

Counselor's Corner

Holiday Stress: Are you feeling stress thinking about the holidays? Are you anticipating stress at the holidays? Do you wish the holidays were not stressful? Come see me to talk about it and learn skills to address the stress. Rika Granger, LCSW-C, Counselor, Aspire Counseling at RSC.

Have Medicare questions? Questions about open season?
Visit Mark Gottlieb, Gottlieb Insurance Advisory, in the Lobby of the Center to provide answers.
Monday, Oct. 23, 1-3 pm

Montgomery County Senior Property Tax Deferral Program
If you are a senior without a computer or need assistance filling out this application please ask Martha McClelland, 240-314-8816, mmccllelland@rockvillemd.gov
Martha can assist with other important documents, as well.

Villages 101

Learn the basics of the village concept in a lively discussion with Rockville village facilitator, Trish Evans and an experienced village leader. Have your questions answered about starting a village in your neighborhood and get the necessary resources for it.

Course# 1591 Tues., Oct. 10; 1-2:30 pm
Rockville Senior Center
Course# 1592 Wed., Oct. 11; 1-2:30 pm
Rockville Memorial Library
Course# 1879 Thurs., Oct. 12; 3-4:30 pm
Twinbrook Library

Senior Center

Hours:
Monday-Friday,
8:30 a.m.-5 p.m.
Saturday, 8:30 a.m.-1 p.m.
(Drop-in use only)

Fitness Center

Hours:
Monday-Thursday,
7 a.m.-8 p.m.
Friday, 7 a.m.-7 p.m.
Saturday, 7 a.m.-4 p.m.

1150 Carnation Drive
Rockville, MD 20850
240-314-8800

For updates and information visit our website:
www.rockvillemd.gov/seniorcenter

Follow Rockville Senior Facebook
www.facebook.com/rockvilleSeniors



Get Into It

Do you have a non-emergency?

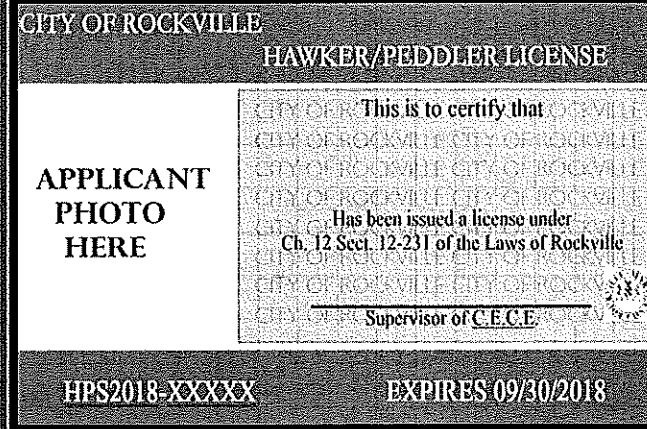
Rockville Police: 240-314-8900

Montgomery County Fire Department:

301-279-8000

City of Rockville Approved Solicitors

Solicitors will hold a City of Rockville Peddler license includes their name, photo, expiration, and City employee signature. The top and bottom will be green for this year. This must be on the solicitor. If not, feel free to call
Community Enhancement and Code Enforcement, 240-314-8330, between 8:30am-5pm.
For After hours call the Police non-emergency line.



Thursday & Friday Movie Matinee's

Oct. 5 & 6, 1-3 pm
Ghostbusters (1984)

Three former parapsychology professors set up shop as a unique ghost removal service. **Rated PG.**

Oct. 19 & 20, 1-3:30 pm
Wonder Woman

Before she was Wonder Woman, she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, Diana meets an American pilot who tells her about the massive conflict that's raging in the outside world. Convinced that she can stop the threat, Diana leaves her home for the first time. Fighting alongside men in a war to end all wars, she finally discovers her full powers and true destiny. **Rated PG-13** for sequences of violence and action, and some suggestive content.

Rockville Senior Center

Highlights

October 2017

A full list of classes can be found in our seasonal 60+ Recreation Guide. The guide can be found online at www.rockvillemd.gov/seniorcenter, at the Senior Center or any city facility.

Caribbean Dance Basics

Mondays 9/11-11/6, 11 am-12 pm

Mini Session: Mondays 11/27-12/11 11 am-12 pm

Learn how to dance salsa, cha cha, guaguancó and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You combine the steps learned to create fun Caribbean dances performed to live music.

Course# 1451; \$45/\$56/\$67

Mini Course# 1953; \$15/\$18/\$24

October Birthday Party

Wednesday, Oct. 4, 1:30-3 pm

Sponsored by: Annie and Lewis Rhodes, Joan Schneider-Wilson and Jim Wilson, Jeanette Jennings, Tom and Carol Moran, Elizabeth Light, and RSI, Inc for partnering to help make this event terrific! Entertainment by singer Melanie van der Lee followed by refreshments of the season.

Course# 1080; Free/\$7

Please call for availability.

Movers and Shakers

Monday, Oct. 9, 10:15-11:15 am

Five explorers profoundly changed the way people view the world. By discovering new continents and water routes, Columbus, de Gama, Amundsen, Polo and Cabot altered history forever. Presented by Professor Joan Adams.

Register by 10/6. Course# 1376; \$6/\$9/\$12

Give a Tip Get a Tip

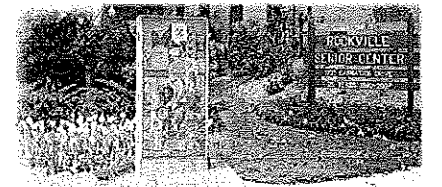
Tuesday, Oct. 10, 1-2:15 pm (2nd Tuesday)
Tuesday, Oct. 24, 1-2:15 pm (4th Tuesday)

TIP:
For a very soiled pot: use 2-3 tablespoons of baking soda, dilute with hot water, and let stand overnight. The pot and/or pan will now be easier to clean without much elbow grease!

Zumba Party

Thursday, Oct. 26, 1:30-3 pm

If you like music and dancing, come join the Zumba Party. Get a taste for salsa, merengue and other Latin dances. Learn the moves as you go. Instruction will be provided. All levels of experience are welcome. Course# 2055; \$5/\$8/\$12



All programs are held at the Rockville Senior Center unless otherwise noted

Medicare Basics

Monday, Oct. 2,
11 am- 12 pm
Course# 1694; Free

October Supper Club

Oct. 3, 5-7pm
Filled- please call to be on the waitlist

Science Tuesday

Tuesday, Oct. 10, 1 pm
Enjoy a presentation on science with Neuroscientist, Dr. Mark Burke from Howard University!
Course# 1314; Free

Flu Shot Clinic

Tuesday, Oct. 17, 10 am- 1 pm
Health Room

Young In Heart Senior Club Meeting and Luncheon

Thursday, Oct. 19- 11 am-1 pm
Fliers with luncheon and entertainment information mailed to all club members.

Vote for your favorite staff pumpkin!

Monday, Oct. 30

Drop-in Mah jongg (intermediate), Wednesday,

Nov. 8, 1-2:30
Sign up at the Front Desk.



Monday		Tuesday		Wednesday		Thursday		Friday	
9-9:45 10-10:50 10-12p	Total Conditioning* Easy Zumba* Eng. Beg. 1* Eng. Adv. 4* Command* Computer Voice Chair Exercise*	9-9:45 10-10:50 10-12p	Strength Training* Tai Chi* Forever Fit* Microsoft Excel II* Eng. High Beg. 2* Eng. Int. 3* Watercolor Beg.*	8:45-9:30 9:50-10:50 10-10:50 10-12p	Yoga-lates on the ball* Yoga for You* Easy Zumba* Eng. Beg. 1* Eng. Adv. 4* New to Computer* Caribbean Dance & Chair Exercise*	9-9:45 10-10:50 10-12p	Strength Training* Forever Fit* Tai Chi* Costliest Mistakes* Microsoft Excel II* Eng. High Beg. 2* Eng. Int. 3* Watercolor Adv. *	9-9:45 10-11a 10-12p 11:05-11:50 11-15-12 12-12:45 12:15-1	Total Conditioning* Yoga for You* Wii Bowling* Chi Gong* Easy Feet* Chi Gong* On your Feet* table tennis*
11-12p	Medicare Basics* Triple Zen* Alzheimer Support* Forever Fit* Citizenship* 12:30-2 12:45-2:45 1-1:45 1-2p 1-3p	11-12p 11-12p 12:15-12:45 12:15-1 12:30-2 12:30-2 12:30-2 1-2:30 1-3p	Piano Beg.* Piano Cont.* Walking Strong* Showstoppers* Spanish Beg.* Arthritis Foundation* Spanish Beg.* Eng. Conversation* Health Anxiety* Window PC Backup* Bridge-Beg* Watercolor Int.*	12:40-12:50 12:30-1:20 1:30-2:20 12:30-2 1-2:30 1-3p 1:15-2 1:30-3	A Matter of Balance* Ukulele Beg.* Ukulele Int.* Citizenship* Look Good Feel Good* Table Tennis Int.* PowerPoint* Command* Spanish Cont* On Your Feet* Birthday Party* Senior Fit @ Lincoln Park Aerobic Workout* Triple Challenge	11-11:45 11-12p 1-2p 1-2:30 1-3p	Plates Basics* Aerobic Workout* Walking Strong* Arthritis Foundation* Spanish Living Alone* Women Living Alone* Email Basic* Spanish Cont* Watercolor Int.* Movie:Ghostbusters	1-05-2:05 1-15-2 1-3p	Arthritis Foundation* Showstoppers* Movie:Ghostbusters
1:30-3:05 3:30-4:45 5-6p 6:30-7:30	Senior Fit* ROGUE Tennis* Zumba Gold* Yoga Flow*	2:15-3 3-4p 3:5p 3:30-4:30 5-5:45 5-7p	Hot Zumba Moves* Carnation Players* Google Apps Afternoon Yoga Flow* Sr. Abs and Back* Supper Club*	2:15-3:15 5-6p	Aerobic Workout* Triple Challenge	3:30-4:30 Afternoon Yoga Flow*	Plates Int.* Afternoon Yoga Flow*	1-05-2:05 1-15-2	Arthritis Foundation* Showstoppers* Movie:Ghostbusters
9-9:45 10-10:50 10-12p	Total Conditioning* Easy Zumba* Eng. Beg. 1* Eng. Adv. 4*	9-9:45 10-10:50 10-12p	Strength Training* Forever Fit* Tai Chi* Eng. High Beg. 2* Eng. Int. 3* Watercolor Beg.* Eng. High Beg. 2*	8:45-9:30 9:50-10:50 10-10:50 10-12p	Yoga-lates on the ball* Yoga for You* Easy Zumba* Computer Basics* Eng. Beg. 1* Eng. Adv. 4* Scottish Highlands* Caribbean Dance & Chair Exercise*	9-9:45 10-10:50 10-12p	Strength Training* Forever Fit* Laptops Windows 8* Eng. High Beg. 2* Eng. Int. 3* Watercolor Adv. *	9-9:45 10-11a 10-12p 11:05-11:50 11-15-12 12:12-45 12:15-1	Total Conditioning* Stamp Club Yoga for You* Wii Play* Chi Gong* Chi Gong* Easy Feet* Chi Gong*
10-10:50 10-12p	Easy Zumba* Computer Basics* Eng. Beg. 1* Eng. Adv. 4*	10-10:50 10-12p	Tai Chi* Forever Fit* Eng. High Beg. 2* Eng. Int. 3* Laptops Windows 8* Watercolor Beg.*	9:50-10:50 10-10:50 10-12p	Yoga for You* Easy Zumba* Computer Basics* Eng. Beg. 1* Eng. Adv. 4*	10-10:50 10-12p	Eng. High Beg. 2* Eng. Int. 3* Watercolor Adv. *	10-11a 10-12p 11:05-11:50 11-15-12	Yoga for You* Wii Play* Chi Gong* Chi Gong*
11-15-12 12-10-12:50 12-30-2 12:45-2:45 1-1:45 1-2p 1-3p	Alzheimer Support* Forever Fit* Citizenship* Piecemaker's Club* Stress Reduction* Yo-Chi & Balance* Table Tennis Beg.* PowerPoint* Maintaining Comp.*	10-10:50 10-12p 10-12p 10-12p 12:15-1 1-2p 1-2:15	Flu Shots* Piano Beg.* Aerobic Workout* Piano Cont.* Walking Strong* Walking Strong* Showstoppers* Arthritis Foundation* Eng. Conversation* Health Anxiety* Ipad Basics* Watercolor Int.* Bridge-Beg* Hot Zumba Moves* Carnation Players* Afternoon Yoga Flow*	10:30-11:20 11-12p 11-12p 12:15-12:45 12:15-1 1-2p 1-2:30 1-3p 2:15-3 3-4p 3:30-4:30 5-5:45	Chair Exercise* A Matter of Balance* Ukulele Beg.* Ukulele Int.* Citizenship* Table Tennis Int.* Mah Jongg-Beg* Microsoft Word* On Your Feet* Aerobic Workout* Triple Challenge	11-11p 11-12p 11-1p 11-11:45 12:15-12:45 1p 1-2p 1-3p 2:15-3 3:30-4:30	YH Mtg Pilates Basics* Walking Strong* Sr. Commission Mtg Women Living Alone* Arthritis Foundation* Korean Garden Safety* Using Right/Left Clicks* Watercolor Int.* Movie:WonderWoman	1-2p 1-3p 2:15-3 3:30-4:30	On your Feet* table tennis* Movie:WonderWoman Arthritis Foundation*
9-9:45 10-10:50 10-12p	Total Conditioning* Easy Zumba* Using Function Keys* Eng. Beg. 1* Eng. Adv. 4*	9-9:45 10-10:50 10-12p	Strength Training* Forever Fit* Tai Chi* Windows 10 Laptop* Watercolor Beg.* Eng. High Beg. 2* Eng. Int. 3*	8:45-9:30 9:50-10:50 10-10:50 10-10:50 10-12p	Yoga-lates on the ball* Yoga for You* Easy Zumba* Computer Basics* Red Hat Trip* Using Function Keys* Eng. Beg. 1* Eng. Adv. 4*	9-9:45 10-10:50 10-11a 10-12p	Strength Training* Forever Fit* Tai Chi* Book Club* Eng. High Beg. 2* Eng. Int. 3* Windows 10 Laptop* Watercolor Adv. *	9-9:45 10-11a 10-12p 11:05-11:50 11-15-12 12-12:45 12:15-1	Total Conditioning* Yoga for You* Wii Play* Chi Gong* Chi Gong* Easy Feet* On your Feet* table tennis*
10-10:50 10-12p	Easy Zumba* Using Function Keys* Eng. Beg. 1* Eng. Adv. 4*	10-10:50 10-12p	Strength Training* Forever Fit* Tai Chi* Windows 10 Laptop* Watercolor Beg.* Eng. High Beg. 2* Eng. Int. 3*	9:50-10:50 10-10:50 10-12p	Yoga for You* Easy Zumba* Computer Basics* Red Hat Trip* Using Function Keys* Eng. Beg. 1* Eng. Adv. 4*	10-10:50 10-11a 10-12p	Strength Training* Forever Fit* Tai Chi* Book Club* Eng. High Beg. 2* Eng. Int. 3* Windows 10 Laptop* Watercolor Adv. *	10-11a 10-12p 11:05-11:50 11-15-12 12-12:45 12:15-1	Total Conditioning* Yoga for You* Wii Play* Chi Gong* Chi Gong* Easy Feet* On your Feet* table tennis*
11-15-12 12-10-12:50 12-30-2 12:45-2:45 1-1:45 1-2p 1-3p	Triple Zen* Forever Fit* Citizenship* Piecemaker's Club* Yo-Chi & Balance* Table Tennis Beg.* Stress Reduction* PowerPoint* Maintaining Comp.*	10:30-11:20 11-12p 11-12p 12:15-12:45 12:15-1 1-2p 1-2:30 1-3p	Piano Beg.* Aerobic Workout* Piano Cont.* Walking Strong* Walking Strong* Showstoppers* Arthritis Foundation* Eng. Conversation* Health Anxiety* Ipad Basics* Watercolor Int.* Bridge-Beg* Hot Zumba Moves* Carnation Players* Afternoon Yoga Flow*	11-11:45 11-12p 12:15-12:45 12:15-1 1-2p 1-2:30 1-3p 2:15-3 3:30-4:30	Caribbean Dance & A Matter of Balance* Ukulele Beg.* Ukulele Int.* Citizenship* Table Tennis Int.* Mah Jongg-Beg* Microsoft Word* On Your Feet* Aerobic Workout* Triple Challenge	11-11:45 11-12p 12:15-12:45 1p 1-2p 1-3p 2:15-3 3:30-4:30	Plates Basics* Aerobic Workout* Walking Strong* Arthritis Foundation* Think F.A.S.I. Korean Health & Well Being over a loved one* Watercolor Int.* Zumba Party* Pilates*	1-05-2:05 1-15-2	Arthritis Foundation* Showstoppers* Movie:Ghostbusters
9-9:45 10-10:50 10-12p	Total Conditioning* Easy Zumba* PC Infections* Eng. Beg. 1* Eng. Adv. 4*	9-9:45 10-10:50 10-12p	Strength Training* Forever Fit* Tai Chi* Watercolor Beg.* Eng. Int. 3* Eng. High Beg. 2*	MONDAYS: Game Room Activities: 8:30-7p	MONDAYS: Game Room Activities: 8:30-7p	9-9:45 10-10:50 10-12p	Strength Training* Forever Fit* Tai Chi* Watercolor Beg.* Eng. Int. 3* Eng. High Beg. 2*	9-9:45 10-11a 10-12p	Total Conditioning* Yoga for You* Wii Play* Chi Gong* Chi Gong* Easy Feet* On your Feet* table tennis*
11-15-12 12-10-12:50 12-30-2 12:45-2:45 1-1:45 1-2p 1-3p	Triple Zen* Forever Fit* Citizenship* Piecemaker's Club* Yo-Chi & Balance* Table Tennis Beg.* Stress Reduction* PowerPoint* Maintaining Comp.*	10:30-11:20 11-12p 11-12p 12:15-12:45 12:15-1 1-2p 1-2:30 1-3p	Piano Beg.* Piano Cont.* Aerobic Workout* Piano Cont.* Walking Strong* Walking Strong* Showstoppers* Arthritis Foundation* Eng. Conversation* Health Anxiety* Ipad Basics* Watercolor Int.* Bridge-Beg* Hot Zumba Moves* Carnation Players* Afternoon Yoga Flow*	TUESDAYS: Helping Hands Knitting: 1-3p Pinoche Pursuit: 1-3:30p Game Room Activities: 8:30-5p Game Room Activities: 10/24, 10am Science Roundtable 10/24, 10am Booce Ball 10-11a WEDNESDAYS: Gift Shop Crafts: 10a-12p Drop in Bridge: 1p Game Room Activities: 8:30-7p Bingo 7p	TUESDAYS: Helping Hands Knitting: 1-3p Pinoche Pursuit: 1-3:30p Game Room Activities: 8:30-5p Game Room Activities: 10/24, 10am Science Roundtable 10/24, 10am Booce Ball 10-11a WEDNESDAYS: Gift Shop Crafts: 10a-12p Drop in Bridge: 1p Game Room Activities: 8:30-7p Bingo 7p	10-11a 10-12p 11:05-11:50 11-15-12 12-12:45 12:15-1	Functional Training* Stretch with Ease* Rocktoberfest Rockville Town Center	10-11a 10-12p 11:05-11:50 11-15-12 12-12:45 12:15-1	Total Conditioning* Yoga for You* Wii Bowling* Chi Gong* Easy Feet* Chi Gong* On your Feet* table tennis*
130-3:05 3:30-4:45 5-6p 6:30-7:30	Senior Fit* ROGUE Tennis* Zumba Gold* Yoga Flow*	2:15-3 3-4p 3:4p 3:30-4:30 5-5:45	Hot Zumba Moves* Carnation Players* Iphone Basic* Afternoon Yoga Flow* Abs & Back* Mystery Trip*	THURSDAYS: Game Room Activities: 8:30-5p Booce Ball 10-11a FRIDAYS: Game Room Activities: 8:30-5p Chinese Lunch: 10-2 Drop in Chess: 10-12 Drop in Knockout Poker: 1-3 Drop in Bridge: 1p Fitness club: by Appt. Game Room Activities: 8:30a-2:45p	THURSDAYS: Game Room Activities: 8:30-5p Booce Ball 10-11a FRIDAYS: Game Room Activities: 8:30-5p Chinese Lunch: 10-2 Drop in Chess: 10-12 Drop in Knockout Poker: 1-3 Drop in Bridge: 1p Fitness club: by Appt. Game Room Activities: 8:30a-2:45p	9-9:45 10-11a 10-12p	Functional Training* Stretch with Ease* Rocktoberfest Rockville Town Center	9-9:45 10-11a 10-12p	Total Conditioning* Yoga for You* Wii Bowling* Chi Gong* Easy Feet* Chi Gong* On your Feet* table tennis*

On Going Drop In Programs:

MONDAY-FRIDAY:

THURSDAYS:

FRIDAYS:

SATURDAY:

SATURDAY:

FRIDAY:

SATURDAY:

FRIDAY:

SATURDAY:

FRIDAY:

SATURDAY:

FRIDAY:

SATURDAY:

FRIDAY:

SATURDAY:

FRIDAY:

SATURDAY:

FRIDAY:



OCTOBER CALENDAR
ROCKVILLE SENIOR CENTER
240-314-8800

