

SUPPORT & WELLNESS PROGRAMS

The Shakedown on Sugars

Thursday, Nov. 6 • 1-2:30 p.m.
#38077 • Free • Senior Center

Sugar plays a role in many of the foods we love, but how much is too much? This session explores sugar's impact on your health — especially for older adults — and offers practical ways to enjoy sweetness wisely while supporting overall well-being. Presented by Leah Vicente, Humana. *Registration required.*

Build Stronger Bones for a Healthier You

Thursday, Nov. 13 • 1-2 p.m.
#37291 • Free • Virtual via Zoom

Our bones naturally change as we age, but what happens when they start to lose density, but not enough to be called osteoporosis? This webinar explores osteopenia, a common but often overlooked condition, and offers practical ways to keep your bones strong, your body steady and your confidence high. Presented by Suburban/ Johns Hopkins. *Registration required.*

Responding to Dementia-Related Behaviors

Tuesday, Nov. 18 • 1-2:30 p.m.
#37286 • Free • Hybrid

Changes in behavior are common for those living with dementia, and often, they're a way of communicating needs or emotions. This session helps loved ones and caregivers recognize what these behaviors might mean, explore compassionate, non-medical approaches and understand when additional support may be helpful. Presented by Alzheimer's Association. *Registration required.*

Better Breathers Club

Thursday, Nov. 20 • 1:30-2:30 p.m.
#38066 • Free • Senior Center

A monthly club featuring educational

presentations on relevant topics related to respiratory issues. Presented by Kerri Donnelly, regional director of business development, Montcare. Meets third Thursdays of the month. *Registration required.*

POSITIVE AGING PROGRAMS THIS MONTH

Managing Stress

Friday, Nov. 7, 14, 21 • 11 a.m.-noon
#37343 • Free • Virtual via Zoom

An ongoing weekly support group to counter a variety of stressors common in older adults. Meets every Friday. *Registration required.*

Would You Rather?

Tuesday, Nov. 4 & 18 • 1-2:30 pm.
#38072 • Free • Virtual via Zoom

A fun and engaging spin-off of 'Brain Games' that uses questions to spark conversation, self-reflection and laughter. Meets first and third Tuesday of the month. *Registration required.*

Brain Games

Tuesday, Nov. 25 • 1-2:30 p.m.
#37344 • Free • Virtual via Zoom

Test your memory, solve problems and improve your attention to detail while engaging in friendly competition. Meets second and fourth Tuesday of the month. *Registration required.*

Positive Aging Alone

Thursday, Nov. 6 & 20 • 1-2:30 p.m.
#37346 • Free • Virtual via Zoom

An ongoing support group for seniors who live alone, perceive themselves to be alone or who anticipate being alone. Meets first and third Thursday of the month. *Registration required.*



FEATURED PROGRAMS & EVENTS

Smooth Transitions: Planning Your Next Chapter

Friday, Nov. 7 • 10 a.m.-noon
#37335 • Free • Senior Center

Join Steve Gurney, founder and director of the Positive Aging Community Sourcebook to get expert guidance on downsizing, housing, care, finances and more — including robotic pets for seniors with memory loss. Enjoy light refreshments, raffle prizes and receive a free copy of the sourcebook! *Registration required.*

Veterans Appreciation

Monday, Nov. 17 • 10-11:30 a.m.
#37068 • Free • Senior Center

Discover the history of the Army's 10th Mountain Division with Andrea Miller, daughter of veteran Ruso Perkins, who will share her father's story along with insights about the modern 10th Mountain Division. There will also be a screening of Warren Miller's 46-minute film 'Climb to Glory.' *Registration required.*

Annual Turkey Trot

Thursday, Nov. 20 • 10-11:30 a.m.
#37155 • Free • Hybrid

Stay fit with us this holiday season by joining our Annual Turkey Trot! Walk one or two miles

through the Woodley Gardens neighborhood or from the comfort of your own home. Please bring a non-perishable food item to support the Rockville Senior Center food bank or make a donation to our Program Assistance Fund. Sponsored by Montcare. *Registration required.*

A Friendsgiving Lunch

Thursday, Nov. 20 • 11:30 a.m.-1 p.m.
#38096 • \$17/\$20 • Senior Center

Worked up an appetite from the annual Turkey Trot or simply want to enjoy a good meal with great company? Enjoy a Thanksgiving lunch featuring bingo and more games in one relaxing afternoon. Partnered with Frederick Health and Cherished Hands. Program Assistance Fund is available. Space is limited. *Registration required.*

ANNOUNCEMENTS

Center Closure Alert

The center will be closed on Tuesday, Nov. 11 for Veterans Day. The center will also be closed on Thursday, Nov. 27 and Friday, Nov. 28 for Thanksgiving.

Annual Holiday Bazaar

Mark your calendars for the Holiday Bazaar on Saturday, Dec. 6 from 9 a.m.-2 p.m.!

Office and Building Hours
Monday-Friday, 8:30 a.m.-5 p.m.
Saturday, 9 a.m.-3 p.m.

Rockville Senior Center
1150 Carnation Drive
Rockville, MD 20850
240-314-8800
seniorcenter@rockvillemd.gov
rockvillemd.gov/seniorcenter

Fitness Center Hours
Monday-Thursday, 7 a.m.-7 p.m.
Friday, 7 a.m.-5 p.m.
Saturday, 9 a.m.-3 p.m.

FITNESS PROGRAMS

Fitness Workshop – Light Weight Circuit Class

Wednesday, Nov. 12 • 10-11:15 a.m.
#37312 • \$15 • Senior Center

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. *Registration required.*

Next Step Fitness: Beyond Rehab

Ten, one-hour sessions • \$495 • #36846
Twenty, 30-minute session • \$495 • #36847

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 reinjury while encouraging a lifelong dedication to fitness and wellness.

Must have a Fitness Club membership and have completed the one time machine-training orientation. Registration required. Additional packages available for non-members. Contact the Rockville Senior Center for more information.

Fitness Club & Personal Training

Did you know our climate-controlled fitness center is open six days a week and as early as 7 a.m. on weekdays?

Whether you have a specific goal in mind or

don’t know where to start, a nationally certified personal trainer can design a program tailored to your needs.

For more information on joining the Fitness Club or signing up for personal training sessions, see pages 16 and 19 of the fall 2025 guide.

IN-PERSON MOVIE MATINEES

‘Black Bag’ (2025, Thriller/Drama)

Thursday, Nov. 13 • 1-3 p.m. • #39185
Friday, Nov. 14 • 1-3 p.m. • #39186

When his beloved wife, Kathryn, is suspected of betraying the nation, intelligence agent George Woodhouse faces the ultimate test: loyalty to his marriage or his country. *Rated R for language, including some sexual reference and some violence.*

‘Ghostlight’ (2024, Comedy/Drama)

Thursday, Nov. 20 • 1-3 p.m. • #39178
Friday, Nov. 21 • 1-3 p.m. • #39188

When a construction worker unexpectedly joins a local theater’s production of Romeo and Juliet, the drama onstage starts to mirror his own life. *Rated R for language.*

Note: Film screenings are for members of the Rockville Senior Center. Call, email or visit the center in person to register and reference the corresponding course numbers above.

Boscov’s & Golden Corral Trip

Wednesday, Dec. 10
10 a.m.-2 p.m. • \$18 Cash

Get some holiday shopping done and enjoy a yummy buffet with your friends all in one afternoon! *Registration required. Sign up at the transportation office.*

RECREATION PROGRAMS

National Candy Day – Forgotten and Popular U.S. Candies

Monday, Nov. 3 • 10:30-11:30 a.m.
#37054 • \$7/\$10 • Virtual via Zoom

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. *Registration required.*

Raptors are Awesome Birds

Monday, Nov. 3 • 1-2 p.m.
#37308 • \$7/\$10 • Virtual via Zoom

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. *Registration required.*

Storytelling with Erin – Books to Live By

Wednesday, Nov. 5 • 9-10 a.m.
#37029 • \$7/\$10 • Virtual via Zoom

How has reading about someone else’s life, fictional or factual, changed yours? Transport us to a favorite corner or armchair where you remember tucking into the pages of another world. *Registration required.*

Fashion Show with Taylor Marie

Thursday, Nov. 6 • 1-3 p.m.
#37009 • \$3/\$5 • Senior Center

Sit back and relax while Rockville 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 will be served. *Registration required.*

Survivors: 1945 Liberation of Concentration Camps (Part I)

Monday, Nov. 10 • 10:30-11:30 a.m.
#37055 • \$7/\$10 • Virtual via Zoom

Reflect on the testimonies of concentration camp survivors, still resonant eighty years later. You may register for the second part of this lecture using course #37056. Instructor: Joan Adams. *Registration required.*

Watershed Connections: From Creek to Chesapeake

Thursday, Nov. 13 • 10-11 a.m.
#37078 • \$7/\$10 • Senior Center

Did you know the Chesapeake Bay watershed supports a rich variety of wildlife and plays a vital role in our region’s health? Join the Croydon Creek Nature Center in examining the effects of erosion, conduct a simple hands-on demonstration and discuss how human activities affect water quality and aquatic life. *Registration required.*

Painting with Cathy: Pinecone Painting

Monday, Nov. 17 • 10:30 a.m.-noon
#37031 • \$13/\$16 • Senior Center

Transform ordinary pinecones into sparkling works of art! Paint, bead and add a touch of glitter to create beautiful fall decorations you can proudly display at home. *No refunds after Nov. 3. Registration required.*

CLUB NEWS

All Club Trip to Dutch’s Daughter!

Young in Heart	Tuesday, Nov. 18
Willing 3C’s	Tuesday, Nov. 18
Red Hat	Tuesday, Nov. 18

Email seniorrecreation@rockvillemd.gov for more information on the clubs listed above.