

The building including the Fitness room will be closed Monday, Dec. 25 and Jan. 1.

NEW! Something's Stirring

Monday, Jan. 29, 1:30-3:30 p.m.

Our kitchen will be smoking...not really as Sheila Crye, CCP (Certified Culinary Professional) will cook two comforting soups and a quick bread in this demonstration class. Samples will be tasted and there will be enough to take home as well.

Get these yummy recipes to make again and again.

Course# 2639 \$40/\$50/\$63

Village News!

There is a lot of village energy in Rockville and we want to spread it throughout the City!

Upcoming Events:

Twinbrook Village open meeting is Sunday, December 10, 3:00 - 4:30 p.m. at the Twinbrook Recreation Center. (twinbrookvillage@gmail.com).

East Rockville village open meeting is Sunday, January 7, 3:00 - 4:30 p.m. at the Pump House. (villages.erca@gmail.com).

Contact the King Farm Neighbors Village at kfnvinfo@gmail.com or the West End area village group at nonny62@verizon.net.

Want to start a village in your area? Contact Trish Evans, Village Facilitator (pevans@rockvillemd.gov or (240)314-8807. Happy Holidays!

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



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.

The Kindness Rocks Project

The Kindness Rocks Project was created to spread kindness with rocks. The idea is to paint and write an inspiration on rocks then place it somewhere outside to brighten someone's day. There is an inspiration garden outside the entrance to the center where you can place your rocks also. We provide all the supplies. Stop by the center during the day!

NEW! Holiday Dinner and Festival of Lights

Thursday, Dec. 7, 4:15-8:15 p.m.

Travel to Mrs. K's Tollhouse in Silver Spring for a pre season holiday dinner. After dinner, we will visit The Festival of Lights at the Visitor's Center of the Washington, D.C. Temple of the Church of Christ of Latter-Day Saints. Temple grounds glow with over 650,000 lights as well as decorated trees in international themes and an exhibit of creches from around the world. Trip includes charter bus transportation, leadership, dinner and lights.

Please note that you may register for this trip upon receipt of the guide, but for this trip only.

Course# 3684; \$77/\$97/\$112

Thursday & Friday Movie Matinees at the Senior Center

Passengers

Dec. 7 & 8, 1-3 p.m.

On a routine journey through space to a new home, two passengers, sleeping in suspended animation, are awakened 90 years too early when their ship malfunctions. As Jim and Aurora face living the rest of their lives on board with every luxury they could ever ask for, they discover the ship is in grave danger. With the lives of 5,000 sleeping passengers at stake, only Jim and Aurora can save them all. **Rated PG-13** for sexuality, nudity and action/peril.

The Holiday

Dec. 14 & 15, 1-3:30 p.m.

Two women, one from America and one from Britain, swap homes at Christmastime after bad breakups with their boyfriends. Each woman finds romance with a local man but realizes that the imminent return home may end the relationship. **Rated PG-13** for sexual content and some strong language.

Rockville Senior Center Highlights

December 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.

Classic Holiday Songs

Monday, Dec. 18, 10:15-11:15 a.m.

Enjoy the holiday merriment with a discussion about composers and performers who brought us classics like the 1934 hit, "Santa Claus is Coming to Town" and the beloved 1945 "Let It Snow, Let it Snow."

Course# 1378; \$6/\$9/\$12

Holly Jolly Party

Tuesday, Dec. 12, 1-2:15 p.m.

The Carnation Players, our Center's performing group are at it again with the next installment of high jinks and hilarity with a holiday theme. The afternoon promises to be full of laughter, good cheer and celebration. Light refreshments will be served.

Course # 1957; Free/\$5/\$6

Thankful Giving

Please consider the below opportunities to donate to help fellow seniors and the Rockville Senior Center.

Program Assistance Fund

The program helps Rockville residents 60+ needing assistance for membership, classes and trips. Donations can be made in person or online at www.rockvillemd.gov/registration:

#2235; \$10.00 ● #2240; \$25.00 ● #2241; \$50.00 ● #2242; \$75.00 ● #2243; \$100.00

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center

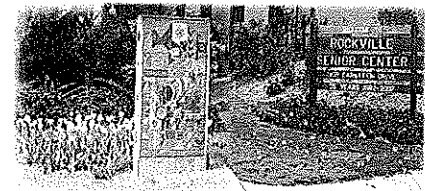
1150 Carnation Dr. Rockville, MD 20850

Rockville Seniors, Inc.

Rockville Seniors, Inc. is a non-profit organization created by the Mayor and Council to ensure the quality of life of all Rockville seniors. Proceeds from fundraisers along with donations help support the Rockville Senior Center's annual budget and overall center needs.

Opportunities for Giving -Kindly make checks payable to RSI. Please remember to indicate the purpose of your gift, or how you want your contribution to be directed in the memo field of your check. Your donation is tax deductible.

Aging in Place Pete Sante Memorial Fund-Funds help low income senior by purchasing supplies for adjustments or improvement necessary to help them safely remain in their homes. Checks payable to RSI.



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

Holiday Bazaar

Saturday, Dec. 2, 9 a.m.-2 p.m.
Craft Sale, Book sale, Plant Sale, Raffle, and more! Transportation is available for Rockville residents, please call 240-314-8810 by 11/30.

December Birthday

Wednesday, Dec. 6, 1:30-3 p.m.
Course# 1084; Free/\$7
Register by 12/1

Hot Cocoa Bar Get Together

Wednesday, Dec. 13,
12:15-1:30 p.m.

Come join the staff in the lounge for some hot cocoa and light refreshments.

Free

Trip Lottery

Thursday, Jan. 4, 10:30 a.m.
Carnation Room

New Classes Begin in January!

Start out your new year on the right foot. Join one of our many exercise classes offered or become a fitness member and use the fitness room at your own pace. See the 60+ Recreation Guide for more info.

Snow removal

If you can help this winter or if you are a city resident, age 60 or older in need of assistance, please contact Jerry Jones
240-314-8819 or
gjones@rockvillemd.gov

Monday	Tuesday
Drop in Programs	THURSDAYS:
MONDAYS:	• Game Room Activities: 8:30-5p
• Game Room Activities: 8:30-7p	• Bocce Ball 10-11a
8:30-7p	
TUESDAYS:	FRIDAYS:
• Helping Hands Knitting: 1-3p	• Game Room Activities: 8:30-5p
• Pinochle Pursuit: 1-3:30p	• Chinese Lunch: 10-2
• Game Room Activities: 8:30-5p	• Drop in Chess: 10-12
• Bocce Ball 10-11a	• Drop in Knockout Poker: 1-3
	• Drop in Bridge: 1:30
WEDNESDAYS:	SATURDAY:
• Gift Shop Crafts 10a-12p	Fitness club: by Appt.
• Drop in Bridge: 1p	• Game Room Activities:
• Game Room Activities: 8:30-7p	8:30a-2:45p
• Bingo 7p	

MONDAY-FRIDAY:
Fitness Club:
M-Th: 7a-8p & Fri: 7a-7p
*Hispanic Activities:10-12
*Blood Pressure:10-12
*Lunch Served Daily: Noon
Call 240-314-8810

Wednesday	Thursday	Friday
Yoga-lates on the ball*	Strength Training*	Total Conditioning*
8:45-9:30 9:50-10:50 10-10:50 10-12p 10-12:30 11-12p 11-12p 12:30-12:50 1-2p 1-3p 1:15-2 1:30-3 5-6p	9-9:45 10-10:50 10-10:50 10-12p 10-12p 11-11:45 11-12p 12:15-12:45 1-2p 1-3p 2-15-3 3:30-4:30 4:15-8:15	9-9:45 10-11a 10-12p 11:15-12 12:15-1 12:30-2:30 9:30-6
Yoga-lates on the ball* Yoga for You* Easy Zumba* Laptops-Windows 7* Holiday Woodworking Project* Chair Exercise* A Matter of Balance* Table Tennis Int.* Spanish Cont.* On Your Feet* Senior Fit @ Lincoln park Triple Challenge*	Strength Training* Forever Fit* Tai Chi* Microsoft Excel* Pastel Painting* Pilates Basics* Walking Strong* Arthritis Foundation* Email Basics* Movie: Passengers Spanish Beg.* Pilates Int.* Afternoon Yoga Flow* Holiday Dinner & Festival of Lights Trip*	Wii Bowling* Easy Feet* Chi Gong* On Your Feet* Chi Gong* Coding Beg.* Showstoppers* Riverside Christmas Trip*
240-314-8800		

December Calendar
Rockville Senior Center
240-314-8800

9-9:45 Total Conditioning* 4	9-9:45 Strength Training* 5	8:45-9:30 Yoga-lates on the ball* 6	9-9:45 Strength Training* 7	9-9:45 Total Conditioning* 8
10-10:50 Easy Zumba* 10-12p Laptops-Windows 7* 10-12:30 Holiday Woodworking 10:45-11:15 Project* 11-12p Books That Changed America* 11-12p Chair Exercise* 11:15-12 Caribbean Dance Basic* 12-1p Triple Zen* 12-1p Alzheimer Support* 1-1:45 Yo-Chi & Balance* 1-2p Table Tennis Beg.* 1-3p Microsoft Word* 5-6p Spanish Cont.* 6:30-7:30 Zumba Gold* Yoga Flow*	10-10:50 Forever Fit* 10-12p Microsoft Excel* 11-12p Aerobic Workout* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* 12:15-1 Showstoppers* 12:30-2 Spanish Beg* 1-3p Health Anxiety* 1-3p Windows PC Backup* 2:15-3 Hot Zumba Moves* 3:30-4:30 Afternoon Yoga Flow* 5-5:45 Sr. Abs and Back* 5-7p Holiday Delight Supper Club*	9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-12p Laptops-Windows 7* 10-12:30 Holiday Woodworking 11-12p Project* 11-12p Chair Exercise* 12:30-12:50 A Matter of Balance* 1-2p Table Tennis Int.* 1-3p Microsoft Word* Spanish Cont.* On Your Feet* Senior Fit @ Lincoln park Triple Challenge*	9-9:45 Strength Training* 10-10:50 Forever Fit* 10-12p Microsoft Excel* 11-11:45 Pastel Painting* 11-12p Pilates Basics* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* 1-3p Email Basics* Movie: Passengers Spanish Beg.* Pilates Int.* Afternoon Yoga Flow* Holiday Dinner & Festival of Lights Trip*	9-9:45 Total Conditioning* 10-11a Yoga for You* 10-12p Wii Bowling* 11:15-12 Chi Gong* 12:15-1 On your Feet* 1-2p Chi Gong* 1-3p Table Tennis* 1:15-2 Movie:Passengers Red Hat Luncheon trip*

FRIDAY	SATURDAY
9-9:45 Total Conditioning* 15	10-11a Functional Training* 9
10-11a Stamp Club 10-11a Yoga for You* 10-12p Wii Play* 11:15-12 Chi Gong* Easy Feet* Chi Gong* On your Feet* 1-2p Willing 3 C's 1-3p Table Tennis* Movie: The Holiday Showstoppers* 1:15-2 On your Feet* 12-2p Willing 3 C's 1-2p Table Tennis* 1-3p Movie: The Holiday Showstoppers* 1:15-2 Showsoppers*	10-11a Functional Training* 11:15-12 Stretch with Ease*

9-9:45 Total Conditioning* 11	9-9:45 Strength Training* 12	8:45-9:30 Yoga-lates on the ball* 13	9-9:45 Strength Training* 14	9-9:45 Total Conditioning* 15
10-10:50 Easy Zumba* 10-12p Laptops-Windows 8* 11-12p Chair Exercise* 11-15-12 Caribbean Dance Basic* 1-1:45 Triple Zen* 1-1:45 Yo-Chi & Balance* 1-3p Microsoft Word* 5-6p Spanish Cont.* 6:30-7:30 Zumba Gold* Yoga Flow*	10-10:50 Forever Fit* 10-12p Pastel Painting* 11-12p Aerobic Workout* 12:15-12:45 Walking Strong* 12:30-2 Spanish Beg* 1-2p Arthritis Foundation* 1-2p Holy Jolly Party* Computer Voice Commands* 2:15-3 Hot Zumba Moves* 3:30-4:30 Afternoon Yoga Flow* 5-5:45 Sr. Abs and Back* 1-3p	9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-12p Laptops-Windows 8* 11-12p Chair Exercise* Caribbean Dance & More* 12:15-12:50 A Matter of Balance* 1-2p Hot Cocoa Bar Get Together Hart & Hammerstein* Best of Rodgers, PowerPoint* Spanish Cont.* On Your Feet* Triple Challenge* 5-6p	10-10:50 Forever Fit* 10-12p Pastel Painting* 11-11:45 Pilates Basics* 11-12p Aerobic Workout* 11-1p YH Mtg. 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* Using Right/Left Clicks* Sr. Commission Mtg. Movie: The Holiday Spanish Beg.* Pilates Int.* Afternoon Yoga Flow* 3:30-4:30	9-9:45 Total Conditioning* 10-11a Stamp Club 10-11a Yoga for You* 10-12p Wii Play* 11:15-12 Chi Gong* Easy Feet* Chi Gong* On your Feet* 1-2p Willing 3 C's 1-3p Table Tennis* Movie: The Holiday Showstoppers* 1:15-2 Showsoppers*

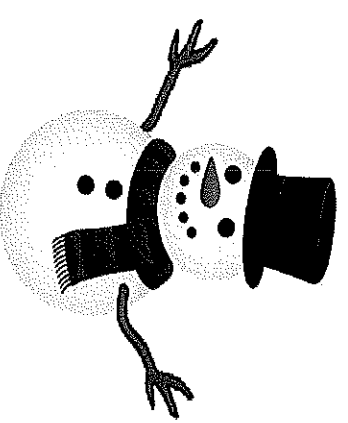
FRIDAY	SATURDAY
9-9:45 Total Conditioning* 22	10-11a Functional Training* 16
10-11a Stamp Club 10-11a Yoga for You* 10-12p Wii Play* 11:15-12 Chi Gong* Easy Feet* Chi Gong* On your Feet* 1-2p Willing 3 C's 1-3p Table Tennis* Movie: The Holiday Showstoppers* 1:15-2 Showsoppers*	10-11a Functional Training* 11:15-12 Stretch with Ease*

10:15-11:15 Movers & Shakers* 18	10-12p Microsoft Excel II* 19	10-12p Windows 10 Laptop* 20	10-12p Microsoft Excel II* 21	10-12p Total Conditioning* 22
10-12p Windows 10 Laptop* 10:45-11:15 Movers & Shakers* 12-1p Alzheimer Support* 1-3p PowerPoint*	1-2:30 Health Anxiety* 1-3p Using Thumb Drive*	11-12p Caribbean Dance & More* 1-3p PowerPoint*	10-12p Microsoft Excel II* Save & Find Documents* 1-3p	10-12p Total Conditioning* 10-11a Stamp Club 10-11a Yoga for You* 10-12p Wii Play* 11:15-12 Chi Gong* Easy Feet* Chi Gong* On your Feet* 1-2p Willing 3 C's 1-3p Table Tennis* Movie: The Holiday Showstoppers* 1:15-2 Showsoppers*

FRIDAY	SATURDAY
10-12p Wii Play* 29	10-12p Total Conditioning* 23
10-12p Windows 10 Laptop* 10:45-11:15 Movers & Shakers* 12-1p Alzheimer Support* 1-3p PowerPoint*	10-12p Microsoft Excel II* Save & Find Documents* 1-3p



December Calendar
Rockville Senior Center
240-314-8800



FRIDAY	SATURDAY
10-12p Wii Play* 29	10-12p Total Conditioning* 30
10-12p Windows 10 Laptop* 10:45-11:15 Movers & Shakers* 12-1p Alzheimer Support* 1-3p PowerPoint*	10-12p Microsoft Excel II* Save & Find Documents* 1-3p