


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9-9:45	Total Condition Mini* 2	8:30a	Sr. Class 3	8:45-9:30	Yoga-lates Mini* 4	9-9:45	Strength Training Mini* 5	9-9:45	Total Condition Mini* 6
10-10:50	Easy Zumba Mini*		Registration	9:50-10:50	Yoga for You Mini		10-11a Book Club*	10-10:45	Belly Dance Basic Mini*
10-12p	Microsoft Excel II*	9-9:45	Strength Training Mini*	10-10:30a	Staff Chat	10-10:50	Forever Fit Mini*	10-11a	Yoga for You Mini*
11-12p	Chair Exercise Mini* Caribbean Dance Basic Mini*	10-10:50	Forever Fit Mini*	10-12p	Easy Zumba Mini*	10-12p	PC New Users*	11-1p	Bridge Supervised Play*
12-1p	Memory Café*	10-12p	Yahoo Email Basic*	11-12p	Chair Exercise Mini*	10:30-12	Painting on Glass*	11:15-12	Easy Feet Mini*
12:10-12:50	Forever Fit Mini*	10:30-1	Self-Management*	12:10-12:50	Balance Matters Mini*	11-11:45	Pilates Basics Mini*		Chi Gong Mini*
1-1:45	Yo-Chi & Balance Mini* Stress Reduction	11-12p	Aerobic Workout Mini*	1-3p	Microsoft Word*	11-12p	Aerobic Workout Mini*	12:15-1	On Your Feet Mini*
1-2p	Cancelled*	12:15-12:45	Walking Strong Mini* Arthritis Foundation	1:15-2	On Your Feet Mini* Birthday Party*	12-2:15	Italian*	1:15-2:15	Arthritis Foundation
1-3p	Microsoft Word*	1-2p	Care for Crisis*	2:15-3:15	Senior Fit @ Lincoln park Aerobic Workout Mini*	12:15-12:45	Walking Strong Mini* Arthritis Foundation		
1:30-3	Senior Fit	1-2:30	Bridge Beg.*	5-6p	Zumba Gold Mini*	1-2p	Mini*	SATURDAY 7	
2-2:45	Drums Alive Mini*		Flip Phone Basic*	5:45-6:45	Yoga Flow Mini*	1-3p	Flip Phone Basic*	9-2p	Holiday Bazaar
5-6p	Zumba Gold Mini*	3-4p	Carnation Players*			1-2:30	Women Living Alone*	10-11a	Functional Training Mini*
6:30-7:30	Yoga Flow Mini*	3:15-4:15	Afternoon Yoga Flow Mini*			3:15-4:15	Afternoon Yoga Flow*		
		5-5:45	Abs & Back Mini*						
9-9:45	Total Condition Mini* 9	9-9:45	Strength Training Mini* 10	8:45-9:30	Yoga-lates Mini* 11	9-9:45	Strength Training Mini* 12	FRIDAY 13	
10-10:50	Easy Zumba Mini*	10-10:50	Forever Fit Mini*	9:50-10:50	Yoga for You Mini*	10-10:50	Forever Fit Mini*	9-9:45	Total Condition Mini*
10-12p	Microsoft Excel II*	10-12p	Using Thumb Drive*	10-10:50	Easy Zumba Mini*	10-12p	PC Voice Commands*	10-10:45	Belly Dance Basic Mini*
10-12:30	Woodshop Class*	10-12p	Self-Management*	10-12p	Chair Exercise Mini*	11-11:45	Pilates Basics Mini*	10-11a	Yoga for You Mini*
10:15-11:15	Second Fiddle*	10:30-1	Aerobic Workout Mini*	11-12p	Balance Matters Mini*	11-12p	Aerobic Workout Mini*	11:15-12	Easy Feet Mini*
11-12p	Chair Exercise Mini* Caribbean Dance Basic Mini*	11-12p	Walking Strong Mini* Arthritis Foundation	12:10-12:50	Fun w/Pics*	11-12p	Italian*	11:15-12	Chi Gong Mini*
12:10-12:50	Forever Fit Mini*	12:15-12:45	Arthritis Foundation Mini*	1-3p	On Your Feet Mini*	12-2:15	Walking Strong Mini* Arthritis Foundation	11:30-2	Willing 3C Holiday Luncheon*
1-1:45	Yo-Chi & Balance Mini*	1-2p	Science Tuesday*	1:15-2	Aerobic Workout Mini*	12:15-12:45	Mini*	12:15-1	On Your Feet Mini*
1-2p	Stress Reduction*	1-2:30	Brain Games*	5-6p	Zumba Gold Mini*	1-2:30	Negative Emotions*	1:15-2:15	Arthritis Foundation
1-3p	Microsoft Word*	1-3p	Android Tablet Basic*	5:45-6:45	Yoga Flow Mini*	1-3p	Android Tablet Basic*		
1:30-3	Senior Fit	3:15-4:15	Afternoon Yoga Flow Mini*		Red Hat Trip*	3:15-4:15	Afternoon Yoga		
2-2:45	Drums Alive Mini*		Holiday Supper Club*						
5-6p	Zumba Gold Mini*	4:45-7p	Abs & Back Mini*						
6:30-7:30	Yoga Flow Mini*	5-5:45							
9-9:45	Total Condition Mini* 16	9-9:45	Strength Training Mini* 17	8:45-9:30	Yoga-lates Mini* 18	9-9:45	Strength Training Mini* 19	FRIDAY 20	
10-10:50	Easy Zumba Mini*	10-10:50	Forever Fit Mini*	9:50-10:50	Yoga for You Mini*	10-10:50	Forever Fit Mini*	9-9:45	Total Condition Mini*
10-12p	PowerPoint*	10-12p	PC Infections*	10-10:50	Easy Zumba Mini*	10-12p	Gmail Basic*	10-10:45	Belly Dance Basic Mini*
11-12p	Chair Exercise Mini* Caribbean Dance Basic Mini*	10-12p	Self-Management*	10-12p	PowerPoint*	10-12p	Pilates Basics Mini*	10-11a	Yoga for You Mini*
12-1p	Memory Café*	11-12p	Aerobic Workout Mini* Holiday Luncheon*	11-12p	Chair Exercise Mini*	11-11:45	Aerobic Workout Mini*	11:15-12	Easy Feet Mini*
12:10-12:50	Forever Fit Mini*	12p	Walking Strong Mini* Arthritis Foundation	12:10-12:50	Balance Matters Mini*	11-12p	YIH Holiday Luncheon*	11:15-12	Chi Gong Mini*
1-1:45	Yo-Chi & Balance Mini*	12:15-12:45	Arthritis Foundation Mini*	1-3p	Window 10 Laptop*	11-1p	Italian*	12:15-1	On Your Feet Mini*
1-2p	Stress Reduction*	1-2p	Care for Crisis*	1:15-2	On Your Feet Mini*	12-2:15	Walking Strong Mini* Arthritis Foundation	12:15-1	Chi Gong Mini*
1-3p	Window 10 Laptop*	1-2:30	Using Right/Left Key*	1:30-3	Senior Fit	12:15-12:45	Mini*	1:15-2:15	Arthritis Foundation
1:30-3	Senior Fit	1-3p	Afternoon Yoga Flow Mini*	2:15-3:15	Aerobic Workout Mini*	1-2p	Women Living Alone*		
2-2:45	Drums Alive Mini*	3:15-4:15	Abs & Back Mini*	5-6p	Zumba Gold Mini*	3:15-4:15	Afternoon Yoga Flow Mini*		
5-6p	Zumba Gold Mini*	5-5:45		5:45-6:45	Yoga Flow Mini*				
6:30-7:30	Yoga Flow Mini*								
10-12p	PowerPoint* 23	1-2:30	Brain Games* 24	Building Closed 25		1-2:30	Negative Emotions* 26	FRIDAY 27	
10:15-11:15	Time's 100 Century* Stress Reduction*							Drop in Programs	
1-2p									
10-12p	Phone Pics to PC* ipad Basic* 30	10-12p	Tablet Pics to PC* 31					SATURDAY 28	
								Drop in Programs	
*=Registration is required		MONDAY-FRIDAY:		TUESDAYS:		WEDNESDAYS:		FRIDAYS:	
On-Going Programs		Fitness Club:		• Bocce Ball: 10-11a		• Gift Shop Crafts 10a-12p		• Chinese Lunch: 10-2	
Must be a Rockville Senior Center Member to participate in Drop In Programs		M-Th: 7a-8p & Fri. 7a-7p		• Helping Hands Knitting: 1-3p		• Drop in Bridge: 1p		• Drop in Chess: 10-12	
		• Hispanic Activities: 10-12p		• Pinochle Pursuit: 1-3:30p		• Bingo 7p		• Practice Lab for Beg: 10:30-12	
		• Blood Pressure:10-12						• Drop in Knockout Poker: 1-3	
		• Bocce Ball: T,TH, Sat., 10-11a						• Drop in Bridge: 1:30-3	
		• Lunch Served Daily M-F: Noon							
		Call 240-314-8810							

DECEMBER



Volunteer's Needed!

HOLIDAY BAZAAR

**Saturday, Dec. 7
9 a.m.-2 p.m.**

Handmade Crafts • Book Sale • Raffle •
Bake Sale • Plant Sale • Gift Shop
and Thrift Shop Open.
Lunch available for purchase.
240-314-8800

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