

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 sign up online, visit our website and click on "Rock Enroll Registration" or register in person at the front desk. The Fall Guide gets mailed August 1.

Rockville Seniors, Inc.
 Today I would like to talk about volunteerism – in short – as a non-profit whose mission is to support the senior population of Rockville through financial support to the Rockville Senior Center – we need your help. June is the month when we elect new board members to decide how we will fund various Senior Center activities and what will be held to do so. Currently, funds from the Gift Shop, Thrift Shop and Bingo go back into Senior Center activities along with an annual donation to the City. We traditionally hold a Holiday Bazaar (first weekend in December) and last month sponsored an indoor Yard Sale. We had planned another fundraising event that was cancelled due to lack of interest.

All of you who receive this newsletter are members of Rockville Seniors, Inc. You participate in events like birthday parties, supper club, and even the fitness room. Many of these programs could not be held but not for the support of Rockville Seniors, Inc. So I ask you, please volunteer with RSI, join the Board, work on a sponsored activity, suggest other activities and programs that we can conduct and help us continue to support the Rockville Senior Center – the center needs you and so does RSI!
 Gail Sherman, R.S.I. President

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)

Follow Rockville Senior
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 rockvilleSeniors](http://www.facebook.com/rockvilleSeniors)



Get Into It

New Online Registration System Coming July 2017

CivicRec powered by Rec1 our new online registration system, will allow you to easily create an account, search, register and pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone.



Movie Matinee's

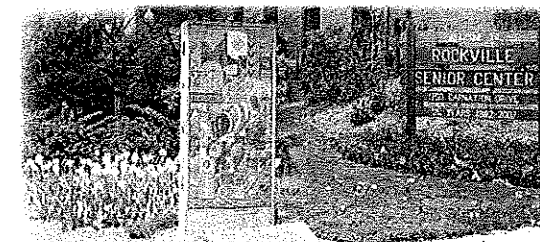
Fences
 June 1 & 2, 1-3:20 p.m.

Troy Maxson makes his living as a sanitation worker in 1950s Pittsburgh and once dreamed of becoming a professional baseball player, but was deemed too old when the major leagues began admitting black athletes. Bitter over his missed opportunity, Troy creates further tension in his family when he squashes his son's chance to meet a college football recruiter. **Rated PG-13** for thematic elements, language and some suggestive references.

Fantastic Beasts & Where to Find Them
 June 15 & 16, 1-3:20 p.m.

The year is 1926, and Newt Scamander has just completed a global excursion to find and document an extraordinary array of magical creatures. arriving in New York for a brief stopover, he might have come and gone without incident, were it not for a No-Maj (American for Muggle) named Jacob, a misplaced magical case, and the escape of some of Newt's fantastic beasts, which could spell trouble for both the wizarding and No-Maj worlds. **Rated PG-13** for some fantasy action violence. (For the Harry Potter fans!)

Rockville Senior Center Highlights



June 2017

Fit 4 Function Workshop, Tuesday, June 6, 1 p.m.
 It's never too late to start moving! NIH health experts bring the Fit4Function pilot program to you. The two-hour workshop seeks to inspire those individuals who may be contemplating an exercise program but may be too intimidated to start. Included are educational, instructional, and motivational materials to encourage adults 60+ to include fitness in their daily lives. Learn about the four components of exercise recommended for older adults: endurance, strength, flexibility and balance.
 Course #60264; Free

Women Living Alone Group
 All meetings are held on the first and third of the month from 1-2:30 p.m. at the Rockville Senior Center
 June 1 & 15, July 7 & 21, August 3 & 17

Give a Tip... Get a Tip! NEW
 Enjoy exchanging your personal tips on how to stay young and live well. Open to Center members twice a month. Just think, several tips a month! A signup sheet is at the front desk, limited space available. A date and time will be established. **Free.**

Dunya's Retirement
 Thank you to Dunya Hecht who has served as the English Program Manager here at the Rockville Senior Center for over 10 years! We appreciate Dunya's hard work, dedication and patience through the years.

Police Adventure Camp Invites You!
 Thursday, June 29, 10 a.m. – 12 p.m.
 Police Adventure Camp would like to visit our Center! Children from this camp will be coming to Rockville Senior Center to play games, converse and enjoy a light refreshment. Sign up at front desk.
Free

My Mother's Will...and Yours
 Mother's simple boilerplate will was not so simple. She divided equally all her belongings, like furniture, clothing and art work she had created. Her executor said she had nothing...but of course, she did! In my personal experience, talk to your heirs about who gets what in your will. Add a mediation clause, if your heirs might fight later and share your plan with your executor. If you change your mind, update everyone and your Will! As a volunteer, I am glad to brainstorm with you about ideas on assigning who gets what.
lesleykamenshine@verizon.net
 Lesley Kamenshine, Senior Center Member

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

Smart Money in Spanish
 Thursday, June 1, 10 a.m.

Smart Money in Mandarin
 Friday, June 2, 10 a.m.

June Supper Club
 Tuesday, June 6, 5-7 p.m.



June Birthday Party
 Wednesday, June 7,
 1:30-3:00 p.m.
 Held at the Fitzgerald Theatre*

International Day
 Friday, June 9, 10:30-noon
 Displays * Costumes* Tastings *
 Dance demonstrations
 Course# 60555; Free

**World Elder Abuse
 Awareness Day**
 Wednesday, June 14
 Exhibitors and presentations on such topics as: resources for seniors, technology and personal and financial safety

R.S.I. Annual Meeting
 Tuesday, June 20, 1-2 p.m.

July Birthday Party
 Wednesday, July 12,
 1:30-3:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday																									
<p>MONDAYS:</p> <ul style="list-style-type: none">• Game Room Activities: 8:30-7p• Chinese Lunch: 10-2 <p>TUESDAYS:</p> <ul style="list-style-type: none">• Drop in Chess: 10-12• Drop in Knockout Poker: 1-3• Drop in Bridge: 1:30  <p>SATURDAY: Fitness club: by Appt. • Game Room Activities: 8:30-2:45p</p> <p>MONDAY-FRIDAY:</p> <p>*Fitness Club: M-Th: 7a-8p & Fri. 7a-7p *Hispanic Activities: 10-12 • Blood Pressure: 10-12</p> <p>*Lunch Served Daily: Noon Call 240-314-8810</p>	<p>FRIDAYS:</p> <ul style="list-style-type: none">• Game Room Activities: 8:30-5p <p>FRIDAYS:</p> <ul style="list-style-type: none">• Game Room Activities: 8:30-5p• Chinese Lunch: 10-2 <p>TUESDAYS:</p> <ul style="list-style-type: none">• Drop in Chess: 10-12• Drop in Knockout Poker: 1-3• Drop in Bridge: 1:30  <p>SATURDAY: Fitness club: by Appt. • Game Room Activities: 8:30-2:45p</p> <p>MONDAY-FRIDAY:</p> <p>*Fitness Club: M-Th: 7a-8p & Fri. 7a-7p *Hispanic Activities: 10-12 • Blood Pressure: 10-12</p> <p>*Lunch Served 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Strong*</p> <p>12-15-1 Showstoppers*</p> <p>1p Fit 4 Function*</p> <p>1-2p Arthritis Foundation*</p> <p>12:30-2 Citizenship*</p> <p>1-2:30 English Conversation*</p> <p>1-2:30 Communication with your Health Provider*</p> <p>2-3:30 iPad Basics*</p> <p>5-5:45 Sr. Abs and Back*</p> <p>1-2:30 Supper Club-Summer Barbecue*</p> <p>1:30-3:05 Senior Fit*</p> <p>2-3:30 Google Apps & Extensions*</p> <p>3:30-4:45 RoGue Tennis*</p> <p>3-5p PhotoShop Beg*</p> <p>5-6p Zumba Gold*</p> <p>6:30-7:30 Yoga Flow*</p>	<p>8:45-9:30 Yoga-lates on the ball* 7</p> <p>9:50-10:50 Yoga for You*</p> <p>10-10:50 Easy Zumba*</p> <p>10-11:30 French Beg.*</p> <p>10-12p Eng. 1 Beg.*</p> <p>Eng. 2 High Beg.*</p> <p>Eng. 3 Inter.*</p> <p>Eng. 4 Adv.*</p> <p>Micorsoft Excel*</p> <p>11-12p Chair Exercise*</p> <p>11-12p Caribbean Dance*</p> <p>12-10-12:50 Matter of Balance*</p> <p>12:30-2 Citizenship*</p> <p>1-2:30 French Cont.*</p> <p>1:15-2 On Your Feet*</p> <p>1:30-2:30 Religions of the World*</p> <p>1:15-2 On Your Feet*</p> <p>1:30-3 June Birthday Party @ Fitzgerald</p> <p>1:30-3:05 Senior Fit*</p> <p>2-15-3:15 Aerobic Workout*</p> <p>3-5p PhotoShop Beg*</p> <p>5-6p Triple Challenge*</p>	<p>9-9:45 Strength Training* 8</p> <p>10-10:50 Forever Fit*</p> <p>10-10:50 Tai Chi*</p> <p>10-12p Windows PC Backup*</p> <p>10-12p Eng. 2 High Beg.*</p> <p>Eng. 3 Inter.*</p> <p>Eng. 4 Adv.*</p> <p>11-11:45 Pilates Basics*</p> <p>11-12p Aerobic Workout*</p> <p>12-15-12:45 Walking Strong*</p> <p>1-2p Arthritis Foundation*</p> <p>1-3p Right Click-Left Click*</p> <p>2:15-3 Pilates Int.*</p> <p>National Baseball Game Trip*</p>	<p>10-10:50 Tai Chi* 9</p> <p>10-10:50 Computer Basic*</p> <p>10-12p Women Living Alone</p> <p>1-2:30 Phone Pictures to PC*</p> <p>1-3p Movie: Fantastic Beasts</p> <p>1:30-2:30 Beat Goes On*</p> <p>2:15-3 Pilates Int.*</p> <p>National Baseball Game Trip*</p>	<p>10-11a Functional Training* 3</p> <p>11:15-12 Stretch with Ease*</p> <p>10-11a Yoga for You* 9</p> <p>10:30-12 International Day*</p> <p>11:15-12 Chi Gong*</p> <p>12:10-12:55 Easy Feet*</p> <p>12:15-1 Showstoppers*</p> <p>1:15-2 On Your Feet*</p> <p>1:15-2:15 Arthritis Foundation*</p> <p>2:30-3:30 Belly Dance*</p>	<p>SATURDAY</p> <p>10-11a Functional Training* 10</p> <p>11:15-12 Stretch with Ease*</p>	<p>9-9:45 Strength Training* 15</p> <p>10-10:50 Tai Chi*</p> <p>10-12p Computer Basic*</p> <p>1-2:30 Women Living Alone</p> <p>1-3p Phone Pictures to PC*</p> <p>1:30-2:30 Movie: Fantastic Beasts</p> <p>2:15-3 Beat Goes On*</p>	<p>10-10:50 Tai Chi* 16</p> <p>10-12p Computer Basic*</p> <p>1-2:30 Women Living Alone</p> <p>1-3p Phone Pictures to PC*</p> <p>1:30-2:30 Movie: Fantastic Beasts</p> <p>2:15-3 Beat Goes On*</p>	<p>10-11a Functional Training* 17</p> <p>11:15-12 Stretch with Ease*</p>	<p>10-12p Computer Basic* 22</p> <p>1p Sr. Commission Mtg.*</p> <p>1-2p Caring for your Skin*</p> <p>1-3p Email Basic*</p> <p>1:30-2:30 Beat Goes On*</p>	<p>10-12p Computer Basic* 23</p> <p>1-3p Coding for Beg.*</p>	<p>8:45-9:30 Yoga-lates on the ball* 30</p> <p>10-11a Yoga for You*</p> <p>10-12p Wii Play*</p> <p>11-15-12 Chi Gong*</p> <p>12-10-12:55 Easy Feet*</p> <p>12:15-1 Showstoppers*</p> <p>1:15-2 On Your Feet*</p> <p>1:15-2:15 Arthritis Foundation*</p> <p>2:30-3:30 Belly Dance*</p>	<p>9-9:45 Strength Training* 29</p> <p>10-10:50 Forever Fit*</p> <p>10-10:50 Tai Chi*</p> <p>10-12p Using Thumb Drives*</p> <p>11-1:45 Pilates Basics*</p> <p>11-12p Aerobic Workout*</p> <p>12:15-12:45 Walking Strong*</p> <p>1-2p Arthritis Foundation*</p> <p>1-3p Fun with Pictures*</p> <p>Chartering a Course*</p> <p>iPhone Support Group</p> <p>1:30-2:30 Beat Goes On*</p> <p>2:15-3 Pilates*</p> <p>3:30-4:30 Yoga Flow*</p>	<p>9-9:45 Strength Training* 28</p> <p>10-10:50 Yoga for You*</p> <p>10-10:50 Easy Zumba*</p> <p>10-11:30 French Beg.*</p> <p>10-12p PC Infections*</p> <p>11-12p Caribbean Dance*</p> <p>12:10-12:50 Chair Exercise*</p> <p>1-2:30 Matter of Balance*</p> <p>1:15-2 French Cont.*</p> <p>1:15-2 On Your Feet*</p> <p>1:30-3:05 Senior Fit*</p> <p>2:15-3:15 Aerobic Workout*</p> <p>5-6p Triple Challenge*</p> <p>Arlington Memorial Cemetery Trip*</p>	<p>9-9:45 Strength Training* 27</p> <p>10-10:50 Tai Chi*</p> <p>10-10:50 Forever Fit*</p> <p>10:30-11:30 Writers and their dogs*</p> <p>11-12p Aerobic Workout*</p> <p>11-1p iPad Basics*</p> <p>12:15-12:45 walking Strong*</p> <p>12:10-12:50 Arthritis Foundation*</p> <p>1-2p Four Seasons Garden Design*</p> <p>1:30-2:15 Hot Zumba Moves*</p> <p>2-3:30 iPad Basics*</p> <p>3:30-4:30 Yoga Flow*</p> <p>5-5:45 Abs & Back*</p>	<p>9-9:45 Total Conditioning* 26</p> <p>10-10:50 Easy Zumba*</p> <p>10-11:30 French Beg.*</p> <p>10-12p Microsoft Word*</p> <p>11-12p Chair Exercise*</p> <p>11-12p Caribbean Dance*</p> <p>11:15-12 Triple Zen*</p> <p>12:10-12:50 Forever Fit*</p> <p>1-1:45 Yo-Chi & Balance*</p> <p>1-2p Stress Reduction*</p> <p>1-2:30 French Cont.*</p> <p>1:30-3:05 Senior Fit*</p> <p>2-3:30 Google Apps & Extensions*</p> <p>3-5p PhotoShop Adv.*</p> <p>3:50-4:45 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