

September Programs & Events

Go4Life-Bilingual Zumba Event

Friday, September 8, 10-11 am

Get ready for the third annual *Go4Life Month* this September! [Go4Life®](#) is an evidence-based exercise and physical activity campaign from the National Institute on Aging (NIA) at NIH dedicated to helping older adults become and stay physically active. During September, older adults are encouraged to do a little more, work out a little harder, and try the 4 exercise types recommended for older adults: endurance, strength, balance, and flexibility. Participate in the endurance segment of this NIH program, Go4Life, with a bilingual Zumba dance class using percussion instruments along with Latin-based music. Please register at the front desk. Course# 2641; FREE

R.S.I. Super Bingo

Saturday, September 9

Doors open at 12 pm and Games start at 1 pm

\$50 to buy in for 12 regular games and 12 special games. Lunch is provided and will be handed out at 12 pm. Prizes include \$100.00 for regular games, \$150.00 for special games, and \$1,000 for Jackpot. Super Bingo games can be purchased during Wednesday Bingo at 7 pm or at the day of at the door. Please call Carol Ricketts at 240-793-4231 for additional questions.

Knights of Columbus

Saturday, September 9, 5 p.m.

Must register at the Transportation Office or call 240-314-8812

limited space

Wine and Cheese Open House

Tuesday, September 12, 5:30-7 pm

Enjoy an evening out to meet new friends and the staff at the Senior Center. Bus transportation is available to City of Rockville residents by calling 240-314-8810. Register for transportation by Sept. 8. Course# 1022; \$3/\$3/\$5

AARP Driver Safety

Wednesday, September 13, 10 am-3 pm

The AARP course provides updates on rules of the road and driving tips for older drivers. Check with your insurance company as many course graduates receive an auto insurance discount. Note: \$15 class fee for AARP members; \$20 for non-AARP members. Payment due at class only by check or money order to AARP. Course time includes a lunch break; bring your own. Registration required by Aug. 30. Course# 1019; FREE

Balance, Dizziness, and Falls

Thursday, Sept. 14, 1-2:30 pm

This presentation discusses the dangers of falling, the importance of balance, and causes of dizziness that can all be resolved and improved with Physical Therapy! Presented by dr. Danielle Gross, PT, DPT, Fyzical Theray and Balance Center at Seneca PT and Wellness Center. Course# 2246; FREE

Flu Shots (Senior Members Only)

Tuesday, Sept. 26, 10 a.m.-1 p.m.

You must bring your Medicare (Part B) and insurance cards. For anyone with Medicare primary insurance there is no cost.

Without insurance: Regular Dose: \$30

High Dose: \$36 Flu Shots Only

240-314-8810 Provided by Adventist HealthCare