

Adults 60+ Recreation and Services Guide

SUMMER 2020



Please Note: Due to COVID-19, classes and programs are subject to change.

The Rockville Senior Center is going virtual for all Summer classes.

Online or Mail-In to Register for Summer Classes

Member Registration: Summer registration opens on Tuesday, May 19 starting at 8:30 a.m. We will not have in person registration.

Trip Registration: Registration will be completed through the same process outlined below. There will not be an in-person trip lottery. Registration is Tuesday, May 19 starting at 8:30 a.m.

Mail-In Registration: We are taking mail-in's now and will process them in the order it is received starting on May 19. If mailing registrations, please complete the registration form on page 10, enclose a check and mail to:
Rockville Senior Center

1150 Carnation Dr, Rockville, MD 20850

If mailing a registration, you will receive a receipt in the mail, or in your email. You will be contacted if you did not get into the class you wanted.

Online Registration: www.rockvillemd.gov/recreation
Visa and MasterCard accepted

REMINDER:

Please be sure your Senior Center Membership is up to date when you are registering. Memberships are now available for renewal online in our registration system while the Center is closed.

Please call **240-314-8800, 240-314-8620**, or email us at seniorcenter@rockvillemd.gov if you have any questions with registrations.

For detailed descriptions, please visit:
www.rockvillemd.gov/recreation

Internet access is required for all classes.

Arts & Enrichment

Birthday and Anniversary Parties

June & July Patriotic Concert

Sponsored by: Caroline Levine, American Legion Auxiliary, Henderson-Smith-Edmonds, Unit 86

Course	Day, Date	Time	Cost
87170	F, 6/26	1:30-2:15 pm	Free

August Entertainment TBA

Sponsored by: Lucinda Hall and Edwina Moore

Course	Day, Date	Time	Cost
87171	W, 8/5	1:30-2:15 pm	Free

Carnation Feud

Comedians take the podium in the Senior Center's own version of the game show, "Family Feud." Laugh along with mystery guests, all-stars, and newcomers at the "Carnation Feud."

Course	Day, Date	Time	Cost
13547	Th, 8/6	10:30-11:30 am	Free

Christmas in July

Paint and decorate your reversible snowman-pumpkin stand for the autumn and the winter holidays. No experience required. Tammy Brown will walk you through the project step-by-step. All supplies are included in the registration fee. Staff will deliver all supplies to participant's front door, with no personal contact.

Course	Day, Date	Time	Cost
13529	Tu, 7/21	10:15 am-12 pm	\$35/\$42

Drawing with Val

Participants will discuss famous artists such as Rembrandt and van Gogh, among others. Techniques for sketching, cross hatching, and other approaches to capturing our subject matter will be taught. Participants will draw from nature and other subjects. Participants will need heavier-weight drawing paper, HB, 4B and 6B or 8B pencils, a kneaded eraser, a white pencil eraser and Vine charcoal if available.

Course	Day, Date	Time	Cost
13480	W, 7/8-7/29	9:15-11:15 am	\$42/\$65
13490	W, 7/8-7/29	11:30 am-1:30 pm	\$42/\$65

Elizabeth Cady Stanton: Suffragist

This champion of the women's rights movement stood out because she had several things many of the others lacked – a husband, seven children, tremendous writing ability, and a wicked sense of humor. While Stanton is best known for her contribution to the women's suffrage struggle, she was also active and effective in winning property rights for married women, equal guardianship of children, and liberalized divorce. Presented in costume by Smithsonian scholar and award winning actress, Mary Ann Jung.

Course	Day, Date	Time	Cost
13527	W, 7/15	1-2:30 pm	\$6/\$12

Guitar Lessons

Learn a new skill or refresh a long forgotten one with this acoustic guitar course, taught by Kevin Mittleman from The School of Music. Class covers basic strumming techniques, scales, melodies, basic theory, and tips to get you playing. Students need a guitar and notebook.

Beginner

Course	Day, Date	Time	Cost
14465	W, 6/17-7/1	12:30-1:20 pm	\$29/\$45
14466	W, 7/8-8/12	12:30-1:20 pm	\$58/\$90

Advanced Beginner

Course	Day, Date	Time	Cost
13523	W, 6/17-7/1	1:30-2:30 pm	\$29/\$45
13524	W, 7/8-8/12	1:30-2:30 pm	\$58/\$90

Handbells

This is a fun course using color-coded lightweight hand bells and requires no previous musical knowledge. Each student will get to use one or two bells and the group together will play folk and some classical music. As the class progresses, learn to play chords; practicing is not required. Staff will deliver bells to participant's front door, with no personal contact.

Course	Day, Date	Time	Cost
13535	Tu, 7/14-8/18	2:10-3 pm	\$16/\$25

Need Food During this time? Call 240-314-8800 or email us at seniorcenter@rockvillemd.gov

Arts & Enrichment cont.

Painting with Pastels

Use our watercolors as an under painting and apply chalk pastel over the watercolor. The subject matter will be landscapes and still life, concentrating on color and values. Uses UArt Pastel Paper and a few other surfaces. Participants will need to supply pastels, watercolors, and UArt Pastel Paper. Taught by Val Fry.

Course	Day, Date	Time	Cost
13481	W, 7/8-7/29	1:45-3:45 pm	\$42/\$65

Rockville – A Pictorial History

This lavishly illustrated presentation features vintage photos from a new pictorial history by Peerless Rockville, the city's historic preservation organization. Hear the story of Rockville's development from a tiny colonial crossroads to the populous, ethnically diverse city we call home. Presented by Ralph Buglass, co-author and local historian.

Course	Day, Date	Time	Cost
13522	Th, 7/9	10:30 am-12 pm	\$6/\$12

Piano Lessons

Learn fundamentals of rhythm, theory, and note reading. Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule the 15 minutes within the time slot. A piano or keyboard is required.

Complete Beginner Piano

This class is ideal for the complete beginner. Instruction will be given on note reading, rhythm, theory, and technique.

Course	Day, Date	Time	Cost
13510	Tu, 6/16-6/30	9:15-10:15 am	\$29/\$45
13530	Tu, 7/14-8/18	9:15-10:15 am	\$58/\$90

Beginner Continuing Piano

This class is for those who have taken at least one course of piano lessons with our Senior Center instructor. Further instruction will be given on technique, note reading, and theory.

Course	Day, Date	Time	Cost
13511	Tu, 6/16-6/30	10:30-11:30 am	\$29/\$45

13512	Tu, 6/16-6/30	1-2 pm	\$29/\$45
13531	Tu, 7/14-8/18	10:30-11:30 am	\$58/\$90
13532	Tu, 7/14-8/18	1-2 pm	\$58/\$90

Advanced Continuing Piano

This class is designed for those who read both musical clefs, play with two hands simultaneously, and have a good understanding of theory. Opportunity is given to explore different musical genres in music. Prerequisite: Students must have taken at least one Continuing Class at the Senior Center, or meet the listed requirements.

Course	Day, Date	Time	Cost
13513	Tu, 6/16-6/30	11:45 am-12:45 pm	\$29/\$45
13533	Tu, 7/14-8/18	11:45 am-12:45 pm	\$58/\$90

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. Co-sponsored by Rockville Science Center. Second Tuesday of the month.

Course	Day, Date	Time	Cost
13637	Tu, 7/14-9/8	1-2 pm	Free

Second Fiddle – VP's Never President

College Professor Joan Adams will present this series.

Charles Dawes

This 30th vice president was a banker, general, composer and much more. As Coolidge's running mate in 1924, Dawes and the president soon became alienated from each other. He was also a Nobel Peace Prize recipient.

Course	Day, Date	Time	Cost
13551	M, 7/13	10:30-11:30 am	\$6/\$13

Charles Curtis

This 31st vice president was an able leader and a descendant of Chief White Plume of the Kaw Nation. He had a career in service as a member of the House of Representatives and the Senate. Curtis endorsed the five-day work week. He did not run again in 1932.

Course	Day, Date	Time	Cost
13552	M, 8/10	10:30-11:30 am	\$6/\$13

Consider Donating to the Senior Program Assistance Fund

Donations will provide necessary food and personal hygiene items for those seniors with emergent needs. Donations can be...

Spanish for 60+

Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities.

Continuing

Course	Day, Date	Time	Cost
13639	M,W, 7/6-8/5	12:30-2:30 pm	\$44/\$70

Beginner

Course	Day, Date	Time	Cost
13638	Tu,Th, 7/7-8/6	12:30-2:30 pm	\$44/\$70

Dessert Club

A virtual take on our popular Supper Club. Entertainment: Gina DeSimone and the Moaners

Provide your own dessert and enjoy the free entertainment!

Course	Day, Date	Time	Cost
13464	M,7/21	5:45-7 pm	Free

Time's 100 of the Century

College Professor Joan Adams will present this series.

Sam Walton

This entrepreneur changed how Americans shopped. Sam was trained at J. C. Penny. He was a pioneer in retail and opened Wal-Mart Discount City Store in July of 1962. How did he transform the way we shop?

Course	Day, Date	Time	Cost
13548	M, 7/27	10:30-11:30 am	\$6/\$13

Edwin Hubble

Edwin Hubble played a crucial role in establishing the field of extragalactic astronomy. He pushed up his Ph.D. graduation so he could serve in WWI. His father wanted him to be a lawyer and acquiesced. So how did he come to be an astronomer? Time magazine considered him one of the most important astronomers of the century.

Course	Day, Date	Time	Cost
13550	M, 8/24	10:30-11:30 am	\$6/\$13

KEY: **B** = Beginner **I** = Intermediate

Trips

The following are actual trips, not virtual. Register online or by mail.

Annual Crab Feast

Take a trip over the Chesapeake Bay Bridge to Kent Island for our annual crab feast at Fisherman's Crab Deck. Eat an all-you-can-eat crab experience. The menu consists of soup, coleslaw, corn on the cob, chicken, hush puppies, crabs, and ice cream sundae. Trip includes charter bus transportation, leadership, and all the lunch you can eat!!!

Course	Day, Date	Time	Cost
13479	Th, 8/20	10:30 am-4 pm	\$82/\$114

Meet at: Glenview Mansion Lower Parking lot

Sip Sip Hooray in the Mountains

Escape to historic Springfield Manor for wine tasting at Maryland's first winery-distillery-brewery! Conveniently located along Route 15, against the Catoctin Mountain backdrop, enjoy tasting 11 local wines for \$12, payable the day of the trip. Small plate food items are available for purchase from the inn, as well as items from food trucks selected for the event. Trip includes leadership, and charter transportation.

Course	Day, Date	Time	Cost
13538	F, 8/7	3:30-8 pm	\$35/\$50

Meet at: Glenview Mansion Lower Parking lot

Technology

B Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips and download and play games from the app store.

Tablet:

Course	Day, Date	Time	Cost
14343	Tu,Th, 7/14-7/16	10 am-12pm	\$14/\$27
14399	Tu,Th, 9/15-9/17	10 am-12pm	\$14/\$27

Phone:

14352	M,W, 7/20-7/22	1-3 pm	\$14/\$27
14404	M,W, 9/21-9/23	1-3 pm	\$14/\$27

...added to your cart online in our registration system or by checks mailed to Rockville Senior Center, 1150 Carnation Dr. Rockville, MD 20850 Checks made out to: City of Rockville with Program Assistance fund in the description.

Technology cont.

B Avoiding PC Scams

Examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well-known charity, learn the signs of deception.

Course	Day, Date	Time	Cost
14373	Tu,8/25	10am-12pm	\$9/\$15

B Computer Trouble Tips

Learn basic troubleshooting techniques and solve your computer problems.

Course	Day, Date	Time	Cost
14353	Tu,Th, 7/21-7/23	10 am-12 pm	\$14/\$27

B Computers - Save and Find Documents

Topics include creating, naming and filing folders, saving files to backup disks, and/or deleting a desktop shortcut.

Course	Day, Date	Time	Cost
14360	Th, 7/30	1-3 pm	\$9/\$15

B Copying Pictures

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends.

Course	Day, Date	Time	Cost
14366	Tu, 8/11	1-3 pm	\$9/\$15

B File Management

Learn how to copy, move, delete, and rename files. Organize your work and find lost files.

Course	Day, Date	Time	Cost
14365	Tu, 8/11	10 am-12 pm	\$9/\$15

B Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons.

Course	Day, Date	Time	Cost
14370	W, 8/19	10 am-12 pm	\$9/\$15

Course	Day, Date	Time	Cost
14389	W, 9/2	10 am-12 pm	\$9/\$15

KEY: **B** = Beginner **I** = Intermediate

B Fun with Pictures

Introduces drawing features in MS Word and Windows Paint program.

Course	Day, Date	Time	Cost
14355	Th, 7/23	1-3 pm	\$6/\$13
14392	Th, 9/3	1-3 pm	\$6/\$13

B Gmail basics

Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever.

Course	Day, Date	Time	Cost
14342	Th, 7/9	1-3 pm	\$9/\$15
14398	F, 9/11	1-3 pm	\$9/\$15

B Hotmail Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying, and saving emails.

Course	Day, Date	Time	Cost
14358	Tu, 7/28	1-3 pm	\$9/\$15

B PC New Users

Introduces everyday tasks like email, word processing, and surfing the web. No experience required.

Course	Day, Date	Time	Cost
14334	Th, 7/1	1-3 pm	\$14/\$27
14391	Th, 9/3	10 am-12 pm	\$14/\$27

B Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer.

Course	Day, Date	Time	Cost
14363	Tu,Th, 8/4-8/13	10 am-12 pm	\$14/\$27

B Using Right Click – Left Click

Understand your mouse and discover how to find, move, copy, and save files and pictures. Create or delete shortcut icons on your desktop, emails, and documents.

Course	Day, Date	Time	Cost
14354	Tu, 7/21	1-3 pm	\$9/\$15
14406	Tu, 9/22	1-3 pm	\$9/\$15

Virtual Summer Classes

Take all of these classes right from your homes!

B Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best?

Course	Day, Date	Time	Cost
14333	W, 7/1	10 am-12 pm	\$14/\$27
14386	Tu, 9/1	10 am-12 pm	\$14/\$27

B Yahoo Mail Basics

Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever.

Course	Day, Date	Time	Cost
14341	Th, 7/9	10 am-12 pm	\$9/\$15
14397	F, 9/11	10 am-12 pm	\$9/\$15

I Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down?

Course	Day, Date	Time	Cost
14356	M,W, 7/27-7/29	10 am-12 pm	\$12/\$25
14361	M,W, 8/3-8/5	10 am-12 pm	\$12/\$25
14407	M,W, 9/28-9/30	10 am-12 pm	\$12/\$25

I Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format, and manipulate spreadsheets with MS Excel.

Course	Day, Date	Time	Cost
14339	M,W, 7/6-7/15	1-3 pm	\$24/\$37
14394	Tu,Th, 9/8-8/16	1-3 pm	\$24/\$37

I Microsoft Excel II

After taking Microsoft Excel, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks.

Course	Day, Date	Time	Cost
14362	M,W, 8/3-8/12	1-3 pm	\$24/\$37

I Microsoft PowerPoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles.

Course	Day, Date	Time	Cost
14345	M,W, 7/15-7/22	10 am-12 pm	\$24/\$37
14401	W, 9/16-9/23	10 am-12 pm	\$24/\$37

KEY: **B** = Beginner **I** = Intermediate

I Microsoft Word

Learn to line up text, collate a list, and make documents look professional.

Course	Day, Date	Time	Cost
14335	M,W, 7/6-7/13	10 am-12 pm	\$24/\$37
14393	M,Tu,Th, 9/8-9/14	10 am-12 pm	\$24/\$37

I Using Google Apps

Calendars, maps, photos, and anything else you can think of to make your time online more productive, useful and fun.

Course	Day, Date	Time	Cost
14412	Th, 8/6	1-3 pm	\$14/\$27

Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy, and paste files from that drive to any other computer.

Course	Day, Date	Time	Cost
14344	Tu, 7/14	1-3 pm	\$9/\$15
14400	Tu, 9/15	1-3 pm	\$9/\$15

I Windows 10

With the rollout of Windows 10, learn how to navigate the newest Windows platform.

Course	Day, Date	Time	Cost
14357	M,W, 7/27-7/29	1-3 pm	\$24/\$37
14364	M,W, 8/10-8/12	10 am-12 pm	\$24/\$37
14408	M,W, 9/28-9/30	10 am-12 pm	\$24/\$37

Computer Security

Microsoft offers a suite of products that can be customized to secure your computer. Learn tips to recognize warnings.

Course	Day, Date	Time	Cost
14368	M, 8/17	10 am-12 pm	\$14/\$27

I Have a Question

Calling a company's support department can be a hassle. Going through the countless menus can be equally frustrating. Have a question, ask the teacher. You can even learn from questions of others.

Course	Day, Date	Time	Cost
14346	Th, 7/16	1-3 pm	\$14/\$27
14359	Th, 7/30	10 am-12 pm	\$14/\$27
14371	Th, 8/20	10 am-12 pm	\$14/\$27
14372	Th, 8/27	10 am-12 pm	\$14/\$27
14402	Th, 9/17	1-3 pm	\$14/\$27
14403	Th, 10/1	10 am-12 pm	\$14/\$27

Technology cont.

Lost Password?

Learn some tips so that you can regain access to your devices.

Course	Day, Date	Time	Cost
14369	Tu, 8/18	10 am-12 pm	\$14/\$27

PC Malware

Malware is any piece of software intended to harm your system or network. Learn how to prevent your PC from being ruined.

Course	Day, Date	Time	Cost
14340	Tu, 7/7	1-3 pm	\$14/\$27
14396	W, 9/9	1-3 pm	\$14/\$27

PC Voice Commands

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse, and more. Program requires Windows 7 or 8.

Course	Day, Date	Time	Cost
14367	Th, 8/13	10 am-12 pm	\$9/\$15
14390	W, 9/2	1-3pm	\$9/\$15

Fitness

Most fitness classes are appropriate for all fitness levels unless noted.

Abs and Back

Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Owen

Course	Day, Date	Time	Cost
87141	Tu, 6/30-8/25	5-5:45 pm	\$38/\$60

Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Class includes a mixture of oldies and current music. Instructor: Klopfer

Course	Day, Date	Time	Cost
87161	Tu,Th, 6/30-8/27	11 am-12 pm	\$48/\$75

Virtual Summer Classes

Take all of these classes right from your homes!

Afternoon Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Instructor: Ford

Course	Day, Date	Time	Cost
87166	Tu,Th, 6/30-8/27	2:15-3:15 pm	\$60/\$94

Arthritis Foundation Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina, and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Owens

Course	Day, Date	Time	Cost
87162	Tu,Th, 6/30-8/27	1-2 pm	\$48/\$75

Balance Matters

Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Ohlandt

Course	Day, Date	Time	Cost
87126	M, 6/29-8/24	1-1:45 pm	\$30/\$48
87131	W, 7/1-8/26	12-12:45 pm	\$30/\$48

Belly Dance Basics

Enjoy an expressive, exciting, and energetic activity. Instructor: Ford

Course	Day, Date	Time	Cost
87130	F, 6/26-8/28	10-10:45 am	\$30/\$48

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance, and promote better circulation. Instructor: Ramsey

Course	Day, Date	Time	Cost
87149	M,W, 6/29-8/26	11 am-12 pm	\$28/\$44

Chair Zumba

This class allows the participants to enjoy all the Zumba dance moves while seated. Combine upper and lower body movements which gives the body a total workout while listening to great music. Instructor: Vivar

Course	Day, Date	Time	Cost
87125	F, 6/26-8/28	1:15-2 pm	\$28/\$62

Chi Gong (Qigong)

Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Helfer

Course	Day, Date	Time	Cost
87155	F, 6/26-8/28	12:15 -1 pm	\$42/\$66

Easy Feet

Use energetic music to learn easy-to-follow patterns, including basic dance movements for a light-cardio beginners workout. Instructor: Klopfer

Course	Day, Date	Time	Cost
87134	F, 6/26-8/28	11-11:45 am	\$32/\$50

Easy Zumba

Combine fun, energetic, and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost
87153	M,W, 6/29-8/26	10-10:50 am	\$42/\$66

Forever Fit

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. Instructor: Ohlandt, Finn*

Course	Day, Date	Time	Cost
87142	M, 6/29-8/24	12:15-12:55 pm	\$28/\$44
87163	Tu, Th, 6/30-8/27	10-10:50 am	\$52/\$81*

Functional Training

Participants focus on functional movement while using weights and mats. Instructor: Owen

Course	Day, Date	Time	Cost
87144	Sa, 6/27-8/29	10-11 am	\$40/\$62

Gentle Yoga & Meditation

This gentle yoga class begins with a warm-up and ends with a relaxation period. Instructor: Chowdhury

Course	Day, Date	Time	Cost
87143	W, 7/1-8/26	6:10-7 pm	\$38/\$56

On Your Feet — Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Ford

Course	Day, Date	Time	Cost
87145	M, 6/29-8/24	2:15-3:15 pm	\$40/\$62

Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Non-impact, mind/body workout using mats. Instructor: Ford

Course	Day, Date	Time	Cost
87159	W, 7/1-8/26	1-1:45 pm	\$46/\$72

Strength Training Challenge

The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Instructor: Ramsey

Course	Day, Date	Time	Cost
87164	Tu,Th, 6/30-8/27	9-9:45 am	\$52/\$81

STRONG 30™

During this workout, cardio and strength training are perfectly combined to music. There is no need to count reps since you are moving to the beat, pushing forward and burning more calories. For the very active participant. Instructor: Finn

Course	Day, Date	Time	Cost
87151	Tu, 6/30-8/25	12:15-12:45 pm	\$40/\$65
87152	Th, 7/2-8/27	12:15-12:45 pm	\$40/\$65

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility, and balance using hand-held weights, bands, and tubes. Intensity may be modified to suit most fitness levels. Instructor: Klopfer

Course	Day, Date	Time	Cost
87148	F, 6/26-8/28	9-9:45 am	\$40/\$62
87147	M, 6/29-8/24	9-9:45 am	\$40/\$62

Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This class includes work done on the mat. Instructor: Owen

Course	Day, Date	Time	Cost
87139	W 6/27-8/29	11:15 am-12:05 pm	\$38/\$56

Yoga for You

Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing for work done on the mat. Instructor: Figure

Course	Day, Date	Time	Cost
87167	W 7/1-8/26	10-11 am	\$40/\$60

Fitness cont.

Zumba Gold

Zumba Gold is great for the body, mind, and soul. Enjoy dancing while receiving a total body workout. Instructor: Ford

Course	Day, Date	Time	Cost
87132	M, 6/29-8/24	5-6 pm	\$32/\$50
87133	W, 7/1-8/26	5-6 pm	\$32/\$50

Wellness

Basic Foot Care

Join us to learn the best way to take care of your feet. Presented by Akukeng Mba, MSN, FNP-C, Certified Nurse Practitioner.

Course	Day, Date	Time	Cost
13626	Tu, 7/14	1-2 pm	Free

Cardiac Rehabilitation

learn signs and symptoms of a cardiac event for all ages. Presented by Adventist HealthCare Occupational and Physical Therapists.

Course	Day, Date	Time	Cost
13625	W, 8/6	1-2 pm	Free

Facts & Myths of Staying Hydrated

Learn about the importance of staying hydrated and interesting myths and facts about H2O and our bodies. Presented by Bozena Skraban, Senior Program Coordinator, Community Health Center for Health Equity & Wellness, Adventist HealthCare.

Course	Day, Date	Time	Cost
13627	Tu, 7/7	1-2 pm	Free

Fall Risk Assessments

September is Fall Prevention Month. PTs from Adventist Rehabilitation Center will share information on what you can do to avoid falls.

Course	Day, Date	Time	Cost
13623	W, 9/9	1-2:30 pm	Free

Listen Up

Learn how hearing loss is identified, the challenges that result from hearing impairment and the many treatment options available. Presented through Suburban/Johns Hopkins.

Course	Day, Date	Time	Cost
13628	Th, 7/23	1-2 pm	Free

Medicare 101

This presentation explores Medicare options and things consumers should consider about insurance decisions. Presented by Debbie DeChambeau, CIC, AAI, CPIA, owner of Lynn Michel Insurance, LLC and host of the Podcast, "Seniors We Love."

Course	Day, Date	Time	Cost
13619	Tu, 8/4	1-2 pm	Free

Stay in Circulation

Review the circulatory system and learn potential problems of a compromised system. Presented through Suburban/ Johns Hopkins.

Course	Day, Date	Time	Cost
13630	Th, 9/24	1-2 pm	Free

Stress Reduction/Meditation

This class offers the tools to focus, relax and come to a more peaceful sense of being. Betty Figlure has taught meditation, guided imagery, and stress reduction classes for over 30 years.

Course	Day, Date	Time	Cost
13621	M, 6/29-8/31	1-2 pm	\$24/\$40

Strong Bones and How to Get Them

Learn how to increase bone density at any age, what you eat and how it may affect your bones. Presented by Sharon Bourke, CMES, PFT, Founder and Executive Director of Life Energy Foundation.

Course	Day, Date	Time	Cost
13622	W, 7/8	1-2 pm	Free

Think F.A.S.T.

Do you know the warning signs of a potential brain attack? Learn lifesaving strategies from the field so you can act F.A.S.T. Presented through Suburban/Johns Hopkins.

Course	Day, Date	Time	Cost
13629	Th, 8/27	1-2 pm	Free

Support Resources

Ask the Realtor

Coni Otto will go over the services that Realtors provide when listing a home, commissions and questions you should ask before hiring a Realtor.

Course	Day, Date	Time	Cost
13617	F, 7/31	10 am-12 pm	Free

Support Resources cont.

Downsizing 101

Why downsize? Where to start? Some helpful tips and things to avoid with Timna Blech-Hermoni, Realtor and Interior Designer.

Course	Day, Date	Time	Cost
13618	W, 8/12	10 am-12 pm	Free

Keeping Seniors Safe

This presentation will review the most common email, cell phone, internet, Medicare, and phone scams targeting the senior population and what you can do to prevent becoming a victim.

Course	Day, Date	Time	Cost
13616	Th, 7/30	10 am-12 pm	Free

MANNA Smart Shopping

Discuss how to navigate through the grocery store and make cents out of purchasing healthy foods.

Course	Day, Date	Time	Cost
13615	Tu, 7/14	10:30 am-12 pm	Free

Memory Cafe

Alzheimer's Association offers people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets 1st and 3rd Monday of the month. Must contact, representative Sheila Griffith at 240.840.3638 or sagriffith@alz.org prior to attending the group.

Course	Day, Date	Time	Cost
13643	M, 7/6-9/21	12-1:30 pm	Free

Positive Aging Program

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make friends and learn something new.

Women Living Alone

Members support each other by listening, offer-

ing tips, suggestions and advice when solicited. Meets first and third Thursday of each month.

Course	Day, Date	Time	Cost
13631	Th, 7/2-9/17	1-2:30 pm	Free

Adaptability

This group will suggest strategies for dealing with change and uncertainty so that you can become more flexible, creative and find ways to thrive. Meets first and third Tuesday of each month.

13633	Tu, 7/7-9/15	1-2:30 pm	Free
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Understanding Grief

Topics include identifying grief; unique aspects of losing one's spouse, parent and child; disenfranchised grief; and grief as opportunity for inner growth. Meets second and fourth Thursday of each month.

13632	Th, 7/9-9/24	1-2:30 pm	Free
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Brain Games - it's back!

Group participation helps exercise the brain as you play games and do puzzles with others. Meets second and fourth Tuesday of each month.

13634	Tu 7/14-9/22	1-2:30 pm	Free
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Understanding Forgiveness

This workshop will explore what it means to forgive, how to move towards forgiveness, and the many benefits of forgiveness.

13636	Tu, 9/29	1-2:30 pm	Free
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Retirement: Making Your Money Last

A presentation about ideas for building a sustainable strategy to manage income and expenses.

Course	Day, Date	Time	Cost
13610	W, 7/22	1-2:30 pm	Free

Voice Your Choice

Detailed step-by-step process to help you choose a health-care decision maker and complete a plan in advance.

Course	Day, Date	Time	Cost
13609	M, 7/20	10 am-1 pm	Free

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Note: Response time has been extended to: Oct. 31, 2020.

3 Ways to Respond:
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