

# Rockville Senior Center Highlights



May 2018

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\*

The Center including the fitness room is closed on **Monday, May 28.**

### Developing Villages in Rockville:

#### Twinbrook Village

Contact: [Twinbrookvillage@gmail.com](mailto:Twinbrookvillage@gmail.com) and [communitywildlifehabitat@gmail.com](mailto:communitywildlifehabitat@gmail.com)

#### King Farm Neighbors Village

Contact: [kfnvinfo@gmail.com](mailto:kfnvinfo@gmail.com)  
301-799-8104

#### FELD Village (West End)

Contact: [nonny62@verizon.net](mailto:nonny62@verizon.net)

#### Pump House (East Rockville) Village

Contact: [pumphousevillage@gmail.com](mailto:pumphousevillage@gmail.com)

### Wii Bowling

Fridays, 10 a.m.-12 p.m.

Join this fun group and bowl indoors through the Wii Game System. A light weight remote is the key to this fun interactive game. Must be a Senior Center Member.

### Adult Children and Senior Care

Tuesday, May 1, 7-8 p.m.

Meet with professionals who will provide you with strategies to recognize and address concerns about your loved one's cognitive abilities. Pamela Mills, director of Memory Care Programs Ingle-side at King Farm, begins with a presentation on the signs of cognitive impairment. Rika Granger, LCSW-C, from Aspire Counseling, follows with best practices in addressing your concerns with your loved one. Course #4832. Free

### Welcome Fran!

Fran Jablonski has worked for the City for 43 years, and is looking forward to working with Senior Services staff and seniors. Fran will be working in the transportation office!

### Farewell Jackie!

Jackie Mobley has accepted a new position with the City of Rockville at the Rockville Swim and Fitness Center as their Office Manager. We will miss her greatly and wish her the very best. Be sure to visit her!



### Summer Registration

May 1-  
Senior Center Members  
May 3-  
Residents and Non Residents

### Law Day

Tuesday, May 1

An opportunity to meet with an Attorney to prepare an Advance Directive at NO CHARGE! appointment required, please call 240-314-8810

### International Day meeting for those interested in participating

Monday, May 7, 10 a.m.  
Call 240-314-8810

### Science Tuesday

May 8, 1-2:30 p.m.

### Health Fair

Wednesday, May 23,  
11 a.m.-1:30 pm

### Hometown Holidays

May 26-28 in Town Square

### International Day

Friday, June 15, 10:30 a.m.-noon

### Something Stirring II Monday, May 21, 1:30-3:30 p.m.

Once again the kitchen will be the hottest spot at the Senior Center. Join Sheila Crye, CCP as she demonstrates a delicious menu in this new cooking class. This time we'll enjoy Pasta Primavera (vegetarian pasta sauce) with roasted turkey meatballs. Samples will be shared at class along with the recipes. Impress your friends and family with your culinary skills.  
Course#4752; \$40/\$50/\$63

### 8 Week Challenge Update

46 participants have earned over 20,000 minutes since the start of the program. The total results will be revealed May 15th.

### Thursday & Friday Movie Matinees at the Senior Center

#### May 3 & 4, 1-3:15 p.m. Phantom Thread

Set in the glamour of 1950's post-war London, renowned dressmaker Reynolds Woodcock and his sister Cyril are at the center of British fashion, with the distinct style of The House of Woodcock. He comes across a young, strong-willed woman, Alma who soon becomes a fixture in his life as his muse and lover. Once controlled and planned, he finds his carefully tailored life disrupted by love.

Rated R for language.

#### May 10 & 11, 1-3 p.m. The Post

A thrilling drama about the unlikely partnership between The Washington Post's Katharine Graham, the first female publisher of a major American newspaper, and editor Ben Bradlee, as they race to catch up with The New York Times to expose a massive cover-up of government secrets that spanned three decades and four U.S. Presidents. The two must overcome their differences as they risk their careers - and their very freedom - to help bring long-buried truths to light. **Rated PG-13 for language and brief war violence.**

### Art Reception

Sponsored by Brightview West End  
Thursday, May 17  
6-8 p.m.; Free

Featuring works from Val Fry's Watercolor Class!



### Summer Trip Registration

Tuesday, May 22, 10:15 a.m.

Trips include:

June 2 - The Capital Steps at the Ronald Reagan Building

June 19 - Chesapeake Craving

July 17 - Museum of the Bible

August 2 - Dave - World Premiere at Arena Stage

August 15 - Annual Crab Feast at Fisherman's Crab Deck

August 23 - Nationals Baseball Game

Please refer to your Summer 60+ Guide for complete details.

### The Passing of Annie Durkin

Annie Durkin was the Senior Center Wellness Coach, Matter of Balance and Yoda-lates on the Ball instructor. She passed away on March 28, 2018. We will remember her high spirits and contagious energy she brought to the center.

### 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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Get Into It