





MONDAY, MAY 11		TUESDAY MAY 12		WEDNESDAY, MAY 13		THURSDAY, MAY 14	
9-9:45	Total Conditioning Workout	9-9:45	Strength Training	9-9:30	Body Blast	9-9:45	Strength Training
10-10:50	Easy Zumba	9-1:30	Piano	9:30-11:30	Watercolor Beg.	9-12	Practice Lab
10-12	60+ English	9:30-2:30	Watercolor Int.(V)	10-10:50	Easy Zumba	10-10:50	Forever Fit
10-12	All Things Google	10-10:50	Forever Fit	10-11	Yoga for You	10-12	60+ English
10:30-11:30	1980s Movies Based on Real People: 1984 (V)	10-12	60+ English	10-11:30	Computer Safety & Accessibility	10:30-12	Japanese Culture
11-12	Chair Exercise	10-12	Mandalas	10-12	60+ English	11-12	Aerobic Workout
12:15-1:05	Total Body Sculpt	10-12	All Things Google	10-12	Gift Shop Craft	11-12	Grupo de Apoyo Hispano
12:30-2	Improv Positivity	10-12	Bocce Ball Club	11-11:30	Stretch & Energize	11:15-12	Chair Yoga
1-2	Endangered Species	10-2	Carfit	11:15-12:05	Line Dancing	12:05-12:50	Strength and Stability: Lunchtime
1-2	Stress Reduction/Meditation	11-11:45	Kickboxing and Self Defense	12-2	Watercolor Adv.	12:45-1:45	Tai Chi Level 1
1-2	Table Tennis Beg. I	11-12	Aerobic Workout	12:15-1:05	Total Body Fit	1-2	Arthritis Foundation (V)
1-2:30	Piecemakers Club	1-2	Arthritis Foundation (V)	1-2	Table Tennis Beg. II	1-2:30	Positive Aging Program
1:15-2	Balance Matters	1-2:30	Positive Aging Program	1-3	Chromebook Basics	2-3	Tai Chi Level 2
2:15-3	Stretching and Flexibility	1-3	Bridge Beg. III	1:15-2	Balance Challenge	2-4	English Conversation
		1-3	Chromebook Basics			3:30-4:45	Country Line Dance Party
		1:15-2	Beg. Pilates Foundations			6-7:30	Art Reception
		1:30-2:25	Handbells #1				
		1:30-3	Helping Hands				
		2-4	English Conversation				
		2:30-3:15	Cardio Drumming				
		2:30-3:25	Handbells #2				
		3-4	Carnation Players				
		4:30-6	Wine and Cheese Garden Party				

FRIDAY, MAY 15		SATURDAY, MAY 16		MONDAY, MAY 18		TUESDAY, MAY 19	
9-9:45	Total Conditioning Workout	10-10:45	LaBlast Dance	9-9:45	Total Conditioning Workout	9-9:45	Strength Training
9:30-12	Drop-In Chess	11-11:45	Standing Strength and Balance	10-10:50	Easy Zumba	9-10	Storytelling with Erin A
10-11	Yoga for You			10-12	60+ English	9-1:30	Piano
10-12	Bridge-Supervised Play			10:30-11:30	Montgomery County Schools (V)	10-10:50	Forever Fit
11-12	Positive Aging Program			10:30-12:30	Crafting with Tammy: Suncatchers	10-12	60+ English
11-12	Sing Along with Connie Hughes			11-12	Chair Exercise	10-12	Mandalas
11:15-12	Easy Feet			12:15-1:05	Total Body Sculpt	10-12	Android Basics
11:15-12	Bilingual Yoga with a Chair			12:30-2	Improv Positivity	10-12	Bocce Ball Club
11:30-1	Willing 3C's Club			1-2	Stress Reduction/Meditation	11-11:45	Kickboxing and Self Defense
12:15-1:15	Arthritis Foundation			1-2	Table Tennis Beg. I	11-12	Aerobic Workout
1-2	Table Tennis Int.			1-2:30	Piecemakers Club	1-2	Arthritis Foundation (V)
1:30-2:15	Zumba Gold			1:15-2	Balance Matters	1-2:30	Positive Aging Program
1:30-3:30	Drop-In Bridge			2:15-3	Stretching and Flexibility	1-3	Bridge Beg. III
2:30-3	30-Minute Stretch and Unwind					1:15-2	Beg. Pilates Foundations
						1:15-2:15	Cardio Motion
						1:30-2:25	Handbells #1
						1:30-3	Helping Hands
						2-4	English Conversation
						2:30-3:15	Cardio Drumming
						2:30-3:25	Handbells #2
						3-4	Carnation Players



WEDNESDAY, MAY 20	THURSDAY, MAY 21	FRIDAY, MAY 22	SATURDAY, MAY 23
10-10:50 Easy Zumba 10-12 60+ English 10-12 Gift Shop Craft 10-12 Android Basics 10:30-1 Health Fair 11-11:30 Stretch & Energize Mindful 12:15-1:05 Total Body Fit 1-2 Table Tennis Beg. II 1:15-2 Balance Challenge 7-10 RSI Bingo	9-9:45 Strength Training 9-12 Practice Lab 10-10:50 Forever Fit 10-12 60+ English 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 12:45-1:45 Tai Chi Level 1 1-2 Arthritis Foundation (V) 1-2:30 Positive Aging Program 1-3 In Person Movie 1:30-2:30 Better Breathers Club 2-3 Tai Chi Level 2 2-4 60+ English	9-9:45 Total Conditioning Workout 9:30-12 Drop In Chess 10-11 Yoga for You 10-11:30 A Peace of Mind 11-12 Positive Aging Program 11:15-12 Easy Feet 11:15-12 Bilingual Yoga with a Chair 12:15-1:15 Arthritis Foundation 1-2 Table Tennis Int. 1-3 In Person Movie 1:30-2:15 Zumba Gold 1:30-3:30 Drop In Bridge 2:30-3 30-Minute Stretch and Unwind	10-10:45 LaBlast Dance Fitness 11-11:45 Standing Strength and Balance
MONDAY, MAY 25	TUESDAY, MAY 26	WEDNESDAY, MAY 27	THURSDAY, MAY 28
Building Closed	9-9:45 Strength Training 9-1:30 Piano 10-10:50 Forever Fit 10-12 60+ English 10-12 Windows 11 Tips 10-12 Bocce Ball Club 11-11:45 Kickboxing and Self Defense 11-12 Aerobic Workout 1-2 Arthritis Foundation (V) 1-2:30 Positive Aging Program 1:15-2 Beg. Pilates Foundations 1:15-2:15 Cardio Motion 1:30-2:25 Handbells #1 1:30-3 Helping Hands 2:30-3:15 Cardio Drumming 2:30-3:25 Handbells #2 2-4 English Conversation 3-4 Carnation Players	9-9:30 Body Blast 10-10:50 Easy Zumba 10-11 Yoga for You 10-12 60+ English 10-12 Gift Shop Craft 10-12 Windows 11 Tips 11-11:30 Stretch & Energize 11:15-12:05 Line Dancing 12:15-1:05 Total Body Fit 1-2 Table Tennis Beg. II 1-3 Pictures to Device 1:15-2 Balance Challenge	9-9:45 Strength Training 9-12 Practice Lab 9:30-10:45 Book Club 10-10:50 Forever Fit 10-12 60+ English 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 12:45-1:45 Tai Chi Level 1 1-2 Arthritis Foundation (V) 1-2 Caring for Your Mind as You Age 2-3 Tai Chi Level 2 2-4 English Conversation 2-4 Mobile Market (Bring Your Own Bags)



FRIDAY, MAY 29		SATURDAY, MAY 30	
9-9:45	Total Conditioning Workout	10-10:45	LaBlast Dance Fitness
9:30-12	Drop In Chess	11-11:45	Standing Strength and Balance
10-11	Yoga for You		
11-12	Positive Aging Program		
11:15-12	Easy Feet		
11:15-12	Bilingual Yoga with a Chair		
12:15-1:15	Arthritis Foundation Exercise		
1-2	Table Tennis Int.		
1:30-2:15	Zumba Gold		
1:30-3:30	Drop In Bridge		
2:30-3	30-Minute Stretch and Unwind		

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**Office Hours**  
 Monday-Friday  
 8:30 a.m.-5 p.m.

**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.