RMDC SENIOR CENTER ACTIVITIES

Tai Chi For Balance - Tai Chi is an ancient Chinese form of self defense that is low impact and has many health benefits, including better balance and flexibility. This class involves a slow focused series of graceful movements and deep breathing.

Jennie's Exercise for Arthritis- This is a class that covers a variety of range-of-motion and endurance building exercises. Using a chair for stability, and safe movements for all levels, the only thing to fear are Jennie's potato jokes.

Bridge - Looking for some friends to keep your Bridge game tight? Come join!

Rocky Entertains with Sharon- Rotating events include Sing-a-Longs, Merry Melodies Concerts, and Sharons' Armchair Traveler series**.**

Crafty Quilters- This group of volunteers design and assemble quilts for people in need. Come Join!

Line Dancing- All genres and decades of music. Boot, scoot, and boogie your way to a good time! All levels welcome!

***Pinochle-** This competitive group has a $2 buy-in on standard days. Tournaments (the 1st Monday and Tuesday every other month) are a $5 buy-in and require pre-registration.

Yarn with Friends - Crochet, knit, needlework, oh my!! Bring your own project and have a DARN good time with friends, old and new!

Senior Council Meeting- Senior Council plans quarterly special events and trips for the enjoyment of our seniors. Join us!

Crafts Class- Feeling crafty? Come do a different project each month!

Tech Time with Mary- Having issues with your phone, tablet, or laptop? Mary Noel will work with you 1 on 1 to solve it!

Qi Gong- Benefit from gentle movement, breath, meditation, and sound, cultivated with intention. All abilities welcome.

Estate Planning- Need a Power of Attorney, Will, or to make changes to existing Estate documents? Come chat with Ann from Montana Generational Justice to discuss your situation and connect with their low-cost to no-cost resources.

Hand and Foot- Come play this card game with a friendly group of people!

***BINGO-** Be prepared to have a blast, and maybe even a… BINGO!! $1 per card. Please bring exact change.

Grief Group- This bereavement support group provides a safe environment to talk about what your going through and provides practical coping strategies and gentle guidance.

Caramel Rolls- Are they the BEST caramel rolls around? YEP! Come for the treats, and stay for the company! $3 each roll.

Be Well Clinic- Get your blood pressure checked by one of our awesome RSVP volunteers!

Wood Carving- Bring your small wood projects and come hang out with a great group of people! All abilities welcome.

***Cribbage-** Do you love cribbage? Do you want to learn how to play? Come join this friendly group of players. Standard days are free. Tournaments (held the 1st Friday of the month in Nov & Dec) are a $4 buy-in and require pre-registration.

Backroads of Montana- Join us for a screening of this popular PBS show. Enjoy snacks with friends, and reminisce about all things MT!

Karaoke- Dust off those singing pipes and show us your best rendition of your favorite songs! Friendly audience members welcome, too!

Creative Aging Arts Workshops- Join a professional Artist teacher from the Holter Museum each week! Participate in learning like drawing, sketchbook club, painting, clay, textiles, jewelry, sculpture, and so much more!

All events are offered at no cost to you with all supplies provided unless noted otherwise

*** Gambling is prohibited for individuals under the age of 18**

ROCKY