



SATURDAY, NOV. 1		MONDAY, NOV. 3		TUESDAY, NOV. 4		WEDNESDAY, NOV. 5	
10-10:45	LaBlast Dance Fitness	9-9:45	Total Conditioning Workout	9-9:45	Strength Training Challenge	9-9:30	Body Blast
10-12	AARP Info Session					9-10	Storytelling with Erin (V)
11-11:45	Standing Strength & Balance	10-10:50	Easy Zumba	9-1:30	Piano Lessons	9:30-2	Watercolor (Makeup)
Volunteer with AARP Tax-Aide! Be part of a friendly team helping local residents with free tax preparation. No experience? No problem. Training is provided! Join the information session on Saturday, Nov. 1 from 10 a.m.-noon.		10-12	60+ English (L1/L4)	10-10:50	Forever Fit	10-10:50	Easy Zumba
		10-12	Avoiding PC Scams	10-12	60+ English (L2/L3)	10-11	Yoga for You
		10:30-11:30	National Candy Day: Forgotten & Popular U.S. Candies (V)	10-12	PC New Users	10-12	60+ English (L1/L4)
				11-11:45	Kickboxing & Self Defense	10-12	Zoom Help
		11-12	Chair Exercise	11-12	Aerobic Workout	10-12	Gift Shop Crafts
		12:15-1:05	Total Body Sculpt	12:15-1	Pelvic Floor – Level 2	10:30-12	Preventing Hip Falls
		1-2	Raptors are Awesome Birds (V)	1-2	Arthritis Foundation Exercise (V)	11:15-12:05	Line Dancing
				1-2:30	Would You Rather? (V)	12:15-1:05	Total Body Fit
		1-2	Stress Reduction & Meditation	1-2:30	Navigating the Care Partner Journey	1:15-2	Balance Challenge
		1-3	Windows Security	1-3	Bridge – Beginner I	5-5:45	LaBlast Dance Fitness
		1:15-2	Balance Matters	1:15-2:15	Beginner Pilates	7-10	RSI Bingo
		2:15-3	Stretching & Flexibility Coach	1:15-2:15	Cardio Motion		
				1:30-3	Helping Hands Knitters		
				1:45-2:20	Handbells #1		
				2-4	Advanced English Conversation (V)		
				2:30-3:10	Handbells #2		
				2:30-3:15	Cardio Drumming		
THURSDAY, NOV. 6		FRIDAY, NOV. 7		SATURDAY, NOV. 8		MONDAY, NOV. 10	
9-9:45	Strength Training Challenge	9-9:45	Total Conditioning Workout	10-10:45	LaBlast Dance Fitness	10-12	60+ English (L1/L4)
9-12	Practice Lab	9:30-12	Drop-In Chess	11-11:45	Standing Strength & Balance	10-12	All Things Google
10-10:50	Forever Fit	10-11	Yoga for You			10:30-11:30	Survivors: 1945 Liberation of Concentration Camps (V)
10-11	Talking Sports	10-12	Smooth Transitions				
10-12	60+ English (L2/L3)	10-12	Bridge – Supervised				
10:30-12	Japanese Language & Culture	11-12	Managing Stress (V)			1-2	Stress Reduction & Meditation
11-12	Aerobic Workout	11:15-12	Bilingual Yoga with a Chair				
11:15-12	Chair Yoga	11:15-12	Easy Feet				
12:45-1:45	Tai Chi – Level 1	12:15-1:15	Arthritis Foundation Exercise				
1-2	Arthritis Foundation Exercise (V)	1:30-2:15	Zumba Gold				
1-2:30	Shakedown on Sugars	1:30-4	Drop-In Bridge				
1-2:30	Positive Aging Alone (V)	2:30-3	30-Minute Stretch & Unwind				
1-3	Fashion Show						
2-3	Tai Chi – Level 2						
2-4	Advanced English Conversation (V)						
TUESDAY, NOV. 11		WEDNESDAY, NOV. 12		THURSDAY, NOV. 13		FRIDAY, NOV. 14	
Center closed Tuesday, Nov. 11 in observance of Veterans Day. 		10-11	Yoga for You	9-9:45	Strength Training Challenge	9:30-12	Drop-In Chess
		10-11:15	Fitness Workshop – Light Weight Circuit Class	9-12	Practice Lab	10-11	Yoga for You
		10-12	60+ English (L1/L4)	10-10:50	Forever Fit	10-12	Bridge – Supervised
		10-12	Backup & Restore PC	10-11	Watershed Connections	11-12	Managing Stress (V)
		10-12	Gift Shop Crafts	10-12	60+ English (L2/L3)	11:15-12	Easy Feet
		11:15-12:05	Line Dancing	10:30-12	Japanese Language & Culture	11:15-12	Bilingual Yoga with a Chair
		7-10	RSI Bingo			1-3	In-Person Movie
				11-12	Aerobic Workout	1:30-4	Drop-In Bridge
				11:15-12	Chair Yoga		
				12:45-1:45	Tai Chi – Level 1		
				1-2	Arthritis Foundation Exercise (V)		
				1-2	Build Stronger Bones (V)		
				1-3	In-Person Movie		
				2-3	Tai Chi – Level 2		
				2-4	Mobile Market – <i>Bring Your Own Bag!</i>		
				2-4	Advanced English Conversation (V)		

SATURDAY, NOV. 15	MONDAY, NOV. 17	TUESDAY, NOV. 18	WEDNESDAY, NOV. 19
9-3 Drop-In Programs	10-11:30 Veterans Appreciation	9-9:45 Strength Training Challenge	10-12 Android Basics
	10-12 Pictures to Device		10-12 Gift Shop Crafts
	10:30-12 Painting with Cathy	9-1:30 Piano Lessons	7-10 RSI Bingo
	1-2 Stress Reduction & Meditation	10-10:50 Forever Fit	
		10-12 60+ English (L2/L3)	
		10-12 Android Basics	
		11-11:45 Kickboxing & Self Defense	
		11-12 Aerobic Workout	
		12:15-1 Pelvic Floor – Level 2	
		1-2 Arthritis Foundation Exercise (V)	
		1-2:30 Dementia-Related Behaviors (Hybrid)	
		1-2:30 Would You Rather? (V)	
		1-3 Bridge – Beginner I	
		1:15-2 Beginner Pilates	
		1:15-2:15 Cardio Motion	
		1:30-3 Helping Hands Knitters	
		1:45-2:20 Handbells #1	
		2-4 Advanced English Conversation (V)	
		2:30-3:10 Handbells #2	
		2:30-3:15 Cardio Drumming	
THURSDAY, NOV. 20	FRIDAY, NOV. 21	SATURDAY, NOV. 22	MONDAY, NOV. 24
9-12 Practice Lab	9:30-12 Drop-In Chess	9-3 Drop-In Programs	10-12 Windows 11 Tips
10-11:30 Turkey Trot	11-12 Managing Stress (V)		1-2 Stress Reduction & Meditation
10-12 60+ English (L2/L3)	1-3 In-Person Movie		
10:30-12 Japanese Language & Culture	1:30-4 Drop-In Bridge		
11:30-1 Friendsgiving Lunch			
1-3 In-Person Movie			
1:30-2:30 Better Breathers Club			
1-2:30 Positive Aging Alone (V)			
2-4 Advanced English Conversation (V)			
TUESDAY, NOV. 25	WEDNESDAY, NOV. 26	THURSDAY, NOV. 27	FRIDAY, NOV. 28
9-1:30 Piano Lessons	10-12 Pictures to Device	Center closed Thursday, Nov. 27 in observance of Thanksgiving. 	Center closed Friday, Nov. 28 in observance of Thanksgiving. 
10-12 60+ English (L2/L3)	10-12 Gift Shop Crafts		
10-12 Windows 11 Tips			
1-2:30 Brain Games (V)			
1-3 Bridge – Beginner I			
1:15-2 Beginner Pilates			
1:30-3 Helping Hands Knitters			
1:45-2:20 Handbells #1			
2-4 Advanced English Conversation (V)			
2:30-3:10 Handbells #2			
SATURDAY, NOV. 29			
9-3 Drop-In Programs	Rockville Senior Center 1150 Carnation Drive Rockville, MD 20850 seniorcenter@rockvillemd.gov rockvillemd.gov/seniorcenter 240-314-8800 Want to go paperless? Call 240-314-8800, email seniorcenter@rockvillemd.gov or visit the center in person to unsubscribe from our mailing list. You may view, share and print this newsletter at rockvillemd.gov/seniorcenter. Alternatively, you may subscribe to our bimonthly e-newsletter which features extras not seen in here such as photos, member testimonials and registration reminders. Call, email or visit rockvillemd.gov/seniorcenter to subscribe.		
	Building Hours Monday-Friday Saturday 8:30 a.m.-5 p.m. 9 a.m.-3 p.m.		
	Fitness Room Hours Monday-Thursday 7 a.m.-7 p.m.		
	Friday Saturday 7 a.m.-5 p.m. 9 a.m.-3 p.m.		