

## More Things To Do...

### Blood Pressure Series with Adventist Healthcare

**\*Date Changed\*** **P**

Tues, Nov. 5, 1-2 p.m.

Session 3: Blood Pressure and Exercise. Course#14975; Free

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### Normal Aging Vs. Not Normal Aging **P**

Thurs. Nov. 5, 1-3 p.m.

Michael Tubbs, Brookdale Potomac, helps participants identify the differences in "normal" and "not normal" aging. Course#14899; Free

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### Arthritis: "Why Do My Joints Hurt?" **P**

Tues, Nov. 10, 1-2 p.m.

Learn about the various forms of arthritis. Course#14893; Free

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### Senior Planet Montgomery **P**

Thurs, Nov. 12, 10-11:30 a.m.

Tune in to learn how to get involved and to receive an overview by the local operation, Senior Planet Montgomery, from Shivali Haribhakti, Regional Director, and Bre Clark, OATS Associate Director of Program Operations. Course#17502; Free

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### Common Neuromuscular and Musculoskeletal Pain Syndromes **P**

Thurs, Nov. 12, 1-2 p.m.

Dr. Massumi, Massumi Associates for pain and rehabilitation will discuss basic anatomy and pathology of common neuromuscular and musculoskeletal pain and treatment principles. Course#12988; Free

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### The Benefits of Being Kind **P**

Fri, Nov. 13, 1-2 p.m.

Adventist HealthCare will teach the practice of being kind, examine what science is behind it, and the possible health impacts it has on us.

Course# 14978; Free

### The Importance of the Maryland MOLST Form **P**

Tues., Nov. 17, 1-2 p.m.

Join us as we discuss the what, why, when, and how of this important medical form. Presented by Maria Khader, RN/CM/DN, Director, JK House of Grace, Assisted Living Homes. Course#12980; Free

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### Making the Most of the Library During Covid **P**

Tues., Nov. 17, 1-2:30 p.m.

Learn how to utilize the Library during Covid. Course#17559; Free

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### Diabetes Tool Box

Tues, Nov. 24, 1-2 p.m.

During this virtual class we will go over healthy eating, exercise, stress management, monitoring, avoiding complications and understanding emotions. Course#14976; Free

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### Positive Aging Programs

### Women Living Alone **P**

Thurs. Nov. 5 & 19, 1-2:30 p.m.

Course# 14903; Free

### Fostering Relationships **P**

Tues., Nov. 17, 1-2:30 p.m.

Course# 14901; Free

### Improving Communication **P**

Thurs., Nov., 12, 1-2:30 p.m.

No Class 11/26.

Course# 14902; Free

### Brain Games **P**

Tues., Nov. 10 & 24, 1-2:30 p.m.

Course#14904; Free

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### Brown Bag Lunch Series

Mon., Oct. 19- Nov. 23

11:30-12:30 p.m.; Free

Call to register 240-314-8800

### Stay Informed:

- [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)
- [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)
- 240-314-8800
- [facebook.com/rockvilleseniors](https://facebook.com/rockvilleseniors)
- [twitter.com/rokcvillerec](https://twitter.com/rokcvillerec)
- [instagram.com/rockvillerec](https://instagram.com/rockvillerec)

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### Thanksgiving Food Drive

The senior center will be collecting shelf stable food for seniors in need until Tues., Nov 17.

A blue bin will be outside the senior center for donations from 9 a.m. - 3p.m., Mon-Fri.

Don't have any food to donate but still want to help?

Donate to the Senior Assistance Fund through our new donation portal at <https://www.rockvillemd.gov/385/Donation-Sponsorship-Programs> or through Rec1 using Course #14468

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### Voting 2020

If you are a senior resident and need assistance with your absentee ballot or need a ride to the polls please contact the Senior Center, 240-314-8810. To reduce the risk of spreading COVID-19, we encourage all voters to vote by mail.

Ballot Drop off locations:

- Montgomery County Board of Elections 18753 N. Frederick Ave, Suite 210, Gaithersburg, MD 20879
- Rockville City Hall 111 Maryland Ave Rockville, MD 20850

Call 240-777-8683 for more information.

## Rockville Seniors

### The Center's Monthly Highlights and Calendar

NOVEMBER 2020



All Classes are virtual, device and internet required.

**P** = many programs are available to listen through phone! Please refer to you 60+ Guide for details. These classes fill quickly.

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### Second Fiddle- Alben Barkley **P**

Mon., Nov.9, 10:30-11:30 a.m.

Alben William Barkley served his state of Kentucky and the United States as a member of the House of Representatives, a Senator and the 35th Vice President of the United States.

Course # 14656; \$6/\$13

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### Books that Shaped America **P**

"Walden" By: Henry David Thoreau  
Mon., Nov. 16, 10:30-11:30 a.m.

Also known as "Life in the Woods." What does the author find out about living in solitude in a cabin on a pond in MA? Course # 14756; \$6/\$13

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### Watercolor of Pets/Birds

Wed., Nov. 18- Dec. 16, 12-2 p.m.

No class on 11/25.

Course # 14689; \$42/\$65

Register by Nov. 6

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### Seniors Understanding Nature (SUN) Fall Bird Migration **P**

Fri., Nov. 20, 10:30-11:30 a.m.

Course # 14695; Free

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### Time's 100- Jonas Salk **P**

Mon., Nov. 23, 10:30-11:30 a.m.

Jonas Edward Salk was a medical researcher and a virologist. He developed one of the first successful polio vaccines. Course # 14659; \$6/\$13

### November & December Birthday Party **P**

Wed., Nov. 18, 1:30-2:15 p.m.

Entertainment: Winfield Parker

Course # 14687; Free/\$7,

Register by Nov. 9

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### Nutrition Workshop-Balancing Food & Fitness During the Holidays **P**

Thurs., Nov. 5 & Thurs., Dec. 3

12:10-12:55 p.m.

Gain the knowledge and skills to make better food choices during the holidays and have a long term positive impact on you, well past the New Year!

Course #17302; \$15

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### Annual Turkey Trot

Thurs., Nov. 19, 10-11 a.m.

Please bring a canned food item to support our senior center food bank, or make a donation to our Senior Assistance Fund. Course #17494; Free Virtual session course #17562; Free

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### Holiday Events

See guide for details on these upcoming holiday events. Register beginning 11/19.

### A Jolly Good Time **P**

Dec. 10 at 10:30 a.m.

Course # 17336; Free

### Sensational Holiday Sides

Dec. 11 at 11:30 a.m.

Course # 17345; \$7 M/\$10 NM

### Holiday Happy Hour (with Dale Allen Jarrett) **P**

Dec. 15 at 5 p.m.

Course # 17340; Free

### Melodies of the Season (with Connie Hughes) **P**

Dec. 21 at 1:30 p.m.

Course # 17337; Free

### Winter Class Registration

The Senior Center will remain closed until the State of Emergency is lifted. **No programs or classes will run on Nov., 3, 11, 26 or 27.** We will return phone calls and emails the following business day.

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**The winter guide will be mailed and available online for viewing on Nov. 18.**

Class Registration: Thursday, Dec. 3 at 8:30 a.m.

### Registration options:

- **Mail:** check and registration form
- **Call:** 240-314-8800
- **Online:** [rockvillemd.gov/seniorcenter](http://rockvillemd.gov/seniorcenter)

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### Club News

- Attention all clubs: If you are not a current member and would like to join one of the clubs below, please email [seniorrecreation@rockvillemd.gov](mailto:seniorrecreation@rockvillemd.gov)

### Young in Heart Club Meeting

Thurs., Nov. 19 –11 a.m.

Thanksgiving Program, information will be sent to members

### Willing 3C's Club

Fri., Nov. 20 –11 a.m.

Thanksgiving Program, information will be sent to members

### Red Hat Meeting

Next meeting will be Wed., Dec. 9.

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### Fitness Mini Sessions

The fitness department will be offering 3 week mini sessions beginning November 30. This is a great time to try something new with more than 24 programs being offered virtually. Check the recreation guide for more information.

