

THURSDAY, JAN. 1	FRIDAY, JAN. 2	SATURDAY, JAN. 3	MONDAY, JAN. 5
Building Closed 	Drop In Programs	Drop In Programs	10:30-11:30 The 1980's (V) 1-2:30 Piecemakers 1-2 Stress Reduction/ Meditation
TUESDAY, JAN. 6	WEDNESDAY, JAN. 7	THURSDAY, JAN. 8	FRIDAY, JAN. 9
9:30-2 Watercolor Int (V) 10-11 Crossing the Potomac 1-2:30 Honest Aging (V) 1:30-3 Helping Hands 3-4:15 Fitness Workshop: Basic Self Defense & Safety	9:30-11:30 Watercolor Beg. 10:30-12 Memory Screening 1:30-2:30 Fitness Workshop: Balanced Joy Workshop 12-2 Watercolor Adv. 7-10 RSI Bingo	10-12 Paint Pouring 11-12 Grupo de Apoyo Hispano 1-2:30 Living & Learning (V) 1-2:15 Fitness Workshop: Embracing Winter Meditation 1-3 In Person Movie	9:30-12 Drop In Chess 10-12 Medicare Q & A 11-12 Managing Stress (V) 1-3 In Person Movie 1:30-4 Drop in Bridge
SATURDAY JAN. 10	MONDAY, JAN. 12	TUESDAY, JAN. 13	WEDNESDAY, JAN. 14
Drop In Programs	9-9:45 Total Conditioning Workout 10-10:50 Easy Zumba 10-12 English 1 & 4 10:30-11:30 1980's Movies (V) 11-12 Chair Exercise 12:15-1:05 Total Body Sculpt 1-2:30 Piecemakers 1-2 Stress Reduction/ Meditation 1:15-2 Balance Matters 2-3:30 Spanish: Just the Basic (V) 2:15-3 Stretching & Flexibility Coach	9-1:30 Piano Lessons 9-9:45 Strength Training Challenge 9:30-2 Watercolor Int (V) 10-10:50 Forever Fit 10-11:30 What Did You Say? 10-12 English 2 & 3(V) 11-12 Aerobic Workout 11-12 Wintry Worlds (V) 11-11:45 Kickboxing & Self Defense 1-3 Beg. Bridge II 1-2 Science Tuesday 1-2 Arthritis Foundation (V) 1-2:30 Brain Games (V) 1:15-2 Beg. Pilates 1:15-2:15 Cardio Motion 1:30-3 Birthday Party 1:30-3 Helping Hands 1:45-2:20 Handbells 1 2-3:30 Spanish Cont (V) 2-4 English Convo (V) 2:30-3:15 Cardio Drumming 2:30-3:10 Handbells 2	9-9:30 Body Blast 9:30-11:30 Watercolor Beg. 10-10:50 Easy Zumba 10-11 National Radon Action Month 10-11 Yoga for You 10-12 English 1 & 4 10-12 Gift Shop Crafts 11-11:30 Stretch & Energize 11:15-12:05 Line Dancing 12-2 Watercolor Adv. 12:15-1:05 Total Body Fit 1:15-2 Balance Challenge 2-3:30 Spanish: Just the Basic (V) 2:15-3 Restorative Yoga 7-10 RSI Bingo

THURSDAY, JAN. 15		FRIDAY, JAN. 16		SATURDAY, JAN. 17		MONDAY, JAN. 19	
9-9:45	Strength Training Challenge	9-9:45	Total Conditioning Workout	10-10:45	LaBlast Dance Fitness	Building Closed 	
10-10:50	Forever Fit	9:30-12	Drop In Chess	11-11:45	Standing Strength & Balance		
10-11	Intro to Card Magic	10-11	Yoga for You				
10-12	English 2 & 3(V)	11-12	Managing Stress (V)				
11-12	Aerobic Workout	11:15-12	Bilingual Yoga with a Chair				
11-12	Grupo de Apoyo Hispano	11:15-12	Easy Feet				
11:15-12	Chair Yoga	12:15-1:15	Arthritis Foundation				
12:05-12:50	Strength & Stability (V)	1-3	Rockin Around the Senior Center				
12:30-1:30	Fitness Workshop: Male Pelvic Floor Health	1:30-2:15	Zumba Gold				
1-2	Arthritis Foundation (V)	1:30-4	Drop in Bridge				
1-2:30	Aging Alone (V)	2:30-3	30-Minute Stretch & Unwind				
1:30-2:30	Better Breathers						
12:45-1:45	Tahi Chi Level 1						
2-3:30	Spanish Cont (V)						
2-3:15	Fitness Workshop: Winter Fall Prevention Strategies						
2-3	Tai Chi Level 2						
2-4	English Convo (V)						
TUESDAY, JAN. 20		WEDNESDAY, JAN. 21		THURSDAY, JAN. 22		FRIDAY, JAN. 23	
9-1:30	Piano Lessons	9-9:30	Body Blast	9-9:45	Strength Training Challenge	9-9:45	Total Conditioning Workout
9-9:45	Strength Training Challenge	9:30-11:30	Beg. Watercolor	9:30-10:45	Book Club (V)	9:30-12	Drop In Chess
9:30-2	Watercolor Int(V)	10-10:50	Easy Zumba	10-10:50	Forever Fit	10-11	Yoga for You
10-10:50	Forever Fit	10-11	Yoga for You	10-12	English 2 & 3(V)	10-12	Supervised Bridge Play
10-12	English 2 & 3(V)	10-12	Gift Shop Crafts	10:30-12	Japenese Language & Culture	11-12	Managing Stress (V)
11-11:45	Kickboxing & Self Defense	11-11:30	Stretch & Energize	11-12	Aerobic Workout	11:15-12	Bilingual Yoga with a Chair
11-12	Aerobic Workout	11:15-12:05	Line dancing	11-12	Grupo de Apoyo Hispano	11:15-12	Easy Feet
12:15-1:15	Fitness Workshop: Female Pelvic Floor Health	12-2	Adv. Watercolor	12:05-12:50	Strength & Stability(V)	12:15-1:15	Arthritis Foundation
1-2	Arthritis Foundation (V)	1:15-2	Balance Challange	11:15-12	Chair Yoga	1-3	In Person Movie
1-2:30	Post with Purpose	2-3:30	Spanish: Just the Basic (V)	12:30-1:30	Fitness Workshop: Male Pelvic Floor Health	1:30-4	Drop in Bridge
1-2:30	Honest Aging (V)	2:15-3	Restorative Yoga	12:45-1:45	Tai Chi Level 1	1:30-2:15	Zumba Gold
1-3	Beg. II Bridge	7-10	RSI Bingo	1-2:30	Honey, Can You Hear Me?	2:30-3	30-Minute Stretch & Unwind
1-3	Pressed Flower Frame			1-2	Arthritis Foundation (V)		
1:15-2	Beg. Pialtes			1-3	In Person Movie		
1:30-3	Helping Hands			2-3:30	Spanish Cont (V)		
1:45-2:30	Handbells 1			2-2:45	Afternoon Yoga & Relaxation		
1:15-2:15	Cardio Motion			2-4	English Convo(V)		
2-3:30	Spanish Cont (V)			2-3	Tai Chi Level 2		
2-4	English Convo(V)						
2:30-3:10	Handbells 2						
2:30-3:15	Cardio Drumming						

SATURDAY, JAN. 24		MONDAY, JAN. 26		TUESDAY, JAN. 27		WEDNESDAY, JAN. 28	
10-10:45	LaBlast Dance Fitness	9-9:45	Total Conditioning Workout	9-1:30	Piano Lessons	9-9:30	Body Blast
11-11:45	Standing Strength & Balance	10-10:50	Easy Zumba	9-9:45	Strength Training Challenge	9:30-11:30	Watercolor Beg.
		10-12	English 1 & 4	9:30-2	Watercolor Int(V)	10-10:50	Easy Zumba
		10:30-11:30	Montgomery County Schools: Wooton(V)	10-10:50	Forever Fit	10-11	Yoga for You
		11-12	Chair Exercise	10-11	Story with Erin(V)	10-12	English 1 & 4
		12:15-1:05	Total Body Sculpt	10-12	English 2 & 3(V)	11-11:30	Stretch & Energize
		1-2	Stress Reduction/ Meditation	10:30-12	Paint with Cathy	11:15-12:05	Line dancing
		1-2	Egyptomania (V)	11-11:45	Kickboxing & Self Defense	12-2	Watercolor Adv.
		1-2:30	Piecemakers	11-12	Aerobic Workout	12:15-1:05	Total Body Fit
		1:15-2	Balance Matters	12:15-1:15	Fitness Workshop: Female Pelvic Floor Health	1:15-2	Balance Challenge
		2-3:30	Spanish: Just the Basic (V)	1-2	Arthritis Foundation (V)	2-3:30	Spanish: Just the Basic (V)
		2:15-3	Stretching & Flexibility Coach	1-2:30	Brain Games (V)	2:15-3	Restorative Yoga
				1-3	Beg. II Bridge	7-10	RSI Bingo
				1:30-3	Helping Hands		
				1:15-2	Beg. Pilates		
				1:15-2:15	Cardio Motion		
				1:45-2:20	Handbells 1		
				2-3:30	Spanish Cont (V)		
				2-4	English Convo(V)		
				2:30-3:15	Cardio Drumming		
				2:30-3:10	Handbells 2		
THURDAY, JAN. 29		FRIDAY, JAN. 30		SATURDAY, JAN. 31			
9-9:45	Strength Training Challenge	9-9:45	Total Conditioning Workout	10-10:45	LaBlast Dance Fitness	Rockville Senior Center 1150 Carnation Drive Rockville, MD 20850 seniorcenter@rockvillemd.gov rockvillemd.gov/seniorcenter 240-314-8800 Fitness Room Hours Monday-Thursday 7 a.m.-7 p.m. Friday 7 a.m.-5 p.m. Saturday 9 a.m.-3 p.m. Office Hours Monday-Friday 8:30 a.m.-5 p.m.	
10-10:50	Forever Fit	9:30-12	Drop In Chess	11-11:45	Standing Strength & Balance		
10-11:30	Stay Steady, Stay Active	10-11	Yoga for You				
10-12	English 2 & 3(V)	10-12	Supervised Bridge Play				
10:30-12	Japanese Language & Culture	11-12	Managing Stress(V)				
11-12	Aerobic Workout	11:15-12	Bilingual Yoga with a Chair				
11-12	Grupo de Apoyo Hispano	11:15-12	Easy Feet				
11:15-12	Chair Yoga	12:15-1:15	Arthritis Foundation				
12:05-12:50	Strength & Stability(V)	1:30-4	Drop In Bridge				
12:30-1:30	Fitness Workshop: Male Pelvic Floor Health	1:30-2:15	Zumba Gold				
12:45-1:45	Tai Chi Level 1	2:30-3	30-Minute Stretch & Unwind				
1-2	Arthritis Foundation (V)						
1-2	Eat Smart, Age Strong (V)						
2-3:30	Spanish Cont (V)						
2-2:45	Afternoon Yoga & Relaxation						
2-3	Tai Chi Level 2						
2-4	English Convo(V)						



WINTER

WORD SEARCH



WORD LIST

BOOTS
CHILLY
COAT
COLD
FEBRUARY
FIREPLACE
FLURRIES
FREEZE
FROST
FROSTBITE
HIBERNATE
HOLIDAY
HOT CHOCOLATE
ICE SKATING
ICICLE
IGLOO
JACKET
MITTENS
NEW YEAR
PENGUIN
SCARF
SKIING
SLEIGH
SNOW
SNOWFLAKE
SNOWMAN
SOLSTICE
WINTER

Q	X	G	H	O	L	I	D	A	Y	F	E	F
R	D	I	W	I	N	T	E	R	E	C	C	R
A	S	T	O	O	B	U	Q	O	T	I	T	E
E	D	S	N	O	W	M	A	N	A	R	H	E
Y	E	J	A	C	K	E	T	N	L	V	W	Z
O	P	Q	B	X	L	P	F	S	O	F	S	E
W	B	P	S	U	E	R	O	M	C	N	B	W
E	Q	C	J	N	A	L	D	F	O	N	B	G
N	V	M	G	C	S	A	R	W	H	E	N	H
A	N	U	S	T	U	O	F	X	C	I	Z	X
W	I	D	I	I	S	L	L	M	I	S	P	B
N	H	C	W	T	A	M	Z	K	T	S	B	D
D	E	X	B	K	C	I	S	E	O	N	S	E
H	B	I	E	P	I	T	S	T	H	O	B	P
C	T	R	E	N	C	T	N	A	F	W	T	S
E	S	N	C	X	E	E	A	N	R	K	A	E
A	O	T	A	M	L	N	G	R	O	F	O	I
C	H	F	L	J	S	S	Y	E	E	R	C	R
Q	Z	E	P	X	K	Y	K	B	Q	O	W	R
I	C	B	E	F	A	H	U	I	U	S	Y	U
C	H	R	R	N	T	Z	G	H	X	T	X	L
I	I	U	I	K	I	B	A	I	F	V	M	F
C	L	A	F	G	N	J	E	M	E	Y	Z	K
L	L	R	Q	I	G	L	O	O	Z	L	H	O
E	Y	Y	D	L	O	C	P	L	H	A	S	B

