

Adults 60+ Recreation and Services Guide

Spring 2026



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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.

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.

Welcome

Rockville Senior Center Building Hours:

Mon.-Fri.: 8:30 a.m.-5 p.m.

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

Fitness Center Hours:

Mon., Tue., Wed. and Thu.: 7 a.m.-7 p.m.

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

Sat.: 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 Mar. 3 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, May 25: Memorial Day

Friday, June 19: Juneteenth

Registration Dates

Senior Center members (M) and City of Rockville residents registration begins: **Tuesday, Mar. 3**. Senior Center members receive a discount on programs.

General registration begins:

Thursday, Mar. 5.

Mayor

Monique Ashton

Councilmembers

Kate Fulton, Barry Jackson,

David Myles, Izola (Zola) Shaw,

Marissa Valeri, Adam Van Grack

Jeffrey J. Mihelich, City Manager

Steve Mader, Acting Director of

Recreation and Parks

Christine Henry, Deputy Director of

Recreation and Parks

Andy Lett, Superintendent of Recreation

Noel Gonzalez, Acting Superintendent of

Parks and Facilities

Individuals with Disabilities

Rockville Recreation & Parks welcomes individuals with disabilities to programs, events and facilities. To discuss program modifications/accommodations, please contact the program supervisor or programaccess@rockvillemd.gov. Early notification allows us time to implement requested modifications/accommodations.

Additional opportunities for individuals with disabilities are available at Montgomery County Recreation; Therapeutic Recreation at 240-777-6840 or rec.inclusion@montgomerycountymd.gov. To request ADA accommodations or obtain this in alternate format, please contact the ADA coordinator at 240-314-8108 or MD relay 7-1-1 or ada@rockvillemd.gov.

Arts & Enrichment

1980s Movies Based on Real People

What are the true stories behind some movies of the '80s? Many were based on real-life events and personalities. Explore what really happened and the story behind the story. Instructor: Joan Adams.

1983

Three dramas bring real-life stories to the screen. "The Right Stuff," based on Tom Wolfe's book, follows Navy, Marine and Air Force test pilots at Edwards Air Force Base and the Mercury Seven. "Silkwood" tells the story of nuclear plant whistleblower Karen Silkwood, adapted from the book by Howard Kohn. "Without a Trace," based on Beth Gutcheon's novel "Still Missing," is partly inspired by the real-life disappearance of Etan Patz.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 39663 | M, 4/20 | 10:30-11:30 a.m. | \$7/\$10 | Online |

1984

From 18th-century Vienna to the 1936 Berlin Olympics and Cambodia in the 1970s, these films draw from history and real life. "Amadeus" imagines a rivalry between composers Wolfgang Amadeus Mozart and Antonio Salieri, adapted by Peter Shaffer from his stage play. "The Jesse Owens Story" traces the life and Olympic achievements of the legendary athlete. "The Killing Fields" examines the Khmer Rouge era through the experiences of journalists Dith Pran and Sydney Schanberg.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 39664 | M, 5/11 | 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.

60+ English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by their teacher. No class May 26.

English 1 Beginning

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 39880 | M, W, 4/6-6/15 | 10 a.m.-12 p.m. | \$10/\$14 | Sr. Ctr. |

Beginning/High Beg English

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 39881 | Tu, Th, 4/7-6/11 | 10 a.m.-12 p.m. | \$10/\$14 | Online |

Intermediate English 3

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|-----------------|-----------|----------|
| 39882 | Tu, Th 4/7-6/11 | 10 a.m.-12 p.m. | \$10/\$14 | Online |

Advanced English 4

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 39883 | M, W, 4/6-6/15 | 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. No books required.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|----------|-----------|----------|
| 39884 | Tu, Th, 4/7-6/11 | 2-4 p.m. | \$15/\$19 | Online |

A History of Sugar and Dessert NEW!

From its introduction to medieval England through the Victorian era, sugar took many forms. First used as a medicine and spice, it later became part of courtly dining, after-dinner rituals and elaborate Tudor banquets. Trace the evolution of dessert and sweets, concluding with how industrialization reshaped them during the Victorian era. Presented by food historian Joyce White.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|----------|----------|
| 39711 | Tu, 4/28 | 11 a.m.-12 p.m. | \$7/\$10 | Online |

A House Divided: Civil War **NEW!**

The Civil War tested and consumed the country for more than four years. Explore how this great conflict and subsequent Reconstruction period have been depicted through the traditional mediums of painting and sculpture, as well as the then-new medium of photography. Presented by Smithsonian American Art Museum.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39736 | M, 3/16 | 1-2 p.m. | \$7/\$10 | Online |

A Small Cave No More **NEW!**

At more than 220 miles long, Jewel Cave is known for its length and the unique crystal formations that cover the cave walls. Join a ranger to learn about cave formation, discovery and modern exploration. Presented by Jewel Cave National Monument.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39741 | W, 5/6 | 1-2 p.m. | \$7/\$10 | Online |

A Wonderland of Rocks **NEW!**

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

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|----------|----------|
| 39713 | Tu, 4/14 | 11 a.m.-12 p.m. | \$7/\$10 | Online |

Art Reception

Featuring the work of Val Fry's watercolor classes. Light refreshments and wine will be served. Sponsored by Montcare. Registration required.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 39671 | Th, 5/14 | 6-7:30 p.m. | Free | Sr. Ctr. |

Bingo

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

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|---------|----------|
| 38270 | W, 4/29 | 1-2 p.m. | \$3/\$5 | Sr. Ctr. |

Birthday Party

Honors March, April and May birthdays. All are invited, whether or not they have a spring birthday. Please be on time. No admittance after entertainment begins. Entertainment from Take Two (oldies, Top 40 and country music).

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|---------|----------|
| 39654 | Tu, 4/14 | 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.

April 23: "James" by Percival Everett.

May 28: "Dead Wake: The Last Crossing of the Lusitania" by Erik Larson.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|----------|----------|
| 39652 | Th, 4/23, 5/28 | 9:30-10:45 a.m. | Free/\$7 | Online |



Bridge — Beginner III

The final course in the Beginner series. This eight-week course will emphasize the play of the hand, both declarer and defensive. The 2-over-1 bidding system will be reinforced. Prerequisite: Beginner Bridge I and II or a basic understanding of modern bidding. Instructor: Peter Schiff.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|----------|-------------|----------|
| 39708 | Tu, 3/31-5/19 | 1-3 p.m. | \$110/\$122 | Sr. Ctr. |

Bridge – Supervised Play

Play, practice and enhance your 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 |
|--------|-------------|-----------------|-----------|----------|
| 39710 | F, 4/3-5/15 | 10 a.m.-12 p.m. | \$63/\$70 | Sr. Ctr. |

Cooking with Chef Alba **NEW!**

Cook along with Chef Alba, or simply watch, during this live and interactive cooking class on Zoom. A shopping list and recipes will be emailed ahead of time to participants.

Spring Brunch Ideas

The term “brunch,” of Anglo-Saxon origin, was coined by English writer Guy Beringer in 1895. He proposed this new meal be served around noon, eliminating the need to rise early on Sundays, making life brighter for night drinkers. Join Chef Alba for a cozy weekend brunch or a family gathering comfort brunch event. Menu: simply caramelized salmon bites, vibrant kale, apple and crispy cheddar salad in a tangy vinaigrette and challah blueberry bread butter pudding.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|--------------------|-----------|----------|
| 39808 | Tu, 4/7 | 11 a.m.-12:30 p.m. | \$15/\$20 | Online |



Crafting with Tammy

Suncatcher

Pick your colors and create a beautiful 12-inch suncatcher with crushed glass and resin. Make your window shine a rainbow of happiness. You will choose one option pictured below. No refunds after May 4. Instructor: Tammy Brown.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------------|-----------|----------|
| 39834 | M, 5/18 | 10:30 a.m.-12:30 p.m. | \$45/\$55 | Sr. Ctr. |

Endangered Species: **NEW!** A Global Crisis

An extinction crisis threatens the planet. This live program from Omaha’s Henry Doorly Zoo and Aquarium Desert Dome highlights endangered species that call the zoo home. Learn how plants and animals are connected within ecosystems, the threats they face, and how species survival plans help protect animals and biodiversity. Discover simple steps to support conservation efforts.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39742 | M, 5/11 | 1-2 p.m. | \$7/\$10 | Online |

From Boom to Dust in the **NEW!** Texas Panhandle

The Dust Bowl, a period of severe dust storms that caused major ecological and agricultural damage across American and Canadian prairie lands from 1930-1936, affected some areas until 1940. Using photos, videos and firsthand accounts from the Panhandle Plains, explore its causes and the methods used to stop the storms. Presented by Panhandle Plains Historical Museum.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39737 | M, 3/23 | 1-2 p.m. | \$7/\$10 | Online |

Did you know?

The Rockville Senior Center has a woodshop. Staff is in the room on most Thursdays, 10 a.m.-noon

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 is required.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|----------------|-----------|----------|
| 39817 | Tu, 4/14-6/16 | 1:30-2:25 p.m. | \$62/\$75 | Sr. Ctr. |

Handbells #2 (Advanced)

The 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.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|----------------|-----------|----------|
| 39818 | Tu, 4/14-6/16 | 2:30-3:25 p.m. | \$62/\$75 | Sr. Ctr. |

History Alive **NEW!**

Mary Ann Jung is an award-winning actress and Smithsonian scholar who researches and writes her own scripts and performs in her characters' authentic era-appropriate costumes, accents and attitudes.

Queen Elizabeth I

England's Golden Age was named in honor of its greatest queen, Elizabeth Tudor, the daughter of King Henry VIII. This brilliant leader was the first female to rule England alone and successfully, using intelligence, charm and the ability to compromise. "God Save the Queen!"

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 38283 | Tu, 3/24 | 1-2 p.m. | \$7/\$10 | Sr. Ctr. |

Did you know?

The Rockville Senior Center has a library with over 14,000 books, including best sellers, over 10 genres, a large print section and different languages.

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 how to confidently access their innate abilities to communicate clearly, cooperate and create.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|--------------|-----------|----------|
| 39656 | M, 4/27-5/18 | 12:30-2 p.m. | \$42/\$53 | Sr. Ctr. |

Invasive Species and Biodiversity **NEW!**

Some ecosystems are endangered because humans have moved plant or animal species to places they don't belong. When these species survive and disrupt native populations, they're considered invasive. This program looks at how non-native species affect biodiversity. Presented by Royal Botanical Gardens (Canada).

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39740 | M, 4/27 | 1-2 p.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.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|--------------------|-----------|----------|
| 39886 | Th, 4/16-6/18 | 10:30 a.m.-12 p.m. | \$49/\$55 | Sr. Ctr. |

Mandalas **NEW!**

Make a geometric mandala based on symmetry using circles, squares, triangles and other regular patterns. Mandalas are designed to aid meditation and concentration. Symmetry and balance help bring focus and clarity. This is a beginner's class with all materials supplied. No refunds after April 28. Instructor: Tracy Keating.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|-----------------|-----------|----------|
| 39807 | Tu, 5/12-5/19 | 10 a.m.-12 p.m. | \$25/\$35 | Sr. Ctr. |

Mission to Mars

NEW!

In 1610, Galileo made the first telescopic observation of Mars. Today, the planet is home to rovers, probes and orbiting satellites, all sending information back to Earth to prepare us for the day humanity takes its first step on the red planet. Learn about the challenges to overcome on the mission to Mars and the plan to land astronauts there. Presented by Space Center Houston.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39735 | M, 3/9 | 1-2 p.m. | \$7/\$10 | Online |

Montgomery County Schools Named for Famous People

Ever wonder how local schools got their names? Some honor well-known figures like Harriet Tubman, Robert Frost and Walt Whitman. Others, such as Julius West and Bayard Rustin, may be less familiar but equally significant. Learn the stories of the people behind these names and the contributions that earned them lasting recognition. Instructor: Joan Adams.

Sally Ride and Christa McAuliffe

Sally Ride was an American astronaut and physicist. Born in Los Angeles, she joined NASA in 1978 and, in 1983, became the first American woman and the third woman to fly in space. She was the youngest American astronaut to have flown in space, doing so at age 32. Sharon Christa McAuliffe was a teacher and astronaut from Concord, New Hampshire, who died on the Space Shuttle Challenger mission.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 39665 | M, 4/27 | 10:30-11:30 a.m. | \$7/\$10 | Online |

Richard Montgomery and Zadok Magruder

Richard Montgomery was an Irish-born American army officer. First serving in the British Army, he later became a major general in the Continental Army during the American Revolutionary War. Zadok Magruder was an American politician and military officer who served as an elected official in Maryland government and as a colonel in the state militia. He also helped establish Montgomery County.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 39666 | M, 5/18 | 10:30-11:30 a.m. | \$7/\$10 | Online |

Mosaic Tray Workshop

NEW!

Make a beautiful mosaic serving tray with ready-cut pieces of stained glass and glass tiles. All materials supplied. Perfect for beginners. Instructor: Tracy Keating. No refunds after March 24.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------------|-----------|----------|
| 39806 | Tu, 4/7-4/14 | 10 a.m.-12 p.m. | \$35/\$45 | Sr. Ctr. |

Mother's Day Celebration

Celebrate mothers at a floral-themed garden party. Light refreshments will be served.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|-----------|----------|
| 39833 | F, 5/1 | 1-2:30 p.m. | \$10/\$12 | Sr. Ctr. |

Native Plant Workshop

NEW!

Croydon Creek Nature Center staff will introduce native plants and their benefits to local wildlife. Participants will plant a small native container garden to take home. All materials provided.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|-----------|----------|
| 39812 | F, 5/8 | 1-2 p.m. | \$12/\$15 | Sr. Ctr. |

Native Pollinators

NEW!

Learn from Croydon Creek Nature Center staff about Maryland's native pollinators and how to support them at home. Assemble a bee house to take home. Discover how simple, small actions can help these essential species thrive in backyard or balcony gardens. Materials included.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39811 | Th, 3/26 | 1-2 p.m. | \$7/\$10 | Sr. Ctr. |

Owls — Silent Hunters

NEW!

In the dark of night, the nocturnal hunters emerge. Many owls spend their nights hunting for prey and raising their families. Learn about these silent hunters and meet live owls. Presented by Wild Bird Adventures.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39739 | M, 4/20 | 1-2 p.m. | \$7/\$10 | Online |



Did you know? Members can borrow from an extensive list of DVD movies at the front office.



Painting with Cathy

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

Butterflies on Rocks

Sparkling butterflies hand-painted on smooth rocks. These can be used as paperweights, garden decor and more. No refunds after March 10.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|--------------------|-----------|----------|
| 39809 | Tu, 3/24 | 10:30 a.m.-12 p.m. | \$13/\$16 | Sr. Ctr. |

Tulips on Vases

Colorful tulips hand-painted on vases. Perfect for Mother's Day or spring decor. No refunds after April 14.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|--------------------|-----------|----------|
| 39810 | Tu, 4/28 | 10:30 a.m.-12 p.m. | \$13/\$16 | Sr. Ctr. |

Piano Lessons: Virtual or In-Person

Classes are 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.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|-----------------------|-------------|----------|
| 39813 | Tu, 4/14-6/16 | 9-10 a.m. | \$118/\$153 | Hybrid |
| 39814 | Tu, 4/14-6/16 | 10:15-11:15 a.m. | \$118/\$153 | Hybrid |
| 39815 | Tu, 4/14-6/16 | 11:30 a.m.-12:20 p.m. | \$118/\$153 | Hybrid |
| 39816 | Tu, 4/14-6/16 | 12:30-1:30 p.m. | \$118/\$153 | Hybrid |

Supper Club
Tuesday, April 28

Piecemakers' Club

A relaxed, social gathering — not a class — for crafters of all kinds. Quilters, embroiderers, crocheters, knitters and needlepoint enthusiasts are welcome. Bring your current project, make new connections with fellow makers and enjoy a comfortable, encouraging environment. Participants are invited to listen, share tips and tricks, exchange ideas and inspire each other while exploring techniques together at their own pace.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|------|----------|
| 39653 | M, 3/30-5/18 | 1-2:30 p.m. | Free | Sr. Ctr. |

Project Knitwell **NEW!**

A gentle and encouraging journey into the world of knitting designed specifically for absolute beginners. During these sessions, learn how to knit and the profound wellness benefits that come with this mindful, creative practice. All materials provided.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|------------|-----------|----------|
| 39658 | Th, 4/16-4/30 | 10-11 a.m. | \$40/\$50 | Sr. Ctr. |

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.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------------|----------|------|----------|
| 39885 | Tu, 4/14, 5/12, 6/9 | 1-2 p.m. | Free | Hybrid |

Sing Along with Connie Hughes

Celebrate spring with a singalong. Words provided.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|---------|----------|
| 39832 | F, 5/15 | 11 a.m.-12 p.m. | \$4/\$6 | Sr. Ctr. |

Senior Citizens Commission

The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Arts & Enrichment

Spanish for 60+

Feel comfortable getting started with everyday conversation. Learn the fundamentals of Spanish and start speaking with confidence. Includes interactive activities.

Spanish Just the Basics

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|-------------|-----------|----------|
| 39887 | M, W, 3/2-4/1 | 2-3:30 p.m. | \$49/\$70 | Online |

Continuing

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|-------------|-----------|----------|
| 39888 | Tu, Th, 3/3-4/2 | 2-3:30 p.m. | \$49/\$70 | Online |

Stand-Up Workshop **NEW!**

Think you might be funny or have people told you so? This beginner-friendly stand-up comedy class is a supportive, low-pressure space to find out. Learn to turn your stories, quirks and observations into genuine laughs while exploring what makes your voice unique. No experience needed, just curiosity, courage and a sense of humor. No class April 6. Instructor: Topher Bellavia.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|--------------|-----------|----------|
| 39657 | M, 3/23-4/20 | 12:30-2 p.m. | \$42/\$53 | Sr. Ctr. |

Storytelling with Erin

Erin Vannella is a clinical social worker who provides emotional and psychosocial support to individuals recovering from traumatic brain injuries, spinal cord injuries and strokes, as well as their caregivers. Vannella is a former television news reporter, international video documentarian, teacher and baker.

A Mother's Love

Who was the mother in your life? Were you blessed with a beautiful example of how to love? Was it you? Did you mother another? Take an hour to honor the indelible mark a mother has left on your heart. Bring a photo to share.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------|----------|----------|
| 39703 | Tu, 4/7 | 9-10 a.m. | \$7/\$10 | Online |

A Father's Love

Who was the father in your life? Were you blessed with a vulnerable example of how to love? Was it you? Did you father another? Take an hour to honor the story of the man who held you when. Bring a photo to share.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------|----------|----------|
| 39707 | Tu, 5/19 | 9-10 a.m. | \$7/\$10 | Online |

Supper Club

A wine and cheese happy hour with event partner Brightview West End will be followed by dinner. Entertainment by Joshua Bayer caps the evening. Register by April 14 (no refunds after that date). Transportation is available for Rockville residents. Call 240-314-8810 by April 14.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------------|-----------|----------|
| 39655 | Tu, 4/28 | 4:30-6:45 p.m. | \$32/\$42 | Sr. Ctr. |

The 1980s: A Decade of Transformation

The decade of excess and decadence — and transformation. The 1980s brought dramatic changes in politics, medicine, culture and technology. Marked by the AIDS epidemic, the rise of the internet and the collapse of the Soviet Union, it was an era of Cold War, conservatives and computers. Walk through each year and learn about the pivotal people, events and advances that shaped this era. Instructor: Joan Adams.

1983

What a year! The final episode of "M*A*S*H" aired. McDonald's rolled out the McNugget. NASA announced a woman, Sally Ride, would go to space. The U.S. embassy in Beirut was bombed and June had a total solar eclipse.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 39661 | M, 4/13 | 10:30-11:30 a.m. | \$7/\$10 | Online |

1984

There was an election. The Soviets boycotted the Olympics. History was made when Miss America resigned. It was a big year for space travel. On TV, the game show "Jeopardy" made its syndicated entrance; host Alex Trebek became a household name.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 39662 | M, 5/4 | 10:30-11:30 a.m. | \$7/\$10 | Online |

The Lewis and Clark Expedition **NEW!**

The Corps of Discovery was the Army's first diplomatic mission. Meriwether Lewis and William Clark received orders from President Thomas Jefferson to explore the newly acquired Louisiana Territory and find a water passageway to the Pacific. In this virtual field trip, examine primary sources to learn more about the crew, Native American culture and the natural landscape. Explore the mission's lasting impacts. Presented by the National Museum of the U.S. Army.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 39712 | M, 4/13 | 1-2 p.m. | \$7/\$10 | Online |

Watercolor Classes

Watercolor teacher Val Fry has a background in art and art therapy and is active in art organizations throughout the state. Classes are 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 basic techniques in watercolor in this fun, eight-week introduction to the medium.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------------|-------------|----------|
| 39667 | W, 3/25-5/13 | 9:30-11:30 a.m. | \$110/\$131 | Sr. Ctr. |

Intermediate Watercolor

Students with watercolor experience explore different techniques in watercolor that can enhance paintings and learn about the building blocks of better paintings, including the use of color, shapes, values and edges. Classes usually begin with a critique, followed by the introduction of a well-known watercolor artist and end with a demonstration by the teacher.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|-----------------|-------------|----------|
| 39669 | Tu, 3/24-5/12 | 9:30-11:30 a.m. | \$110/\$131 | Online |
| 39670 | Tu, 3/24-5/12 | 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 provide a weekly demonstration. The student has taken either a previous watercolor class with the instructor or has instructor approval.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------|-------------|----------|
| 39668 | W, 3/25-5/13 | 12-2 p.m. | \$110/\$131 | Sr. Ctr. |

Welcome Mat Masterpiece

Craft a personalized spring welcome mat and transform the first impression of your home. Participants 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 March 26.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|-----------|----------|
| 39820 | Th, 4/9 | 1-3 p.m. | \$20/\$25 | Sr. Ctr. |

Wine and Cheese Garden Party

Dress in your best, show off those hats and spend the evening with friends.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|---------|----------|
| 39674 | Tu, 5/12 | 4:30-6 p.m. | \$3/\$5 | Sr. Ctr. |





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, March 3 at 8:30 a.m. for members and

Thursday, March 5 at 8:30 a.m. for nonmembers.

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

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.





Beginner Bird Walk ④

• LOCAL ADVENTURE •

Join Croydon Creek Nature Center staff for a relaxed bird walk at RedGate Park. Learn basic birdwatching skills. Paths are paved. Binoculars provided. No refunds after March 18.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 39805 | W, 4/1 | 9:30-11:30 a.m. | \$15/\$20 | Sr. Ctr. |



"Little Women" at Riverside ①

• CHARTER BUS •

Celebrate America's 250th birthday with this Civil War story of love and family, based on Louisa May Alcott's classic. Trip includes show and lunch. No refunds after March 25.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------------|-------------|----------|
| 39715 | W, 4/15 | 9:30 a.m.-6:30 p.m. | \$130/\$150 | Sr. Ctr. |



Tea at Woodlawn Manor ②

• LOCAL ADVENTURE •

Enjoy traditional afternoon tea with sandwiches and pastries. Includes a Woodlawn Manor presentation. No refunds after April 9.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------------|-----------|----------|
| 39716 | Th, 4/30 | 10:15 a.m.-2 p.m. | \$60/\$80 | Sr. Ctr. |



Washington Nationals Baseball Game ②

• CHARTER BUS •

Watch the Nats take on the Minnesota Twins from club-level seats. Trip includes transportation and tickets. Buy food and beverages on your own. No refunds after April 3.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------------------|-------------|----------|
| 39714 | Th, 5/7 | 10:45 a.m.-5:30 p.m. | \$130/\$150 | Sr. Ctr. |



Camp Day at Bohrer Park ③

• LOCAL ADVENTURE •

An engaging, daylong experience of fun and connection with seniors from the City of Gaithersburg's Benjamin Gaither Center. The day includes mini-golf, a guided history walk through the park, nature crafts and indoor games for all activity levels. Light breakfast and lunch provided. No refunds after May 15.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------------|-----------|----------|
| 40372 | F, 6/5 | 8:30 a.m.-3:30 p.m. | \$30/\$40 | Sr. Ctr. |



(B) Android Basics

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

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 39904 | Tu, W, 4/14-4/15 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 39917 | Tu, W, 5/19-5/20 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

(B) Avoiding PC Scams

Protect yourself while browsing. Learn to detect common scams through email, text and browsing. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 39911 | M, 5/4 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 39934 | W, 6/24 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

(B) Managing Your Files

Understand your PC's file structure. Learn to create folders and copy, move, delete and rename files. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 39901 | M, 4/13 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 39922 | M, 6/1 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

(B) PC New Users

Learn the basics: start-up, shut down and connecting to the internet. No experience necessary. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 39900 | Tu, 4/7 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 39913 | Tu, 5/5 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 39923 | Tu, 6/2 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

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

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Call 240-314-8800 for more information.

(B) Pictures to Device

Transfer photos to your computer and organize them to share with family. Bring your charger to class. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|-----------|----------|
| 39919 | W, 5/27 | 1-3 p.m. | \$14/\$27 | Sr. Ctr. |
| 39926 | M, 6/8 | 1-3 p.m. | \$14/\$27 | Sr. Ctr. |

(BI) iPhone Basics

Take control of your iPhone features. Explore settings and get answers to your questions. Bring your Apple ID. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 39897 | M, W, 4/6&4/8 | 10 a.m.-12 p.m. | \$24/\$36 | Sr. Ctr. |
| 39929 | M, Tu, 6/15-6/16 | 10 a.m.-12 p.m. | \$24/\$36 | Sr. Ctr. |

(I) Optimize your PC

Learn practical tips to boost performance and address slow startup times. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 39932 | M, Tu, 6/22-6/23 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

AI ChatGPT

Learn how ChatGPT can make daily tasks easier, from emails to organization, with no experience needed. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|----------|-----------|----------|
| 39903 | M, Tu, 4/13-4/14 | 1-2 p.m. | \$24/\$36 | Sr. Ctr. |

AI Copilot

Simplify tasks and boost productivity with artificial intelligence. Learn hands-on ways to use AI for writing and research. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|----------|-----------|----------|
| 39898 | M, Tu, 4/6-4/7 | 1-2 p.m. | \$24/\$36 | Sr. Ctr. |

Did you know?

The Rockville Senior Center has a specialized computer lab with 15 Window PC desktops? You may also bring your own laptop to class to learn from your own device.

All Things Google

Explore Google tools designed to enhance productivity and streamline your online experience. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 39915 | M, Tu, 5/11-5/12 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

Backup & Restore PC (B)

Learn how and when to back up your computer and what media is best. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 39927 | W, 6/10 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

Chromebook Basics

Learn how to use your Chromebook for productivity, creativity and entertainment. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|----------|-----------|----------|
| 39916 | Tu, W, 5/12-5/13 | 1-3 p.m. | \$24/\$36 | Sr. Ctr. |

Finding PC Malware

Malware can slow your computer. Learn to prevent threats and protect data. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|-----------|----------|
| 39907 | W, 4/22 | 1-2 p.m. | \$14/\$27 | Sr. Ctr. |

iPad Basics

Learn camera use and app installation on your iPad. Bring your Apple ID. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 39908 | M, Tu, 4/27-4/28 | 10 a.m.-12 p.m. | \$24/\$36 | Sr. Ctr. |

Practice Lab

The lab is open for skill practice or questions about classes. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------------|------|----------|
| 39910 | Th, 4/2-4/30 | 9 a.m.-12 p.m. | Free | Sr. Ctr. |
| 39920 | Th, 5/7-5/28 | 9 a.m.-12 p.m. | Free | Sr. Ctr. |
| 39936 | Th, 6/4-6/25 | 9 a.m.-12 p.m. | Free | Sr. Ctr. |

Using Quick Keys

Uncover functions of F1-F12 keys and Windows logo keys to boost productivity. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 39905 | Tu, W, 4/21-4/22 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

Windows 11 Tips

Discover Windows 11 enhancements like widgets and snap layouts. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 39918 | Tu, W, 5/26-5/27 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 39925 | M, Tu, 6/8-6/9 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

Windows Security

Learn how to secure your device and the importance of regular scans. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 39914 | W, 5/6 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 39931 | W, 6/17 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

Zoom Help

Help is here for Zoom on phone, tablet, or computer. Instructor: Andre Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|----------|----------|
| 39909 | W, 4/29 | 10 a.m.-12 p.m. | \$9/\$15 | Sr. Ctr. |
| 39912 | W, 5/6 | 1-3 p.m. | \$9/\$15 | 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. |

ROCKVILLE SENIOR FITNESS CENTER

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

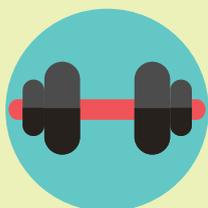
7 a.m.-7 p.m. Monday - Thursday • 7 a.m.-5 p.m. Friday • 9 a.m.-3 p.m. Saturday

Fitness Center Membership Fees: \$95/year (must be a Senior Center member)

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

Fitness Room Membership

Fitness memberships are an add-on purchase to a 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 with a revolutionary program built on up-to-date scientific research, methods and insight to lead a more flexible and fulfilling life. Unwind, reduce stress and muscle tension, and re-energize in as little as 30 minutes. Wear comfortable clothing. Includes work on the mat. Instructor: Matthew Miller.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-------------|-----------|----------|
| 39769 | F, 4/10-6/5 | 2:30-3 p.m. | \$38/\$60 | Sr. Ctr. |

Aerobic Workout

Step up to the latest exercise designed for active participants 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 mixture of oldies and current music. Instructor: Chris Klopfer.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|-----------------|-----------|----------|
| 39795 | Tu, Th, 4/7-6/4 | 11 a.m.-12 p.m. | \$65/\$79 | Sr. Ctr. |
| 39797 | Tu, Th, 4/7-6/4 | 11 a.m.-12 p.m. | \$55/\$79 | Online |



Hydrate! It's important to stay hydrated throughout your workout.

Afternoon Yoga and Relaxation

Relax and recharge. Enjoy slow movement, deep stretching and guided breathing to improve flexibility, balance and well-being in this gentle afternoon class. All levels welcome. Safe, supportive modifications are provided. Instructor: Theresa Catterton-Doherty.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-------------|-----------|----------|
| 39784 | Th, 4/9-6/4 | 2-2:45 p.m. | \$50/\$75 | Sr. Ctr. |

Arthritis Foundation Exercise

Gentle movements help improve flexibility, range of motion, stamina and muscle strength while easing pain and stiffness. Exercise also supports overall well-being and can reduce feelings of isolation. Based on a program created by the Arthritis Foundation. Instructors: Yenobis Delgado-Alba (Tu/Thu) and Matthew Miller (Fri).

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|-----------------|-----------|----------|
| 39796 | Tu, Th, 4/7-6/4 | 1-2 p.m. | \$56/\$79 | Online |
| 39760 | F, 4/10-6/5 | 12:15-1:15 p.m. | \$45/\$60 | Sr. Ctr. |
| 39764 | F, 4/10-6/5 | 12:15-1:15 p.m. | \$40/\$60 | Online |

Balance Matters

Improve stability, coordination, leg strength and posture. Exercises in this basic balance class help reduce the risk of falling and prevent injury, improving overall daily life. Instructor: Theresa Catterton-Doherty.

| Course | Day, Date | Time | Cost | Location |
|--------|------------|-------------|-----------|----------|
| 39775 | M, 4/6-6/8 | 1:15-2 p.m. | \$45/\$60 | Sr. Ctr. |
| 39779 | M, 4/6-6/8 | 1:15-2 p.m. | \$38/\$60 | Online |

Balance Challenge

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

| Course | Day, Date | Time | Cost | Location |
|--------|------------|-------------|-----------|----------|
| 39759 | W, 4/8-6/3 | 1:15-2 p.m. | \$45/\$60 | 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 |
|--------|-------------|-------------|-----------|----------|
| 39782 | Tu, 4/7-6/2 | 1:15-2 p.m. | \$60/\$72 | Sr. Ctr. |

Bilingual Yoga with a Chair

Enjoy the benefits of gentle exercise and relaxation. Modifications to standard yoga poses will be used, with focus on breathing, 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 |
|--------|-------------|--------------------|-----------|----------|
| 39756 | F, 4/10-6/5 | 11:15 a.m.-12 p.m. | \$45/\$60 | 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 |
|--------|------------|-------------|-----------|----------|
| 39755 | W, 4/8-6/3 | 9-9:30 a.m. | \$38/\$50 | Sr. Ctr. |
| 39752 | W, 4/8-6/3 | 9-9:30 a.m. | \$35/\$50 | Online |

Cardio Drumming

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 |
|--------|-------------|----------------|-----------|----------|
| 39754 | Tu, 4/7-6/2 | 2:30-3:15 p.m. | \$38/\$50 | Sr. Ctr. |

Cardio Motion

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

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|----------------|-----------|----------|
| 39774 | Tu, 4/7-6/2 | 1:15-2:15 p.m. | \$45/\$60 | Sr. Ctr. |

Chair Exercise

A seated program with exercises 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 |
|--------|------------|-----------------|-----------|----------|
| 39753 | M, 4/6-6/8 | 11 a.m.-12 p.m. | \$38/\$50 | Sr. Ctr. |

Chair Yoga

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

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|--------------------|-----------|----------|
| 39778 | Th, 4/9-6/4 | 11:15 a.m.-12 p.m. | \$45/\$60 | Sr. Ctr. |

Country Line Dance Party NEW!

Saddle up, folks! Kick up some dust and dance the afternoon away. Whether a seasoned line dancer or just starting out, there's a place for everyone on the dance floor. Country-western attire optional. Snacks provided. Instructor: Gizzelle Merced.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------------|----------|----------|
| 39743 | Th, 5/14 | 3:30-4:45 p.m. | \$8/\$10 | Sr. Ctr. |

Did you know?

Exercising helps prevent disease, improves muscle health and helps improve cognitive functioning.

Easy Feet

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

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|--------------------|-----------|----------|
| 39767 | F, 4/10-6/5 | 11:15 a.m.-12 p.m. | \$40/\$60 | Sr. Ctr. |
| 39771 | F, 4/10-6/5 | 11:15 a.m.-12 p.m. | \$35/\$60 | Online |

Easy Zumba

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

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|---------------|-----------|----------|
| 39787 | M, W, 4/6-6/8 | 10-10:50 a.m. | \$62/\$75 | Sr. Ctr. |
| 39791 | M, W, 4/6-6/8 | 10-10:50 a.m. | \$48/\$75 | Online |

Fitness Workshop — **NEW!** It's All About Good Posture

Maintaining good posture can prevent pain, injuries and other health issues. This workshop will focus on two types of posture: Dynamic posture (while moving, such as running, walking, or bending) and Static posture (while you are standing still or sleeping). Instructor: Matthew Miller.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 39940 | Th, 4/2 | 10-11:15 a.m. | \$15 | Sr. Ctr. |

Fitness Workshop — Female Pelvic Floor Health

A three-part workshop designed for female participants, providing education on anatomy, functional components and exercises to maintain a healthy pelvic floor. Instructor: Lori Newman.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|-----------------|-----------|----------|
| 39776 | Tu, 4/14-4/28 | 12:15-1:30 p.m. | \$45/\$60 | Sr. Ctr. |



Did You Know? Volunteers are available to take your blood pressure in the Senior Center health room on Mondays from 10 a.m.-noon.

Fitness Workshop — Female Pelvic Floor Health: Level 2

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

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|--------------|-----------|----------|
| 39781 | Tu, 5/5-6/9 | 12:15-1 p.m. | \$60/\$72 | Sr. Ctr. |

Fitness Workshop — Male Pelvic Floor Health

Address leaks, urgency and other age-related changes with simple, proven exercises designed for men. Learn techniques to strengthen the pelvic floor, improve bladder and bowel control, support core health and boost confidence for a better quality of life at any age. Instructor: Lori Newman.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|-----------------|-----------|----------|
| 39763 | Th, 4/16-4/30 | 12:30-1:45 p.m. | \$45/\$60 | Sr. Ctr. |

Fitness Workshop — **NEW!** Relax, Restore, Resonate

A calming mind-body experience that combines gentle yoga poses with a restorative sound bath. Sink into deep relaxation, release tension and allow soothing vibrations to harmonize your energy, leaving you refreshed and rebalanced. Instructors: Corina Urdaneta and Noelia Serrano-Gonzalez.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|-----------|----------|
| 39745 | W, 4/1 | 2-3 p.m. | \$15/\$18 | 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. This class is appropriate for most fitness levels. Instructor: Chris Klopfer.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|---------------|-----------|----------|
| 39801 | Tu, Th, 4/7-6/4 | 10-10:50 a.m. | \$70/\$85 | Sr. Ctr. |
| 39800 | Tu, Th, 4/7-6/4 | 10-10:50 a.m. | \$63/\$85 | Online |



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 |
|--------|-------------|---------------|-----------|----------|
| 39783 | Tu, 4/7-6/2 | 11-11:45 a.m. | \$60/\$72 | 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 — such as Frank Sinatra and the Beatles. Dance the hustle, jive, swing, salsa, quickstep and others. Instructor: Megan Cooperman.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|---------------|-----------|----------|
| 39773 | Sa, 4/11-6/6 | 10-10:45 a.m. | \$40/\$60 | Sr. Ctr. |
| 39770 | Sa, 4/11-6/6 | 10-10:45 a.m. | \$35/\$60 | Online |

Line Dancing

Use your own style of dance while learning 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 |
|--------|------------|-----------------------|-----------|----------|
| 39780 | W, 4/8-6/3 | 11:15 a.m.-12:05 p.m. | \$40/\$60 | 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 the trainer. 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 |
|--------|----------------|---------------|-------|----------|
| 39803 | M-Sa, 4/6-6/20 | 9 a.m.-4 p.m. | \$395 | Sr. Ctr. |

Relax, Rejuvenate, Resonate **NEW!**

A calming mind-body experience that combines gentle yoga poses with a restorative sound bath. Sink into deep relaxation, release tension and allow soothing vibrations to harmonize energy, leaving you refreshed and rebalanced. Instructors: Corina Urdaneta and Noelia Serrano-Gonzalez.

| Course | Day, Date | Time | Cost | Location |
|--------|------------|-------------|-----------|----------|
| 39785 | W, 4/8-6/3 | 2:15-3 p.m. | \$60/\$75 | Sr. Ctr. |

Spring Camp Training: **NEW!** Cardio Drumming

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 |
|--------|-----------|---------------|-----------|----------|
| 39938 | Tu, 3/24 | 10-10:45 a.m. | \$10/\$12 | Sr. Ctr. |

Spring Camp Training: **NEW!** Forever Fit

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

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|-----------|----------|
| 39939 | Th, 3/26 | 10-10:50 a.m. | \$10/\$12 | Sr. Ctr. |

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-minute | \$55 | Fitness Rm |
| 27490 | Four: 30-minute | \$110 | Fitness Rm |
| 27486 | Six: 30-minute | \$160 | Fitness Rm |
| 27491 | Twelve: 30-minute | \$289 | Fitness Rm |
| 27492 | Twenty: 30-minute | \$450 | Fitness Rm |

Check the monthly newsletter for updates!

Spring Camp Training: **NEW!** Line Dancing

Stay fit while having fun. Use your own style of dance while learning social line dances for weddings, holiday functions and more. Designed for all levels. Instructor: Gizelle Merced.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|-----------|----------|
| 39941 | W, 3/25 | 10-10:50 a.m. | \$10/\$12 | Sr. Ctr. |

Spring Camp Workshop: **NEW!** Brain and Body Coordination

A dynamic full-body workout designed to improve coordination, balance, mobility and muscular control. Blends functional strength, rhythm-based movement, agility drills and bodyweight conditioning to help participants move with ease and confidence. Ideal for all fitness levels. Instructor: Matthew Francis.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|--------------------|-----------|----------|
| 39747 | Th, 3/26 | 11 a.m.-12:15 p.m. | \$15/\$18 | Sr. Ctr. |

Spring Camp Workshop: **NEW!** Food + Movement = Better Digestion

Gentle, low-impact movement with a short nutrition talk to support healthy digestion. Includes easy exercises (seated or standing) to help reduce bloating and improve circulation, followed by simple tips on fiber and hydration to promote regularity and gut health. Instructors: Matthew Francis and Jackie Selvas.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|--------------------|-----------|----------|
| 39746 | Tu, 3/24 | 11 a.m.-12:15 p.m. | \$15/\$18 | Sr. Ctr. |

Spring Camp Workshop: **NEW!** Stretching for Stiff Joints

Slow, pain-free stretches improve flexibility and reduce joint stiffness in this gentle, arthritis-friendly workshop. Focuses on the shoulders, hips and spine, with exercises that can be done seated or standing, emphasizing relaxation, breathing and simple movements to support everyday mobility. Instructor: Noelia Serrano-Gonzalez and Lori Newman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|--------------------|-----------|----------|
| 39748 | W, 3/25 | 11 a.m.-12:15 p.m. | \$15/\$18 | Sr. Ctr. |

Standing Strength and Balance

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

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|---------------|-----------|----------|
| 39757 | Sa, 4/11-6/6 | 11-11:45 a.m. | \$40/\$60 | Sr. Ctr. |
| 39765 | Sa, 4/11-6/6 | 11-11:45 a.m. | \$35/\$60 | Online |

Strength and Stability: Lunchtime Fitness

Improve strength, balance and mobility with body-weight exercises and resistance bands. This low-impact midday session supports movement, helps reduce the risk of falls and promotes wellness. Build functional fitness in a safe, supportive environment. Instructor: Yenobis Delgado-Alba.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|------------------|-----------|----------|
| 39766 | Th, 4/9-6/4 | 12:05-12:50 p.m. | \$35/\$60 | Online |

Strength Training Challenge

Build muscle strength and endurance and improve balance. Guided movements working all major muscle groups with the use of weights, bands and tubes. Includes work on the mat. Instructor: Matthew Miller.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|-------------|-----------|----------|
| 39799 | Tu, Th, 4/7-6/4 | 9-9:45 a.m. | \$68/\$81 | Sr. Ctr. |
| 39798 | Tu, Th, 4/7-6/4 | 9-9:45 a.m. | \$59/\$81 | Online |

Stretch and Energize — Mindful Flexibility

Combines gentle seated and standing stretches with mindful breathing to improve flexibility, posture and mental clarity in a refreshing 30-minute class. No floor work required. All levels welcome. Instructor: Noelia Serrano-Gonzalez.

| Course | Day, Date | Time | Cost | Location |
|--------|------------|---------------|-----------|----------|
| 39761 | W, 4/8-6/3 | 11-11:30 a.m. | \$38/\$60 | Sr. Ctr. |

Stretching and Flexibility Coach — Small Group Training

Prevent injury and increase flexibility. A revolutionary small-group program built on up-to-date scientific research to lead a more flexible and fulfilling life. Wear comfortable clothing. Includes work on the mat. Instructor: Noelia Serrano-Gonzalez.

| Course | Day, Date | Time | Cost | Location |
|--------|------------|-------------|-----------|----------|
| 39790 | M, 4/6-6/8 | 2:15-3 p.m. | \$50/\$75 | Sr. Ctr. |

Tai Chi Level 1

Uncover the mystery of Tai Chi and explore its principles through basic movements like "Grasp the Sparrow's Tail." Learn how to harmonize the body into a unit through posture, movement, concentration and relaxation to develop internal energy called "jin." Instructor: Cain Yentzer.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-----------------|-----------|----------|
| 39793 | Th, 4/9-6/4 | 12:45-1:45 p.m. | \$62/\$78 | Sr. Ctr. |

Tai Chi Level 2

Delve deeper into tai chi, building on the foundation from level 1. Learn to synchronize breath with stepping techniques to cultivate 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 |
|--------|-------------|----------|-----------|----------|
| 39794 | Th, 4/9-6/4 | 2-3 p.m. | \$62/\$78 | Sr. Ctr. |

Senior Citizens Commission

The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life. Commission spots are available.

Day, Date: Third Thursday of every month.

Time: 9:30 a.m. **Location:** Hybrid

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 |
|--------|------------|-----------------|-----------|----------|
| 39762 | W, 4/8-6/3 | 12:15-1:05 p.m. | \$45/\$60 | Sr. Ctr. |
| 39768 | W, 4/8-6/3 | 12:15-1:05 p.m. | \$40/\$60 | Online |

Total Body Sculpt

A full-body workout combining cardio and resistance training. Accessible to all fitness levels. Focuses on strength, endurance and cardiovascular health. Instructor: Theresa Catterton-Doherty.

| Course | Day, Date | Time | Cost | Location |
|--------|------------|-----------------|-----------|----------|
| 39772 | M, 4/6-6/8 | 12:15-1:05 p.m. | \$45/\$60 | Sr. Ctr. |
| 39777 | M, 4/6-6/8 | 12:15-1:05 p.m. | \$40/\$60 | Online |

Total Conditioning Workout

Strength-building, non-cardio fitness class designed to improve flexibility and balance using hand weights and bands. Instructor: Chris Klopfer.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-------------|-----------|----------|
| 39786 | M, 4/6-6/8 | 9-9:45 a.m. | \$58/\$75 | Sr. Ctr. |
| 39789 | M, 4/6-6/8 | 9-9:45 a.m. | \$48/\$75 | Online |
| 39788 | F, 4/10-6/5 | 9-9:45 a.m. | \$58/\$75 | Sr. Ctr. |
| 39792 | F, 4/10-6/5 | 9-9:45 a.m. | \$48/\$75 | Online |

Yoga for You

Incorporating exercise, diet, breathing and meditation. Learn gentle stretching and strengthening. Includes work on the mat. Instructor: Corina Urdaneta.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|------------|-------------|----------|
| 39802 | W, F, 4/8-6/3 | 10-11 a.m. | \$102/\$125 | Sr. Ctr. |

Zumba Gold

Easy Latin and internationally inspired program for beginners. Total-body workout in a fun atmosphere. Instructor: Larissa Johnson.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|----------------|-----------|----------|
| 39758 | F, 4/10-6/5 | 1:30-2:15 p.m. | \$40/\$60 | Sr. Ctr. |

Sports — Instructional

If registering for a table tennis class, 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 experience who want to learn basic rules and scoring. Helps increase dexterity and coordination.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|----------|------|----------|
| 39749 | M, 4/20-6/1 | 1-2 p.m. | \$40 | Sr. Ctr. |

Table Tennis — Beginner II

For those with basic experience who want to advance their skills. Helps increase dexterity and coordination.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------|------|----------|
| 39750 | W, 4/22-5/27 | 1-2 p.m. | \$40 | Sr. Ctr. |

Table Tennis — Intermediate

For those with knowledge of rules and scoring. Aids dexterity and coordination.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------|------|----------|
| 39751 | F, 4/24-5/29 | 1-2 p.m. | \$40 | Sr. Ctr. |

Sports — Leagues

Bocce Ball Club

Easy to learn and can be enjoyed at all levels. A court is located behind the Senior Center. For Senior Center members only.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------------|--------------|------|----------|
| 39949 | Tu, Th, 4/7-10/29 | 10 a.m.-noon | Free | Sr. Ctr. |

Senior Duffers

Join the 2026 Golf Season. Play is arranged at local golf courses. This is not a teaching activity. All levels of ability are invited to join. All additional fees paid directly to the course on day of play. **Organizational meeting on Wednesday, March 25 at 10 a.m.**

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------|---------|----------|
| 39950 | M, 4/27-9/28 | 7-11 a.m. | \$7/\$9 | Sr. Ctr. |

Rockville Senior Center Clubs



Join clubs to make new friends and enrich lives through the power of fun and friendship!

Please email seniorrecreation@rockvillemd.gov.

Young in Heart Club: meets on the third Thursday of the month. Speakers, entertainment and luncheons and

special holiday events.

Willing 3C's Club: meets on the third Friday of the month. Bingo, speakers, luncheons and special holiday events.

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

Note: Game Room is closed during class time.

CarFit

Quick check of how you and your vehicle work together. Register for a 12-point checklist appointment. **Call Betty at 240-314-8803.** Presented by MDOT.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------------|------|----------|
| | Tu, 5/12 | 10 a.m.-2 p.m. | Free | Sr. Ctr. |

Back Pain from Stenosis and Dry Needling

Discussion on stenosis anatomy and physical therapy. Includes dry needling history and benefits. Presented by Dr. Brennon Monroe, DPT, CAM Physical Therapy.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 39865 | Tu, 4/7 | 1-2:30 p.m. | Free | Sr. Ctr. |

Better Breathers Club

Monthly educational presentations on respiratory issues. Presented by Kerri Donnelly of Montcare. Meets third Thursdays. Walk-ins welcome.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------------|----------------|------|----------|
| 39827 | Th 4/16, 5/21, 6/18 | 1:30-2:30 p.m. | Free | Sr. Ctr. |

Caring for Your Mind as You Age

A discussion on the changes that happen to our mental health as we age. Tips for maintaining healthy mental health will be shared. Presented by a Johns Hopkins medical expert.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 39902 | Th, 5/28 | 1-2 p.m. | Free | Online |

Let's Talk About Breathing and Lung Health

An informative session on lung health. Understand lung health and recognize common breathing changes. Presented by a Johns Hopkins Medicine expert.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 39906 | Th, 6/25 | 1-2 p.m. | Free | Online |

National DEA Drug Take Back

Rockville City Police will safely dispose of unused, expired drugs. Pet medications welcome. No needles, EPI pens, inhalers or glass containers with rubbing alcohol or peroxide accepted. No registration needed.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|------|----------|
| 39830 | Tu, 4/7 | 10 a.m.-12 p.m. | Free | Sr. Ctr. |

Obstructive Sleep Apnea

This common but often underdiagnosed condition affects about one-third of U.S. adults, ranging from mild to severe, and carries serious health risks, making early recognition and treatment critical. Learn about management options, including CPAP, nasal airway optimization and Inspire, for those unable to use CPAP. Presented by Dr. Andrew Lee with Metro ENT & Facial Plastic Surgery in Rockville.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 40235 | W, 4/8 | 1-2:30 p.m. | Free | Sr. Ctr. |

Personal Safety and Fraud Prevention

Rockville City Police officers give tips on how to protect yourself from crime and fraud and how to combat scams and hackers.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 40369 | Tu, 6/9 | 1-2:30 p.m. | Free | Sr. Ctr. |

Preventing Muscle Loss

Maintain and improve muscle health and function as you age. Presented by Dr. Chris Burton, DPT, Launch Physical Therapy and Fitness.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 39826 | Tu, 4/14 | 1-2:30 p.m. | Free | Hybrid |

Smart Skin Care for Healthy Aging

Explore common skin concerns for adults 55 and older. Learn steps for daily care and when to seek medical evaluation. Presented by a Johns Hopkins Medicine expert.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 39899 | Th, 4/23 | 1-2 p.m. | Free | Online |

Stress Reduction/Meditation

Meditation and discussion with tools to focus and relax. Presenter Betty Figlure has taught stress reduction for over 30 years.

| Course | Day, Date | Time | Cost | Location |
|--------|------------|----------|-----------|----------|
| 39829 | M, 4/6-6/8 | 1-2 p.m. | \$30/\$40 | Sr. Ctr. |

Rockville Seniors, Inc. (RSI)

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

ANNUAL HEALTH FAIR 2026



**Wednesday, May 20
10:30 a.m. to 1 p.m.**

Information for maintaining your good health, a raffle, healthy snacks and health tests will be available. Vaccines will be available. Local vendors, prizes and more. Free and located at the Rockville Senior Center.

Come join us for the Health Fair!

Support Resources

A Peace of Mind

An overview of advanced funeral planning, emphasizing the benefits of and key steps for pre-arranging funerals and cremations. Led by a prearrangement specialist from Sagel Bloomfield Danzansky Goldberg Funeral Care, Inc., attendees will gain practical insights to make informed decisions and secure peace of mind.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 39879 | F, 5/22 | 10-11:30 a.m. | Free | Sr. Ctr. |

All Aboard the Housing Tour

Small weekly tours of senior living facilities near the Senior Center. Meet staff and view amenities. Be prepared for walking. Space is limited. Conducted by Oasis and DMV Living.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-------------------|------|----------|
| 39867 | W, 4/1-4/29 | 10:30 a.m.-2 p.m. | Free | Sr. Ctr. |

Alzheimer's Association Memory Cafe

A relaxed way for people living with early-stage memory loss to connect through social events. Meets first and third Mondays. Bring a bag lunch. New attendees should contact Laura Byer at 301-233-6879 or lbbyer@alz.org prior to attending.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------------|-----------|------|----------|
| 39889 | M, 4/20, 5/18, 6/15 | 12-1 p.m. | Free | Sr. Ctr. |

Computer Safety and Accessibility for Seniors

Tips to stay safe online. Discover hidden features to customize devices for a smoother, easier experience. Learn how to spot red flags, protect your information, use voice to dictate, have text read aloud, caption what you hear, explore private artificial intelligence tools and more.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 39869 | W, 5/13 | 10-11:30 a.m. | Free | Sr. Ctr. |

Death Cafe

A safe space with open discussion to explore and share thoughts on end-of-life topics with Patricia Dubroof from Assisting Hands.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 39873 | W, 4/1 | 10-11:30 a.m. | Free | Sr. Ctr. |

Financial Planning for Seniors: Rules of the Road

Reviews 10 principles to help build a sound financial strategy. Nicole Martin of Edward Jones shares how to set realistic expectations and review plans with confidence.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------|------|----------|
| 39868 | F, 5/1 | 10-11 a.m. | Free | Sr. Ctr. |

Grupo de Apoyo Hispano

Las personas mayores pueden compartir sus miedos y frustraciones. Recibir apoyo sin juzgar, creando un espacio para compartir sentimientos con terapeuta bilingüe de Affiliated Santé Group.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------------|------|----------|
| 39890 | Th, 4/2-6/25 | 11 a.m.-12 p.m. | Free | Sr. Ctr. |

Positive Aging Program

Meet fellow seniors to chat about daily events, make friends and learn something new.

Brain Games Online

Test memory and solve problems while engaging in friendly competition. Meets second and fourth Tuesdays of each month.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|-------------|------|----------|
| 39892 | Tu, 4/14-6/23 | 1-2:30 p.m. | Free | Online |

Engaging Conversations

An informal discussion group centered on a topic of the day. Participants are encouraged to share perspectives, listen to others and enjoy respectful conversation in a relaxed setting.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|------|----------|
| 39895 | Tu, 4/7-5/19 | 1-2:30 p.m. | Free | Online |

Living and Learning

Monthly group featuring guest speakers to support healthy aging. Meets second Thursday of each month.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------------|-------------|------|----------|
| 39894 | Th, 4/9, 5/14, 6/11 | 1-2:30 p.m. | Free | Online |

Managing Stress Online

Weekly support to counter isolation and anxiety. Participants learn coping skills. Each session begins with meditation. Meets every Friday.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-----------------|------|----------|
| 39891 | F, 4/3-6/26 | 11 a.m.-12 p.m. | Free | Online |

Positive Aging Alone

Ongoing group for seniors who live alone. Opportunity for socializing and learning tips for positive living. Meets first and third Thursdays.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|------|----------|
| 39893 | Th, 4/2-6/19 | 1-2:30 p.m. | Free | Online |

Spring Refresh

Practical tips to start downsizing and reduce the stress of a future move. Join Kathleen Caulfield Meyer, a Realtor with Coakley Realty, for expert strategies to prepare a home for sale, market insights and a Q&A. Free downsizing workbook included, plus doughnuts and coffee.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 39866 | W, 4/8 | 10-11:30 a.m. | Free | Sr. Ctr. |

Staying Healthy and Independent After 55

Practical tips to stay proactive about health and maintain independence. Learn lifestyle strategies and fall prevention tips. Presented by Natoo Goba.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 39864 | Tu, 4/21 | 10-11:30 a.m. | Free | Sr. Ctr. |

Turning 65?

Medicare choices are important. Learn about signing up and available assistance from State Health Insurance Assistance Program representatives.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 39896 | W, 4/8 | 6-7:30 p.m. | Free | Sr. Ctr. |
| 40397 | W, 4/29 | 10-11:30 a.m. | Free | 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.

Fourth Thursday of each month
from 2-4 p.m.

Location: Rockville Senior Center,
1150 Carnation Drive, Rockville

March 26, 2026
April 23, 2026
May 28, 2026
June 25, 2026

Please bring your own reusable bags



Supper Club Catered Dinner and Entertainment Tuesday, Apr. 28

4:30-6:45 p.m. \$32M/\$42NM

Wine and Cheese

Happy Hour

Register #39655

Did You Know?

The Rockville Senior Center has a library with over 6,000 books, including best sellers, over 10 genres, a large print section and different languages.

Daily Lunch

Lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal. Reservations required three days in advance: 240-314-8810.

Questions?

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



Senior Center

Membership Benefits Include:

- Senior programs discounts
- Discounts on rentals
- DVD rentals
- Eligibility to join the fitness center and senior garden plots
- Early class registration
- Drop-in programs

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 to counseling for emergency food, clothing, finances, housing assistance and foreclosure are available.

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

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 Rockville residents aged 60 and older. Reservations required. Please see or call the transportation office for a reservation: 240-314-8810. Please call before 2 p.m. the day before and Friday for a Monday pickup.

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

General Information

Registration Begins:

- Member registration begins Tuesday, Mar. 3.
- Nonmember registration begins Thursday, Mar. 5.

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 to:

Rockville Senior Center: 240-314-8809

3. Mail to:

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 | #2239 |
| \$25 | #2240 |
| \$50 | #2241 |
| \$75 | #2242 |
| \$100 | #2243 |

Course #s

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**

Registration Form/Formulario de inscripción

Check here if this is a new address, phone number or email address.

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

Please print. This form may be copied.

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)

| | | | |
|--|---------------|----------------|---------------------|
| <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ | City / Ciudad | State / Estado | Zip / Código Postal |
|--|---------------|----------------|---------------------|

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:

Spring Camp Trainings and Workshops

Stay in shape while on break! Check out our spring trainings and workshops. Details on pages 19 and 21.

National DEA Drug Take Back

Tuesday, Apr. 7, 1-3 p.m.

Details on page 24.

Free • Sr. Ctr.

Supper Club

Tuesday, Apr. 28, 4:30-6:45 p.m.

Wine and cheese happy hour, catered dinner and entertainment.

Course #**39655** • Cost: \$32/\$42 • Sr. Ctr.

Mother's Day Celebration

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

Details on page 8.

Course #**39833** • Cost: \$10/\$12 • Sr. Ctr.

Wine and Cheese Garden Party

Tuesday, May 12, 4:30-6 p.m.

Details on page 11.

Course #**39674** • Cost: \$3/\$5 • Sr. Ctr.

Health Fair

Wednesday, May 20, 10:30 a.m.-1 p.m.

Details on page 25.

Free • Sr. Ctr.