

MONDAY, MARCH 2		TUESDAY, MARCH 3		WEDNESDAY, MARCH 4		THURSDAY, MARCH 5	
9-9:45	Total Conditioning Workout	8:30a	Spring Registration: Members/City of Rockville Residents	9-9:30	Body Blast	9-9:45	Strength Training Challenge
9:30-4:30	AARP Tax Help	9-1:30	Piano Lessons	9:30-11:30	Watercolor Beg.	9-12	Practice Lab
10-10:50	Easy Zumba	9-9:45	Strength Training Challenge	10-10:50	Easy Zumba	10-10:50	Forever Fit
10-12	English 1 & 4	10-10:50	Forever Fit	10-11	Yoga for You	10-11	Awakening Joy
10-12	Managing Your Files	10-12	English 2 & 3(V)	10-12	English 1 & 4	10-11	Geology Rocks
11-12	Chair Exercise	10-12	PC New Users	10-12	PC Malware	10-12	English 2 & 3(V)
12:15-1:05	Total Body Sculpt	11-12	Aerobic Workout	10-12	Gift Shop Crafts	10:30-12	Japanese Language & Culture
12:30-2	Improv Positivity	11-11:45	Kickboxing & Self Defense	10:30-12	Memory Screenings	11-12	Aerobic Workout
1-2:30	Piecemakers	1-2	Arthritis Foundation (V)	11-11:30	Stretch & Energize	11-12	Grupo de Apoyo Hispano
1-2	Stress Reduction/Meditation	1-2:30	Honest Aging(V)	11:15-12:05	Line Dancing	11-12	Chair Yoga
1-2	Table Tennis Beg. I	1-3	Beg. Bridge II	1-2	Table Tennis Beg. II	11-12	Grupo de Apoyo Hispano
1:15-2	Balance Matters	1:15-2	Beg. Pilates	12-2	Watercolor Adv.	11:15-12	Chair Yoga
2:15-3	Stretching & Flexibility Coach	1:15-2:15	Cardio Motion	12:15-1:05	Total Body Fit	12:05-12:50	Strength & Stability: Lunchtime Fitness (V)
		1:30-3	Helping Hands	1:15-2	Balance Challenge	12:45-1:45	Tai Chi Level #1
		1:45-2:20	Handbells #1	2:15-3	Restorative Yoga	1-2	Arthritis Foundation (V)
		2-4	English Convo (V)	7-10	RSI Bingo	1-2:30	Positive Aging Alone (V)
		2:30-3:15	Cardio Drumming			1-2:30	Proven Supplements are Important
		2:30-3:10	Handbells #2			2-2:45	Afternoon Yoga & Relaxation
						2-4	English Convo(V)
						2-3	Tai Chi Level #2
FRIDAY, MARCH 6		SATURDAY, MARCH 7		MONDAY, MARCH 9		TUESDAY, MARCH 10	
9-9:45	Total Conditioning Workout	9-2:30	AARP Tax Help	9-9:45	Total Conditioning Workout	9-9:45	Strength Training Challenge
9:30-12	Drop In Chess	10-10:45	LaBlast Dance Fitness	9:30-4:30	AARP Tax Help	9-1:30	Piano Lessons
10-11	Yoga for You	11-11:45	Standing Strength & Balance	10-10:50	Easy Zumba	10-10:50	Forever Fit
10-11:30	Lifelong Learning			10-12	English 1 & 4	10-12	English 2 & 3(V)
11-12	Managing Stress (V)			10-12	Windows 11 Tips	10-12	Windows 11 Tips
11:15-12	Bilingual Yoga with a Chair			10:30-11:30	A Decade of Transformation-1982 (V)	11-12	Aerobic Workout
11:15-12	Easy Feet			11-12	Chair Exercise	11-11:45	Kickboxing & Self Defense
12:15-1:15	Arthritis Foundation			12:15-1:05	Total Body Sculpt	1-2	Science Tuesday
1-2	Table Tennis Int.			12:30-2	Improv Positivity	1-2	Arthritis Foundation (V)
1:30-4	Drop in Bridge			1-2	Stress Reduction/Meditation	1-2:30	Brain Games (V)
1:30-2:15	Zumba Gold			1-2	Table Tennis Beg. I	1-3	Beg. Bridge II
2:30-3	30-Minute Stretch & Unwind			1-2	Mission to Mars(V)	1:15-2	Beg. Pilates
				1-2	Table Tennis Beg. I	1:15-2:15	Cardio Motion
				1-2	Mission to Mars(V)	1:30-3	Helping Hands
				1-3	Pictures to Device	1:45-2:20	Handbells #1
				1-2:30	Piecemakers	2-4	English Convo (V)
				1:15-2	Balance Matters	2:30-3:15	Cardio Drumming
				2:15-3	Stretching & Flexibility Coach	2:30-3:10	Handbells #2



WEDNESDAY, MARCH 11		THURSDAY, MARCH 12		FRIDAY, MARCH 13		SATURDAY, MARCH 14	
9-9:30	Body Blast	9-9:45	Strength Training Challenge	9-9:45	Total Conditioning Workout	9-2:30	AARP Tax Help
10-10:50	Easy Zumba					10-10:45	LaBlast Dance Fitness
10-11	Yoga for You	9-12	Practice Lab	9:30-12	Drop In Chess	11-11:45	Standing Strength & Balance
10-12	Protect Yourself	10-10:50	Forever Fit	10-11	Yoga for You		
10-12	Backup & Restore	10-11	Awakening Joy	11-12	Managing Stress (V)		
10-12	English 1 & 4	10-12	English 2 & 3(V)	11:15-12	Bilingual Yoga with a Chair		
10-12	Gift Shop Crafts	10:30-12	Japanese Language & Culture	11:15-12	Easy Feet		
10-3	AARP Driving Safety	11-12	Aerobic Workout	12:15-1:15	Arthritis Foundation		
11-11:30	Stretch & Energize	11-12	Grupo de Apoyo Hispano	1-3	In Person Movie		
11:15-12:05	Line Dancing	11:15-12	Chair Yoga	1:30-4	Drop in Bridge		
12:15-1:05	Total Body Fit	12:05-12:50	Strength & Stability: Lunchtime Fitness (V)	1:30-2:15	Zumba Gold		
1:15-2	Balance Challenge	12:45-1:45	Tai Chi Level #1	2:30-3	30-Minute Stretch & Unwind		
2:15-3	Restorative Yoga	1-2	Arthritis Foundation (V)				
7-10	RSI Bingo	1-2:30	Living & Learning (V)				
		1-3	In Person Movie				
		2-2:45	Afternoon Yoga & Relaxation				
		2-3	Tai Chi Level #2				
		2-4	English Convo(V)				
MONDAY, MARCH 16		TUESDAY, MARCH 17		WEDNESDAY, MARCH 18		THURSDAY, MARCH 19	
9-9:45	Total Conditioning Workout	9-9:45	Strength Training Challenge	10-10:50	Easy Zumba	9-12	Practice Lab
9:30-4:30	AARP Tax Help	9-1:30	Piano Lessons	10-11	Yoga for You	10-11	Awakening Joy
10-10:50	Easy Zumba	10-12	English 2 & 3(V)	10-11	Coffees, Questions, Connections	10-12	English 2 & 3(V)
10-12	English 1 & 4	10-12	iPhone Basics	10-12	English 1 & 4	10:30-12	Japanese Language & Culture
10-12	iPhone Basic	11-11:45	Kickboxing & Self Defense	10-12	Gift Shop Crafts	11-12	Grupo de Apoyo Hispano
10:30-11:30	1982 Movies	1-2	AI Copilot	10-12	Windows Security	11-1	YIH Mtg.
11-12	Chair Exercise	1-2:30	Honest Aging (V)	11-11:30	Stretch & Energize	11:15-12	Chair Yoga
12-1	Memory Cafe	1:15-2	Beg. Pilates	11:15-12:05	Line Dancing	1:30-2:30	Better Breathers
12:15-1:05	Total Body Sculpt	1:15-2:15	Cardio Motion	1:15-2	Balance Challenge	1-2:30	Positive Aging Alone (V)
12:30-2	Improv Positivity	1:30-3	Helping Hands	2:15-3	Restorative Yoga	2-2:45	Afternoon Yoga & Relaxation
1-2	Stress Reduction/Meditation	1:45-2:20	Handbells #1	7-10	RSI Bingo	2-4	English Convo(V)
1-2	AI Copolit	2-4	English Convo (V)				
1-2	A House Divided: Civil War(V)	2:30-3:10	Handbells #2				
1:15-2	Balance Matters	2:30-3:15	Cardio Drumming				
2:15-3	Stretching & Flexibility Coach						

FRIDAY, MARCH 20		SATURDAY, MARCH 21		MONDAY, MARCH 23		TUESDAY, MARCH 24	
9:30-12	Drop In Chess	9-2:30	AARP Tax Help-Super Saturday	9-9:45	Total Conditioning Workout	9-1:30	Piano
10-11	Yoga for You					9:30-2	Watercolor Int. (V)
10-11:30	Take Note	10-10:45	LaBlast Dance Fitness	9:30-4:30	AARP Tax Help	10-10:45	Exercise Spring Camp: Cardio Drumming
11-12	Managing Stress (V)			10-10:50	Easy Zumba		
11:15-12	Bilingual Yoga with a Chair			10-12	Optimize Your PC	10-12	Optimize your PC
11:30-1	Willing 3C's			10-12	English 1 & 4	10:30-12	Painting with Cathy
1-2:15	Broadway Dance Party			10:30-11:30	Montgomery County Schools: Julius West	11:12:15	Spring Camp Workshop: Better Digestion
1:30-4	Drop in Bridge			11-12	Chair Exercise	1-2	History Alive
				12:15-1:05	Total Body Sculpt	1-2	AI Chat GPT
				12:30-2	Stand-Up Workshop	1:45-2:20	Handbells#1
				1-2	Stress Reduction/Meditation	2:30-3:10	Handbells #2
				1-2	AI ChatGPT	1-2:30	Brain Games (V)
				1-2	Boon to Bust (V)	1:30-3	Helping Hands
				1:15-2	Balance Matters	2-3:30	Spanish Cont (V)
				2:15-3	Stretching & Flexibility Coach		
WEDNESDAY, MARCH 25		THURSDAY, MARCH 26		FRIDAY, MARCH 27		SATURDAY, MARCH 28	
9:30-11:30	Watercolor Beg.	9-12	Practice Lab	9:30-12	Drop In Chess	9-2:30	AARP Tax Help
10-10:50	Exercise Spring Camp: Line Dancing	9:30-10:45	Book Club(V)	11-12	Managing Stress (V)		
10-10:50	Easy Zumba	10-10:50	Exercise Spring Camp: Forever Fit	1-3	In Person Movie		
10-11	Duffers Mtg.	10-11	Awakening Joy	1:30-4	Drop in Bridge		
10-12	English 1 & 4	10:30-12	Japanese Language & Culture				
10-12	Avoiding PC Scams	11-12	Grupo de Apoyo Hispano				
10-12	Gift Shop Crafts	11-12:15	Exercise Spring Camp: Stretching for Stiff Joints				
11-12:15	Exercise Spring Camp: Stretching for Stiff Joints	1-2	Unlocking Thyroid Health				
11:30-1	Red Hats Mtg.	1-2	Native Pollinators				
12-2	Watercolor Adv.	1-3:40	In Person Movie				
7-10	RSI Bingo	2-3:30	Spanish Cont (V)				
		2-4	Mobile Market				
MONDAY, MARCH 30		TUESDAY, MARCH 31					
9:30-4:30	AARP Tax Help	9-2	Watercolor Int.(V)				
10-10:50	Easy Zumba	10-12	Chromebook Basic				
10-12	Chromebook Basic	1-3	Bridge Beg III				
11-12	Chair Exercise	1:30-3	Helping Hands				
12:30-2	Stand-Up Workshop	1:45-2:20	Handbells #1				
1-2	Stress Reduction/Meditation	2:30-3:10	Handbells #2				
1-2:30	Piecemakers						
2:15-3	Stretching & Flexibility Coach						

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- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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