



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9-9:45	Total Conditioning* 4	9-9:45	Strength Training* 5	8:45-9:30	Yoga-lates 6	9-9:45	Strength Training* 7	9-9:45	Total Conditioning*
10-10:45	Balance Matters*	10-10:50	Tai Chi*	9:50-10:50	Yoga for You*	10-10:50	Tai Chi*	10-10:45	Belly Dance Basic*
10-10:50	Easy Zumba*	10-10:50	Forever Fit*	10-10:30a	Staff Chat	10-10:50	Forever Fit*	10-11a	Yoga for You*
10-11a	LGBTQ Friendly Community*	10-12p	Microsoft Word* Eng. 2* Eng. 3*	10-10:50	Easy Zumba* Eng. A* Eng. 1* Eng. 4*	10-12p	Eng. 2* Eng. 3* Watercolor Adv* Microsoft Word*	11-1p	Bridge Supervised Play* 1
10-12p	Phone Pics to PC* Eng. A* Eng. 1* Eng. 4*	10:30-11:20	Piano Beg/Cont.*	10-12p	Windows PC Backup* Loneliness*	11-11:45	Pilates Basics*	11-15-12	Easy Feet* Chi Gong*
10:15-11:15	Second Fiddle* Chair Exercise*	10:30-1	Self-Management*	10:30-12	Chair Exercise*	11-12p	Aerobic Workout*	12:15-1	On Your Feet* Chi Gong*
11-12p	Caribbean Dance Basic*	11-12p	Aerobic Workout*	11-12p	Chair Exercise*	12-2:15	Italian Cont*	1-2p	Table Tennis*
12-1p	Memory Café*	11-1p	Soup & Salad*	12-1:30	Italian Beg.*	12:15-12:45	Walking Strong*	1:15-2:15	Arthritis Foundation
12-1:30	Italian Beg.*	11:30-12:20	Piano Adv*	12:10-12:50	Balance Matters*	1-2p	Table Tennis* Intro to Jin Shin		
12:10-12:50	Forever Fit* Beg. Eng.	12:15-12:45	Walking Strong* Strong 30*	1-2p	Table Tennis* Intro to Jin Shin	1-2:30	Jvutshu* Gmail Basic* On Your Feet*		
12:30-2:30	Conversation* Piecemakers*	12:30-1:20	Piano Beg*	1-2:30	Arthritis Foundation* Table Tennis*	1:15-2	Guitar* Birthday Party*		
12:45-2:45	Yo-Chi & Balance*	1-2p	Care for Crisis* Watercolor Int.*	1:30-2:30	Senior Fit @ Lincoln park Financial Exploration*	1:30-3	Senior Fit @ Lincoln park Financial Exploration*		
1-1:45	Stress Reduction* Table tennis*	1-2:30	Bridge Beg.* Email Fundamental*	2-3p	Aerobic Workout*	2:15-3:15	Forever Fit* Zumba Gold* Yoga Flow*		
1-2p	Table tennis*	2-2:50	Handbell*	2:15-3:15	Forever Fit*	3-5p	Zumba Gold*		
1-3p	Yahoo Mail Basic*	3-4p	Carnation Players* Afternoon Yoga	4-4:50	Forever Fit*	5-6p	Zumba Gold*		
1:30-3	Senior Fit	3:15-4:15	Flow* Abs & Back*	5-6p	Zumba Gold*	6-7p	Yoga Flow*		
2-2:45	Drums Alive*	5-5:45	Abs & Back*	6-7p	Yoga Flow*				
5-6p	Zumba Gold*	6:30-7:30	Soul Line Dance*						
6:30-7:30	Yoga Flow*								

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10-10:45	Balance Matters* 11	10-10:50	Tai Chi* 12	8:45-9:30	Yoga-lates 13	10-10:50	Tai Chi* 14	10-11a	Yoga for You* 15
10-10:50	Easy Zumba*	10-12p	Eng. 2* Eng. 3* Microsoft Word* Watercolor Beg* Holiday Rounds*	9:50-10:50	Yoga for You* Easy Zumba* Eng. A* Eng. 1* Eng. 4*	10-12p	PC New Users* Eng. 2* Eng. 3* Watercolor Adv*	11-1p	Bridge Supervised Play* 16
10-15-11:15	Chair Exercise* Caribbean Dance Basic*	10:30-1	Self-Management*	10-12p	Tablet Pics to PC* Chair Exercise*	12-2:15	Italian Cont* Moving Forward to Parkinson Disease* Negative Emotions*	1-3p	iPhone Basic* 17
12-1p	Memory Café*	10:30-2:30	Walking Series* Strong 30* Science Tuesday* Brain Games* Windows 10 Basic* Watercolor Int.* Bridge Beg.* Carnation Players* Soul Line Dance*	11-12p	Chair Exercise* Easy Feet* Italian Beg* Balance Matters* Random Acts of Kindness* Table Tennis Int.* Using Right/Left Keys* On Your Feet* Senior Fit Aerobic Workout* Forever Fit* Zumba Gold* Yoga Flow*	1-2p	Parkinson Disease* Negative Emotions* Windows 10 Basic* Watercolor Int.* Drums Alive* Pilates Int.*		
12:10-12:50	Forever Fit*	12:15-12:45	Strong 30*	11-12p	Chair Exercise*	1-2:30	Windows 10 Basic* Watercolor Int.* Drums Alive* Pilates Int.*		
1-1:45	Yo-Chi & Balance*	1-2p	Science Tuesday*	11:15-12	Easy Feet*	1-3p	Watercolor Int.* Drums Alive* Pilates Int.*		
1-2p	Stress Reduction* Table Tennis*	1-2:30	Brain Games*	12-1:30	Italian Beg*	2:15-3	Pilates Int.*		
1-3p	Microsoft Excel*	1-3p	Windows 10 Basic* Watercolor Int.* Bridge Beg.* Carnation Players* Soul Line Dance*	12:10-12:50	Balance Matters* Random Acts of Kindness* Table Tennis Int.* Using Right/Left Keys* On Your Feet* Senior Fit Aerobic Workout* Forever Fit* Zumba Gold* Yoga Flow*				
1:30-3	Senior Fit	3-4p	Carnation Players* Soul Line Dance*	1-2p	Kindness* Table Tennis Int.* Using Right/Left Keys* On Your Feet* Senior Fit Aerobic Workout* Forever Fit* Zumba Gold* Yoga Flow*				
2-2:45	Drums Alive*	6:30-7:30	Soul Line Dance*	1-3p	Using Right/Left Keys* On Your Feet* Senior Fit Aerobic Workout* Forever Fit* Zumba Gold* Yoga Flow*				
5-6p	Zumba Gold*			1:15-2	On Your Feet* Senior Fit Aerobic Workout* Forever Fit* Zumba Gold* Yoga Flow*				
6:30-7:30	Yoga Flow*			1:30-3	Senior Fit Aerobic Workout* Forever Fit* Zumba Gold* Yoga Flow*				

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10-10:45	Balance Matters* 18	10-10:50	Tai Chi* 19	10-10:50	Tai Chi* 20	10-11:30	Annual Turkey 21	10-11a	Yoga for You* 22
10-10:50	Easy Zumba*	10-12p	Using Thumb Drive*	10-12p	Using Function Keys* Easy Feet* Microsoft Excel* Senior Fit	10-12p	Android Basic* Italian Cont* Women Living Alone* Fun With Pics* Movie: The New World	11-1p	Bridge Supervised Play* 23
10-15-11:15	Time's 100 Century* Chair Exercise* Caribbean Dance Basic*	10:30-1	Self Management*	11:15-12	Easy Feet* Microsoft Excel* Senior Fit	1-2:30	Women Living Alone* Fun With Pics* Movie: The New World	1-3p	Movie: The New World 24
12-1p	Memory Café*	11-1p	Soup & Salad*	1-3p	Microsoft Excel* Senior Fit	1-3p	Fun With Pics* Movie: The New World		
12:10-12:50	Forever Fit*	1-2:30	Care for Crisis* Bridge Beg.* Save & Find Documents* Carnation Players*	1:30-3	Senior Fit	2:15-3	Drums Alive*		
1-1:45	Yo-Chi & Balance*	1-3p	Bridge Beg.* Save & Find Documents* Carnation Players*						
1-2p	Stress Reduction* Table Tennis*	3-4p	Carnation Players*						
1-3p	Microsoft Excel*								
1:30-3	Senior Fit								
2-2:45	Drums Alive*								
5-6p	Zumba Gold*								
6:30-7:30	Yoga Flow*								

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10-12p	Windows 10 Laptop* 25	10-12p	Android Basic* 26	10-12p	Windows 10 Laptop* 27	10-12p	Windows 10 Laptop* 28	10-11a	Yoga for You* 29
1-2p	Stress Reduction*	10:30-1	Self-Management*	1-3p	Microsoft Excel* Senior Fit	1-3p	Microsoft Excel* Senior Fit	11-1p	Bridge Supervised Play* 30
1-3p	Microsoft Excel*	1-2:30	Brain Games*	1:30-3	Senior Fit			1-3p	Movie: The New World 31
1:30-3	Senior Fit	1-3p	Bridge Beg.* Avoiding PC Scams*						
2-2:45	Drums Alive*								
6:30-7:30	Yoga Flow*								

\* = Registration is required

## On-Going Programs

**Must be a Rockville Senior Center Member to participate in Drop In Programs**

<b>MONDAY-FRIDAY:</b> <b>Fitness Club:</b> M-Th: 7a-8p & Fri: 7a-7p • Hispanic Activities: 10-12p • Blood Pressure: 10-12 • Bocce Ball: T, TH, Sat., 10-11a • Lunch Served Daily M-F: Noon Call 240-314-8810	<b>TUESDAYS:</b> • Bocce Ball: 10-11a • Helping Hands Knitting: 1-3p • Pinochle Pursuit: 1-3:30p	<b>THURSDAYS:</b> • Bocce Ball: 10-11a	<b>FRIDAYS:</b> • Chinese Lunch: 10-2 • Drop in Chess: 10-12 • Practice Lab for Beg: 10:30-12 • Drop in Knockout Poker: 1-3 • Drop in Bridge: 1:30-3
<b>WEDNESDAYS:</b> • Gift Shop Crafts 10a-12p • Drop in Bridge: 1p • Bingo 7p			

HAPPY Thanksgiving

FRIDAY 29

Building Closed

SATURDAY 30

Drop in Programs