

Adults 60+ Recreation and Services Guide

Fall 2025



ROCKVILLE SENIOR CENTER • 1150 CARNATION DRIVE • ROCKVILLE, MD 20850

Content

Arts and Enrichment	4-11
Trips	12-13
Technology	14-15
Fitness and Sports	16-23
Wellness	24-25
Support Resources	26-29
General Information	30
Registration Form	31

Stay Informed

www.rockvillemd.gov/seniorcenter

seniorcenter@rockvillemd.gov

240-314-8800



[Facebook.com/rockvilleseniors](https://www.facebook.com/rockvilleseniors)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Prices Key:

Prices are listed as Senior Center Member/Nonmember

Senior Center members receive a discount which can be viewed once program is added to cart.

Recreation and Parks Vision Statement

To be THE place to make lifelong memories as you live, work, play and thrive.

Recreation and Parks Mission Statement

To nurture community connections.

Welcome

Rockville Senior Center Building Hours:

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

Saturday: 9 a.m.-3 p.m.

Fitness Center Hours:

Monday, Tuesday, Wednesday and Thursday:
7 a.m.-7 p.m.

Friday: 7 a.m.-5 p.m.

Saturday: 9 a.m.-3 p.m.

Main Line/Registration: 240-314-8800

Directions: 240-314-5019

Bus Transportation/Lunch Reservations:

240-314-8810

Center Membership Fees:

\$40/year: Rockville residents

\$135/year: nonresidents; \$65: spouse

Fitness Center Membership Fees:

\$95/year (must be a Senior Center member)

Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on Aug. 12 to receive discounts on classes. Unless another location is listed, all classes are held at the Rockville Senior Center.

Building and Fitness Room Closures

Monday, Sept. 1: Labor Day

Tuesday, Nov. 11: Veterans Day

Thursday, Nov. 27: Thanksgiving Day

Friday, Nov. 28: Day after Thanksgiving

Registration Dates

Senior Center member (M) registration begins: **Tuesday, Aug. 12** Senior Center members receive a discount on programs.

Nonmember (NM) registration begins:
Thursday, Aug. 14.

Registration is required for all programs.

Mayor

Monique Ashton

Councilmembers

Kate Fulton, Barry Jackson,
David Myles, Izola (Zola) Shaw,
Marissa Valeri, Adam Van Grack

Jeff Mihelich, City Manager

Tara Stewart, Director of Recreation and Parks

Christine Henry, Deputy Director of
Recreation and Parks

Andy Lett, Superintendent of Recreation

Steve Mader, Superintendent of Parks and Facilities

Individuals with Disabilities

We support individuals with disabilities and encourage them to register and participate in Rockville Recreation and Parks programs. If you require an ADA reasonable modification/accommodation, please contact 240-314-8800, seniorcenter@rockvillemd.gov, MD Relay, 7-1-1 for hearing and visually impaired, at least three weeks before your program begins as ample coordination is necessary to secure modifications. For additional therapeutic recreation opportunities, contact Montgomery County Dept. of Recreation, Therapeutic Recreation Office at 240-777-4936, rec.inclusion@montgomerycountymd.gov or MD Relay, 7-1-1. This publication will be made available in alternate formats upon request by contacting the City of Rockville ADA coordinator at 240-314-8108 or MD Relay, 7-1-1.

Arts & Enrichment

1970s Movies Based on **NEW!** True Stories

Stories of real people from the world of sports, entertainment, law enforcement and politics were brought to the big screen in the 1970s, such as "The Great White Hope," "Funny Lady" and "Serpico," to name a few. Instructor: Joan Adams.

Course	Day, Date	Time	Cost	Location
37059	M, 12/8	10:30-11:30 a.m.	\$7/\$10	Online

1970s TV Through the **NEW!** Lens of Norman Lear

Lear was at the forefront of producing groundbreaking and cutting-edge sitcoms dealing with real-life issues that combined political and social themes. Instructor: Joan Adams.

Course	Day, Date	Time	Cost	Location
37058	M, 12/1	10:30-11:30 a.m.	\$7/\$10	Online

60+ English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Before registering, new students must schedule an assessment of their English skills. Email program coordinator Aмоke Alakoye at aalakoye@rockvillemd.gov to schedule an evaluation. Returning students should register for the class recommended by their teacher. No class 9/23, 10/2, 11/11.

Beginning English 1

Course	Day, Date	Time	Cost	Location
37306	M,W, 9/8-11/12	10 a.m.-12 p.m.	\$10/\$14	Sr. Ctr.

High Beginning English 2

Course	Day, Date	Time	Cost	Location
37324	Tu,Th, 9/9-11/25	10 a.m.-12 p.m.	\$10/\$14	Online

Intermediate English 3

Course	Day, Date	Time	Cost	Location
37327	Tu,Th, 9/9-11/25	10 a.m.-12 p.m.	\$10/\$14	Online

Advanced English 4

Course	Day, Date	Time	Cost	Location
37326	M,W, 9/8-11/12	10 a.m.-12 p.m.	\$10/\$14	Online

Advanced English Conversation

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English.

Course	Day, Date	Time	Cost	Location
37305	Tu,Th, 9/9-11/25	2-4 p.m.	\$15/\$19	Online

A Decade of Surprises: 1970s

The Vietnam conflict continued. There was political chaos; a president resigned. Activism and protests continued in U.S. streets. Boomers were taking their place in society and changing America. Norman Lear was breaking new ground on TV with "All in the Family" and "The Jeffersons." During the day, TV viewers were involved in the entangled lives of the families on "All My Children," "Another World," "General Hospital" and "Days of Our Lives." Average Americans were more concerned with stagflation. It was a decade of surprises. Instructor: Joan Adams.

1978

Harvey Milk was elected to San Francisco Board of Supervisors. A test-tube baby was born. Harriet Tubman appeared on a postage stamp and New England dug out from a major nor'easter. Lee Iacocca needed a new job. And "Grease" is the word on the Billboard Hot 100.

Course	Day, Date	Time	Cost	Location
37042	M, 9/15	10:30-11:30 a.m.	\$7/\$10	Online

1979

Maryland experienced a blizzard. Chicago elected a female mayor and there was an accident at Three Mile Island. The pope visited the U.S. Baltimore was defeated in the World Series.

Course	Day, Date	Time	Cost	Location
37043	M, 10/27	10:30-11:30 a.m.	\$7/\$10	Online

Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information, visit www.rockvillemd.gov/boardsandcommissions.

A Wonderland of Rocks **NEW!**

Explore Chiricahua National Monument's unique rock formations. Review geology basics (types of rocks, the rock cycle, etc.), then jump into how rock pinnacles at Chiricahua were formed and other fun features found there. Presented by Southeast Arizona National Parks.

Course	Day, Date	Time	Cost	Location
37048	Tu, 10/21	11 a.m.-12 p.m.	\$7/\$10	Online

All About Seeds **NEW!**

Go nuts for seeds with Croydon Creek! From tiny specks to giant pods, seeds come in all shapes and sizes, and each has a fascinating story to tell. Discover how seeds grow, travel and fuel the fall harvest. Then, tap into your creative side as you design your very own seed mosaic masterpiece to take home. No experience needed, just bring your imagination.

Course	Day, Date	Time	Cost	Location
37077	Th, 9/25	1-2:30 p.m.	\$12/\$15	Sr. Ctr.

Apron Decorating **NEW!**

Unleash your creativity in this fun and hands-on apron decorating class with Senior Center staff. Whether personalizing a gift or designing a kitchen accessory, this workshop provides the materials and guidance you need. Start with a plain apron and use fabric paints and stencils or freehand to create a unique and functional masterpiece. No prior art experience needed, just bring your imagination. Class encourages self-expression and craftsmanship in a relaxed, social setting. No refunds after Sept. 29.

Course	Day, Date	Time	Cost	Location
37289	M, 10/13	10 a.m.-12 p.m.	\$15/\$20	Sr. Ctr.

Bingo

We have a winner! Enjoy socializing while sharpening your hand-eye coordination by playing an old-time game of bingo.

Course	Day, Date	Time	Cost	Location
37023	Th, 10/23	1-2 p.m.	\$3/\$5	Sr. Ctr.

Birthday Party

Honors September, October and November birthdays. All are invited, whether or not they have a fall birthday. Please be on time. No admittance after entertainment begins. Entertainment: Vince Borrelli, guitar and vocals.

Course	Day, Date	Time	Cost	Location
37021	Tu, 10/7	1:30-3 p.m.	\$3/\$5	Sr. Ctr.

Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion.

Course	Day, Date	Time	Cost	Location
37020	Th, 9/25, 10/23, 12/4	9:30-10:45 a.m.	Free/\$7	Online

Bridge — **NEW!** An Introduction to the Game

A short introductory class designed for those with no knowledge of bridge. The session will cover the concepts of trick taking, trump suit and bidding. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
37025	Tu, 9/9-9/16	1-3 p.m.	\$27/\$32	Sr. Ctr.

Bridge — Beginner I

Learn bridge in a fun and instructive class. Starts with a lesson and ends with supervised play. Topics include the 2 over 1 bidding system and the play of cards, while learning the game's basics and foundations. Completion of Introduction to Bridge or equivalent required (course #37025). Instructor: Peter Schiff. No class on Nov. 11.

Course	Day, Date	Time	Cost	Location
37026	Tu, 10/7-12/2	1-3 p.m.	\$110/\$117	Sr. Ctr.

Bridge — Supervised Play

Play, practice and enhance skills while instructor Peter Schiff answers questions. Prerequisite: Beginner Bridge I or a basic understanding of modern bidding. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
37027	F, 10/10-11/14	10 a.m.-12 p.m.	\$54/\$60	Sr. Ctr.

Candle-Making Workshop

Craft exquisite candles from scratch during this immersive, hands-on candle-making workshop with Raw Blossom. Create plant-based scented wood wick candles using a wide variety of premium nontoxic fragrances. Materials included to make one candle. Register by Sept. 24. No refunds after Sept. 24.

Course	Day, Date	Time	Cost	Location
37069	Th, 10/9	1-3 p.m.	\$30/\$40	Sr. Ctr.



Crafting with Tammy: Sea Glass Tree

Create a beautiful 7-inch-tall sea glass tree, with lights included. Fun and easy for all skill levels. Register by Oct. 2. No re-

funds after Oct. 2. Instructor: Tammy Brown.

Course	Day, Date	Time	Cost	Location
37060	M, 10/20	10:30 a.m.-12:30 p.m.	\$30/\$40	Sr. Ctr.

Dia de los Muertos **NEW!**

Dia de los Muertos is a holiday celebrated by people of Mexican heritage to honor their dead relatives. From flowers to skeletons, dive into the elements that play a part in this important holiday. Presented by Panhandle Plains Historical Museum.

Course	Day, Date	Time	Cost	Location
37045	M, 10/6	1-2 p.m.	\$7/\$10	Online

Egyptomania **NEW!**

Discover the ingenuity of one of the world's earliest civilizations through this lively series with the Cleveland Museum of Art.

Intro to Daily Life

Explore Egypt's natural environment and aspects of ancient Egyptian daily life, including food, clothing, shelter and recreation, through art and artifacts from the CMA's collection.

Course	Day, Date	Time	Cost	Location
37049	M, 9/22	1-2 p.m.	\$7/\$10	Online

Fashion Show with Taylor Marie

Taylor Marie brings shopping to us with the latest fashions in sizes and creative accessories. Sit and relax while Senior Center models wow you with designer clothing at below-retail prices. Browse the racks to try on and purchase clothing and accessories to take home. Light refreshments are served. Email kday@rockvillemd.gov if you would like to model.

Course	Day, Date	Time	Cost	Location
37009	Th, 11/6	1-3 p.m.	\$3/\$5	Sr. Ctr.

Felt Ornaments **NEW!**

Learn to sew and embroider animals, hearts and anything else you can imagine. No refunds after Oct. 8. Instructor: Tracy Keating.

Course	Day, Date	Time	Cost	Location
37288	Th, 10/23	10 a.m.-12 p.m.	\$30/\$40	Sr. Ctr.



Flower Arranging: Pumpkin Bouquet

Learn about basic floral design during a fun-filled hour hosted by Flowered. Make and take a beautiful arrangement of locally grown flowers, foraged greenery and store-bought flowers in a pre-carved-out

pumpkin with a plastic insert. All materials provided. No refunds after Oct. 13.

Course	Day, Date	Time	Cost	Location
37008	Tu, 10/28	11 a.m.-12 p.m.	\$35/\$45	Sr. Ctr.

Halloween Costume Bash **NEW!**

Pull out that costume from the back of the closet, borrow one from a friend, or put on your favorite wig and create a fun look from whatever you've got lying around the house! There will be music! There will be dancing! And there will be a best costume contest with prizes! Have a blast and be home before trick-or-treaters start ringing your doorbell.

Course	Day, Date	Time	Cost	Location
37076	F, 10/31	11 a.m.-12 p.m.	\$3/\$5	Sr. Ctr.

Handbells

Handbells provided. Instructor: Connie Hughes.

Handbells #1

A fun course using color-coded lightweight handbells that can be played by tapping or shaking. Each student will begin with one or two handbells. Together, the group will play a wide range of music: folk, classical and popular. Some previous musical knowledge required. No class Sept. 23 or Nov. 11.

Course	Day, Date	Time	Cost	Location
37065	Tu, 9/16-12/2	1:45-2:20 p.m.	\$52/\$65	Sr. Ctr.

Handbells #2 (Advanced)

Student has taken either a previous handbells class with the instructor or has instructor approval. Each student will have a range of four to eight handbells as part of the group, creating a more challenging level. No class Sept. 23 or Nov. 11.

Course	Day, Date	Time	Cost	Location
37066	Tu, 9/16-12/2	2:30-3:10 p.m.	\$52/\$65	Sr. Ctr.

Hispanic Heritage Celebration

Celebrate Hispanic Heritage Month with a delicious lunch, lively entertainment and great company. Seniors are welcome to enjoy this festive and cultural gathering.

Course	Day, Date	Time	Cost	Location
37303	F, 10/3	11:30 a.m.-1 p.m.	\$17/\$24	Sr. Ctr.

Improv Positivity

Play improv comedy games that spark personal creativity and group connection. Engage the body and mind, forget the outside world and be in the present. Topher Bellavia has coached hundreds of teams and taught thousands of students to confidently access their innate abilities to communicate clearly, cooperate and create.

Course	Day, Date	Time	Cost	Location
37032	M, 9/8-9/29	12:30-2 p.m.	\$42/\$53	Sr. Ctr.

Friendsgiving Lunch

Enjoy a Thanksgiving lunch with friends. Includes lunch, bingo and games. Program Assistance Fund is available. Space is limited.

Course	Day, Date	Time	Cost	Location
38096	Th, 11/20	11:30 a.m.-1 p.m.	\$17/\$20	Sr. Ctr.

Indigenous Peoples' Month: **NEW!** A Look at Forgotten Americans and Their Role in U.S. History

A look at four Native Americans who influenced history. Wilma Mankiller, a woman who focused on self-determination and empowerment. Charles Curtis, a member of the Kaw Nation and the first Native American to serve as U.S. vice president. Zitkala-Sa, a native American writer, musician and activist of the Yankton Sioux Tribe. Chief Joseph, leader of the Nez Perce people, who led his people on a 1,200-mile trek to elude the U.S. Army. Instructor: Joan Adams.

Course	Day, Date	Time	Cost	Location
37053	M, 10/13	10:30-11:30 a.m.	\$7/\$10	Online

Japanese Language, Culture and Travel

Learn essential Japanese language, culture and customs through everyday phrases, greetings and simple conversation, along with practical tips and fun. Discover cultural insights and travel know-how to navigate Japan with confidence, whether you're planning a trip or simply curious about a new culture. No class Oct. 2.

Course	Day, Date	Time	Cost	Location
37329	Th, 9/11-11/20	10:30 a.m.-12 p.m.	\$41/\$55	Sr. Ctr.



Moss Art Workshop

Reconnect with nature and your creativity in this hands-on workshop with Daphne Lee of Potahto. Using preserved moss, cork bark and other natural elements, design an 8-by-10-inch framed

moss artwork to bring a touch of the outdoors to your home. No green thumb? No problem! Preserved moss is maintenance-free and doesn't need watering. Whether a beginner or seasoned crafter, leave with a one-of-a-kind piece and renewed sense of calm. All materials included. No refunds after Oct. 1.

Course	Day, Date	Time	Cost	Location
37013	F, 10/17	11 a.m.-12:30 p.m.	\$55/\$65	Sr. Ctr.

National Breakfast Month — **NEW!** Breakfast Foods from the Past (1780s and 1970s)

Goulash for breakfast in the 1780s? How about hoecakes, deviled eggs and "toad in a hole"? In the 1970s, we had Waffelos, Buc Wheats, Pink Panther Flakes and, of course, Pop-Tarts. What was your favorite '70s breakfast food? Instructor: Joan Adams.

Course	Day, Date	Time	Cost	Location
37052	M, 9/29	10:30-11:30 a.m.	\$7/\$10	Online

National Candy Day — **NEW!** Forgotten and Popular U.S. Candies

Look back at popular candies no longer with us, such as Milkshake, Bonkers, Chicken Dinner and Kinder Surprise. Hershey no longer makes Kissables, Swoops and TasteTations. What other sweet treats have we lost? Instructor: Joan Adams.

Course	Day, Date	Time	Cost	Location
37054	M, 11/3	10:30-11:30 a.m.	\$7/\$10	Online

New Nation — New Challenges: 1780s

The Revolutionary War finally ended with a peace treaty. The new nation's debts were huge. A government needed to be cobbled out. Compromises were hard to come by. The war had a mixed legacy. Loyalists lost homes and fortunes. Some former soldiers felt the urge to expand westward. Some African Americans earned their freedom while others remained enslaved. Native Americans faced new opposition and challenges as the westward movement grew. New leaders emerged and, with them, a government that has lasted more than 200 years. Instructor: Joan Adams.

1788

An important year in politics. The Constitution was ratified. Briggs and Longstreet got a patent. There was a major fire in New Orleans and a riot in Manhattan.

Course	Day, Date	Time	Cost	Location
37040	M, 9/8	10:30-11:30 a.m.	\$7/\$10	Online

Check the monthly newsletter for updates, special events and movies!

1789

The United States elected a president. The country established a major university. A cabinet was created and taxes paid for the war.

Course	Day, Date	Time	Cost	Location
37041	M, 10/20	10:30-11:30 a.m.	\$7/\$10	Online

Painting with Cathy

Instructor Cathy Pasquariello brings the instructions and supplies. No painting experience required.

Puffy Painting on Pumpkins

Celebrate fall by creating a 3D effect on a pumpkin, first painting, then applying designs with puffy paint. No refunds after Oct. 7.

Course	Day, Date	Time	Cost	Location
37030	Tu, 10/21	10:30 a.m.-12 p.m.	\$13/\$16	Sr. Ctr.

Pinecone Painting

Paint then apply beads and glitter to pinecones to take home and display for gorgeous fall decor. No refunds after Nov. 3.

Course	Day, Date	Time	Cost	Location
37031	M, 11/17	10:30 a.m.-12 p.m.	\$13/\$16	Sr. Ctr.

Piano Lessons: Virtual or In-Person

Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule an in-person or virtual time slot. A piano or keyboard is required for virtual instruction. Availability is limited due to already-scheduled students. Instructor: Connie Hughes. No class Sept. 23 or Nov. 11.

Course	Day, Date	Time	Cost	Location
37061	Tu, 9/16-12/2	9-10 a.m.	\$118/\$153	Sr. Ctr./Online
37062	Tu, 9/16-12/2	10:15-11:15 a.m.	\$118/\$153	Sr. Ctr./Online
37063	Tu, 9/16-12/2	11:20 a.m.-12:20 p.m.	\$118/\$153	Sr. Ctr./Online
37064	Tu, 9/16-12/2	12:30-1:30 p.m.	\$118/\$153	Sr. Ctr./Online

Piecemakers' Club

Make new connections with fellow quilters. Listen or share tips and tricks in this comfortable environment while encouraging one another and exploring quilting techniques.

Course	Day, Date	Time	Cost	Location
37024	M, 9/8-10/27	1-2:30 p.m.	Free	Sr. Ctr.

Raptors are Awesome Birds **NEW!**

Get “enraptured” with raptors! Journey into the world of raptors, from eagles to owls and falcons to vultures. Learn about the important role raptors play in the natural environment and why it’s important to conserve them and their habitats. Presented by Wild Bird Adventures.

Course	Day, Date	Time	Cost	Location
37308	M, 11/3	1-2 p.m.	\$7/\$10	Online

Science Tuesdays

Monthly presentations and conversations with a scientist. Each meeting focuses on a different topic. No scientific background required, just curiosity. Cosponsored by Rockville Science Center. Second Tuesday of the month. This program has the option to meet in person at the Senior Center and online via Zoom. No class Nov. 11.

Course	Day, Date	Time	Cost	Location
37304	Tu, 10/14, 12/9	1-2 p.m.	Free	Sr. Ctr.

Spanish for 60+

Feel comfortable getting started with everyday conversation. Learn the fundamentals of Spanish and start speaking with confidence. Includes interactive activities. No class Sept. 23, Oct. 2.

Just the Basics

Course	Day, Date	Time	Cost	Location
37331	M,W, 9/15-10/15	2-3:30 p.m.	\$49/\$70	Online

Continuing

Course	Day, Date	Time	Cost	Location
37332	Tu,Th, 9/16-10/23	2-3:30 p.m.	\$49/\$70	Online

Storytelling with Erin

Erin Vannella is a former television news reporter, international video documentarian, teacher, TEDx speaker coach and founder of Pure Vannella, LLC.

The Road Taken

With age comes reflection. What if you’d turned left instead of right? Said yes? Quit the job? Apologized? In this one beautiful life, how accepting — how grateful — are we for the choices we’ve made along the way? Share stories of how

it might’ve been and how we make peace with how it went.

Course	Day, Date	Time	Cost	Location
37028	W, 10/8	9-10 a.m.	\$7/\$10	Online

Books to Live By

More eloquent things will be said about books than this, but suffice to say they change us. How has an author or an epic, a biography or a fantasy changed you? Transport us to a favorite corner or armchair where you remember tucking into the pages of another world. How has reading about someone else’s life, fictional or factual, changed yours?

Course	Day, Date	Time	Cost	Location
37029	W, 11/5	9-10 a.m.	\$7/\$10	Online

Supper Club

Tantalize your taste buds and socialize with friends. Begin with a wine and cheese happy hour sponsored by Brightview West End, followed by a delicious dinner catered by Stone Soup. Cap off the evening with entertainment by Night & Day Band. Register by Sept. 2. Transportation available for Rockville residents by calling 240-314-8810 by Sept. 2. No refunds after Sept. 2.

Course	Day, Date	Time	Cost	Location
37022	Tu, 9/16	4:30-6:45 p.m.	\$32/\$42	Sr. Ctr.

Survivors: 1945 Liberation of Concentration Camps **NEW!**

Survivors, Part I

Eighty years later, look back at what concentration camp survivors recounted about their experiences. Instructor: Joan Adams.

Course	Day, Date	Time	Cost	Location
37055	M, 11/10	10:30-11:30 a.m.	\$7/\$10	Online

Survivors, Part II

Otto Frank, Henri Kichka, Simon Wiesenthal, Simone Veil and Dr. Ruth: What were their lives like in the camps? What did they do after the liberation? Instructor: Joan Adams.

Course	Day, Date	Time	Cost	Location
37056	M, 12/15	10:30-11:30 a.m.	\$7/\$10	Online

Talking Sports

Love talking sports? So do lots of your friends and neighbors. Sports radio is great for keeping up and hearing opinions, but not everyone gets the chance to call in. The Senior Center is exploring a new idea: a weekly sports talk group just for members. Think open discussion about last week's games, big plays, standout performances or deeper questions like, "How important is the offensive line in football?" Must be a Senior Center member to participate.

Course	Day, Date	Time	Cost	Location
36240	Th, 10/16-11/6	10-11 a.m.	Free	Sr. Ctr.

The Lewis and Clark Expedition **NEW!**

The Corps of Discovery was the Army's first diplomatic mission. Meriwether Lewis and William Clark were ordered by President Thomas Jefferson to explore the newly acquired Louisiana Territory and find a water passageway to the Pacific Ocean. In this virtual field trip, examine primary sources to learn more about the crew, American Indian culture and the natural landscape. Discover the mission's lasting impacts and consequences for the Army, the nation and the American Indians who inhabited the land. Presented by National Museum of the U.S. Army.

Course	Day, Date	Time	Cost	Location
37047	M, 10/20	1-2 p.m.	\$7/\$10	Online

The Voices of Woodlawn Manor: A 200-Year-Old Cultural Site **NEW!**

Christian Murgia discusses the history of Woodlawn Manor Cultural Park as a location in continuous use since its founding more than 200 years ago. From the site of a boarding school to a Quaker plantation with an enslaved population, and the current operations with Montgomery Parks, many different voices have echoed throughout the grounds.

Course	Day, Date	Time	Cost	Location
37070	Th, 10/9	10-11 a.m.	\$7/\$10	Sr. Ctr.

Veterans Appreciation **NEW!**

A history of the Army 10th Mountain Division, the battles they fought and their impact on the U.S. ski industry following the war, presented by Andrea Miller, daughter of Ruso Perkins, who served in the 10th Mountain Division during WWII. She will also talk about the active 10th Mountain Division based at Fort Drum in Watertown, New York, and the Army Mountain Warfare School in Jericho, Vermont. Includes a screening of Warren Miller's 46-minute film about the 10th Mountain Division soldiers, "Climb to Glory."

Course	Day, Date	Time	Cost	Location
37068	M, 11/17	10-11:30 a.m.	Free	Sr. Ctr.

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Classes are always supportive and encouraging. Email seniorrecreation@rockvillemd.gov at least one week prior to class for the supply list. Note: Intermediate classes are virtual. Beginner and advanced classes are in-person.

Beginner Watercolor

Learn the basics about paper, palette setup, brush strokes, color mixing and techniques in watercolor in this fun eight-week introduction to the medium. No class Sept. 24.

Course	Day, Date	Time	Cost	Location
37006	W, 9/3-10/29	9:30-11:30 a.m.	\$110/\$131	Sr. Ctr.



Intermediate Watercolor

Students with experience explore different techniques in watercolor that can enhance paintings, and learn about the building blocks to better paintings, including the use of color, shape, value and edge. Classes usually begin with a critique, followed by the introduction of a well-known watercolor artist, and end with a demonstration by the teacher. No class on Sept. 23.

Course	Day, Date	Time	Cost	Location
37003	Tu, 9/2-10/28	9:30-11:30 a.m.	\$110/\$131	Online
37005	Tu, 9/2-10/28	12-2 p.m.	\$110/\$131	Online

Advanced Watercolor

Discuss composition, color, shapes and edges. Techniques and personal style are encouraged. The teacher will give a critique, introduce famous watercolor artists and give a weekly demonstration. Enjoy watercolors in a supportive environment. No class on Sept. 24.

Course	Day, Date	Time	Cost	Location
37007	W, 9/3-10/29	12-2 p.m.	\$110/\$131	Sr. Ctr.

Watershed Connections: From Creek to Chesapeake **NEW!**

Croydon Creek Nature Center discusses how the Chesapeake Bay watershed supports a rich variety of wildlife and plays a vital role in our region's health. Explore how local creeks, streams and rivers are all connected to the bay and how everyday actions impact this ecosystem. Examine the effects of erosion, conduct a simple hands-on demonstration and discuss how human activities affect water quality and aquatic life.

Course	Day, Date	Time	Cost	Location
37078	Th, 11/13	10-11 a.m.	\$7/\$10	Sr. Ctr.

Welcome Mat Masterpiece

Unleash your creativity, craft a personalized fall welcome mat and transform the first impression of your home. Participants will select their favorite design and bring it to life with vibrant paints, adding a touch of warmth and individuality to their doorstep. Supplies provided. Led by Senior Center staff. No refunds after Sept. 15.

Course	Day, Date	Time	Cost	Location
37051	Tu, 9/30	1-2:30 p.m.	\$15/\$20	Sr. Ctr.

Wine and Cheese — Oktoberfest

Celebrate Oktoberfest with light refreshments, beverages and music.

Course	Day, Date	Time	Cost	Location
37376	Tu, 9/30	4:30-6 p.m.	\$5/\$7	Sr. Ctr.

Your Story, Your Voice: **A Writing Workshop** **NEW!**

Experience the art and craft of writing through real-world insight and literary expertise. Whether discovering your voice or honing your skills, published author Cynethea Cunningham provides practical guidance, thoughtful feedback and personal lessons. Equip yourself with essential tools, engaging prompts and structured exercises to shape ideas into compelling stories. Words have impact and your stories deserve to be told — bring them to life.

Course	Day, Date	Time	Cost	Location
37302	W, 9/17-10/8	10-11 a.m.	\$40/\$50	Sr. Ctr.



Rockville Senior Center Clubs

Make new friends and enrich lives through the power of fun and friendship!

Email seniorrecreation@rockvillemd.gov.

Young in Heart Club: Typically meets on the third Thursday of the month for a meeting, speakers, entertainment, and luncheons and special holiday events.

Willing 3C's Club: Typically meets on the third Friday of the month to participate in bingo, speaker, luncheons and special holiday events.

Red Hat Club: Typically meets on the fourth Wednesday of the month for speakers, entertainment, trips and luncheons.



Trips Physical Difficulty Scale:

- 1** = Walking from bus to seat.
- 2** = Walking with seating available.
- 3** = Lots of walking and standing with some opportunities to sit.
- 4** = Lots of walking.

TRIP REGISTRATION

Trip registration will open

Tuesday, Aug. 12 at 8:30 a.m. for members and

Thursday, Aug. 14 at 8:30 a.m. for nonmembers.

Register online, by mail, by phone or in person.

Please note the deadline for refunds prior to registering.

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus or in a Rockville Senior Center bus for local adventures. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay.

Call 240-314-8800 for more information.





'Saturday Night Fever' at Toby's ①

Brooklyn's Tony Manero and dance partner Stephanie transport you back to the era of disco balls, platform boots and white suits. Burn, baby, burn! Trip includes show, meal, leadership and charter bus transportation. *No refunds after Aug. 14.*

Course	Day, Date	Time	Cost	Meet At
37080	W, 9/10	9:15 a.m.-4 p.m.	\$125/\$145	Sr. Ctr.

• CHARTER BUS •



Windridge Vineyards ②

A tour and wine tasting at Windridge Vineyards in Darnestown, a family-owned farm winery dedicated to premium, estate-grown wines. Situated on Maryland's Piedmont Plateau, chosen for its unique geology and microclimates. Price includes tour, tasting, transportation and leadership. Food purchases and more wine is participant's responsibility. *No refunds after Sept. 17.*

Course	Day, Date	Time	Cost	Meet At
37081	W, 10/1	11:15 a.m.-3 p.m.	\$45/\$55	Sr. Ctr.

• LOCAL ADVENTURE •



Green Meadows Farm ③

Be a kid for a day and enjoy a petting zoo and pumpkin patch. Each participant can pick one pumpkin from the patch during an optional hayride. Trip includes farm admission and Senior Center bus transportation. Snacks and drinks available for purchase. *No refunds after Oct. 1.*

Course	Day, Date	Time	Cost	Meet At
37050	W, 10/15	12-4 p.m.	\$40/\$50	Sr. Ctr.

• LOCAL ADVENTURE •



'White Christmas' at Riverside ①

With romance in mind, veterans Bob Wallace and Phil Davis follow two beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former WWII Army commander. Favorite songs include "Blue Skies," "I Love a Piano" and "White Christmas." Trip includes show, meal, leadership and charter bus transportation. *No refunds after Nov. 19.*

Course	Day, Date	Time	Cost	Meet At
37082	W, 12/3	9:30 a.m.-6:30 p.m.	\$125/\$145	Sr. Ctr.

• CHARTER BUS •



'Wicked' at the Hippodrome ①

See what happened in the Land of Oz — from a different angle. Two young women's initial rivalry turns into the unlikeliest friendship, until the world decides to call one good and the other wicked. Trip includes boxed lunch, show, leadership and charter bus transportation. *No refunds after Sept. 3.*

Course	Day, Date	Time	Cost	Meet At
37083	Th, 12/18	11:30 a.m.-6 p.m.	\$160/\$180	Sr. Ctr.

• CHARTER BUS •

KEY: **B** = Beginner courses; **I** = Intermediate courses
Handout fees included in price.

B Android Basics

Explore apps on your device. Take pictures, create videos and play games. Stay in touch through messaging apps. Find more games and apps in the app store. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37328	Tu,W, 10/14-10/15	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37354	Tu,W, 11/18-11/19	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Avoiding PC Scams

Protect yourself while browsing the internet. Learn how to detect common scams that arrive through email, text and internet browsing. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37321	W, 10/1	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37341	M, 11/3	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37372	M, 12/29	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Managing Your Files

Where are my files? Understand your PC's file structure. Learn to make folders and copy, move, delete and rename files. Organize your work, find lost or missing files and better understand your user profile. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37325	M, 10/13	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37360	M, 12/1	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B PC New Users

New to computers? Learn the basics: start-up, shut down and connect to the internet. No prior experience necessary; this course is accessible to all. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37323	Tu, 10/7	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37347	Tu, 11/4	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37361	Tu, 12/2	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Pictures to Device

Transfer photos to your computer, organize them into distinct folders and then easily share them with family and friends via email. Bring your charger and cord to class. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37353	M, 11/17	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.
37358	W, 11/26	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.
37365	M, 12/8	1-2 p.m.	\$9/\$15	Sr. Ctr.

B **I** iPhone Basics

Feeling overwhelmed by your iPhone's latest features? Take control! Explore device settings, learn tips to manage it with ease and find answers to your questions. Bring your Apple ID and password if you have an iTunes account. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37322	M,W, 10/6-10/8	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.
37367	M,Tu, 12/15-12/16	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.

I Optimize your PC

Struggling with pop-up messages or slow startup times on your computer? Learn practical tips to boost performance and get answers to your most puzzling questions. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37370	M,Tu, 12/22-12/23	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

All Things Google

Curious about those nine little boxes in the upper-right corner of any Google page? They're a gateway to a plethora of Google tools, designed to enhance productivity and streamline your on-line experience. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37349	M,Tu, 11/10-11/11	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Backup and Restore PC

Back up your computer, just in case. You'll learn when and how to backup, how long to hold onto your backups and the type of backup media that's best. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37352	W, 11/12	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37366	W, 12/10	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Chromebook Basics

Now that you have this new Chromebook, what next? See how you can use it for everything from productivity and creativity to gaming and entertainment and more. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37350	Tu, 11/11	1-2 p.m.	\$36	Sr. Ctr.
37371	W, 12/24	10 a.m.-12 p.m.	\$36	Sr. Ctr.

Finding PC Malware

Malware can slow your computer, track your activity and even lock or encrypt your files for ransom. Learn how to prevent threats, protect your data and address issues. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37333	W, 10/22	1-2 p.m.	\$14/\$27	Sr. Ctr.
37362	W, 12/3	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37368	M, 12/15	1-2 p.m.	\$14/\$27	Sr. Ctr.

iPad Basics

Are you diving into your new iPad or brushing up on its key functionalities? Connect to the internet, use the camera, install apps and more. Bring your Apple ID and password for easy access to many features. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37337	M,Tu, 10/27-10/28	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.

Practice Lab

Have questions about a class, a suggestion for a new one or want to practice your skills? Or do you need a computer? The lab is open. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37373	Th, 10/2-10/30	9 a.m.-12 p.m.	Free	Sr. Ctr.
37374	Th, 11/6-11/20	9 a.m.-12 p.m.	Free	Sr. Ctr.
37375	Th, 12/4-12/18	9 a.m.-12 p.m.	Free	Sr. Ctr.

Using Quick Keys

Curious about what the F1-F12 keys at the top of your keyboard do? Have you used the Windows logo keys? Uncover their functions and boost your productivity. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37330	M,Tu, 10/20-10/21	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Tech PT

This personalized setting is perfect for one-on-one training. Whether you have specific questions, want a solo class with the instructor, or need to make up a missed class, this option is for you. Sessions are typically scheduled after noon. Instructor: André Hickman.

One 1-Hour Session

Course	Cost	Location
38068	\$24/\$34	Sr. Ctr.

Two 1-Hour Sessions

Course	Cost	Location
38069	\$42/\$52	Sr. Ctr.

Three 1-Hour Sessions

Course	Cost	Location
38070	\$60/\$70	Sr. Ctr.

Windows 11 Tips

Thinking about upgrading to Windows 11? Discover the latest enhancements, including the revamped desktop, widgets, snap layouts, file explorer and more. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37355	M,Tu, 11/24-11/25	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37364	M,Tu, 12/8-12/9	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Windows Security

Is your computer or device safe from malware and viruses? Learn how to secure your devices and the importance of regular scans to keep them protected. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37348	W, 11/5	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
37369	W, 12/17	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Zoom Help

New to Zoom? Having trouble connecting to meetings? Whether via your phone, tablet or computer, help is here. Prepare for your upcoming Zoom experience. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
37339	W, 10/29	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.
37345	W, 11/5	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

ROCKVILLE SENIOR FITNESS CENTER

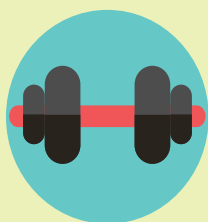
It's the best time to be 60+ in Rockville!

7 a.m.-7 p.m. Monday-Thursday • 7 a.m.-5 p.m. Friday • 9 a.m.-3 p.m. Saturday

www.rockvillemd.gov/seniorcenter • 240-314-8800

Fitness Room Membership

Fitness memberships are an add-on purchase to The Rockville Senior Center membership. Orientation is required and is an additional \$15 one-time fee.



Fitness Membership Rates:

3 months: \$30; 6 months: \$50; 1 year: \$95

30-Minute Stretch and Unwind

Prevent injury and increase flexibility. This revolutionary program is built on the most up-to-date scientific research, methods and insights for a more flexible and fulfilling life. Unwind, reduce stress and muscle tension, and reenergize for the day in as little as 30 minutes. Wear comfortable clothing. Includes work on the mat. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
37117	F, 9/12-11/7	2:30-3 p.m.	\$38/\$50	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37243	F, 12/5-12/19	2:30-3 p.m.	\$20/\$27	Sr. Ctr.

Aerobic Workout

Step up to the latest exercise, designed for the active participant who can walk and turn with ease. Aerobic dancing uses basic dance movements while keeping one foot safely in contact with the floor. Class includes a mix of oldies and current music. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
37147	Tu,Th, 9/9-11/18	11 a.m.-12 p.m.	\$65/\$79	Sr. Ctr.
37145	Tu,Th, 9/9-11/18	11 a.m.-12 p.m.	\$55/\$79	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37227	Tu,Th, 12/2-12/18	11a.m.-12 p.m.	\$32/\$40	Sr. Ctr.
37228	Tu,Th, 12/2-12/18	11 a.m.-12 p.m.	\$25/\$40	Online

Annual Turkey Trot **NEW!**

Stay fit during the holiday season with the annual Turkey Trot. Walk with us through the Woodley Gardens neighborhood or in the comfort of your own home. Bring a non-perishable food item to support our Senior Center food bank or donate to our program assistance fund. Sponsor: Mont-care.

Course	Day, Date	Time	Cost	Location
37155	Th, 11/20	10-11:30 a.m.	Free	Hybrid

Arthritis Foundation Exercise

Designed by the Arthritis Foundation, gentle movements help increase joint flexibility, range of motion and overall stamina, and maintain muscle strength. Exercise to help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Yenobis Delgado-Alba (Tu/Thu) and Matthew Miller (Fri).

Course	Day, Date	Time	Cost	Location
37146	Tu,Th, 9/9-11/18	1-2 p.m.	\$56/\$79	Online
37113	F, 9/12-11/7	12:15-1:15 p.m.	\$38/\$50	Sr. Ctr.
37114	F, 9/12-11/7	12:15-1:15 p.m.	\$35/\$50	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37219	Tu,Th, 12/2-12/18	1-2 p.m.	\$24/\$34	Online
37202	F, 12/5-12/19	12:15-1:15 p.m.	\$22/\$27	Sr. Ctr.
37207	F, 12/5-12/19	12:15-1:15 p.m.	\$20/\$27	Online

Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this basic balance class help reduce fall risk and prevent injury, improving daily life overall. Instructor: TBA.

Course	Day, Date	Time	Cost	Location
37125	M, 9/8-11/3	1:15-2 p.m.	\$45/\$60	Sr. Ctr.
37131	M, 9/8-11/3	1:15-2 p.m.	\$38/\$60	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37192	M, 12/1-12/15	1:15-2 p.m.	\$22/\$27	Sr. Ctr.
37189	M, 12/1-12/15	1:15-2 p.m.	\$20/\$27	Online

Balance Challenge

Improve coordination and muscle strength, and challenge your balance and mind in this advanced balance class. Additional equipment may be used during class. Appropriate for the active participant. Instructor: Kim Harris.

Course	Day, Date	Time	Cost	Location
37129	W, 9/10-11/5	1:15-2 p.m.	\$45/\$60	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37212	W, 12/3-12/17	1:15-2 p.m.	\$22/\$27	Sr. Ctr.

Beginner Pilates Foundations

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats. Appropriate for beginners. Instructor: Kim Harris.

Course	Day, Date	Time	Cost	Location
37133	Tu, 9/9-11/18	1:15-2 p.m.	\$60/\$72	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37997	Tu, 12/5-12/19	1:15-2 p.m.	\$28/\$38	Sr. Ctr.

Bilingual Yoga with a Chair

Enjoy the benefits of gentle exercise and relaxation. Modifications of standard yoga poses will be used, and work will be done with breathing, focusing attention on gentle stretching and balance. No previous experience needed. Esta clase está diseñada para ayudarle a disfrutar y recibir

los beneficios del ejercicio suave y la relajación. Se utilizarán modificaciones de las posturas de yoga estándar y se trabajará con la respiración, centrando la atención en el estiramiento suave y el equilibrio. No se necesita experiencia previa. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
37130	F, 9/12-11/7	11:15 a.m.-12 p.m.	\$45/\$60	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37184	F, 12/5-12/19	11:15 a.m.-12 p.m.	\$22/\$27	Sr. Ctr.

Body Blast

A 30-minute full body workout, using body resistance only, including cardio, strength and core work. No equipment required. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
37119	W, 9/10-11/5	9-9:30 a.m.	\$38/\$50	Sr. Ctr.
37116	W, 9/10-11/5	9-9:30 a.m.	\$35/\$50	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37188	W, 12/3-12/17	9-9:30 a.m.	\$22/\$27	Sr. Ctr.
37201	W, 12/3-12/17	9-9:30 a.m.	\$20/\$27	Online

Cardio Drumming **NEW!**

Get your heart pumping, strengthen your lungs and improve endurance, using a stability ball and drumsticks. Adaptable to most fitness levels. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
37111	Tu, 9/9-11/18	2:30-3:15 p.m.	\$38/\$50	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37206	Tu, 12/2-12/16	2:30-3:15 p.m.	\$22/\$27	Sr. Ctr.

Cardio Motion

A total body workout including 25 minutes of easy-to-follow cardio, 25 minutes of strength training and ending with 10 minutes of stretching and relaxation. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
37122	Tu, 9/9-11/18	1:15-2:15 p.m.	\$45/\$60	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37320	Tu, 12/2-12/16	1:15-2:15 p.m.	\$22/\$27	Sr. Ctr.

Chair Exercise

A seated program, performed to music, with exercise patterns designed for those with limited mobility to help develop strength, flexibility and endurance, and promote better circulation. Instructor: Anthony Edghill.

Course	Day, Date	Time	Cost	Location
37120	M, 9/8-11/3	11 a.m.-12 p.m.	\$38/\$50	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37204	M, 12/1-12/15	11 a.m.-12 p.m.	\$20/\$25	Sr. Ctr.

Chair Yoga

Learn basic yoga poses and stretches to stay flexible and increase mobility. Gentle cardio and breathing exercises will enhance your vitality and well-being. Seated yoga strengthens muscles to help your balance while teaching ways to feel calm and centered. Instructor: TBA.

Course	Day, Date	Time	Cost	Location
37127	Th, 9/11-11/13	11:15 a.m.-12 p.m.	\$45/\$60	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37180	Th, 12/4-12/18	11:15 a.m.-12 p.m.	\$22/\$27	Sr. Ctr.

Easy Feet

Use fun, energetic music to learn easy-to-follow patterns, including basic dance movements, and receive a great light cardio workout. Appropriate for beginners. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
37112	F, 9/12-11/7	11:15 a.m.-12 p.m.	\$38/\$50	Sr. Ctr.
37109	F, 9/12-11/7	11:15 a.m.-12 p.m.	\$35/\$50	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37210	F, 12/5-12/19	11:15 a.m.-12 p.m.	\$22/\$27	Sr. Ctr.
37200	F, 12/5-12/19	11:15 a.m.-12 p.m.	\$20/\$27	Online

Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Great for the body and mind. Appropriate for beginners. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
37141	M,W, 9/8-11/5	10-10:50 a.m.	\$62/\$75	Sr. Ctr.
37139	M,W, 9/8-11/5	10-10:50 a.m.	\$48/\$75	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37181	M,W, 12/1-12/17	10-10:50 a.m.	\$25/\$32	Sr. Ctr.
37185	M,W, 12/1-12/17	10-10:50 a.m.	\$22/\$32	Online

Fitness Workshop — Light Weight Circuit Class **NEW!**

Boost your strength and stamina in a class designed to tone muscles and elevate heart rate without heavy lifting. This low-impact, high-energy workout is perfect for all fitness levels looking to build endurance and full-body fitness. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
37312	W, 11/12	10-11:15 a.m.	\$15	Sr. Ctr.

Fitness Workshop — Lymphedema Management with Exercise **NEW!**

Educates participants on safe, evidence-based physical activities designed to reduce swelling, improve lymphatic flow and enhance overall mobility. Combines gentle strength training, stretching and breathing techniques tailored to mobility and individuals with or at risk of lymphedema. Instructor: Theresa Catterton-Doherty.

Course	Day, Date	Time	Cost	Location
37092	Th, 10/23	1-2:15 p.m.	\$15	Sr. Ctr.

Fitness Workshop — Put Your Mind Into It **NEW!**

Brain-training activities combine with light physical exercise to enhance mental clarity, memory and overall well-being. Fun, interactive movement and mental challenges strengthen body and mind in one energizing session. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
37311	W, 9/3	2:30-3:45 p.m.	\$15	Sr. Ctr.

NOTE: The following programs expire one year from date of purchase:
Fitness Buddy, Personal Training, Pre-Hab Training and Next Step Fitness: Beyond Rehab.

Fitness Club: Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$95 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Basic Exercise Machine Training: Basic exercise machine training is required of all new Fitness Club members, by appointment only. Appointments can be made at the front desk. \$15.

Fitness Buddy: Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Register at the front desk and your fitness buddy will contact you to make an appointment. Your buddy will work with you for a 30-minute appointment or one hour. This is not a personal training session. Must be a fitness room member. This is done by appointment only.

Course	Session/Time	Cost	Location
29543	One: One-hour	\$18	Fitness Rm
29544	Two: One-hour	\$35	Fitness Rm
29545	Six: One-hour	\$96	Fitness Rm
29551	Ten: One-hour	\$150	Fitness Rm
29550	Two: 30-minute	\$18	Fitness Rm
29547	Four: 30-minute	\$35	Fitness Rm
29548	Twelve: 30-minute	\$96	Fitness Rm
29552	Twenty: 30-minute	\$150	Fitness Rm



Personal Training

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. For Fitness Club members only. **Virtual options are available.**

Course	Session/Time	Cost	Location
27484	One: One-hour	\$55	Fitness Rm
27485	Two: One-hour	\$110	Fitness Rm
27493	Three: One-hour	\$160	Fitness Rm
27487	Six: One-hour	\$289	Fitness Rm
27257	Ten: One-hour	\$450	Fitness Rm
27488	Two: 30-minutes	\$55	Fitness Rm
27490	Four: 30-minutes	\$110	Fitness Rm
27486	Six: 30-minutes	\$160	Fitness Rm
27491	Twelve: 30-minutes	\$289	Fitness Rm
27492	Twenty: 30-minutes	\$450	Fitness Rm

Fitness Workshop — Why Personal Training: A Smarter Path to Fitness NEW!

Discover how personal training offers a tailored, efficient approach to achieving fitness goals. This workshop explores the benefits of expert guidance, personalized workouts and sustainable progress. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
37313	W, 9/10	2:30-3:30 p.m.	\$15	Sr. Ctr.

Fitness Workshop — Pelvic Floor Health

This three-part workshop, designed for the female participant, provides education on pelvic floor anatomy, functional components and exercises to maintain a healthy pelvic floor. Instructor: Lori Newman.

Course	Day, Date	Time	Cost	Location
37106	Tu, 9/9-9/30	1-2 p.m.	\$45	Sr. Ctr.

Forever Fit

A total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. Class is appropriate for most fitness levels. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
37150	Tu,Th, 9/9-11/18	10-10:50 a.m.	\$70/\$85	Sr. Ctr.
37151	Tu,Th, 9/9-11/18	10-10:50 a.m.	\$63/\$85	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37216	Tu,Th, 12/2-12/18	10-10:50 a.m.	\$28/\$35	Sr. Ctr.
37217	Tu,Th, 12/2-12/18	10-10:50 a.m.	\$25/\$35	Online

Holiday Fit Jamboree **NEW!**

Get ready to move and groove at the Holiday Fit Jamboree, a festive fitness celebration just for seniors! Join us for fun activities like Santa's Stretch and Balance, the Snowman Shuffle Dance Party and Elf Training: Core & More. It's the perfect way to stay active, spread holiday cheer, and celebrate the season with friends and laughter. Instructors: Megan Cooperman, Chris Klopfer, Gizelle Merced, Noelia Serrano-Gonzalez, Larissa Johnson.

Course	Day, Date	Time	Cost	Location
37318	Th, 12/4	1:30-3 p.m.	\$12/\$15	Sr. Ctr.

Kickboxing and Self Defense

Small group training using self-defense techniques involving punches and body movements for a total body workout. Train multiple muscle groups, elevate heart rate and improve strength while learning basic self-defense. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
37134	Tu, 9/9-11/18	11-11:45 a.m.	\$60/\$72	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37319	Tu, 12/2-12/16	11-11:45 a.m.	\$28/\$38	Sr. Ctr.

LaBlast Dance Fitness

A cardio, ballroom dancing, partner-free class that uses all genres of music, from pop, rock, musicals, Latin and more, like Frank Sinatra and the Beatles. Dance the hustle, jive, swing, salsa, quickstep and others. Instructor: Megan Cooperman.

Course	Day, Date	Time	Cost	Location
37100	W, 9/10-11/5	5-5:45 p.m.	\$38/\$50	Sr. Ctr.
37103	W, 9/10-11/5	5-5:45 p.m.	\$30/\$38	Online
37101	Sa, 9/13-11/8	10-10:45 a.m.	\$38/\$50	Sr. Ctr.
37105	Sa, 9/13-11/8	10-10:45 a.m.	\$30/\$38	Online



On Demand — Winter Break

Classes are offered as prerecorded classes only. You will receive a link to one recording, with unlimited access

from Dec. 22-Jan. 11. Each recorded program costs \$10. Instructors: Chris Klopfer, Megan Cooperman, Yenobis Delgado-Alba, Paula Ohlandt, Matthew Miller, Noelia Serrano-Gonzalez, Kim Harris.

Aerobic Workout: Course #37163

20-Minute Walk: Course #37157

Arthritis Foundation: Course #37169

Balance Matters: Course #37175

Cardio Motion: Course #37174

Easy Feet: Course #37160

EZ Dance: Course #37172

Forever Fit: Course #37162

LaBlast Dance Fitness: Course #37165

Pilates Basics: Course #37166

Total Conditioning: Course #37161

Did you know? All of our fitness instructors and personal trainers are nationally certified.

Line Dancing

Stay fit while having fun. Use your own style while learning fun, popular, social line dances for weddings, holiday functions and more. Includes music from multiple genres, such as country, soul, pop and Latin. Designed for all levels in a free-flowing and fun atmosphere. Instructor: Gizelle Merced.

Course	Day, Date	Time	Cost	Location
37098	W, 9/10-11/5	11:15 a.m.-12:05 p.m.	\$38/\$50	Sr. Ctr.

Next Step Fitness: Beyond Rehab

Designed for individuals transitioning from physical therapy to independent exercise, this specialized fitness program, guided by certified trainers with rehabilitation experience, offers customized fitness plans tailored to recovery progress, fitness levels and personal goals. Its holistic approach focuses on strength training, cardiovascular health, flexibility and balance while fostering a supportive community for shared experiences and motivation. Regular progress tracking and flexible scheduling promote engagement and commitment, aiming to minimize the risk of re-injury while encouraging a lifelong dedication to fitness and wellness.

Course	Session/Time	Cost	Location
36846	Ten: One-hour	\$495	Fitness Rm.
36847	Twenty: 30-minute	\$495	Fitness Rm.

Pelvic Floor — Level 2 **NEW!**

This women-only class is designed as a follow-up to the initial pelvic floor workshop. Includes a combination of guided discussion, shared experiences and continued exercise, focusing on pelvic floor and core strengthening. **Prerequisite: Completion of the Fitness Workshop — Pelvic Floor Health.** Instructor: Lori Newman.

Course	Day, Date	Time	Cost	Location
37317	Tu, 10/7-11/18	12:15-1 p.m.	\$60/\$72	Sr. Ctr.

Pre-Hab Training

Get in shape before your surgery and get back on your feet in less time. A pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your

needs. This program includes eight one-hour individual sessions with a trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from a doctor. Fitness Club members only. Some Saturday appointments available.

Course	Day, Date	Time	Cost	Location
37154	M-Sa, 9/8-1/10	9 a.m.-4 p.m.	\$395	Sr. Ctr.

Restorative Yoga

A slow-paced practice that helps increase joint mobility and improve flexibility. Stretches and poses will be done standing and on the mat. Work on the mat includes a yoga bolster for support. Gentle and relaxing for beginners. Bring a yoga sticky mat. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
37142	W, 9/10-11/5	2:15-3 p.m.	\$60/\$75	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37224	W, 12/3-12/17	2:15-3 p.m.	\$28/\$38	Sr. Ctr.

Standing Strength and Balance

Resistance training with dumbbells and functional exercises to help improve balance, muscle strength and overall well-being. Instructor: Megan Cooperman.

Course	Day, Date	Time	Cost	Location
37118	Sa, 9/13-11/8	11-11:45 a.m.	\$40/\$50	Sr. Ctr.
37108	Sa, 9/13-11/8	11-11:45 a.m.	\$36/\$45	Online

Strength Training Challenge

Build muscle strength and endurance, and improve balance. Be guided through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class may include work on the mat. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
37148	Tu,Th, 9/9-11/18	9-9:45 a.m.	\$68/\$81	Sr. Ctr.
37149	Tu,Th, 9/9-11/18	9-9:45 a.m.	\$59/\$81	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37220	Tu,Th, 12/2-12/18	9-9:45 a.m.	\$28/\$35	Sr. Ctr.
37215	Tu,Th, 12/2-12/18	9-9:45 a.m.	\$24/\$35	Online

Stretching and Flexibility Coach — Small Group Training

Prevent injury and increase flexibility. This revolutionary small-group program is built on the most up-to-date scientific research, methods and insight for a more flexible and fulfilling life. Wear comfortable clothing. Includes work on the mat. Space is limited. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
37137	M, 9/8-11/3	2:15-3 p.m.	\$50/\$75	Sr. Ctr.

Tai Chi Level 1

Uncover the mystery of the art called “tai chi” and explore its principles through the four basic movements that comprise “Grasp the Sparrow’s Tail.” Learn how to harmonize the body into a unit through the practice of posture, movement, concentration and relaxation to unlock and develop internal intrinsic energy called “jin.” Instructor: Cain Yentzer.

Course	Day, Date	Time	Cost	Location
37143	Th, 9/11-11/13	12:45-1:45 p.m.	\$62/\$78	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37214	Th, 12/4-12/18	12:45-1:45 p.m.	\$25/\$31	Sr. Ctr.

Tai Chi Level 2

Delve deeper into the intricate movements and principles of tai chi, building on the foundation laid in level 1. Learn to synchronize your breath with the graceful stepping techniques that complement each movement, cultivating balance, agility and inner peace. **Available only for past participants of Tai Chi Level 1 at the Rockville Senior Center.** Instructor: Cain Yentzer.

Course	Day, Date	Time	Cost	Location
37144	Th, 9/11-11/13	2-3 p.m.	\$62/\$78	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37213	Th, 12/4-12/18	2-3 p.m.	\$25/\$31	Sr. Ctr.

Total Body Fit

A full-body workout using a combination of cardio and resistance training exercises. Most exercises are seated or standing. Instructor: Kim Harris.

Course	Day, Date	Time	Cost	Location
37124	W, 9/10-11/5	12:15-1:05 p.m.	\$45/\$60	Sr. Ctr.
37128	W, 9/10-11/5	12:15-1:05 p.m.	\$40/\$60	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37218	W, 12/3-12/17	12:15-1:05 p.m.	\$28/\$35	Sr. Ctr.
37221	W, 12/3-12/17	12:15-1:05 p.m.	\$24/\$35	Online

Total Body Sculpt

A well-rounded full-body workout designed to improve overall fitness by combining cardio and resistance training. Exercises can be performed either seated or standing, making it accessible to most fitness levels. The sessions focus on enhancing strength, endurance and cardiovascular health, providing a balanced approach to fitness. Instructor: TBA.

Course	Day, Date	Time	Cost	Location
37126	M, 9/8-11/3	12:15-1:05 p.m.	\$45/\$60	Sr. Ctr.
37123	M, 9/8-11/3	12:15-1:05 p.m.	\$40/\$60	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37999	M, 12/1-12/15	12:15-1:05 p.m.	\$28/\$35	Sr. Ctr.
37998	M, 12/1-12/15	12:15-1:05 p.m.	\$24/\$35	Online

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance while using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
37140	M, 9/8-11/3	9-9:45 a.m.	\$58/\$75	Sr. Ctr.
37138	M, 9/8-11/3	9-9:45 a.m.	\$48/\$75	Online
37135	F, 9/12-11/7	9-9:45 a.m.	\$58/\$75	Sr. Ctr.
37136	F, 9/12-11/7	9-9:45 a.m.	\$48/\$75	Online

Mini Session

Course	Day, Date	Time	Cost	Location
37208	M, 12/1-12/15	9-9:45 a.m.	\$22/\$27	Sr. Ctr.
37194	M, 12/1-12/15	9-9:45 a.m.	\$20/\$27	Online
37199	F, 12/5-12/19	9-9:45 a.m.	\$22/\$27	Sr. Ctr.
37193	F, 12/5-12/19	9-9:45 a.m.	\$20/\$27	Online

Yoga for You

The yoga lifestyle incorporates exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Includes work on mat. Wednesday classes held in the Carnation Room. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
37153	W,F, 9/10-11/7	10-11 a.m.	\$102/\$125	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37250	W,F, 12/3-12/19	10-11 a.m.	\$40/\$52	Sr. Ctr.

Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective, and great for the body, mind and soul. Enjoy dancing while receiving a total-body workout. Instructor: Larissa Johnson.

Course	Day, Date	Time	Cost	Location
37121	F, 9/12-11/7	1:30-2:15 p.m.	\$38/\$50	Sr. Ctr.

Mini Session

Course	Day, Date	Time	Cost	Location
37195	F, 12/5-12/19	1:30-2:15 p.m.	\$22/\$27	Sr. Ctr.

Sports — Instructional

*If registering for a table tennis class, please choose only one option. Participants must be Rockville Senior Center members to register. **Game room is closed during class time.***

Table Tennis — Beginner I

For those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
37099	M, 9/22-10/27	1-2 p.m.	\$38	Sr. Ctr.

Table Tennis — Beginner II

For those with basic experience, who can hit the ball back and forth at least three times in a row, and would like to continue learning techniques, basic rules and scoring to advance their skills. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
37104	W, 9/24-10/29	1-2 p.m.	\$38	Sr. Ctr.

Table Tennis — Intermediate

For those who have knowledge of rules and scoring, and experience playing. Not only fun to play, the game aids dexterity, flexibility and coordination.

Course	Day, Date	Time	Cost	Location
37102	F, 9/26-10/31	1-2 p.m.	\$38	Sr. Ctr.



The Mobile Market

at Rockville Senior Center

The Capital Area Food Bank Mobile Market program provides fresh produce to local communities in need, free of charge. Intended to support members of our community at risk of hunger, there are no income requirements or other qualifications – food is provided to anyone who attends a Mobile Market distribution. For questions, call 240-314-8800. Please pack reusable bags.

Thursday's 2-4 p.m. 8/28, 9/25, 10/23, 11/13, and 12/11.
Location: Rockville Senior Center, 1150 Carnation Dr.

Better Breather's Club

A monthly club, featuring educational presentations on relevant topics for respiratory issues. Presented by Kerri Donnelly, regional director of business development, Montcare. Meets third Thursdays of the month.

Course	Day, Date	Time	Cost	Location
38066	Th, 10/16, 11/20, 12/18	1:30-2:30 p.m.	Free	Sr. Ctr.

Brain Health and Aging

Occasional memory lapses are a normal part of aging, but when changes in thinking or memory become more noticeable, it's important to know what that might mean. A webinar for older adults to learn more about moderate cognitive impairment, a stage between typical age-related forgetfulness and more serious conditions like dementia. Presented by Suburban/Johns Hopkins.

Course	Day, Date	Time	Cost	Location
37290	Th, 10/23	1-2 p.m.	Free	Online

Breathe Easy, Hear Clearly and Live Comfortably

Changes in hearing, balance, breathing and even voice can affect health and daily routines. This webinar is designed for older adults who want to better understand common age-related ear, nose and throat problems, and practical ways to manage them. Presented by Suburban/Johns Hopkins.

Course	Day, Date	Time	Cost	Location
37293	Th, 12/11	1-2 p.m.	Free	Online

Build Stronger Bones for a Healthier You

What happens when your bone density is lower than normal, but not enough to be osteoporosis? This condition is called osteopenia and it's more common than you might think. Presented by Suburban/Johns Hopkins.

Course	Day, Date	Time	Cost	Location
37291	Th, 11/13	1-2 p.m.	Free	Online

Healthy Living for Your Brain and Body: Tips from Latest Research

Learn how the latest research provides insights into making lifestyle choices to keep your brain and body healthy as you age. Presented by Alzheimer's Association.

Course	Day, Date	Time	Cost	Location
37287	Tu, 12/2	1-2 p.m.	Free	Hybrid

ROCKVILLE SENIOR CENTER

We help residents continue to live and thrive in Rockville.

**On-site Services • Emergency Food Pantry
Home Improvement Specialist • Wellness Coordinator**

Senior Support Services

Our coordinator connects seniors (60-plus) and their caregivers to community resources, programs and benefits to promote independent living or aging in place.

Other Services

- Assistance for seniors and caregivers seeking resources.
- Needs assessment and support coordination.
- Guidance on Social Security, Medicare, and insurance.
- Help with health and financial forms.
- Emergency funding for financial crises.
- Referrals for food, clothing, or financial counseling programs.

For more information, contact:

Mariella Correal: 240-314-8816, mcorreal@rockvillemd.gov.
Andrea Rogers: 240-314-8817, arogers@rockvillemd.gov.

Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the Senior Center or grocery store?

Monday to Friday:

Pick up: Approx. 9 a.m. and approx. 11 a.m.
Take home times: 1 p.m. and 3 p.m.
Bus is for City of Rockville residents aged 60 and older. Reservations are required.
Please see or call the transportation office for a reservation: 240-314-8810.
Please call before 2 p.m. the day before you need transportation.

Medicare 101

A better understanding of Medicare and available plan options. Presented by Leah Vicente, Humana.

Course	Day, Date	Time	Cost	Location
38076	Th, 10/9	1-2:30 p.m.	Free	Sr. Ctr.

Navigating the Care Partner Journey

Caring for an older relative or spouse with cognitive decline, such as Alzheimer's disease or a related condition? This five-session course provides education and resources, sharing best practices and ways to ease this complex journey. Learn about stages and types of cognitive disorders, effective communications and care strategies, financial and legal planning, and how to manage caregiver stress and grief. Each session includes expert insight and practical tools that will help caregivers make informed decisions and care for themselves, as well as their loved ones. Presented by Corewood Cares.

Course	Day, Date	Time	Cost	Location
37284	Tu, 10/7-11/4	1-2:30 p.m.	Free	Hybrid

No More Worries: Let Go of Stress

Chronic stress wreaks havoc on mind and body. Identify areas in your life that cause you the most stress and manage it through simple changes. Presented by Leah Vicente, Humana.

Course	Day, Date	Time	Cost	Location
38078	Th, 12/4	1-2:30 p.m.	Free	Sr. Ctr.

Daily Lunch

Lunches are available at noon,
Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$8.26). Reservations required three days in advance: 240-314-8810.

Questions?

Call 240-314-8800 or email
seniorcenter@rockvillemd.gov

Responding to Dementia-Related Behaviors

Learn how common behaviors change and how they are a form of communication, non-medical approaches to behaviors, and recognizing when additional help is needed. Presented by the Alzheimer's Association.

Course	Day, Date	Time	Cost	Location
37286	Tu, 11/18	1-2:30 p.m.	Free	Hybrid

Stress Reduction/Meditation

Offers the tools to focus, relax and come to a more peaceful sense of being, with time for meditation and discussion. Instructor Betty Figlure has taught meditation, guided imagery and stress-reduction classes for more than 30 years.

Course	Day, Date	Time	Cost	Location
37283	M, 10/6-12/8	1-2 p.m.	\$30/\$40	Hybrid

The Shakedown on Sugars

Sugar's everywhere and we eat too much of it. Learn sugar's dangers to your health and what you can do about it. Presented by Leah Vicente, Humana.

Course	Day, Date	Time	Cost	Location
38077	Th, 11/6	1-2:30 p.m.	Free	Sr. Ctr.

Understanding Alzheimer's and Dementia

Find out the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments. Presented by the Alzheimer's Association.

Course	Day, Date	Time	Cost	Location
37285	W, 10/8	1-2:30 p.m.	Free	Hybrid



Stay Alert ...

Sign up for rockvillemd.gov/alerts and receive alerts about important information in your community.

Support Resources

Grupo de Apoyo Hispano

Las personas mayores pueden compartir sus miedos y frustraciones; Recibir apoyo sin juzgar; Creando un espacio para compartir sentimientos. Terapeuta bilingue de Affiliated Sante Group.

Course	Day, Date	Time	Cost	Location
37357	Th, 10/2-12/18	11 a.m.-12 p.m.	Free	Sr. Ctr.

Keep the Joy, Lose the Clutter

Preparing for the holidays is the perfect time to declutter—did you use all those decorations last year? Learn practical tips to start downsizing now and reduce the stress of a future move. Join Kathleen Caulfield Meyer, Realtor with Coakley Realty, for expert strategies on preparing your home for sale, market insights, and a Q&A. Free downsizing workbook included. Doughnuts and coffee will be served.

Course	Day, Date	Time	Cost	Location
38071	Tu, 10/28	10-11:30 a.m.	Free	Sr. Ctr.

Keeping You Connected

Understand your rights under the Americans with Disabilities Act over lunch with Rupali Dewan Tetrick, senior business development manager and Title IV ADA specialist. Learn how to access free ClearCaptions phone services if you or someone you know has hearing loss and qualifies. Lunch included.

Course	Day, Date	Time	Cost	Location
37342	W, 8/20	11-12 p.m.	Free	Sr. Ctr.

Medicare Open Enrollment Seminars

La inscripcion abierta es su oportunidad para hacer cambios a su cobertura de Medicare. Ud. puede cambiar a Medicare Advantage o cambiar la cobertura de su plan de Parte D (Medicina). Aprenda sus opciones con el Programa Estatal de Asistencia de Seguro de Salud (SHIP) del Condado de Montgomery.

Course	Day, Date	Time	Cost	Location
37363	Th, 9/11	11 a.m.-12 p.m.	Free	Sr. Ctr.

Medicare Open Enrollment

Open Enrollment allows you to make changes to your Medicare coverage. You can join or switch to a different Medicare Advantage or Medicare Part D plan during open enrollment. Learn about your options with the Montgomery County State Health Insurance Assistance Program (SHIP).

Course	Day, Date	Time	Cost	Location
37359	Th, 9/11	1-2 p.m.	Free	Sr. Ctr.

Memory Cafe

Alzheimer's Association Memory Cafe offers a fun and relaxed way for people living with early-stage memory loss to connect with one another through social events that promote interaction and companionship. **Meets first and third Mondays.** Bring a bag lunch. Must contact representative Laura Byer at 301-233-6879 or lbbyer@alz.org prior to attending.

Course	Day, Date	Time	Cost	Location
37336	M, 10/6-12/15	12-1:30 p.m.	Free	Sr. Ctr.

Navigating Care — at Home

This one-time pilot workshop, designed for older adults to connect, learn about and confidently age in place, will gauge interest in the potential for a new, recurring monthly group. The interactive format encourages ongoing engagement and community support. Led by Premium Care USA.

Course	Day, Date	Time	Cost	Location
38074	W, 9/3	10-11:30 a.m.	Free	Sr. Ctr.

Nourish to Flourish: Personalized Nutrition for Healthy Aging

Learn how proper nutrition supports healthy aging and how Trinity Health PACE's registered dietitians personalize care plans to meet seniors' unique dietary needs. Discover available meal options, including on-site dining and home-delivered meals under their program.

Course	Day, Date	Time	Cost	Location
37356	Tu, 9/23	10-11:30 a.m.	Free	Sr. Ctr.

Did you know?

We have online support and discussion groups.
For questions, call 240-314-8810.

Planning Ahead: Understanding Maryland Advance Directives for Seniors

Learn how Maryland Advance Directives can help you document your health-care wishes and appoint someone to speak on your behalf, ensuring peace of mind for you and your loved ones. Led by Cherished Hands Home Health LLC.

Course	Day, Date	Time	Cost	Location
37340	W, 10/29	10-11:30 a.m.	Free	Sr. Ctr.

Preserving Your Life and Legacy

Preserve your life stories, values and memories for future generations in this meaningful and engaging session with estate planning attorney Donny Knepper. Learn about the Life & Legacy Interview — a special way to pass on more than just legal documents. Whether you're thinking about your legacy or just curious about how to record your story, this session offers practical tips and inspiration. Interested participants will have the option to work with Knepper individually to complete a Life & Legacy Interview for themselves or a loved one.

Course	Day, Date	Time	Cost	Location
37334	W, 10/8	10-11:30 a.m.	Free	Hybrid

Smooth Transitions: Planning Your Next Chapter

Learn how to confidently navigate downsizing, moving, housing choices, legal and financial planning, and emotional transitions with expert support every step of the way.

Course	Day, Date	Time	Cost	Location
37335	Tu, 9/9	10 a.m.-12 p.m.	Free	Sr. Ctr.

Understanding Mental Health and Stress Management Tips

Better understand senior mental health and discover practical tips to manage stress, boost resilience and improve overall well-being. Led by Cherished Hands Home Health LLC.

Course	Day, Date	Time	Cost	Location
37338	W, 9/10	10-11:30 a.m.	Free	Sr. Ctr.

Positive Aging Programs

Meet fellow seniors and chat about the day, current events or whatever you like. Make new friends and learn something new. No class 10/2, 11/11, 11/27, or 11/28. Instructor: Paula Ohlandt.

Brain Games

Keep your brain in top shape while you have fun! Test your memory, solve problems, improve your attention to detail, increase processing speed and even multitask. Reap cognitive benefits as you engage in friendly competition. Meets the second and fourth Tuesdays of each month.

Course	Day, Date	Time	Cost	Location
37344	Tu, 10/14-12/23	1-2:30 p.m.	Free	Online

Managing Stress

Ongoing weekly support to counter isolation, anxiety, depression and loss brought on by various stressors. Participants bring their concerns to the group and learn coping skills from the facilitator and each other. Each session begins with a brief meditation. Meets every Friday.

Course	Day, Date	Time	Cost	Location
37343	F, 10/3-12/19	11a.m.-12 p.m.	Free	Online

Positive Aging Alone

An ongoing group for seniors who live alone, perceive themselves to be alone, or who anticipate being alone. An opportunity for socializing, helping others and learning tips for positive senior living. The joys and challenges of living/being alone are the main topics, but other topics of interest may be suggested. Bring your ideas for discussion and get to know each other. Meets first and third Thursdays of each month.

Course	Day, Date	Time	Cost	Location
37346	Th, 10/16-12/18	1-2:30 p.m.	Free	Online

Would You Rather?

A fun and engaging spin-off of Brain Games that uses questions to spark conversation, self-reflection and laughter. Strengthen cognitive skills while getting to know yourself — and others — a little better in this lighthearted, interactive class.

Course	Day, Date	Time	Cost	Location
38072	Tu, 10/7-12/16	1-2:30 p.m.	Free	Online

Support Resources

Seniors Teaching Seniors Series

Learn from peers in this seasonal series.

Preventing Hip Falls

Discover simple, non-invasive techniques to relieve chronic pain, improve mobility and reduce fall risk by strengthening hip and joint function. This two-part workshop focuses on sustainable movement strategies and active isolated stretching to help you stay active and independent. Ideal for seniors seeking safe, practical ways to prevent falls. Presenter: Raju Mantina.

Course	Day, Date	Time	Cost	Location
37351	Th, 10/2 & W, 10/15	10:30-12 p.m.	Free	Sr. Ctr.

Inside the Great Pyramid

Explore the incredible engineering behind Egypt's pyramids, especially the Great Pyramid of Khufu, built with astonishing precision and scale. Learn about their construction, hidden chambers, and the enduring myths that surround them. A fascinating look at one of history's greatest architectural achievements. Instructor: Krishna Kumar.

Course	Day, Date	Time	Cost	Location
38073	Th, 10/30	10-11:30 a.m.	Free	Sr. Ctr.

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Contact: **Mariella Correal, 240-314-8816**
or **Andrea Rogers, 240-314-8817**

Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships & classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- State durable medical equipment
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management
- Daily lunch at noon
- Chinese lunch
- Computer and technology
- ESOL (English for Speakers of Other Languages)
- Language classes
- Free notary services. Call to make appointment
- Emergency Assistance Program (REAP)

Call 240-314-8810 for information



Office Hours: Monday-Friday, 8:30 a.m.-5 p.m.
Drop-In Use for Members: Saturday 9 a.m.-3 p.m.
1150 Carnation Drive, Rockville, MD 20850
240-314-8800 • www.rockvillemd.gov/seniorcenter
www.facebook.com/rockvilleseniors

BECOME A MEMBER OF THE *Rockville Senior Center*

Enjoy These Great Benefits of Membership:

- Discount on Senior Programs
- Early Class Registration.
- Drop-In Programs: Chess, Bridge, Bocce.
- DVD and Book Rentals.
- Access to Sign Up for a Garden Plot.
- Piano Usage.
- Discount on Room Rentals.
- Monthly Movies.
- Game Room Access.
- Woodshop Access.
- Lounge Use.
- Gift Shop Craft Group.
- Helping Hand Knitting Group.
- Use of Hallway Computers.

Method of Payments

VISA/MasterCard/Cash or
Check (*Made Payable to City of Rockville*)



Fees for Membership

Rockville residents (in corporate city limits*):

- 1 year: \$40
- 6 months: \$20
- 3 months: \$10

Non-Rockville Residents

- 1 year: \$135 (spouse/domestic partner, \$65)
- 6 months: \$67 (spouse/domestic partner, \$34)
- 3 months: \$34 (spouse/domestic partner, \$17)

*Proof of residency is required to be eligible. Acceptable forms include a photo ID and/or a utility bill or lease with your name and address.

The age requirement for membership is 60. However, a partner under 60 living at the same address as a qualifying member can join.

Fitness Room Fees

Must be a senior center member. Not sold as a solo membership. Basic machine training is required for all new fitness members for a one-time fee of \$15.**

- 1 year: \$95
- 6 months: \$50
- 3 months: \$30

Fitness Room hours: Monday-Thursday: 7 a.m.-7 p.m.; Friday: 7 a.m.-5 p.m.; Saturday: 9 a.m.-3 p.m.

**Members who have allowed their fitness membership to expire for more than two years are required to repeat basic machine training for a fee of \$15.

General Information

Registration Begins:

- Member registration begins Tuesday, Aug. 12.
- Nonmember registration begins Thursday, Aug. 14.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued. Cash and checks under the amount of \$15 for programs will be put onto the patrons account as a credit if classes are cancelled. *Refunds requested after 120 days will be refunded by check only.*
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- Senior Center memberships are refundable on a prorated basis with proper medical or other requested documentation.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

Memberships:

- Senior Center Memberships are refundable on a prorated basis with proper medical or other requested information.

Most convenient method. Seven days a week.

1. Online:

www.rockvillemd.gov/recreation

2. Fax:

240-314-8809

3. Mail:

Rockville Senior Center
1150 Carnation Drive, MD 20850

4. Walk-In:

Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk-in registrations. Call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document, income documents are required and guidelines must be followed.

If you would like to contribute a tax deductible donation, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration.

Online Donation

\$10

\$25

\$50

\$75

\$100

Course #s

#2239

#2240

#2241

#2242

#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center

1150 Carnation Drive, Rockville, MD 20850

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program or, if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

*Required Info / Info Requerida

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

Registration Form/Formulario de inscripción

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

Contact Information / Información del contacto

Last Name / Apellido*		First Name / Nombre*		Birthday / Fecha de nacimiento (mm/dd/yy)*		Email*	
Address / Dirección*		City / Ciudad*		State / Estado*		Zip / Código postal*	
Home Phone / Teléfono de Casa*		Work Phone / Teléfono de Trabajo		Cell Phone / Celular			

Emergency Contact / Contacto de Emergencia

Name / Nombre*		Relationship / Relación*	
		Phone / Teléfono*	

Participant's Name (Last, First) Apellido y Nombre del Participante	Activity Name Nombre de la Actividad	Course # Número	Fees* Costo*

Rec Fund / Fondo de rec.: \$	Sr. Ctr. Mem. / Centro de Ancianos: \$	Multi-Course Discount / Descuento por asistencia a varios cursos: _____
\$ _____ \$10	\$25	\$50
Other \$ _____	Contribution to Recreation Fund Youth Scholarship / Contribución adicional al Fondo de recreación: \$ _____	

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:

Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment / Pago

Name on Card / Nombre en la tarjeta		Credit Card Number / Número en la Tarjeta de Crédito	Security Code / Código de Seguridad
			Expiration Date / Fecha de Expiración

--	--	--	--

Payer Address (If different than above) / Dirección del Pagador (si es diferente que la de arriba)

City / Ciudad		State / Estado	Zip / Código Postal

☐ Visa ☐ Mastercard ☐ Cash ☐ Check # _____

Cardholder Signature / Firma del Dueño de la Tarjeta

Release, Waiver, Assumption of Risk and Consent / Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

The Department will act in compliance with the Americans with Disabilities Act ("ADA"). Participation in the program may be a hazardous activity, and some programs may require strenuous physical activity. Participant can participate in the program if participant is physically and medically able. All participants must be able to pass a medical clearance if necessary for the chosen activity. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of: traveling on public roads, accidents, illness, and the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers, and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant and the parent or guardian, on behalf of a minor child participant, grant permission for two separate actions: (1) the City's use of images, likeness, voice, etc. that include the participant for the purpose of promotions and (2) emergency medical treatment administered by a doctor or emergency medical technician. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

El Departamento actuará de conformidad con la Ley de Estadounidenses con Discapacidades (ADA). La participación en el programa puede ser una actividad peligrosa y algunos programas pueden requerir actividad física extenuante. El participante puede participar en el programa si el participante es física y médicamente capaz. Todos los participantes deben poder pasar una autorización médica si es necesario para la actividad elegida. El participante (o el padre o tutor en nombre de un niño participante menor) asume todos los riesgos asociados con la participación en este programa, incluidos, entre otros, los asociados generalmente con este tipo de programa, los peligros de: viajar en vías públicas, accidentes, enfermedades y las fuerzas de la naturaleza. En consideración del derecho a participar en el programa y en consideración adicional del arreglo hecho para el participante por el Alcalde y el Concejo de Rockville a través de su Departamento de Recreación y Parques para alimentos, viajes y recreación, el participante, sus herederos, y albaceas, o un padre o tutor en nombre de un niño participante menor de edad, acuerda liberar e indemnizar al Alcalde y al Concejo de la Ciudad de Rockville y a todos sus agentes, funcionarios y empleados, de todos y cada uno de los reclamos por lesiones o pérdida de cualquier persona o propiedad que pueda surgir o resultar de la participación en el programa. El participante y el padre o tutor, en nombre de un niño menor participante, otorgan permiso para dos acciones separadas: (1) el uso por parte de la Ciudad de imágenes, semejanzas, voz, etc. que incluyan al participante con fines de promoción y (2) tratamiento médico de emergencia administrado por un médico o un técnico de emergencias médicas. Al proporcionar su dirección de correo electrónico, acepta suscribirse a la lista de correo de Rockville & Recreation and Parks para recibir actualizaciones por correo electrónico sobre nuestros programas. Toda la información recopilada se utilizará de acuerdo con la política de privacidad de la Ciudad de Rockville. Puede retirar su consentimiento en cualquier momento. Al participar en un programa del Departamento de Recreación y Parques de la Ciudad de Rockville y/o ingresar a una instalación, acepto seguir todas las reglas publicadas y/o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y/o suspensión de la instalación.

* Signature of Participant/Guardian / Firma del participante/tutor _____



Senior Center Happenings:

Supper Club

Tuesday, Sept. 16, 4:30-6:45 p.m.

Details on page 9.

Course #37022 • \$32 M/\$42 NM • Senior Center

Hispanic Heritage Celebration

Friday, Oct. 3, 11 a.m.-1 p.m.

Details on page 7.

Course #37303 • \$17 M/\$24 NM • Senior Center

Birthday Party

Tuesday, Oct. 7, 1:30-3 p.m.

Honor Sept., Oct. and Nov. birthdays. *Details on page 5.*

Course #37021 • Cost: \$3 M/\$5 NM • Senior Center

Annual Turkey Trot

Thursday, Nov. 20, 10-11:30 a.m.

Details on page 16. Course #37155 • Free • Hybrid

Friendsgiving

Thursday, Nov. 20, 11:30 a.m.-1 p.m.

Friendsgiving to follow Turkey Trot. Details on page 7.

Course #38096 • \$17 M/\$20 NM • Senior Center

Holiday Fit Jamboree

Thursday, Dec. 12, 1:30-3 p.m.

A festive fitness celebration just for seniors! *Details on page 20.*

Course #37318 • Cost: \$12 M/\$15 NM • Senior Center