at RSC, from 10AM-11AM
Course #26969; \$7/\$9

Stay Informed:

- www.rockvillemd.gov/seniorcenter
- seniorcenter@rockvillemd.gov
- 240-314-8800
- facebook.com/rockvilleseniors

In person March Movie Matinees
Thursdays & Fridays
Movies now start at 1pm
Must be a member and register.

The Banshees of Inisherin

Mar. 9 & 10, 1-3PM
Follow lifelong friends Pádraic and Colm, who find themselves at an impasse when Colm unexpectedly puts an end to their friendship. Rated R for language throughout, brief graphic nudity, some violent content.
Thurs. Course #27640
Fri. Course #27641

Missing

Mar. 30 & 31, 1-3PM
When her mother (Nia Long) disappears while on vacation in Colombia with her new boyfriend, June's (Storm Reid) search for answers is hindered by international red tape. Stuck thousands of miles away in Los Angeles, June creatively uses all the latest technology at her fingertips to try and find her before it's too late. Rated PG-13 teen drinking, some strong violence, language, thematic material.
Thurs. Course #27642
Fri. Course #27643

Computer Coding **P**

Fri, Mar 3, 10AM-12PM
If you're someone who wants to learn about coding, but you haven't got a clue where to start, let us help. This overview will show you how easily you can make your own creations appear on the computer screen, from art to science to theater. Instructor: Meyer Katzper. Course #25046; Free

Better Breathers Club **P**

Thurs, Mar 16, 1-2PM
Educational presentations on respiratory issues. Meets the third Thursday of each month at the senior center.
Course #24075; Free

Rockville Seniors The Center's Monthly Highlights and Calendar

MARCH 2023



V = Virtual Program, Participate in our programs from the comfort of your own home through the Internet via your computer or smart device.

P = Programs are available to listen through your phone!

P = In person offering
Prices listed as Member/Non Member

What Makes a Good Life **V P**

Thurs, Mar 9; 11AM-12PM
Everybody wants to live a good life. What is a good life, and how do you measure it? Join us as we look at what the research shows and engage in a lively discussion.
Instructor: Marvin Adams
Course# 24787; \$6/\$9

Spies & Disguise: American Women During the American Revolution

Thurs, Mar 9; 2-3PM **V P**
From the birth of our country, women fought right alongside their male counterparts, helping to create the United States of America. Follow the journey of American women in a variety of different roles from early camp followers, to spies for the Army, to even dressing up and impersonating a man to help fight in our original war for independence. Presented by the U.S. Army Women's Museum.
Course# 27048; \$6/\$9

Painting with Cathy - Luck of the Irish Plates **P**

Tues, Mar 14; 10:30AM-12:30PM **P**
You don't have to be Irish or have painting experience to join this fun class. This project is perfect to place your soda bread, cake, or cookies on to enjoy for years to come!
Instructor: Cathy Pasquariello.
Course# 26992; \$12/\$15

Through Irish Eyes and Feet: Celebrating St. Patrick and Celtic Culture **V P**

Thurs, Mar 16; 2-3PM **V P**
Why is St. Patrick's Day such a widely celebrated holiday, and what makes

the Irish such a fierce and proud people? Look through the Irish perspective and catch a glimpse of what the Irish have endured, why St. Patrick is such an important figure to them, and how Celtic culture has sustained their spirit. Presented by: Born 2 Move Movement Adventures.
Course# 27043; \$6/\$9

Rockville Police Safety Tips **P**

Mon, Mar 20; 11AM-12PM
Learn valuable safety information and tips from the Rockville City Police. This class will bring you some insight into helping you become better aware of your surroundings.
Course# 27018; Free/\$4

Spring Equinox Campfire **P**

Mon, Mar 20; 4-5 pm
Gather around the campfire at Rockville Senior Center with staff from Croydon Creek to celebrate the Spring Equinox! We'll enjoy s'mores and cocoa while learning the science of the equinox and signs of spring to look for during nature's busiest time of year.
Course# 27421; \$3/\$5

Divided Nation, Divided Town: One Woman's Experience **P**

Thurs, Mar 23; 1-2PM
Hear the story of Rockville's Dora Higgins, an ardent abolitionist during the Civil War. Her experience casts a light on the divisions apparent in even a small town in Maryland and how those divisions affected everyday dealings with neighbors. Speaker: Emily Correll Course# 27429; \$6/\$9

Tiffany in Bloom **V P**

Thurs, Mar. 30; 2:30-3:30 pm
This program explores The Cleveland Museum of Art's collection of stained glass lamps, and additional works, by Louis Comfort Tiffany.
Course# 24927; \$6/\$9

Hours of Operation
Office & Building Hours:
Mon.-Fri.: 8:30 a.m.-5 p.m.
Sat., 9 a.m.-2 p.m.

Fitness Center Hours:
Mon. and Fri., 7 a.m.-5 p.m.;
Tues., Wed., and Thurs, 7 a.m.-7 p.m.;
Sat., 9 a.m.-2 p.m.

Registration for Spring
Registration options:

Mail: check and registration form
Call: 240-314-8800

In - person: at front desk

Online: rockvillemd.gov/seniorcenter

Club News

If you are not a current member and would like to join one of the clubs below, please email seniorrecreation@rockvillemd.gov. Current club members will be emailed details about upcoming meetings

• Young in Heart

March 16, 11AM - Presentation on Queen Elizabeth by Joan Adams followed by a boxed lunch

• Red Hat

March 22 Trip to Hillwood

• Willing 3c's

March 17, 11:30AM

Bowling and Lunch **P**

Wed, Mar 8; 11:30AM-2:30PM
Let's go bowling at North Bethesda's favorite spot - Pinstripes! Enjoy an afternoon bowling with friends. Who knows you may just bowl a strike or a turkey! Trip includes show rental, bowling, and buffet. Transportation provided by Rockville Senior Center bus. No refunds after February 27.
Course# 24948; \$35/\$45

Spring Indoor Yard Sale **P**

Sat, April 22; 9AM-1PM
Rockville Seniors, Inc. will host a Spring Indoor Yard sale. Vendors selling all types of items are welcome. Table space is available for \$15 for senior center members and \$20 for nonmembers. For a registration form email seniorcenter@rockvillemd.gov.

