

More Things To Do...

Positive Aging Programs-

Happiness **P**

Tues., Jan. 5 & 19, 1-2:30 p.m.
Course# 17322; Free

Women Living Alone **P**

Thurs., Jan. 7 & 21, 1-2:30 p.m.
Course# 17320; Free

How to Heal a Broken Heart **P**

Thurs., Jan. 14 & 28, 1-2:30 p.m.
Course# 17323; Free

Brain Games **P**

Tues., Jan. 12 & 26, 1-2:30 p.m.
Course# 17321; Free

Senior Planet Montgomery **P**

Tues., Jan. 19, 10:30-12 p.m.
Powered by the nonprofit Older Adults Technology Services (OATS), harnesses technology to change the way we age. Course #17563; Free

Estate Planning and

Elder Law **P**

Wed., Jan 27, 10-11:30 a.m.
Discuss the essentials of Estate and Elder Law Planning, major changes in the law including the SECURE Act, the augmented estate, and the elective share law. Course# 17319; Free

SNAP **P**

Wed., Jan 13, 1-2 p.m.
SNAP and Food Access Outreach Program, trains volunteers to provide information to local residents about food assistance resources available in the County. Course #17595; Free

Joint Mobility...Reduce Pain and Increase Function **P**

Tues., Jan. 19, 1-2 p.m.
Learn to identify what behaviors contribute to joint pain and how to change them. Presented by Sharon Bourke, CMES, Executive Director, Life Energy Foundation.
Course #17427; Free

Habitat for Humanity Metro Maryland Repair and Weatherization Programming **P**

Wed., Jan. 27, 1-2 p.m.
Information session and Q&A about Repair and Weatherization programs Income Qualified Households.
Course #17650; Free

Stress Reduction/Meditation **P**

Monday's 1/11-3/29, 1-2 p.m.
This class offers the tools to focus, relax, and come to a more peaceful sense of being. There is time for both meditation and discussion. Instructor, Betty Figlure.

Course #17371; \$24/\$40

Beating the Winter Blues **P**

Tues., Jan. 12, 1-2 p.m.
Join us for this virtual session as we will discuss how the Winter season affects our mood, physical and financial health. Presented by Adventist HealthCare. Course #17367; Free

Get Back into Action with

Joint Replacement **P**

Thurs., Jan. 28, 1-2 p.m.
Kevin Woodward, P.A.-C will provide a detailed review of the latest advances in joint replacement as well as treatment options for common hip and knee joint problems.

Course #17547; Free

Caribbean Dance Party

Friday's 1/8-3/5, 5-5:45 p.m.
Learn how to dance salsa, cha cha, guaguancó, and other Caribbean rhythms. Course #17575, \$30/\$48

Gentle Yoga and Meditation

Wednesday's 1/6-3/3, 6:10-7 p.m.
This class includes work done on the mat. Please have a yoga sticky mat available to use.

Course #17473, \$38/\$56

Stay Informed:

- www.rockvillemd.gov/seniorcenter
- seniorcenter@rockvillemd.gov
- 240-314-8800
- facebook.com/rockvilleseniors

Snow Removal

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

*Volunteers not always available.

Carbon Monoxide Detectors

If you are in need of a carbon monoxide detector for your home, please contact Jerry Jones: 240-314-8819 jjones@rockvillemd.gov

Senior Income Tax Assistance

Tax preparation TBD, please call 240-314-8800 starting January 20 to hear updates.

Covid Vaccine

Information on the new vaccines is not yet available as to when these will be approved and ready for public distribution. We will let you know when we have more details. Keep an eye on our newsletter, Facebook, etc. We will post information when we have it.

Rockville 11 "60+ Spotlight"

Rockville 11 is collaborating with the Rockville Senior Center on a new series called "60+ Spotlight." The series will provide information and resources for the senior community during the COVID-19 pandemic and beyond.

<https://www.rockvillemd.gov/157/Rockville-11>

Rockville Seniors

The Center's Monthly Highlights and Calendar

JANUARY 2021



All Classes are virtual, a device and internet is required.

P = many programs are available to listen through phone!
Please refer to your 60+ Guide to register for ongoing classes in piano, handbells, guitar, ukulele, and watercolor, beginning the week of **January 11**. All winter fitness programs will begin the week of **January 4**.

Cheers to Karen's 47 Years! **P**

Wed., Jan. 6, 1 pm
Come help us celebrate Karen Lumpkin who is retiring after 47 years with the City (on Zoom). Course#17738; Free

Ukulele

Wed, Jan. 13- Mar. 3, 2-3 pm
Learn this fun, indigenous Hawaiian instrument! A Ukulele is required but rentals can be arranged by the School of Music for \$30 per semester. Course #17316; \$73/\$99

Second Fiddle- Hubert Humphrey **P**

Mon., Jan. 11, 10:30-11:30 am
This 38th Vice President was well recognized as a great orator. He served as a mayor, a senator, and a candidate for the presidency. Course #17287; \$6/\$13

Issues and Ethics

Thurs., Jan. 14- Feb. 4, 1-2:30 pm
Do you ever feel conflicted about the major issues that confront us daily? This course provides an opportunity to: increase your knowledge, honestly look at the pros/cons, and discuss the ethics involved. Course #17304; \$34/\$42

Fitness Workshop

Thurs., Jan. 14, 3:30-4:45
This is a two part strength training workshop. The first workshop which is scheduled on January 14, will focus on exercises for the upper body and areas of the core. Course #17498; \$25

Game Night- Scattergories

Thurs., Jan. 21, 7-7:45 pm
Would you like an awesome way to spend a winter evening? Connect and socialize with members and find plenty of laughter. Course #17347; Free

Seniors Understanding Nature (SUN) Birds of Prey

Fri., Jan. 22, 10:30-11:30 am
Discover the birds of prey commonly found in our area, their importance in the ecosystem, and their winter behavior patterns. Course #17300; Free

Through the Lens of Time Mikhail Sergeyevich Gorbachev **P**

Mon., Jan. 25, 10:30-11:30 a.m.
Gorbachev was the eighth and last leader of the Soviet Union. Let's explore some of these deeply divided opinions concerning Gorbachev. Course #17290; \$6/\$13

Milking, Baking, and Monks, Oh My! **P**

Wed., Jan. 27, 1:30-2:30 pm
Listen to the passionate tales of a woman, who after nearly a decade on television, bought a one-way ticket abroad and never looked back. Course #17352; \$6/\$13

The Senior Center will remain closed until the State of Emergency is lifted. No programs or classes will run on **Jan., 1, 2, or 18**. We will return phone calls and emails the following business day.

Registration options:

- Mail: check and registration form
- Call: 240-314-8800
- Online: rockvillemd.gov/seniorcenter

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

Current club members will be emailed details about upcoming meetings.

Red Hat Meeting **P**

Wed., Jan. 27

Young in Heart Meeting **P**

Thurs., Jan. 21

Willing 3C's Meeting **P**

Fri., Jan. 15

Piecemakers' Club (Quilting)

Mon., Jan. 11 & Feb. 8, 1-2:30 pm
Make new connections with fellow quilters! Listen to or share tips and tricks in this comfortable environment while encouraging one another. Course #15955; Free

Coming early in February 2021:

- Winter Birthdays
- Storytelling Secrets So You Can Tell Yours
- Everything Oranges in Italy Cooking Class

