



WEDNESDAY, APRIL 1		THURSDAY, APRIL 2		FRIDAY, APRIL 3		SATURDAY, APRIL 4	
9:30-11:30	Beg. Watercolor	9-12	Practice Lab	10-12	Drop In Chess	9-2:30	AARP Taxes for Community
10-12	Gift Shop Craft	10-11:15	Fitness Workshop	10-12	Bridge-Supervised Play		
10-11:30	Death Cafe		It's All About Good Posture	11-12	Positive Aging Program		
11:15-12:05	Line Dancing	10-11	Awakening Joy	1:30-3	Drop In Bridge		
12-2	Adv. Watercolor	10:30-12	Japanese Culture				
2-3	Fitness Workshop	11-12	Grupo de Apoyo Hispano				
	Relax, Restore, Resonate	1-2:30	Positive Aging Program				
7-10	RSI Bingo						
MONDAY, APRIL 6		TUESDAY, APRIL 7		WEDNESDAY, APRIL 8		THURSDAY, APRIL 9	
9-9:45	Total Conditioning	9-10	Storytelling with Erin A Mother's Love	9-9:30	Body Blast	9-12	Practice Lab
9:30-4:30	AARP Taxes	9-9:45	Strength Training	9:30-11:30	Beg. Watercolor	9-9:45	Strength Training
10-12	iPhone Basics	9:30-2	Int. Watercolor	10-12	60+ English Class	10-12	60+ English Class
10-12	60+ English Class	10-12	PC New Users	10-12	Gift Shop Craft	10-11	Awakening Joy
10-10:50	Easy Zumba	10-12	iPhone Basics	10-11:30	Spring Refresh	10-10:50	Forever Fit
11-12	Chair Exercise	10-12	60+ English Class	10-11	Yoga for You	11-12	Aerobic Workout
12:15-1:05	Total Body Sculpt	10-10:50	Forever Fit	10-10:50	Easy Zumba	11-12	Grupo de Apoyo Hispano
12:30-2	Stand-Up Workshop	11-12:30	Cooking with Chef Alba	11-11:30	Stretch & Energize Mindful Flexibility	11:15-12	Chair Yoga
1-2:30	Piecemakers	11-12	Aerobic Workout	11:15-12:05	Line Dancing	12:05-12:50	Strength and Stability
1-2	AI Copilot	11-11:45	Kickboxing and Self Defense	12-2	Adv. Watercolor	1-3	In Person Movie
1-2	Stress Reduction/Meditation	1-3	Bridge Beg. III	12:15-1:05	Total Body Fit	1-3	Welcome Mat Masterpiece
1:15-2	Balance Matters	1-2:30	Back Pain from Stenosis and Dry Needling	1-2:30	Obstructive Sleep Apnea	1-2:30	Positive Aging
2-3:30	Spanish for 60+	1-2:30	Positive Aging	1:15-2	Balance Challenge	1-2	Arthritis Foundation
2:15-3	Stretching and Flexibility Coach	1-2 AI	Copilot	2-3:30	Spanish for 60+	2-4	60+ English Class
		1-2	Arthritis Foundation	2:15-3	Relax, Rejuvenate, Resonate	2-3:30	Spanish for 60+
		1:15-2:15	Cardio Motion	7-10	RSI Bingo	2-2:45	Afternoon Yoga and Relaxation
		1:15-2	Beg. Pilates				
		1:30-3	Helping Hands				
		2-4	60+ English				
		2-3:30	Spanish for 60+				
		2:30-3:15	Cardio Drum				



FRIDAY, APRIL 10		SATURDAY, APRIL 11		MONDAY, APRIL 13		TUESDAY, APRIL 14	
9-9:45	Total Conditioning	9-2:30	AARP Taxes for Community	9-9:45	Total Conditioning	9-1:30	Piano Lessons
10-12	Drop In Chess			9:30-4:30	AARP Taxes	9-9:45	Strength Training
10-12	Bridge Supervised Play			10-12	Managing Your Files	9:30-2	Int. Watercolor
10-11	Yoga for You			10-12	60+ English	10-12	Android Basics
11-12	Positive Aging Program			10-10:50	Easy Zumba	10-12	60+ English
11:15-12	Bilingual Yoga with a Chair			10:30-11:30	Betty Figlure Celebration of Life	10-12	Mosaic Trays
11:15-12	Easy Feet			10:30-11:30	The 1980s: A Decade of Transformation	10-10:50	Forever Fit
12:15-1:15	Arthritis Foundation			11-12	Chair Exercise	11-12	Wonderland of Rocks
1-3	In person Movie			12:15-1:05	Total Body Sculpt	11-11:45	Aerobic Workout
1:30-3	Drop In Bridge			12:30-2	Stand-Up Workshop	11-11:45	Kickboxing and Self Defense
1:30-2:15	Zumba Gold			1-2:30	Piecemakers	12-1:15	Fitness Workshop
2:30-3	30-Minute Stretch and Unwind			1-2	AI ChatGPT	1-3	Female Pelvic Floor
				1-2	Stress Reduction/Meditation	1-2:30	Bridge Beg. III
				1-2	The Lewis and Clark Expedition	1-2:30	Positive Aging
				1-2	Balance Matters	1-2:30	Preventing Muscle Loss
				2-3:30	Spanish for 60+	1-2	AI ChatGPT
				2:15-3	Stretching and Flexibility Coach	1-2	Arthritis Foundation
						1-2	Science Tuesdays
						1-2	Cardio Motion
						1:15-2:15	Beg. Pilates
						1:30-3	Birthday Party
						1:30-3	Helping Hands
						1:30-2:25	Handbells #1
						2-4	60+ English
						2-3:30	Spanish for 60+
						2:30-3:25	Handbells #2
						2:30-3:15	Cardio Drum
WEDNESDAY, APRIL 15		THURSDAY, APRIL 16		FRIDAY, APRIL 17		SATURDAY, APRIL 18	
9-9:30	Body Blast	9-12	Practice Lab	9-9:45	Total Conditioning	10-1	Rockville Villages Go Green
9:30-11:30	Beg. Watercolor	9-10	Piano Lessons	10-12	Drop In Chess	10-10:45	LaBlast Dance Fitness
10-12	Android Basics	9-9:45	Strength Training	10-12	Bridge - Supervised Play	11-11:45	Standing Strength and Balance
10-12	60+ English Class	10-2	YIH Meeting	10-11	Yoga for You		
10-12	Gift Shop Craft	10-12	60+ English	11-12	Positive Aging Program		
10-11	Yoga for You	10-11	Awakening Joy	11:15-12	Bilingual Yoga with a Chair		
10-10:50	Easy Zumba	10-11	Project Knitwell	11:15-12	Easy Feet		
11-11:30	Stretch & Energize Mindful Flexibility	10-10:50	Forever Fit	11:30-1	Willing 3Cs Mtg.		
11:15-12:05	Line Dancing	10:30-12	Japanese Culture	12:15-1:15	Arthritis Foundation		
12-2	Adv. Watercolor	11-12	Aerobic Workout	1:30-3	Drop In Bridge		
12:15-1:05	Total Body Fit	11-12	Grupo de Apoyo Hispano	1:30-2:15	Zumba Gold		
1:15-2	Balance Challenge	11:15-12	Chair Yoga	2:30-3	30-Minute Stretch and Unwind		
2-3:30	Spanish for 60+	12:05-12:50	Strength and Stability				
2:15-3	Relax, Rejuvenate, Resonate	12:30-1:45	Fitness Workshop Male Pelvic Floor				
7-10	RSI Bingo	1-2:30	Positive Aging				
		1-2	Arthritis Foundation				
		1:30-2:30	Better Breathers Club				
		2-4	60+ English				
		2-3:30	Spanish for 60+				
		2-2:45	Afternoon Yoga and Relaxation				



MONDAY, APRIL 20		TUESDAY, APRIL 21		WEDNESDAY, APRIL 22		THURSDAY, APRIL 23	
9-9:45	Total Conditioning Workout	9-1:30	Piano Lessons	9-9:30	Body Blast	9-12	Practice Lab
10-12	60+ English	9-9:45	Strength Training	9:30-11:30	Beg. Watercolor	9-1:30	Piano Lessons
10-10:50	Easy Zumba	9:30- 2	Int. Watercolor	10-2	Red Hat Mtg.	9-9:45	Strength Training Challenge
10:30-11:30	1980s Movies Based on Real People	10-12	60+ English	10-12	60+ English	9:30-10:45	Book Club
11-12	Chair Exercise	10-12	Using Quick Keys	10-12	Gift Shop Craft	10-5	Mobile Market
12-1	Memory Cafe	10-11:30	Staying Healthy & Independent	10-12	Using Quick Keys	10-12	60+ English Class
12:15-1:05	Total Body Sculpt	10-10:50	Forever Fit	10-10:50	Easy Zumba	10-11	Awakening Joy
12:30-2	Stand-Up Workshop	11-12	Aerobic Workout	11-11:30	Stretch & Energize Mindful Flexibility	10-11	Project Knitwell
1-2:30	Piecemakers	11-11:45	Kickboxing and Self Defense	12-2	Adv. Watercolor	10-10:50	Forever Fit
1-2	Owls - Silent Hunters	12:15-1:30	Fitness Workshop Female Pelvic Floor	12:15-1:05	Total Body Fit	10:30-12	Japanese Culture
1-2	Stress Reduction/Meditation	1-3	Bridge Beg. III	1-2	Finding PC Malware	11-12:30	YIH Meeting
1:15-2	Balance Matters	1-2:30	Positive Aging	1:15-2	Balance Challenge	11-12	Aerobic Workout
2-3:30	Spanish for 60+	1-2	Arthritis Foundation	2-3:30	Spanish for 60+	11-12	Grupo de Apoyo Hispano
2:15-3	Stretching and Flexibility Coach	1:15-2:15	Cardio Motion	2-3:30	Relax, Rejuvenate, Resonate	11:15-12	Chair Yoga
		1:15-2	Beginner Pilates	7-10	RSI Bingo	12:05-12:50	Strength and Stability
		1:30-3	Helping Hands			12:30-1:45	Fitness Workshop Male Pelvic Floor
		1:30-2:25	Handbells			1-3:30	In Person Movie
		2-4	60+ English			1-2	Arthritis Foundation
		2-3:30	Spanish for 60+			1-2	Smart Skin Care for Healthy Aging
		2:30-3:25	Handbells			2-4	60+ English
		2:30-3:15	Cardio Drum			2-3:30	Spanish for 60+
						2-2:45	Afternoon Yoga and Relaxation
FRIDAY, APRIL 24		SATURDAY, APRIL 25		MONDAY, APRIL 26		TUESDAY, APRIL 28	
9-9:45	Total Conditioning	10-10:45	LaBlast Dance	9-9:45	Total Conditioning	9-1:30	Piano Lessons
10-12	Drop In Chess	11-11:45	Standing Strength and Balance	10-12	60+ English Class	9-9:45	Strength Training
10-12	Bridge - Supervised Play			10-12	iPad Basics	9:30-2	Int. Watercolor
10-11	Yoga for You			10-10:50	Easy Zumba	10-12	60+ English
11-12	Positive Aging Program			10:30-11:30	Montgomery County Schools Named for Famous People	10-12	iPad Basics
11:15-12	Bilingual Yoga with a Chair			11-12	Chair Exercise	10-10:50	Forever Fit
11:15-12	Easy Feet			12:15-1:05	Total Body Sculpt	10:30-12	Painting with Cathy Tulips on Wine Glasses
12:15-1:15	Arthritis Foundation			12:30-2	Improv Positivity	11-12	A History of Sugar and Dessert
1-3:30	In Person Movie			1-2:30	Piecemakers	11-12	Aerobic Workout
1:30-3	Drop In Bridge			1-2	Invasive Species and Biodiversity	11-11:45	Kickboxing and Self Defense
1:30-2:15	Zumba Gold			1-2	Stress Reduction/Meditation	12:15-1:30	Fitness Workshop Female Pelvic Floor
2:30-3	30-Minute Stretch and Unwind			1:15-2	Balance Matters	12:30-1:30	Piano Lessons
				2-3:30	Spanish for 60+	1-3	Bridge - Beg. III
				2:15-3	Stretching and Flexibility Coach	1-2:30	Positive Aging
						1-2	Arthritis Foundation
						1:15-2:15	Cardio Motion
						1:15-2	Beginner Pilates
						1:30-3	Helping Hands
						1:30-2:25	Handbells #1
						2-4	60+ English
						2-3:30	Spanish for 60+
						2:30-3:25	Handbells #2
						2:30-3:15	Cardio Drum
						4:30-6:45	Supper Club



WEDNESDAY, APRIL 29	
9-9:30	Body Blast
9:30-11:30	Beg. Watercolor
10-12	60+ English
10-12	Gift Shop Craft
10-12	Zoom Help
10-11:30	Turning 65?
10-11	Yoga for You
10-10:50	Easy Zumba
11-11:30	Stretch & Energize Mindful Flexibility
11:15-12:05	Line Dancing
12-2	Adv. Watercolor
12:15-1:05	Total Body Fit
1-2	Bingo
1:15-2	Balance Challenge
2-3:30	Spanish for 60+
2:15-3	Senior Fit
2:15-3	Relax, Rejuvenate, Resonate
7-10	RSI Bingo

THURSDAY, APRIL 30	
9-12	Practice Lab
9-10	Piano Lessons
9-9:45	Strength Training
10-12	60+ English
10-11	Project Knitwell
10-10:50	Forever Fit
10:30-12	Japanese Culture
11-12	Aerobic Workout
11-12	Grupo de Apoyo Hispano
11:15-12	Chair Yoga
12:05-12:50	Strength and Stability
12:30-1:45	Fitness Workshop Male Pelvic Floor
12:45-1:45	Tai Chi Level 1
1-2	Arthritis Foundation
2-4	60+ English
2-3:30	Spanish for 60+
2-3	Tai Chi Level 2
2-2:45	Afternoon Yoga and Relaxation

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## SPRING TIME

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

APRIL  
 BIRDS  
 BREEZE  
 BUTTERFLY  
 DAFFODILS  
 FLOWERS  
 GARDEN  
 NATURE  
 PICNIC  
 RAIN  
 RAINBOW  
 SPRING  
 SUNSHINE  
 TULIPS  
 UMBRELLA