

## City of Rockville



**Rockville Senior Center** Monthly Calendar

Roci	KVIIIE n & Parks		NUVE	MOL		0-	November 2025
SATU	RDAY, NOV. 1	MON	DAY, NOV. 3	TUES	DAY, NOV. 4	WEDNI	ESDAY, NOV. 5
10-10:45	LaBlast Dance Fitness	9-9:45	Total Conditioning	9-9:45	Strength Training	9-9:30	Body Blast
10-12	AARP Info Session		Workout	9-1:30	Challenge Piano Lessons	9-10	Storytelling
11-11:45	Standing Strength & Balance	10-10:50	Easy Zumba	10-10:50	Forever Fit	9:30-2	with Erin (V) Watercolor (Makeup)
	a Dalalice	10-12 10-12	60+ English (L1/L4) Avoiding PC Scams	10-12	60+ English (L2/L3)	10-10:50	Easy Zumba
			National Candy Day:	10-12 11-11:45	PC New Users Kickboxing	10-11	Yoga for You
	unteer with	10.00	Forgotten & Popular		& Self Defense	10-12	60+ English (L1/L4)
AAR	RP Tax-Aide!		U.S. Candies (V)	11-12 12:15-1	Aerobic Workout Pelvic Floor – Level 2	10-12	Zoom Help
Be part of	f a friendly team	11-12	Chair Exercise	1-2	Arthritis Foundation	10-12	Gift Shop Crafts
	cal residents with	12:15-1:05 1-2	Total Body Sculpt	1-2:30	Exercise (V)	10:30-12 11:15-12:05	Preventing Hip Falls Line Dancing
	reparation. No	1-2	Raptors are Awesome Birds (V)	1-2:30	Would You Rather? (V) Navigating the Care	12:15-1:05	Total Body Fit
•	e? No problem. s provided!	1-2	Stress Reduction	1-3	Partner Journey	1:15-2	Balance Challenge
			& Meditation	1:15-2	Bridge – Beginner I Beginner Pilates	5-5:45	LaBlast Dance Fitness
	nformation session lay, Nov. 1 from	1-3	Windows Security	1:15-2:15	Cardio Motion	7-10	RSI Bingo
10 a.mr		1:15-2 2:15-3	Balance Matters Stretching &	1:30-3	Helping Hands Knitters		
		2.13-3	Flexibility Coach	1:45-2:20	Handbells #1		
			. Total and a country	2-4	Advanced English Conversation (V)		
				2:30-3:10	Handbells #2		
				2:30-3:15	Cardio Drumming		
THUR	SDAY, NOV. 6	FRIE	DAY, NOV. 7		RDAY, NOV. 8		DAY, NOV. 10
9-9:45	Strength Training	9-9:45	Total Conditioning	10-10:45 11-11:45	LaBlast Dance Fitness Standing Strength	10-12 10-12	60+ English (L1/L4) All Things Google
9-12	Challenge Practice Lab	9:30-12	Workout Drop-In Chess	11-11. <del>4</del> 5	& Balance		Survivors: 1945
10-10:50	Forever Fit	10-11	Yoga for You		a Balanoo	10.00 11.00	Liberation of
10-11	Talking Sports	10-12	Smooth Transitions				Concentraton Camps
10-12	60+ English (L2/L3)	10-12	Bridge – Supervised				(V)
10:30-12	Japanese Language	11-12	Managing Stress (V)			1-2	Stress Reduction
11-12	& Culture Aerobic Workout	11:15-12	Bilingual Yoga with a Chair				& Meditation
11:15-12	Chair Yoga	11:15-12	Easy Feet				
12:45-1:45	Tai Chi – Level 1	12:15-1:15	Arthritis Foundation				
1-2	Arthritis Foundation		Exercise				
1 0 00	Exercise (V)	1:30-2:15	Zumba Gold				
1-2:30	Shakedown on Sugars	1:30-4 2:30-3	Drop-In Bridge 30-Minute Stretch				
1-2:30	Positive Aging	2.50 5	& Unwind				
	Alone (V)						
1-3	Fashion Show						
2-3	Tai Chi – Level 2						
2-4	Advanced English Conversation (V)						
THE		WEDNE	SDAV NOV 12	THUD	SDAV NOV 17	EDID	AV NOV 1
TOES	DAY, NOV. 11	10-11	SDAY, NOV. 12 Yoga for You		SDAY, NOV. 13	9:30-12	AY, NOV. 14 Drop-In Chess
		10-11:15	Fitness Workshop –	9-9:45	Strength Training Challenge	10-11	Yoga for You
Center clos	sed Tuesday, Nov. 11		Light Weight	9-12	Practice Lab	10-12	Bridge – Supervised
in observa	nce of Veterans Day.		Circuit Class	10-10:50	Forever Fit	11-12	Managing Stress (V)
		10-12	60+ English (L1/L4)	10-11	Watershed	11:15-12	Easy Feet
		10-12 10-12	Backup & Restore PC Gift Shop Crafts	10-12	Connections 60+ English (L2/L3)	11:15-12	Bilingual Yoga with a Chair
1			Line Dancing	10:30-12	Japanese Language	1-3	In-Person Movie
		7-10	RSI Bingo		& Culture	1:30-4	Drop-In Bridge
				11-12 11:15-12	Aerobic Workout		
				12:45-1:45	Chair Yoga Tai Chi – Level 1		
	_			1-2	Arthritis Foundation		
					Exercise (V)		
				1-2	Build Stronger		
				1-3	Bones (V) In-Person Movie		
				2-3	Tai Chi – Level 2		
				2-4	Mobile Market –		
4	77			2-4	Bring Your Own Bag!		
				2-4	Advanced English Conversation (V)		
		<u>I</u>			John Ordanom (V)		

SATU	RDAY, NOV. 15		IDAY, NOV. 17	TUES	DAY, NOV. 18	WEDN	IESDAY, NOV. 19
9-3	Drop-In Programs	10-11:30	Veterans Appreciation		Strength Training	10-12	Android Basics
	· ·	10-12	Pictures to Device		Challenge	10-12	Gift Shop Crafts
		10:30-12	Painting with Cathy	9-1:30	Piano Lessons	7-10	RSI Bingo
		1-2	Stress Reduction	10-10:50	Forever Fit		
			& Meditation	10-12 10-12	60+ English (L2/L3) Android Basics		
				11-11:45	Kickboxing &		
					Self Defense		
				11-12	Aerobic Workout		
				12:15-1	Pelvic Floor – Level 2		
				1-2	Arthritis Foundation		
				1-2:30	Exercise (V) Dementia-Related		
				1-2.50	Behaviors (Hybrid)		
				1-2:30	Would You Rather? (V)		
				1-3	Bridge – Beginner I		
				1:15-2	Beginner Pilates		
				1:15-2:15	Cardio Motion		
				1:30-3	Helping Hands Knitters		
				1:45-2:20	Handbells #1		
				2-4	Advanced English		
					Conversation (V)		
				2:30-3:10	Handbells #2		
				2:30-3:15	Cardio Drumming		
	SDAY, NOV. 20		DAY, NOV. 21		RDAY, NOV. 22		NDAY, NOV. 24
9-12	Practice Lab	9:30-12	Drop-In Chess	9-3	Drop-In Programs	10-12	Windows 11 Tips
10-11:30	Turkey Trot	11-12	Managing Stress (V)			1-2	Stress Reduction
10-12	60+ English (L2/L3)	1-3	In-Person Movie				& Meditation
10:30-12	Japanese Language	1:30-4	Drop-In Bridge				
11:30-1	& Culture						
1 1 . <11 - 1	Friendsgiving Lunch						
	In Doroon Movio			1			
1-3	In-Person Movie						
1-3 1:30-2:30	Better Breathers Club						
1-3 1:30-2:30 1-2:30	Better Breathers Club Positive Aging						
1-3 1:30-2:30 1-2:30	Better Breathers Club Positive Aging Alone (V)						
1-3 1:30-2:30 1-2:30	Better Breathers Club Positive Aging						
1-3 1:30-2:30 1-2:30 2-4	Better Breathers Club Positive Aging Alone (V) Advanced English	WEDNI	ESDAY, NOV. 26	THUR	SDAY, NOV. 27	FRI	DAY, NOV. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25 Piano Lessons	<b>WEDNI</b> 10-12	ESDAY, NOV. 26 Pictures to Device		-		-
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25 Piano Lessons 60+ English (L2/L3)	1	<u> </u>	Center clos	sed Thursday, Nov. 27	Center o	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips	10-12	Pictures to Device	Center clos	-	Center o	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 <b>TUES</b> 9-1:30 10-12 10-12 1-2:30 1-3	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25 Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge – Beginner I	10-12	Pictures to Device	Center clos	sed Thursday, Nov. 27	Center o	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge – Beginner I Beginner Pilates	10-12	Pictures to Device	Center clos	sed Thursday, Nov. 27	Center o	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25 Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge – Beginner I Beginner Pilates Helping Hands Knitters	10-12	Pictures to Device	Center clos	sed Thursday, Nov. 27	Center o	DAY, NOV. 28 closed Friday, Nov. 28 ance of Thanksgiving
1-3 1:30-2:30 1-2:30 2-4 <b>TUES</b> 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25 Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge – Beginner I Beginner Pilates Helping Hands Knitters Handbells #1	10-12	Pictures to Device	Center clos	sed Thursday, Nov. 27	Center o	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3 1:45-2:20 2-4	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge — Beginner I Beginner Pilates Helping Hands Knitters Handbells #1 Advanced English Conversation (V)	10-12	Pictures to Device	Center clos	sed Thursday, Nov. 27	Center o	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3 1:45-2:20 2-4	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge — Beginner I Beginner Pilates Helping Hands Knitters Handbells #1 Advanced English Conversation (V) Handbells #2	10-12	Pictures to Device	Center clos	sed Thursday, Nov. 27	Center o	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3 1:45-2:20 2-4 2:30-3:10 SATUE	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge — Beginner I Beginner Pilates Helping Hands Knitters Handbells #1 Advanced English Conversation (V) Handbells #2  RDAY, NOV. 29	10-12	Pictures to Device	Center clos	sed Thursday, Nov. 27	Center o	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3 1:45-2:20 2-4 2:30-3:10	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge — Beginner I Beginner Pilates Helping Hands Knitters Handbells #1 Advanced English Conversation (V) Handbells #2	10-12 10-12	Pictures to Device	Center clos	sed Thursday, Nov. 27	Center of in observ	closed Friday, Nov. 28
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3 1:45-2:20 2-4 2:30-3:10 SATUE	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge — Beginner I Beginner Pilates Helping Hands Knitters Handbells #1 Advanced English Conversation (V) Handbells #2  RDAY, NOV. 29	10-12 10-12 Rockvil	Pictures to Device Gift Shop Crafts	Center clos	sed Thursday, Nov. 27 nce of Thanksgiving.  Want to go paperl	Center of in observed ess?	elosed Friday, Nov. 28 ance of Thanksgiving
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3 1:45-2:20 2-4 2:30-3:10 SATUE	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge — Beginner I Beginner Pilates Helping Hands Knitters Handbells #1 Advanced English Conversation (V) Handbells #2  RDAY, NOV. 29	10-12 10-12 <b>Rockvil</b> 1150 Ca	Pictures to Device Gift Shop Crafts  Ile Senior Center arnation Drive	Center clos	want to go paperl Call 240-314-8800, e	Center of in observe ess?  mail senior	elosed Friday, Nov. 28 ance of Thanksgiving
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3 1:45-2:20 2-4 2:30-3:10 SATUE	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge — Beginner I Beginner Pilates Helping Hands Knitters Handbells #1 Advanced English Conversation (V) Handbells #2  RDAY, NOV. 29	10-12 10-12 Rockvil 1150 Ca Rockvill	Pictures to Device Gift Shop Crafts  Ile Senior Center arnation Drive e, MD 20850	Center clos in observa	Want to go paperl Call 240-314-8800, e rockvillemd.gov or vis	Center of in observe ess?  mail senior of the center of th	center@ r in person to
1-3 1:30-2:30 1-2:30 2-4 TUES 9-1:30 10-12 10-12 1-2:30 1-3 1:15-2 1:30-3 1:45-2:20 2-4 2:30-3:10 SATUE	Better Breathers Club Positive Aging Alone (V) Advanced English Conversation (V)  DAY, NOV. 25  Piano Lessons 60+ English (L2/L3) Windows 11 Tips Brain Games (V) Bridge — Beginner I Beginner Pilates Helping Hands Knitters Handbells #1 Advanced English Conversation (V) Handbells #2  RDAY, NOV. 29	Rockvill 1150 Ca Rockvill seniorce	Pictures to Device Gift Shop Crafts  Ile Senior Center arnation Drive e, MD 20850 enter@rockvillemd.go	Center clos in observa	want to go paperl Call 240-314-8800, e rockvillemd.gov or vis unsubscribe from our	Center of in observe ess?  mail senior of the center mailing list	center@ r in person to
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