

[illegible]

THURSDAY, SEPT. 10		FRIDAY, SEPT. 11		SATURDAY, SEPT. 12		MONDAY, SEPT. 14	
9-12	Practice Lab	9-9:45	Total Conditioning	9-3 Drop In Programs		9-9:45	Total Conditioning
9-9:45	Strength Training	10-11	Yoga for You			10-12	English 1
10-11:30	Winter Ready	11:15-12	Easy Feet			10-12	English 4 (V)
10-12	English 2 & 3 (V)	11:15-12	Bilingual Yoga with a Chair			10-12	iPhone Basics
10-10:50	Forever Fit	12:15-1:15	Arthritis Foundation			10-11	Age Well, Live Well
10:30-12	Japanese Culture	1-3	In Person Movie			10-10:50	Easy Zumba
11-12	Medicare Open Enrollment	1:30-2:15	Zumba Gold			10:30-11:30	1988: Decade of Transformation (V)
11-12	Aerobic Workout	2:30-3	30-Minute Stretch and Unwind			11-12	Chair Exercise
11-12	Grupo de Apoyo Hispano					12:15-1:05	Total Body Sculpt
11:15-12	Chair Yoga					1-3	AI Copilot
12:05-12:50	Strength & Stability (V)					1-2	Grandma Moses
12:45-1:45	Tai Chi Level 1					1-2	Plant Adaptations (V)
1-4:30	Drop In Duplicate Bridge					1-2	Stress Reduction/ Meditation (V)
1-3	In Person Movie					1:15-2	Balance Matters
12	Medicare Open Enrollment					2:15-3	Stretching and Flexibility Coach
1-2	Arthritis Foundation (V)					2-3:30	Spanish Basic (V)
2 - 3	Tai Chi Level 2						
TUESDAY, SEPT. 15		WEDNESDAY, SEPT. 16		THURSDAY, SEPT. 17		FRIDAY, SEPT. 18	
9-9:45	Strength Training	9:30-11:30	Watercolor Beg.	9-12	Practice Lab	9 - 9:45	Total Conditioning
9:30-2	Watercolor Int.(V)	10-1:30	Drop In Duplicate Bridge	9-9:45	Strength Training	10 - 12	Bridge-Intro
10-12	iPhone Basics	10-12	English 1	10-2	Seniors Get Moving	10 - 11	Incredible Insect Migration
10-12	English 2 & 3 (V)	10-12	English 4 (V)	10-10:50	Forever Fit	10 - 11	Yoga for You
10-11	Card Magic Series	10-12	Windows Security	10-12	English 2 & 3 (V)	11:15 - 12	Easy Feet
10-10:50	Forever Fit	10-11:30	Aging in Place 101	10:30-12	Japanese Culture	11:15 - 12	Bilingual Yoga with a Chair
11-12	Aerobic Workout	10-11	Your Story, Your Voice	11-12	Aerobic Workout	12:15 - 1:15	Arthritis Foundation
11-11:45	Kickboxing	10-11	Yoga for You	11-12	Grupo de Apoyo Hispano	1:30 - 2:15	Zumba Gold
12-1	Memory Cafe	10-10:50	Easy Zumba	11-12	Chair Yoga	2:30 - 3	30-Minute Stretch and Unwind
12:15-1	Travel the World	11-11:30	Stretch & Energize	12:05-12:50	Strength & Stability (V)		
1-2	Arthritis Foundation (V)	11:15-12:05	Line Dancing	12:45-1:45	Tai Chi Level 1		
1 - 3	AI Copilot	12-2	Watercolor Adv.	1-2	Arthritis Foundation (V)		
1:15-2:15	Cardio Motion	2-3:30	Spanish Basic (V)	1-2	Arthritis Foundation (V)		
1:15-2	Beg. Pilates	12:15-1:05	Total Body Fit	1:30-2:30	Better Breathers		
2-3:30	Spanish Cont. (V)	1-2	Healthy Sleep	2-3	Tai Chi Level 2		
2:30-3:15	Cardio Drum	1:15-2	Balance Challenge	2-3:30	Spanish Cont. (V)		
4:30-6:45	Supper Club						
SATURDAY, SEPT. 19		MONDAY, SEPT. 21		TUESDAY, SEPT. 22		WEDNESDAY, SEPT. 23	
10 - 10:45	LaBlast Dance	10 - 12	Optimize your PC	9-1:30	Piano Lessons	9:30-11:30	Watercolor Beg.
11-11:45	Standing Strength and Balance	1 - 3	AI ChatGPT	9-9:45	Strength Training	10-12	English 1
				9:30-2	Watercolor Int.(V)	10-12	English 4 (V)
				10-12	Optimize your PC	10-12	Avoiding PC Scams
				10-12	English 2 & 3 (V)	10-11	Your Story, Your Voice
				10-11	Card Magic Series	10-10:50	Easy Zumba
				10-10:50	Forever Fit	11-11:30	Stretch & Energize
				11-12c	Aerobic Workout	12-2	Watercolor Adv.
				11-11:45	Kickboxing	12:15-1:05	Total Body Fit
				12:15-1:30	Fitness Workshop	1-2:30	ASL Basics
				12:15-1	Travel the World	1-2	Table Tennis Beg II
				1-2	Arthritis Foundation (V)	1:15-2	Balance Challenge
				1-3	Bridge - Int.	2-3:30	Spanish Basic (V)
				1-3	AI ChatGPT		
				1:15-2:15	Cardio Motion		
				1:15-2	Beg. Pilates		
				1:30-2:30	Egyptomania (V)		
				1:30-2:25	Handbells #1		
				2-3:30	Spanish Cont. (V)		
				2:30 - 3:25	Handbells #2		
				2:30 - 3:15	Cardio Drum		

THURSDAY, SEPT. 24	FRIDAY, SEPT. 25	SATURDAY, SEPT. 26	MONDAY, SEPT. 28
9-12Practice Lab 9-9:45Strength Training 9:30-10:45Book Club (V) 10-12Saving Claire 10-10:50Forever Fit 10-11Voter Regsitration(V) 10-12English 2 & 3 (V) 10:30-12Japanese Culture 11-12Aerobic Workout 11-12Grupo de Apoyo Hispano 11:15-12Chair Yoga 12:05-12:50Strength & Stability (V) 12:30-1:30Fitness Workshop 12:45-1:45Tai Chi Level 1 1-3In Person Movie 1-2Arthritis Foundation (V) 1-2Stronger Steps(V) 1-2:30Soap Making 2-3Tai Chi Level 2 2-3:30Spanish Cont. (V)	9-9:45Total Conditioning 10-12Bridge-Intro 10-11Yoga for You 11:15-12Easy Feet 11:15-12Bilingual Yoga with a Chair 12:15-1:15Arthritis Foundation 1-3In Person Movie 1-2Table Tennis - Int. 1:30-2:15Zumba Gold 2:30-330-Minute Stretch and Unwind	10-10:45LaBlast Dance 11-11:45Standing Strength and Balance	9-9:45Total Conditioning 10-12English 1 10-12English 4 (V) 10-12Chromebook Basics 10-11Walter Johnson: The Big Train 10-10:50Easy Zumba 10:30-11:301988 Movies Based on Real People (V) 11-12Chair Exercise 12:15-1:05Total Body Sculpt 12:30-2Improv Positivity 1-2:30Piecemakers Club 1-2Stress Reduction/ Meditation (V) 1-2Endangered Species (V) 1- 2Table Tennis - Beg. I 1:15-2Balance Matters 2-3:30Spanish Basic (V) 2:15-3Stretching and Flexibility Coach
TUESDAY, SEPT. 29	WEDNESDAY, SEPT. 30	Ongoing Programs	
9-1:30Piano Lessons 9-9:45Strength Training 9:30-12:30Fall Flu Clinic 9:30-2Watercolor Int.(V) 10-12Chromebook Basics 10-12English 2 & 3 (V) 10-10:50Forever Fit 11-12Aerobic Workout 11-11:45Kickboxing 12:15-1:30Fitness Workshop 12:15-1Travel the World 1-3Bridge - Int. 1:15-2:15Cardio Motion 1:15-2Beg. Pilates 1:30-2:25Handbells #1 2:30-3:25Handbells #2 2:30-3:15Cardio Drum	9 - 9:30Body Blast 9:30 - 11:30Watercolor Beg. 10 - 12English 1 10-12English 4 (V) 10 - 12Backup & Restore PC 10 - 11:30Downsizing 10 - 11Yoga for You 10 - 10:50Easy Zumba 11 - 11:30Stretch & Energize 11:15 - 12:05Line Dancing 12 - 2Watercolor Adv. 12:15 - 1:05Total Body Fit 1 - 2:30Fall Risk Screening 1 - 2Table Tennis - Beg. II 1:15 - 2Balance Challenge 2-3:30Spanish Basic (V)	Tuesdays 1:30-3Helping Hands Wednesdays 7 – 10RSI Bingo Fridays 9:30-12Drop In Chess 1:30-4Drop In Bridge	Rockville Senior Center 1150 Carnation Drive Rockville, MD 20850 seniorcenter@rockvillemd.gov rockvillemd.gov/seniorcenter 240-314-8800 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.