

## LGBTQ Friendly Community

Monday, Nov. 4, 10-11 a.m.

Join representatives of the Leisure World LGBTQ Alliance and DC Metro PFLAG for an informal information session. Come learn about the group, its programs and events. Bring your questions, since this will be an interactive discussion.

Course# 10785; Free.

## Random Acts of Kindness

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

Nov. 13 is World Kindness Day! Kindness is a fundamental part of the human condition which bridges the divide of race, religion, politics, gender and zip codes. Come and join us for a presentation and discussion as we explore the science and health benefits of being kind. Presented by Adventist HealthCare. Course# 10607; Free

## Loneliness

Wednesday, Nov. 6, 10:30a.m. – 12 p.m.

Social isolation occurs when an individual lacks connection and exchange with other people. Isolation is not the same as feeling lonely. This presentation will focus on creating awareness, teaching individuals how to maintain and strengthen ties to family and friends and assisting older adults in expanding their social circles. Course#10771; Free.

## Thursday & Friday Movie Matinees at the

### Senior Center

Nov. 7 & 8, 1-3 p.m.

### Mary Queen of Scots

Queen of France at 16 and widowed at 18, Mary defies pressure to remarry. Instead, she returns to her native Scotland to reclaim her rightful throne. But Scotland and England fall under the rule of the compelling Elizabeth I. Each young Queen beholds her "sister" in fear and fascination. Betrayal, rebellion, and conspiracies within each court imperil both thrones - and change the course of history.

**Rated R** for some violence and sexuality.

Nov. 21 & 22, 1-3 p.m.

### The New World

This epic adventure is set amid the encounter of European and Native American cultures during the founding of the Jamestown Settlement in 1607. Against a historically accurate Virginia backdrop, two strong-willed characters -- a passionate and noble young native woman and an ambitious soldier of fortune - are torn between the undeniable requirements of their civic duty and the inescapable demands of the human heart. **Rated PG-13** for some intense battle sequences.

# Rockville Senior Center

November 2019

## Highlights



**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](http://www.rockvillemd.gov/seniorcenter), at the Senior Center or any city facility.**

**\*All programs are held at the Rockville Senior Center unless otherwise noted\***

## Soup and Salad

Tues., Nov 5 & 19, 11a.m.-1 p.m.

\$5 per person per day. Cup of soup, side salad, dessert, drink, and crackers. Pre-registration is recommended.

## November Birthday Party

Wed., Nov. 6, 1:30-3 p.m.

Entertainment by: Mike Surratt

Sponsored by: Jane Smith, Nancy Webert, Manor Health Care Services. Course# 10587; Free/\$7

## Time's 100 of the Century

Monday, Nov. 18, 10:15-11:15 a.m.

David Ben-Gurion: Born in Poland, David became the founder of the State of Israel. He was the first and third prime minister of Israel and he changed history. He worked for the betterment of society and was honored by "Time" Magazine as one of the 100 people that made a difference in the 1900's. Course# 10756; \$8/\$10

## Membership Pictures

Members will have until November 29<sup>th</sup> to get their pictures taken in the registration system. Following this date, member accounts may be temporarily suspended until pictures have been received.

## Annual Turkey Trot

Th, Nov. 21, 10-11:30 a.m.

Join us for our annual Turkey Trot. Walk a mile through the Woodley Gardens neighborhood. For those participants who would like to burn off some extra calories, join us for a second mile. Please bring a non-perishable food item to support our local food bank, or make a donation to the Senior Program Assistance Fund. Rain or shine. Course# 10379; Free

## Winter Registration Dates

Senior Center Members: Tues. Dec. 3

Nonmembers: Thurs. Dec. 5

Please renew memberships before registration day.

## Painting on Glass – Holiday Style

Thursday, Dec. 5, 10:30 a.m.-12:30 p.m.

Cathy Pasquarello will guide you through this easy process and will bring all the supplies and as we paint a large holiday plate, featuring either a circular holly design or snowflakes. Perfect for gift giving or to keep for yourself, this painting-on-glass class is suited for the beginner to expert artist. Maybe sample a cookie or two while the paint dries. \$15 payable to instructor at class. Register by 11/21. Course# 10751; \$8/\$12

## Holiday Delight Supper Club

Tuesday, Dec. 10, 5-7 p.m.

Entertainment by The Dale Jarrett Trio

Menu: Garden salad, herb-baked salmon with lemon chardonnay cream sauce, honey-bourbon glazed ham, sweet potatoes, green beans, apple compote, dessert, and beverages. Register by 11/25 unless filled. Happy Hour at 4:45 p.m. thanks to Brightview Senior Living. Course# 9615; \$22/\$32

## Building & Fitness room Closed

Monday Nov. 11-Veterans Day

Thursday, Nov 28 & Fri. Nov 29-Thanksgiving

## Volunteers Needed!

Soup & Salad-Tues. Nov. 5 & 19,  
11 a.m.-1 p.m.

Coupons-Help the staff create a free coupon book for seniors

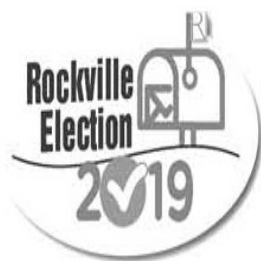
Holiday Bazaar- Sat. Dec. 7, 9 a.m.-2 p.m.

See front desk if interested.

**Mini Sessions start the first week of December. Register your spot before classes sell out!**

## CHECK YOUR MAILBOX!

Ballots for Rockville's 2019 Vote by Mail election will be sent to registered voters on or before Oct. 11. Fill yours out, sign it and return it. Ballots must be received at City Hall, 111 Maryland Ave., by 8 p.m. Tuesday, Nov. 5. Postmarks do not count.



For more information on who is running and on the new Vote by Mail election, go to [www.rockvillemd.gov/election](http://www.rockvillemd.gov/election).

Sign up for alerts and reminders.  
Text **ROCKVOTES** to 888777.

## Staff Chat

Wed., Nov. 6 & Dec. 4, 10-10:30 a.m.

Meet a staff member monthly in the lunch room. First Wednesday of the month.

## Senior Center Hours:

Monday-Friday,  
8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.  
(Drop-in use only)

## Fitness Center Hours:

Monday-Thursday,  
7 a.m.-8 p.m.  
Friday, 7 a.m.-7 p.m.  
Saturday, 7 a.m.-4 p.m.

1150 Carnation Drive  
Rockville, MD 20850  
240-314-8800

For updates and  
information visit our  
website:  
[www.rockvillemd.gov/  
seniorcenter](http://www.rockvillemd.gov/seniorcenter)

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