

Rockville Senior Center Highlights



March 2018

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.

R.S.I's Pancake Breakfast

Saturday, March 10, 8-10 a.m.
\$10 in advance/\$11 at the door
\$4 kids 12 and under, \$30 for family of 4
Must register at Rockville Senior Center or mail in payment
Cash and Check accepted
Transportation available for Rockville senior residents. Must call 240-314-8810 by March 7.

Eight-Week Fitness Challenge– Walk, Glide, Ride to Fitness!

March 19-May 11
The Rockville Senior Center is challenging its fitness members to take part in an eight-week fitness challenge that will begin Monday, March 19. The Center for Disease Control and Prevention recommends 150 minutes of moderate aerobic activity weekly for older adults. Prizes will be awarded for the three Senior Center members who exercise the greatest number of minutes during the challenge.
An organizational meeting will be held at 2 p.m. Monday, March 12, for all participants to receive the fitness challenge packet and to review the program's guidelines. **Registration is required for this free program.** Registration closes March 19.
Register with course #4784 in person or at www.rockvillemd.gov/registration. (Participants must be Senior Center fitness members.)

Fashion Show with Taylor Marie

Tuesday, March 20, 1-2:30 p.m.
Join us in the Carnation Room for our own "Project Runway" – without all the drama and sewing disasters. Taylor Marie brings shopping to us, with the latest spring fashions in sizes and creative accessories for all. Sit back and relax while our own Senior Center models wow you with designer clothing at below-retail prices. Light refreshments are served. Register by 3/16.
Course# 4197; \$5/\$7/\$10

Celebrate St. Patrick Day with us!

Wednesday, March 14
Smoothies and refreshments: 10-11:30 a.m.
Movie: Once 1-2:30 p.m.
A modern-day musical set on the streets of Dublin. Featuring Glen Hansard and his Irish band The Frames. "Once" tells the story of a street musician and a Czech immigrant during an eventful week as they write, rehearse and record songs that reveal their unique love story. **Rated R** for language.

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

Spring Classes are starting the second week of April. Make sure you sign up early before classes fill up!

March Birthday

Wednesday, March 7, 1:30-3 p.m.
Register by 3/1.
Course# 2663; Free/\$7

Trip Registration Lottery Members/Residents

March 8, 10:30 a.m.
Trips include:
April 10 – Sheer Madness at the Kennedy Center
April 23 – National Gallery of Art
May 3 – An American in Paris at the Hippodrome Theatre
June 6 - Washington Nationals Baseball Game
Please refer to the 60 Plus Guide for further details.

Phone Pictures to PC

Thursday, March 15, 10 a.m. – 12 p.m.
Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class.
Course#5206;\$7/\$9/\$13

Wine and Cheese Open House

Tuesday, April 24, 5:30-7 p.m.
Free transportation available for Rockville residents.
Course#4276; \$3/\$5



Counselor's Corner

How is your mental health? You may be feeling depressed, anxious, and/or overwhelmed due to several external stressors this winter: the cold weather and icy conditions, shorter days that are now getting longer, prolific flu and respiratory viruses, and recent tragedy in Florida. Please know that our mental health counselor, Rika Granger, LCSW-C, is available Tuesdays and Thursdays as well as additional days when necessary. Check in with her if you are concerned about yourself or a loved one. She may help you with coping skills for this time. She may be reached at RSC or at 301-978-9750 or fgranger@we-aspire.org.

Need Help with Your Taxes?

Senior Income Tax Assistance
Mondays, Feb.5-April 12
Appointment needed: No Fee
240-777-2577 or online at <https://taxaidemontgomerycountymd.as.me/schedule.php>

Thursday & Friday Movie Matinees at the Senior Center

Lady Bird

March 8 & 9, 1-3 p.m.
Christine "Lady Bird" McPherson fights against but is exactly like her wildly loving, deeply opinionated and strong-willed mom Laurie Met, a nurse working tirelessly to keep her family afloat after Lady Bird's father loses his job. Set in Sacramento, California in 2002, amidst a rapidly shifting American economic landscape, Lady Bird is an affecting look at the relationships that shape us, the beliefs that define us, and the unmatched beauty of a place called home.
Rated R for language, sexual content, brief graphic nudity and teen partying.

The Shape of Water

March 15 & 16, 1-3:05 p.m.
In the hidden high-security government laboratory where she works, lonely Elisa is trapped in a life of isolation. Elisa's life is changed forever when she and co-worker Zelda discover a secret classified experiment. **Rated R for sexual content, graphic nudity, violence and language.**

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

Zumbaerobic Party

Thursday, March 22, 1:30-3 p.m.
If you like music and dancing, come join the party. Get a taste for salsa, merengue and other Latin dances, along with aerobic dance moves. Learn the moves as you go. Instruction will be provided. All levels of experience are welcome.
Course# 4830; \$5/\$8/\$12

Supper Club

Tuesday, April 3, 5-7p.m.
Catered by Woodlyn's Caterers
Menu of salad, chicken parmigiana with pasta, marina sauce, garlic bread dessert and beverage.
Entertainment by Good Times Show Band
Fee: \$15 per person for members and residents \$20 for non-residents
Register by March 26 unless filled that date.

Rockville Seniors Inc.

Spaghetti Dinner

Thursday, April 19, 6-8 p.m.
Enjoy the night out with the family with spaghetti and Bingo. Bingo cards will be available to purchase for adult participants.
\$13 in advance • \$15 at the door
Kids 12 and under
\$4 in advance • \$6 at the door
Register in person or mail payment to Rockville Senior Center, check or cash accepted, check made out to R.S.I.

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

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.