

Rockville Seniors

The Center's Monthly Highlights and Calendar

JANUARY 2020



January's Special Highlights

8 Week Challenge

Begins Jan. 20 and concludes March 14. Prizes will be awarded to three participants with the greatest number of exercise minutes. There will be a mandatory meeting on Jan. 16 at 1 pm to receive the fitness packet and guidelines for the program. Call 240-314-8822 for more information. Registration is required. *Free to fitness members and fitness class participants. Course# 12199; Free*

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Classical Reflections for a Winter Day

Thurs. Jan 23, 1-2 p.m.
This musical presentation will be performed by Connie Hughes, our piano teacher. Works by Mozart, Brahms, Chopin, Schubert, and Debussy will be presented along with program notes and commentary. Learn some history and insight into world famous piano pieces in a friendly, relaxed atmosphere. Course# 11394; \$5/\$7

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Albert Einstein: The Human Side

Mon. Jan 27, 10:15-11:15 a.m.
Candace Ridington portrays Albert Einstein's long-serving secretary, Helen Dukas, co-trustee of the Einstein estate and archivist of his papers after his death. Learn about what Helen calls "the human side" of Einstein; his curiosity and wonder at the universe, the violin playing, his humorous side, and more. Course# 11625; \$6/\$8

Two Soups and a Bread

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

What are your favorite comfort foods? For Chef Shelia Crye, French Onion Soup. Corn Chowder with bacon and Oatmeal Scones would be on the list. Watch Chef prepare classic home cooking fare and you will go home with inspiration and recipes. Bring your appetite as there will be generous samples of everything on the menu. Course# 11430; \$46/\$56

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Female Re-Enactors of Distinction (FREED)

Friday, Feb. 7, 10:30 a.m.-12 p.m.
A group of ladies who originally met in 2005 at the African American Civil War Museum. Their mission is to educate and promote the accomplishments of the African American Civil War Soldiers and the women who supported their fight for freedom. In honor of Black History Month, we are delighted to have a number of these ladies join us for a discussion and light refreshments. Register by 1/31. Course# 11395; \$3/\$5

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Overnight Trip to Pennsylvania

Tues., May 12-Wed., May 13, 2020
Trip information available at the front desk

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Monthly Offerings & Notices

January Birthday Party

Wed. Jan. 8, 1-3 p.m.

Sponsored by: HomeCall

Entertainment by: Jesse Palidofsky

Course# 11280; Free to members and Rockville Residents/\$7 non-Rockville Residents

Trip Lottery

Senior Center Members:

Thursday, Jan. 9 at 10:30 a.m.

Trips include:

- Happy Hearts Luncheon
Wed. Feb. 12
- Kennedy Center Tour
Fri. March 6
- McFadden Art Glass
Thurs. Jan. 30
- Natural History Museum
Thurs. Feb. 27

Refer to pg. 11 in the 60+ Recreation Guide

Young In Heart Senior Club Meeting and Luncheon



Thurs. Jan. 16, 11 a.m.-1 p.m.

Guest speaker, Alasdair Bowie, a George Washington University professor and Road Scholar, will give a presentation on his trip to South China. \$10 payable day of lunch for members. Fliers were mailed to all members.

Building Closed

Wed. Jan. 1: New Year Day

Mon. Jan. 20: Martin Luther King Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>January</p> <p>* = Registration is required</p> <p>On-going programs must be a Rockville Senior Center Member to participate in drop-in programs.</p> <p>MONDAYS-FRIDAYS</p> <ul style="list-style-type: none"> Fitness Club: M-Th: 7 a.m.-8 p.m. & Fri. 7 a.m.-7 p.m. Hispanic Activities: 10 a.m.-12 noon Blood Pressure: 10 a.m.-12 noon Bocce Ball: T,TH, Sat., 10-11 a.m. Lunch Served Daily M-F: Noon Call: 240-314-8810 	<p>TUESDAYS</p> <ul style="list-style-type: none"> Bocce Ball: 10-11 a.m. Helping Hands Knitting: 1-3 p.m. Pinochle Pursuit: 1-3:30 p.m. <p>WEDNESDAYS</p> <ul style="list-style-type: none"> Gift Shop Crafts 10 a.m.-12 noon Drop in Bridge: 1 p.m. Bingo 7 p.m. <p>THURSDAYS</p> <ul style="list-style-type: none"> Bocce Ball: 10-11 a.m. <p>FRIDAYS</p> <ul style="list-style-type: none"> Chinese Lunch: 10-2 a.m. Drop in Chess: 10-12 a.m. Practice Lab for Beg: 10:30 a.m.-12 noon Drop in Knockout Poker: 1 a.m.-3 p.m. Drop in Bridge: 1:30-3 p.m. 	<p>1</p> <p></p> <p>BUILDING CLOSED</p>	<p>2</p> <ul style="list-style-type: none"> 10-12 Tablet Pics to PC* 1-3 PC Infections* 1-2:30 Women Living Alone* 	<p>3</p> <ul style="list-style-type: none"> 10-11:30 PC New Users*

SATURDAY				
Drop In Programs				
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<ul style="list-style-type: none"> 10-12 Microsoft Excel* 12-1 Memory Café* 1-2 Stress Reduction* 1-3 Computer Trouble* 1:30-3 Senior Fit 	<ul style="list-style-type: none"> 10-12 Windows PC Backup* 1-2:30 Self Advocacy* 1-3 Flip Phone Basic* 	<ul style="list-style-type: none"> 10-12 Microsoft Excel* 1-3 Computer Trouble* 1:30-3 Birthday Party Senior Fit @ Lincoln park 1-3 Computer Trouble* 	<ul style="list-style-type: none"> 10-12 Phone Pics to PC* 10:30 Trip Lottery 12:15-2:15 Italian* Cont. 1-2:30 Gratitude* 1-3 PC Voice Commands* 1-3 Movie: The Farewell 	<ul style="list-style-type: none"> 1-3 Movie: The Farewell
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SATURDAY				
Drop In Programs				
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<ul style="list-style-type: none"> 9-9:45 Total Condition* 10-10:45 Balance Matters* 10-10:50 Easy Zumba* 10-12 Microsoft Excel* English A* English 1* English 4* 10:15-11:15 Second Fiddle* 11-12 Chair Exercise* Caribbean Dance Basic* 12:10-12:50 Forever Fit* 12:15-2:15 Italian* Beg. 12:30-2:30 Eng Conversation* 12:30-2:30 Spanish Cont* 1-1:45 Yo-Chi & Balance* 1-2 Stress Reduction* 1:30-3 Senior Fit 2-2:45 Drums Alive* 5-6 Zumba Gold* 6:30-7:30 Yoga Flow* 	<ul style="list-style-type: none"> 9-9:45 Strength Training* 9:30-10:20 Piano Basic 10-10:50 Tai Chi* Forever Fit* 10-12 Windows 10 Basic* English 2* English 3* 10:30-11:20 Piano Beg./Cont.* 10:30-12 Insurance 101 & Scam* 11-12 Aerobic Workout* 11:30-12:20 Piano Adv* 12:15-12:45 Strong 30* Walking Strong* 12:30-1:20 Piano Beg* 12:30-2:30 Spanish Beg.* 1-2 Arthritis Foundation* Science Tuesday* 1-2:30 Senior Coping Skills* 1-3 Email Fundamentals* Beg. Bridge II* 2-2:50 Handbells* 2:15-3:05 Easy Zumba* 3:15-4:15 Afternoon Yoga Flow* 5-5:45 Abs & Back* 	<ul style="list-style-type: none"> 8:45-9:30 "Yoga-lates" 9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-12p Microsoft Excel* English A* English 1* English 4* 11-12 Chair Exercise* 12:10-12:50 Balance Matters* 12:30-2:30 Spanish Cont* 1-3 Computer Trouble* 1:15-2 On Your Feet* 1:30-2:30 Guitar* 1:30-3 Senior Fit 2:15-3:15 Aerobic Workout* 4-4:50 Forever Fit* 5-6 Zumba Gold* 6-7 Yoga Flow* 	<ul style="list-style-type: none"> 9-9:45 Strength Training* 10 Senior Comm. Mtg. 10-10:50 Tai Chi* Forever Fit* 9:15-11:15 Watercolor Beg.* 10-12 Windows 10 Basic* English 2* AND English 3* 11-11:45 Pilates Basics* 11-12 Aerobic Workout* 11-1 YIH Mtg* 11:30-1:30 Watercolor Int.* 12:15-2:15 Italian* Cont. 12:15-12:45 Walking Strong* Strong 30* Foam Rolling* 12:15-2:15 Italian* 12:30-2:30 Eng. Conversation* Spanish Beg.* 12:30-1:20 Piano Beg* 1 8 Week Challenge Mtg* 1-2 Arthritis Foundation* 1-2:30 Women Living Alone* 1-3 Using Right/Left Key* 1:45-3:45 Watercolor Adv* 2:15-3 Pilates Int* 3:15-4:15 Afternoon Yoga Flow* 4-6 Watercolor Int.* 5:30-6:15 Balance & Mobility* 	<ul style="list-style-type: none"> 9-9:45 Total Condition* 10-10:45 Belly Dance Basic* 10-11 Yoga for You* 10-12 Piano Practice * 11:15-12 Easy Feet* Chi Gong* 12:15-1 On Your Feet* Chi Gong* 1-2 Sesiones De Comer Saludable en Espanol* 1:15-2:15 Arthritis Foundation* 1:15-2 Chair Zumba* 5:30-6:15 Brain-Body Balance*
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SATURDAY				
Drop In Programs				
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<p>20</p> <p></p> <p>MARTIN LUTHER KING JR. Day</p> <p>BUILDING CLOSED</p>	<ul style="list-style-type: none"> 9-9:45 Strength Training* 9:30-10:20 Piano Basic 10-10:50 Forever Fit* Tai Chi* 10-12 English 2* English 3* Microsoft Excel II* 10:30-11:20 Piano Beg./Cont.* 11-12 Aerobic Workout* 11:30-12:20 Piano Adv* 12:15-12:45 Strong 30* 12:15-12:45 Walking Strong* 12:30-1:20 Piano Beg* 12:30-2:30 Spanish Beg.* 1-2 Arthritis Foundation* 1-2:30 Self Advocacy* 1-3 Beg. Bridge II* Phone Android Basic* 2 RSI mtg. 2-2:50 Handbells* 2:15-3:05 Easy Zumba* 3:15-4:15 Afternoon Yoga Flow* 5-5:45 Abs & Back* 	<ul style="list-style-type: none"> 8:45-9:30 Yoga-lates* 9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-12 English A* English 1* English 4* 11-12 Chair Exercise* 1:30-2:30 Guitar* 12:10-12:50 Balance Matters* 12:30-2:30 Spanish Cont* 1:15-2 On Your Feet* 1:30-3 Senior Fit 2:15-3:15 Aerobic Workout* 4-4:50 Forever Fit* 5-6 Zumba Gold* 6-7 Yoga Flow* 	<ul style="list-style-type: none"> 9-9:45 Strength Training* 9:15-11:15 Watercolor Beg* 10-10:50 Forever Fit* Tai Chi* 10-11a Book Club* Sudoku* 10-12p English 2* AND English 3* Microsoft Excel II* 11-11:45 Pilates Basics* 11-12 Aerobic Workout* 11:30-1:30 Watercolor Int* 12:15-12:45 Foam Rolling* Strong 30* Walking Strong* 12:15-2:15 Italian* Cont. 12:30-2:30 Eng. Conversation* Spanish Beg.* 1-2 Classical Reflections* Arthritis Foundation* Pain Connection* 1-2:30 Gratitude* 1-3 Phone Android Basic* 1-3 Movie: Downton Abbey 1:45-3:45 Watercolor Adv* 2:15-3 Pilates Int* 3:15-4:15 Afternoon Yoga Flow* 4-6 Watercolor Int* 5:30-6:15 Balance & Mobility* 	<ul style="list-style-type: none"> 9-9:45 Total Condition* 10-10:45 Belly Dance Basic* 10-11a Yoga for You* 10-12p Piano Practice * 11-1p Supervised Bridge* 11:15-12 Easy Feet* Chi Gong* 12:15-1 On Your Feet* Chi Gong* 1-2 Sesiones De Comer Saludable en Espanol* 1-3 Movie: Downton Abbey 1:15-2 Chair Zumba* 1:15-2:15 Arthritis Foundation* 5:30-6:15 Brain-Body Balance*
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SATURDAY				
Drop In Programs				
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<ul style="list-style-type: none"> 9-9:45 Total Condition* 10-10:45 Balance Matters* 10-10:50 Easy Zumba* 10-12 Maintain Computer* English A* English 1* English 4* 10:30-11:30 Time's 100 Century* 11-12 Chair Exercise* Caribbean Dance Basic* 12:10-12:50 Forever Fit* 12:15-2:15 Italian* Beg. 12:30-2:30 Eng Conversation* Spanish Cont* 12:45-2:45 Piecemakers* 1-1:45 Yo-Chi & Balance* 1-2 Table Tennis Beg* 1-2 Stress Reduction* 1-3 Using Function Keys* 1:30-3 Senior Fit 2-2:45 Drums Alive* 3:15-4:30 RoGue Tennis* 5-6 Zumba Gold* 6:30-7:30 Yoga Flow* 	<ul style="list-style-type: none"> 9-9:45 Strength Training* 9:30-10:20 Piano Basic 10-10:50 Tai Chi* Forever Fit* 10-12 English 2* English 3* Microsoft Excel II* 10:30-11:20 Piano Beg. 11-12 Aerobic Workout* 11:30-12:20 Piano Adv. 12:15-12:45 Strong 30* 12:15-12:45 Walking Strong* 12:30-2:30 Spanish Beg.* 12:30-1:20 Piano Cont. 1-2 Arthritis Foundation* Albert Einstein* 1-2:30 Senior Coping Skills* 1-3 Tablet Android Basic* Beg. Bridge II* 2:15-3:05 Easy Zumba* 2-2:50 Handbells* 3:15-4:15 Afternoon Yoga Flow* 5-5:45 Abs & Back* 	<ul style="list-style-type: none"> 8:45-9:30 Yoga-lates* 9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-12 Maintain Computer* English A* English 1* English 4* 11-12 Chair Exercise* 12:10-12:50 Balance Matters* 12:30-2:30 Spanish Cont* 1-2 Table Tennis Int.* 1-2:30 Mah Jongg* 1-3 Using Function Keys* 1:15-2 On Your Feet* 1:30-2:30 Guitar* 1:30-3 Senior Fit 2:15-3:15 Aerobic Workout* 4-4:50 Forever Fit* 5-6 Zumba Gold* 6-7 Yoga Flow* 	<ul style="list-style-type: none"> 9-9:45 Strength Training* 9:15-11:15 Watercolor Beg* 10-10:50 Forever Fit* Tai Chi* 10-11 Sudoku* 10-12 Microsoft Excel II* English 2* English 3* 10:30-12 Alexa...Please* 11-11:45 Pilates Basics* 11-12 Aerobic Workout* 11:30-1:30 Watercolor Int* 12:15-12:45 Walking Strong* Foam Rolling* Strong 30* 12:15-2:15 Italian* Cont. 12:30-2:30 Eng. Conversation* Spanish Beg.* 1-2 Arthritis Foundation* 1-2:30 Understanding Grief* 1-3 Tablet Android Basic* 1:45-3:45 Watercolor Adv* 2:15-3 Pilates Int* 3:15-4:15 Afternoon Yoga Flow* 4-6 Watercolor Int.* 5:30-6:15 Balance & Mobility* McFadden Art Glass Trip* 	<ul style="list-style-type: none"> 9-9:45 Total Condition* 10-10:45 Belly Dance Basic* 10-11 Yoga for You* 10-12 Piano Practice * 11-1 Supervised Bridge* 11:15-12 Easy Feet* Chi Gong* 12:15-1 On Your Feet* Chi Gong* 1-2 Arthritis Foundation* 1-2 Sesiones De Comer Saludable en Espanol* 1-2 Table Tennis Int.* 1:15-2 Chair Zumba* 1:15-2:15 Arthritis Foundation 5:30-6:15 Brain-Body Balance*
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More Things To Do...

Senior Legislative Forum

Tuesday, January 14, 8 am - 1 pm
Held in the State Senate Building in Annapolis. Transportation will be provided for those who sign up at the Transportation office, by Tuesday, January 7.

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Census 2020 coming soon!

March 2020, Census postcards will be sent to all housing units. Every home will receive an invitation to participate in the 2020 Census. You will have three options for responding: Online. By phone. By mail.

IMPORTANT: Please avoid scams at this time. During the 2020 Census, the Census Bureau will never ask you for: Your Social Security number. Money or donations. Anything on behalf of a political party. Your bank or credit card account numbers.

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Thursday & Friday Movie Matinees at the Senior Center

Jan. 9 & 10

The Farewell

The film follows a Chinese family who, when they discover their beloved Grandmother has only a short while left to live, decide to keep her in the dark and schedule an impromptu wedding to gather before she passes. Billi, feeling like a fish out of water in her home country, struggles with the family's decision to hide the truth from her grandmother. Rated PG for thematic material, brief language and some smoking.

Jan. 23 & 24

Downton Abbey

becomes a grand motion picture event, as the beloved Crawleys and their intrepid staff prepare for the most

important moment of their lives. A royal visit from the King and Queen of England will unleash scandal, romance and intrigue that will leave the future of Downton hanging in the balance. Rated PG for thematic elements, some suggestive material, and language.

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Senior Center Readies for Unearthing of 1995 Time Capsule

In May, a time capsule bearing the hopes and wishes from residents of the time was buried at the Rockville Senior Center, with plans that it would be unearthed in May 2020, 25 years from when it was placed.

"Within the capsule the citizens of Rockville, Maryland, have placed messages and memorabilia for future generations to view," a plaque adorning a stone marking the capsule's location reads today.

The plan is to unearth that capsule at the appointed time. Staff at the Senior Center will need to know which items to return to whom. Envelopes handed out at the time were used to donate items and receipts issued to be redeemed when the capsule was dug up.

If you have a receipt ticket, or believe a loved one may have put something in the capsule for you to retrieve, please contact the Rockville Senior Center at seniorcenter@rockvillemd.gov or 240-314-8800.

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Snow Removal

Want to help a fellow member? Many older adults need assistance with snow removal. If you would like to volunteer, or if you are a city resident, 60 and older in need of assistance, please contact: Jerry Jones, 240-314-8819, jjones@rockvillemd.gov

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Most classes start the second week of January, register now!

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.

Building Closed

Wed. Jan. 1: New Year Day
Mon. Jan. 20: Martin Luther King Day

Stay Informed:

- www.rockvillemd.gov/seniorcenter
- seniorcenter@rockvillemd.gov
- 240-314-8800
- facebook.com/rockvilleseniors
- twitter.com/rokcvillerec
- instagram.com/rockvillerec

Reminder for Winter Programs

We follow Montgomery County Public Schools (MCPS)

MCPS is closed: All programs, transportation, and lunch is cancelled.

MCPS has a 2 hr. delay: Lunch and 9 a.m. bus pickup is cancelled.

All morning programs are cancelled until noon.