

Rokeby Center




1709 Rokeby Avenue, 23325

Senior Programs

For Ages 55 and Better



June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>SUMMER</h1> 			Chair Yoga ¹ 9:00 a.m.-10:00 a.m. Paint for Fun 10:00 a.m.-1:00 p.m. Needlework Group 1:00 p.m.-3:00 p.m. Intro to Mah Jong 1:00 p.m.-3:00 p.m.	Bridge Lessons ² 10:00 a.m.-11:15 a.m. Bridge Open Play 11:15 a.m.-12:45 p.m. Drop-In Activities 1:00 p.m.-4:00 p.m.	Creative Corner ³ Welcome Summer Sign 11:00 a.m.-1:00 p.m.	
CLOSED ⁴	Ceramics ⁵ 10:00 a.m.-1:00 p.m. Needlework Group 1:00 p.m.-3:00 p.m.	Zumba ⁶ 10:00 a.m.-11:00 a.m. Bingo Prize Pick Up 11:00 a.m.-1:00 p.m. Games Galore! 12:00 p.m.-2:00 p.m. Line Dancing 2:00 p.m.-3:00 p.m.	Indoor Gardening ⁷ 10:00 a.m.-12:00 p.m. Drop-In Activities 12:00 p.m.-4:00 p.m.	Chair Yoga ⁸ 9:00 a.m.-10:00 a.m. Paint for Fun 10:00 a.m.-1:00 p.m. Needlework Group 1:00 p.m.-3:00 p.m. Intro to Mah Jong 1:00 p.m.-3:00 p.m.	CLOSED ⁹ (Fish Fry at Chesapeake City Park)	Creative Corner ¹⁰ Clothespin Art 11:00 a.m.-1:00 p.m.
CLOSED ¹¹	Ceramics ¹² 10:00 a.m.-1:00 p.m. Needlework Group 1:00 p.m.-3:00 p.m.	Zumba ¹³ 10:00 a.m.-11:00 a.m. Healthy Eating 11:30 a.m.-1:00 p.m. Line Dancing 2:00 p.m.-3:00 p.m.	Drop-In Activities ¹⁴ 9:00 a.m.-1:00 p.m. Sewing Class 1:00 p.m.-4:00 p.m.	Healthy Eating ¹⁵ 11:30 a.m.-1:00 p.m. Needlework Group 1:00 p.m.-3:00 p.m. Intro to Mah Jong 1:00 p.m.-3:00 p.m.	Bridge Lessons ¹⁶ 10:00 a.m.-11:15 a.m. Bridge Open Play 11:15 a.m.-12:45 p.m. Drop-In Activities 1:00 p.m.-4:00 p.m.	Creative Corner ¹⁷ 4th of July Firecracker Decor 11:00 a.m.-1:00 p.m.
CLOSED ¹⁸	CLOSED ¹⁹ City Holiday	Zumba ²⁰ 10:00 a.m.-11:00 a.m. Games Galore! 12:00 p.m.-2:00 p.m. Line Dancing 2:00 p.m.-3:00 p.m.	Rokeby Senior Club ²¹ 10:00 a.m.-12:00 p.m. Drop-In Activities 12:00 p.m.-4:00 p.m.	Chair Yoga ²² 9:00 a.m.-10:00 a.m. Paint for Fun 10:00 a.m.-1:00 p.m. Needlework Group 1:00 p.m.-3:00 p.m. Intro to Mah Jong 1:00 p.m.-3:00 p.m.	Bridge Lessons ²³ 10:00 a.m.-11:15 a.m. Bridge Open Play 11:15 a.m.-12:45 p.m. Drop-In Activities 1:00 p.m.-4:00 p.m. Rokeby Social Night 6:00 p.m.-8:00 p.m.	Creative Corner ²⁴ 4th of July Flag Decor 11:00 a.m.-1:00 p.m.
CLOSED ²⁵	Ceramics ²⁶ 10:00 a.m.-1:00 p.m. Needlework Group 1:00 p.m.-3:00 p.m.	Zumba ²⁷ 10:00 a.m.-11:00 a.m. Games Galore! 12:00 p.m.-2:00 p.m. Line Dancing 2:00 p.m.-3:00 p.m.	Drop-In Activities ²⁸ 9:00 a.m.-1:00 p.m. Sewing Class 1:00 p.m.-4:00 p.m.	No Chair Yoga ²⁹ Paint for Fun 10:00 a.m.-1:00 p.m. Needlework Group 1:00 p.m.-3:00 p.m. Intro to Mah Jong 1:00 p.m.-3:00 p.m.	Bridge Lessons ³⁰ 10:00 a.m.-11:15 a.m. Bridge Open Play 11:15 a.m.-12:45 p.m. Drop-In Activities 1:00 p.m.-4:00 p.m.	

Current Center Hours Are Monday through Friday from 9:00 a.m.-4:00 p.m., Saturday 9:00 a.m.-1:00 p.m.

*Registration Fee Required

***Ceramics-** Introduces the techniques of cleaning, painting, glazing and dry-brushing techniques. Each registered participant will choose one complimentary piece of bisque ware per session and may order additional pieces. Mondays, June 5, 12, 26, 10:00 a.m.-1:00 p.m. #6267-43, \$16/per 4-week session.

Needlework Group - The goal is to learn different needlework techniques including crocheting, knitting, and needlepoint. This group meets on Mondays and Thursdays, ongoing, 1:00 p.m.-3:00 p.m. FREE. No formal instruction is provided as participants are encouraged to share techniques.

Healthy Eating – Come participate in these free, bi-monthly workshops and learn how to make easy, tasteful, healthy snacks that you can take everywhere with you. This month we will focus on Vegetables and Fruit-Salads. Enjoy samples of your creations. Tuesday, June 13, 11:30 a.m.-1:00 p.m. and Thursday, June 15, 11:30 a.m.-1:00 p.m. Call 757-822-6259 to sign up at least 2 days prior to each date. Please choose one date per participant, per month. Max of 15 per date. FREE

***Zumba-** Dance your way to a healthier you! This class combines dance and aerobic movement performed to the beat of music at a low-intensity. Led by a Certified Zumba Instructor and no dance experience is required. Tuesdays, June 6-27, 10:00 a.m. - 11:00 a.m. #6288-33, \$20/per 4-week session.

Games Galore! - Come play your favorite game or learn a new one! You can play Spades, Cribbage, Dominoes, Scrabble, Triominos, Rummikub, Bunco and more. Feel free to bring a snack and a friend to join you! 1st, 3rd, and 4th Tuesdays, ongoing, 12:00 p.m.-2:00 p.m. FREE.

Indoor Gardening- Lets get our hands in the earth while we create and enjoy nature! Join Chesapeake Master Gardeners for this fun project that can benefit anyone. Wednesday, June 7, 10:00 a.m.-12:00 p.m. Please call 757-382-6411 to sign up at least 2 days prior. This month we build a Wooden Bluebird House. FREE

***Sewing Class-**The class is designed to introduce you to the world of sewing or help you to refresh your skills! You will learn new and creative ways to sew easy projects using a sewing machine. Bring your lunch if you wish. Wednesday, June 14 and 28, 11:00 a.m. - 3:00 p.m. #6266-18, \$20/session. Call (757) 382-6411 for supply list.

Line Dancing Group - All experience levels welcome. Participants can have a lot of FUN while meeting new friends! This is a self-guided activity-no formal instruction provided. Tuesdays, ongoing, 2:00 p.m.-3:00 p.m. FREE

***Chair Yoga-** Gentle form of yoga practiced with the use of a chair. Designed for people with limited mobility, flexibility, balance. Gentle movements encourage better circulation, weight-bearing in standing poses and can awaken areas of your body that have been inactive or weak. Breathing and mindfulness techniques are also part of this exercise session. Thursdays, June 1, 8, 22, 10:00 a.m. -11:00 a.m. #6288-73, \$15 /per 3-week session.

Paint for Fun- Self-guided group activity. Bring your own supplies. Will return to River Crest Community Center after Labor Day. Thursdays, ongoing, 10:00 a.m. - 1:00 p.m. FREE

Introduction to Mah Jong- Learn the fundamentals of the National Mah Jong League version of this ancient Chinese rummy-like game played with tiles rather than cards. Thursdays, ongoing, 1:00 p.m. - 3:00 p.m. FREE

***Bridge Lessons** - Come learn to play Bridge, taught by an American Bridge Association Certified Teacher. Participants need to sign up for Part 1 and Part 2 for the 8-week course. Fridays, June 2, 16, 23, 30, 10:00 a.m.-11:15 p.m. #6274-43, (Part 2), \$20/session. Bridge Open Play - No instruction will be provided during open play so participants need to have an understanding of the card game. Fridays, ongoing, 11:15 a.m.-12:45 p.m. FREE

Creative Corner- Join us for an opportunity to discover or showcase your creative, artistic abilities! Please view the Rokeby Center Calendar for the weekly craft project or feel free to bring your own supplies and work on your own project. Saturdays, ongoing 11:00 a.m.-1:00 p.m. FREE.

Rokeby Social Night-Join The Phun Doctors Band for Classic Rock and Oldies! Line dance to your favorite Country songs as you enjoy light refreshments and meet new friends! Friday, June 23, 2023, 6:00 p.m. - 8:00 p.m., \$5, #6478-16. Max of 40.

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