

Fall classes begins September 11.

Rockville Seniors, Inc.

Happy summer all – hope you are staying cool in this Washington heat! I just wanted to do a quick update on RSI for this month.

At our May board meeting we decided to use the City contribution to pay for the remaining chairs so while we are not totally suspending our chair campaign, we might be able to pay for all of the chairs in this fiscal year. Any funds remaining will be designated to purchasing new tables for the Carnation Room. The Board will be deciding what future projects should be.

Speaking of the Board, we are still short members. Even though we returned three members and added one, we could use another volunteer. Also, we did not have a quorum for the July meeting so we still don't have officers for the coming year. We will not be meeting in August so hope that we can get back on track in September.

Stay tuned for events coming up in the Fall (Super Bingo) and of course the Holiday Bazaar. And don't forget, every penny made from Thrift Shop sales, and partially from the Gift Shop goes back into supporting Senior Center activities. Bingo revenues also go back into the Center, so please continue to support these activities that support you! And volunteer!

Thanks and see you in the Fall.

RSI Board

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](http://www.rockvillemd.gov/seniorcenter)

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rockvilleSeniors](http://www.facebook.com/rockvilleSeniors)



Get Into It

Counselor's Corner

(Rika Granger, LCSW-C, Aspire Counseling)

It is great to be back at RSC. It has been a busy first month. I already have several new individual clients and am so happy to have the privilege of helping them. There is still lots of room for more. I always have room for more. If you are feeling anxious, depressed, fearful or out of sorts about life these days, come see me. That's what I am here for.

Coming in the fall, starting in September, I will be facilitating some groups as well. They are psychoeducational therapy groups and each meets twice a month for three months. The four groups offered are:

• Women Living Alone: How to Live Alone and Not Be Lonely

• Health Anxiety: Learning Tools for Managing the Anxiety that comes with both chronic health issues and possibility that at anytime an acute health issue will surface.

• Retirement: Wow, this is a change! What do I want my new role/identity/community to be?

• Grief and Loss: How to Understand and Work through the Grief Process: Shock/Denial, Anger, Bargaining, Acceptance, Moving On

I hope to see you at group, for an individual meeting and/or around the Center. I am here Tuesdays and Thursdays.

Thursday & Friday Movie Matinee's

20th Century Women

August 17 & 18
1-3 pm

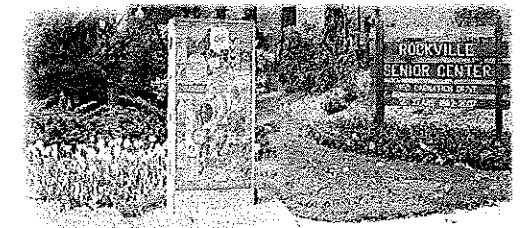
In 1979 Santa Barbara, Calif., Dorothea Fields is a determined single mother in her mid-50s who is raising her adolescent son, Jamie, at a moment brimming with cultural change and rebellion. Dorothea enlists the help of two younger women -- Abbie, a free-spirited punk artist living as a boarder in the Fields' home and Julie, a savvy and provocative teenage neighbor -- to help with Jamie's upbringing. **Rated R** for sexual material, language, some nudity and brief drug use.

A United Kingdom

August 24 & 25
1-3 pm

The story of King Seretse Khama of Botswana and how his loving but controversial marriage to a British white woman, Ruth Williams, put his kingdom into political and diplomatic turmoil. **Rated NR** for some language including racial epithets and a scene of sensuality.

Rockville Senior Center Highlights



August 2017

A full list of classes can be found in our seasonal recreation guide. The 60+ Guide will be delivered to all senior center members and Rockville residents. Copies will also be available at the Senior Center or any city facility. To create an account, visit our website at www.rockvillemd.gov/registration or register in person. The Fall Guide will be mailed August 1.

New Online Registration System Account Setup

August 2, 10 am -2 pm, August 8, 2-6 pm &
August 14, 12-4 pm

Our new registration is here! Anyone who has a current membership will be rolled into the new system. Please come to the center to verify your information. We will be holding sessions for anyone who would like to setup accounts in person.

August Supper Club

Tuesday, August 8, 5-7 pm

Catered dinner followed by entertainment:
Salad, Tequila Lime Pork Tenderloin, Potato Salad, Cole Slaw, Vegetable Medley, Rolls & Butter, Dessert & Beverage
Register at the Center office by August 1
Course# 60586; \$15 per person

Give a Tip... Get a Tip!

August 9, 1-2:15 pm

The group has kicked off, but would enjoy more participants! Enjoy exchanging your personal tips on how to stay young and live well. Open to Center members. Just think, several tips a month! Signup sheet is at the front desk. Free.

All-Day Exercise

Thursday, August 31, 10 am- 2 pm

Would you like to try a new exercise class to help spice up your fitness routine? Come preview many classes that will be offered this fall. We'll have several free, 25-minute class demonstrations offered throughout the day. Try as many as you like. Please register for this event. Please register. Course# 60140; Free
Carnation, Blossom, and Exercise Room

Building and Exercise room is closed Monday, September 4

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

Fall Class Registration

Tuesday, August 15- Members
Thursday, August 17- Nonmembers

Partial Solar Eclipse Viewing

August 21, 1:45-3 pm
Meet in the Lobby

Trip Registration Lottery

Tuesday, August 22, 10:30 am
See the Fall 60 + Guide for details

Labor Day Picnic and Field Day

Friday, September 8
11 am-1 pm

Come eat, play, and enjoy the day! Proceeds will go directly to the 60+ Program Assistance Fund. Registration required by 9/1.

Course# 60263; \$12/\$14/\$14

Hero's of 9/11

Monday, September 11
10:15 -11:15 am

This session focuses on the life and times of Americans who have made life in the U.S. better, easier, safer and more enjoyable. Course# 1375; \$6/\$9/\$12

Young in Heart Club

First meeting of the new club year.

Thursday, September 14, 11 am
Looking forward to another exciting year of luncheons, program and trips!

Monday

AUGUST CALENDAR

Rockville Senior Center

240-314-8800

Tuesday		Wednesday		Thursday		Friday	
9-9:45 Strength Training*	1	8:45-9:30 Yoga-lates on the ball*	2	9-9:45 Strength Training*	3	10-11a Yoga for You*	4
10-10:50 Tai Chi*		9:50-10:50 Yoga for You*		10-10:50 Forever Fit*		10-12p Wii Bowling*	
10-11a Forever Fit*		10-10:50 Easy Zumba*		10-10:50 Tai Chi*		11-15-12 Chi Gong*	
10-11a Bocce Ball*		10-12p New to Computers*		10-11a Bocce Ball*		12:10-12:55 Total Conditioning*	
10-11a Medicare Basic*		10-2p Registration Account		10-12p Windows PC Backup*		1-2p Total Conditioning*	
10-1p Citizenship*		Setup*		11-11:45 Pilates Basics*		1-15-2 On Your Feet*	
11-12p Aerobic Workout*		Chair Exercise*		11-12p Aerobic Workout*		1:45-2:15 Arthritis Foundation*	
11-12:30 Intro to Social Media*		Caribbean Dance & More*		12:15-12:45 Walking Strong*		2:30-3:30 Arthritis Foundation*	
12:15-12:45 Walking Strong*		Matter of Balance*		1-2p Arthritis Foundation*			
1-2p Arthritis Foundation*		Matter of Balance Adv*		Estate:More			
1-3p Computer Basics*		Table Tennis*		1-2:30 Women Living Alone			
1:30-2:15 Hot Zumba Moves*		1-15-2 On Your Feet*		1-3p Computer Basics*			
5-5:45 Sr. Abs and Back*		1:30-3 Birthday Party*		2:15-3 Pilates Int.*			
		Senior Fit @ Lincoln Park		3:30-4:30 Yoga Flow*			
		Aerobic Workout*					
		Triple Challenge*					

SATURDAY

10-11a Functional Training*	5						
11-15-12 Stretch with Ease*							

Friday

9-9:45 Strength Training*	8	8:45-9:30 Yoga-lates on the ball*	9	9-9:45 Strength Training*	10	10-11a Yoga for You*	11
10-10:50 Tai Chi*		9:50-10:50 Yoga for You*		10-10:50 Forever Fit*		10-12p Wii Play*	
10-11a Forever Fit*		10-10:50 Easy Zumba*		10-10:50 Tai Chi*		11-15-12 Chi Gong*	
10-11a Bocce Ball*		10-12p Computer		10-12p Maintain your		12:10-12:55 Total Conditioning*	
10-11a Medicare Basic*		10-12p Troubleshooting*		10-11a Computer*		1-2p Table Tennis*	
10-1p Citizenship*		Caribbean Dance & More*		10-11a Bocce Ball*		1:15-2 On Your Feet*	
11-12p Aerobic Workout*		Chair Exercise*		11-11:45 Pilates Basics*		2:30-3:30 Arthritis Foundation*	
11-12:30 Intro to Social Media*		Matter of Balance*		11-12p Aerobic Workout*			
12:15-12:45 Walking Strong*		Matter of Balance Adv*		12:15-12:45 Walking Strong*			
1-2p Arthritis Foundation*		Matter of Balance		11-12p Aerobic Workout*			
1-3p Computer Basics*		Table Tennis*		11-12p Pilates Basics*			
1:30-2:15 Hot Zumba Moves*		Using Thumb Drive*		11-12p Aerobic Workout*			
5-5:45 Sr. Abs and Back*		1-15-2 On Your Feet*		11-12p Arthritis Foundation*			
		Give a Tip, Leave a Tip*		Secrets to Weight Loss*			
		Senior Fit*		Right Click-Left Click*			
		Aerobic Workout*		Yoga Flow*			
		Triple Challenge*					

SATURDAY

10-11a Functional Training*	12						
11-15-12 Stretch with Ease*							

Friday

9-9:45 Total Conditioning*	14	8:45-9:30 Yoga-lates on the ball*	16	9-9:45 Strength Training*	17	10a Stamp Club	18
10-10:50 Easy Zumba*		9:50-10:50 Yoga for You*		10-10:50 Forever Fit*		10-11a Yoga for You*	
10-12p Laptops Window 7*		10-10:50 Easy Zumba*		10-10:50 Tai Chi*		10-12p Wii Bowling*	
10-12p Caribbean Dance Basic*		10-12p Laptops Window 7*		10-11a Bocce Ball*		11-15-12 Chi Gong*	
11-12p Chair Exercise*		Caribbean Dance & More*		10-12p Maintain your		12:10-12:55 Total Conditioning*	
11:15-12 Triple Zen*		Chair Exercise*		11-11:45 Computer*		1-2p Table Tennis*	
12-4p Registration Account		Montgomery Fair		11-12p Aerobic Workout*		2:30-3:30 Arthritis Foundation*	
		Senior Day*		11-12p Pilates Basics*			
		Aerobic Workout*		11-12p Aerobic Workout*			
		11-12p iPad Basics*		12:15-12:45 Walking Strong*			
		11-1p Walking Strong*		1p Sr. Commission Mtg.*			
		11-12p Aerobic Workout*		1-2p Arthritis Foundation*			
		12:15-12:45 Walking Strong*		1-2:30 Women Living Alone			
		1-2p Arthritis Foundation*		Using Function Keys*			
		1:30-2:15 Hot Zumba Moves*		1-3p Movie:20th Century Women			
		2:15-3:15 Aerobic Workout*					
		5-6p Triple Challenge*					

SATURDAY

10-11a Functional Training*	19						
11-15-12 Stretch with Ease*							

Friday

9-9:45 Total Conditioning*	21	8:45-9:30 Yoga-lates on the ball*	23	9-9:45 Strength Training*	24	10-11a Yoga for You*	25
10-10:50 Easy Zumba*		9:50-10:50 Yoga for You*		10-10:50 Forever Fit*		10-12p Wii Play*	
10-12p Laptops Windows 8*		10-10:50 Easy Zumba*		10-10:50 Tai Chi*		11-15-12 Chi Gong*	
11-12p Chair Exercise*		10-12p Laptops Windows 8*		10-11a Bocce Ball*		12:10-12:55 Total Conditioning*	
11-15-12 Triple Zen*		Caribbean Dance & More*		11-11:45 Pilates Basics*		1-3p Movie: A United Kingdom	
12-4p Registration Account		Chair Exercise*		11-12p Aerobic Workout*		1:15-2 On Your Feet*	
		Montgomery Fair		12:15-12:45 Walking Strong*		2:30-3:30 Arthritis Foundation*	
		Senior Day*		1-2p Arthritis Foundation*			
		Aerobic Workout*		1-2:30 Women Living Alone			
		11-12p iPad Basics*		Using Function Keys*			
		11-1p Walking Strong*		1-3p Movie:20th Century Women			
		11-12p Aerobic Workout*					
		12:15-12:45 Walking Strong*					
		1-2p Arthritis Foundation*					
		1:30-2:15 Hot Zumba Moves*					
		2:15-3:15 Aerobic Workout*					
		5-6p Triple Challenge*					

SATURDAY

10-11a Functional Training*	26						
11-15-12 Stretch with Ease*							

9-9:45 Strength Training*	29	9-9:45 Strength Training*	30	9-9:45 Strength Training*	31	10-11a Yoga for You*	32
10-10:50 Tai Chi*		10-10:50 Forever Fit*		10-10:50 Forever Fit*		10-12p Wii Play*	
10-11a Bocce Ball*		10-11a Bocce Ball*		10-11a Bocce Ball*		11-15-12 Chi Gong*	
10-11a Medicare Basic*		10-12p New to Computers*		10-12p Windows 10*		12:10-12:55 Total Conditioning*	
10-1p Citizenship*		Registration Account		10-12p PC Infections*		1-2p Total Conditioning*	
11-12p Aerobic Workout*		Setup*		10-2p All-Day Exercise*		1-15-2 On Your Feet*	
11-12:30 Intro to Social Media*		Chair Exercise*		1-3p Email Basics*		2:30-3:30 Arthritis Foundation*	
12:15-12:45 Walking Strong*		Caribbean Dance & More*					
1-2p Arthritis Foundation*		Matter of Balance*					
1-3p Computer Basics*		Matter of Balance Adv*					
1:30-2:15 Hot Zumba Moves*		Table Tennis*					
5-5:45 Sr. Abs and Back*		Using Thumb Drive*					
		1-15-2 On Your Feet*					
		Give a Tip, Leave a Tip*					
		Senior Fit*					
		Aerobic Workout*					
		Triple Challenge*					

On Going Drop In Programs:

MONDAYS: Game Room Activities: 8:30-7p	THURSDAYS: Game Room Activities: 8:30-5p	MONDAY-FRIDAY: Fitness Club: M-Th: 7a-8p & Fri: 7a-7p
TUESDAYS: Helping Hands Knitting: 1-3p	FRIDAYS: Game Room Activities: 8:30-5p	SATURDAY: Fitness club: by Appt. Game Room Activities: 8:30a-2:45p
WEDNESDAYS: Drop in Bridge: 1p	SATURDAY: Drop in Chess: 10-12	
Game Room Activities: 8:30-7p	Drop in Knockout Poker: 1-3	
	Chinese Lunch: 10-2	
	Drop in Chess: 10-12	
	Drop in Knockout Poker: 1-3	
	Drop in Bridge: 1:30	
	Lunch Served Daily: Noon	
	Call 240-314-8810	

AUGUST CALENDAR

Rockville Senior Center

240-314-8800