

Technology

Please contact our computer lab instructor, Andre Hickman, for questions Rockvillecomplab@hotmail.com

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Senior Recreation Update

Since most of our trips have been postponed, please enjoy the following sites until we are “back on the bus” again! Thanks to Michelle Chite for compiling these awesome adventures. Michelle is our wonderful new Program Assistant in the Trip, Class and Special Events section.

UPDATED Birthdays-There will be not be a May Birthday Party. For those with May birthdays, please be our guest at the June 25th party. In the meantime please enjoy our birthday e-cards we are sending to those with e-mails. Those without e-mails will receive a phone call from the Senior Recreation Staff. We look forward to celebrating your special day at that time. No need to register, please let the check in table know you are being honored.

Karen Lumpkin, Recreation and Trips Supervisor

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For any seniors needing counseling assistance at this time, please call: Aspire Counseling, Positive Aging Program
Frederika Granger, LCSW-C
301-978-9750, fgranger@we-aspire.org

Senior Fitness

Now is a great time to help combat feelings of isolation. Let our personal trainers come to your home via Zoom and show you some tips on staying physically and emotionally well during this challenging time. Whether you are new to fitness, or need some help getting started, you can benefit from the brief one on one sessions. For more information, please contact the senior center. 240-314-8800.

Chris Klopfer, Fitness and Sports Supervisor

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FREE
for Maryland Residents 65+

Maryland
DEPARTMENT OF AGING

Senior Call Check
A daily call to check on residents home alone.

CALL 1-866-50-CHECK
or Register Online aging.maryland.gov

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, at the Senior Center or any city facility.

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Building including the Fitness Closed

Mon. May 25-Memorial Day

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Stay Informed:

- www.rockvillemd.gov/seniorcenter
- seniorcenter@rockvillemd.gov
- 240-314-8800
- facebook.com/rockvilleseniors
- twitter.com/rokcwillerrec
- instagram.com/rockvillerec

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Census 2020 Contact Us!

There are several ways that you can contact the U.S. Census Bureau for support.

For language support: The 2020 Census can be completed by phone in the following languages. Phone lines are open every day from 7am to 2am Eastern Time. More languages are available.

English: 844-330-2020

Spanish: 844-468-2020

Chinese (Mandarin): 844-391-2020

For information on services for people who are deaf or hard of hearing: Call the TDD number at 844-467-2020.

Rockville Seniors

The Center's Monthly Highlights and Calendar

MAY 2020



May News

As of right now, all City facilities will be closed until at least May 15. The Senior Center status is dependent on the State of Maryland lifting the State of Emergency, and reopening senior centers across the state.

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All Spring classes, programs, and events are cancelled.

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Summer Class and Trip Registration
A full list of classes can be found online in early May.

Summer registration can be done online or by mail-in. There will not be in person registration for the Summer sessions including trip registration. We are accepting mail ins and will process them on registration day.

UPDATED Summer Class Registration starts at 8:30 a.m. on Tues., May 19 for members and Thurs., May 21 for nonmembers.

UPDATED Trip Registration for Senior Members starts at 8:30 a.m. on Tues., May 19 for members and Thurs., May 21 for nonmembers. There will not be an in-person lottery.

All classes, programs, and trip supervisors will provide information on cancellations, postponements, and new online programs.

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Support Services

We are still available! We are answering our main line and responding to emails, 240-314-8800 or seniorcenter@rockvillemd.gov.

Do you need food during this time? Please call us on Tuesday by 12:00 a week before the meals are distributed. At this time, food distribution is on Wednesdays.

Senior services will be unable to transport seniors on trips to grocery stores or pharmacies. Instead, the senior center's Call and Ride program is available during this crisis to provide taxi coupons to seniors in need of transportation. Seniors, living in the city limits of Rockville, in need of transportation can call 240-314-8810 for assistance.

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Time Capsule

UPDATED Time Capsule-Our time capsule celebration will be postponed until the Fall. Please register so we can send out any updates, this event is open to the community. Course#13324; Free

Donation Opportunities
Food Drive We are collecting shelf stable food at the Rockville Senior Center to help those in need. Staff will be there Tuesday and Wednesday from 9:00 a.m.-12:00 p.m. to help collect donations. There is also a blue bin located under the awning on the side of the building. Food items can be dropped anytime.

Program Assistance Fund A way to help seniors is through the Senior Center's Program Assistance fund. Until this crisis, the funds have been used to help lower income Rockville seniors participate in center programs and activities. Effective immediately, the senior services staff can use the PAF for the purchase of necessary food and personal hygiene items for those seniors with emergent needs.

If you have questions, let us know at the main Senior Center number 240 314-8800.

To those who have donated, we truly appreciate you, we would not have been able to support the many seniors without your donations.