



# ROCKVILLE SENIORS

## The Center's Monthly Highlights

March 2026

### FEATURED PROGRAMS & EVENTS

#### Spring Registration

Mar. 3 • 8:30 a.m. • Senior Center member/  
City of Rockville Residents

Mar. 5 • 8:30 a.m. • General

#### Super Saturday Tax Prep Event

Saturday, Mar. 21 • 9 a.m.- 2:30 p.m.  
Sign up today to get taxes done!

#### AARP Tax-Aide

Your trusted Rockville Senior Center AARP  
Tax-Aide team is still here to help!

Must make an appointment.

- Schedule your appointment by calling us at  
240-777-2577 during our operating hours:  
Monday-Friday, 9 am to 4 pm

- Schedule online: [www.taxaidemc.info](http://www.taxaidemc.info)

#### Senior Duffers

The 2026 Senior Duffers Organizational  
Meeting will be held on Wednesday, March  
25 at 10 a.m. at the Rockville Senior Center.

#### Broadway Dance Party

Friday, Mar. 20 • 1-2:15 p.m. •  
Course #38493 • \$8/\$10 • Senior Center  
Get ready to strut your stuff, perfect your  
jazz hands and feel the magic of the stage  
come alive in every step. Dance like you're

center stage on Broadway.

#### Spring Camp Workshop: Brain & Body Coordination

Thursday, Mar. 26 • 11 a.m.-12:15 p.m. •  
Course #39747 • \$15/\$18 • Senior Center  
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.

### WITH HEAVY HEARTS

It is with great sadness that we share the  
passing of our beloved colleague and friend,  
Betty Figure, known to many as our Stress  
Reduction, Meditation, and Chair Yoga  
instructor and the lead of our annual Health  
Fair. She will be remembered for  
her warmth, dedication,  
and love for our  
community, and she  
will be deeply missed.

**Betty Figure,**  
**Senior Services**  
**Wellness Coordinator**



<p>Office and Building Hours Monday-Friday, 8:30 a.m.-5 p.m. Saturday, 9 a.m.-3 p.m.</p>	<p>Rockville Senior Center 1150 Carnation Drive Rockville, MD 20850 240-314-8800 <a href="mailto:seniorcenter@rockvillemd.gov">seniorcenter@rockvillemd.gov</a> <a href="http://rockvillemd.gov/seniorcenter">rockvillemd.gov/seniorcenter</a></p>	<p>Fitness Center Hours Monday-Thursday, 7 a.m.-7 p.m. Friday, 7 a.m.-5 p.m. Saturday, 9 a.m.-3 p.m.</p>
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## FITNESS PROGRAMS

### **Spring Camp Workshop:**

#### **Food + Movement = Better Digestion**

Tuesday, Mar. 24 • 11 a.m.-12:15 p.m. •

Course #39746 • \$15/\$18 • Senior Center  
Combines gentle, low-impact movement with a short nutrition talk to support healthy digestion. Participants will enjoy 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.  
Instructor: Matthew Francis and Jackie Selvas

### **Spring Camp Training: Cardio Drumming**

Tuesday, Mar. 24 • 10-10:45 a.m. •

Course #39938 • \$10/\$12 • Senior Center  
Get your heart pumping, strengthen your lungs and improve endurance, using a stability ball and drumsticks. Adaptable to most fitness levels. Instructor: Matthew Miller.

### **Spring Camp Workshop:**

#### **Stretching For Stiff Joints**

Wednesday, Mar. 25 • 11 a.m.-12:15 p.m. •

Course #39748 • \$15/\$18 • Senior Center  
A gentle, arthritis-friendly workshop for seniors that uses slow, pain-free stretches to improve flexibility and reduce joint stiffness. Focusing on the shoulders, hips, and spine, exercises can be done seated or standing and emphasize relaxation, breathing, and simple movements to support everyday mobility at home. Instructor: Noelia Serrano-Gonzalez and Lori Newman.

### **Spring Camp Training: Line Dancing**

Wednesday, Mar. 25 • 10-10:50 a.m. •

Course #39941 • \$10/\$12 • Senior Center  
Stay fit while having fun. Use your own style of dance while learning fun, popular, social line dances for weddings, holiday functions and more. Includes music from multiple

genres, such as country, soul, pop and Latin. Designed for all levels in a free-flowing and fun atmosphere. Instructor: Gizelle Merced.

### **Spring Camp Training: Forever Fit**

Thursday, Mar. 26 • 10-10:50 a.m. •

Course #39939 • \$10/\$12 • Senior Center  
Receive 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.

## IN-PERSON MOVIE MATINEES

### **'Rental Family'**

(2025, Comedy/Drama) • DVD

Thursday, Mar. 12 • 1-3 p.m.

Friday, Mar. 13 • 1-3 p.m.

Set in modern-day Tokyo, an American actor who struggles to find purpose until he lands an unusual gig: working for a Japanese "rental family" agency, playing stand-in roles for strangers. Rated PG-13 for thematic elements, suggestive material, some strong language.

### **'Sentimental Value'**

(2025, Drama/Tragicomedy) • Amazon Prime

Thursday, Mar. 26 • 1-3:15 p.m.

Friday, Mar. 27 • 1-3:15 p.m.

Sisters Nora and Agnes reunite with their estranged father, the charismatic Gustav, a once-renowned director who offers stage actress Nora a role in what he hopes will be his comeback film. Rated R for brief nudity, a sexual reference, some language.

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

## RECREATION PROGRAMS

### **Mission to Mars**

Monday, Mar. 9 • 1-2 p.m. •  
Course #39735 • \$7/\$10 • Virtual  
Learn about the challenges we must overcome on our mission to Mars and how we plan to land our astronauts there. Presented by Space Center Houston.

### **1980s Movies Based on Real People: 1982**

Monday, Mar. 16 • 10:30-11:30 a.m. •  
Course #38269 • \$7/\$10 • Virtual  
Movies inspired by politics in the U.S. and abroad: "Gandhi" and "Missing."

### **A House Divided: Civil War**

Monday, Mar. 16 • 1-2 p.m. •  
Course #39736 • \$7/\$10 • Virtual  
Explore how this great conflict and subsequent Reconstruction period are depicted through the traditional mediums of painting and sculpture, as well as the then-new medium of photography. Presented by Smithsonian American Art Museum.

### **Montgomery County Schools Named for Famous People: Julius West**

Monday, Mar. 23 • 10:30-11:30 a.m. •  
Course #38266 • \$7/\$10 • Virtual  
Born in England, Julius West translated Chekhov into English and produced several other works, including a posthumously published history of Chartism.

### **From Boom to Dust in the Texas Panhandle**

Monday, Mar. 23 • 1-2 p.m. •  
Course #39737 • \$7/\$10 • Virtual  
Learn about the causes of the Dust Bowl. Hear first-hand stories of people who lived through it and discuss the methods used to stop the deadly storms. Presented by Panhandle Plains Historical Museum.

### **Painting with Cathy: Butterflies on Rocks**

Tuesday, Mar. 24 • 10:30 a.m.-12 p.m. •

Course #39809 • \$13/\$16 • Senior Center  
Sparkling butterflies hand-painted on smooth rocks. These can be used as paperweights, garden decor and more. No refunds after Mar. 10.

### **Stand Up Workshop**

Monday, Mar. 23-Apr. 20 • 12:30-2 p.m. •  
Course #39657 • \$42/\$53 • Senior Center  
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. No experience needed, just curiosity, courage and a sense of humor. No class Apr. 6. Instructor: Topher Bellavia.

### **History Alive: Queen Elizabeth I**

Tuesday, Mar. 24 • 1-2 p.m. •  
Course #38283 • \$7/\$10 • Senior Center  
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. Presented by award-winning actress and Smithsonian scholar, Mary Ann Jung.

### **Native Pollinators**

Thursday, Mar. 26 • 1-2 p.m. •  
Course #39811 • \$7/\$10 • Senior Center  
Learn from Croydon Creek staff about Maryland's native pollinators and how to support them at home. Assemble a bee house to take home. Materials included.

## CLUB NEWS

Club News: If you are not a current member and would like to join one of the clubs below, please email [seniorrecreation@rockvillemd.gov](mailto:seniorrecreation@rockvillemd.gov). Current club members will be emailed details about upcoming meetings.

Young in Heart – Mar. 19

Willing 3C's – Mar. 20

Red Hat – Mar. 25

## SUPPORT & WELLNESS PROGRAMS

### Memory Screenings

Wednesday, Mar. 4 • 10:30 a.m. •

Free • Senior Center

A quick, safe way to assess memory and thinking skills, screenings help determine if further evaluation is needed. Provided by Potomac Courts, each appointment lasts 15 minutes. Call 240-314-8810 to schedule.

### Why the Proven Benefits of Supplements Are So Important Today

Thursday, Mar. 5 • 1-2:30 p.m. •

Course #38451 • Free • Senior Center

Proper nutrition and a healthy lifestyle can prevent many diseases, including heart disease, cancer, and type 2 diabetes much of the time. Learn how supplements contribute to long term health. Presented by Dr Gary Mendelson, nutritionist /audiologist and Herbert Coya from the Mendelson Group.

### Lifelong Learning Institute

Friday, Mar. 6 • 10-11:30 a.m. •

Course #38541 • Free • Senior Center

Engaging continued learning classes for adults 50 and older through Montgomery College, with more than 150 courses that include art, history, fitness, brain health and personal finance, in-person and online, making it easy to learn and connect. Many classes are offered tuition-free (fee only) for Maryland residents 60 and older.

### AARP Driver's Safety Program

Wednesday, Mar. 11 • 10:30 a.m.-3 p.m. •

Course #38446 • \$20/\$25 • Senior Center

Refresh driver's skills, learn safe strategies and renew rules of the road. This class also covers age-related physical changes and how to adjust driving habits. Some MD insurers may offer premium discounts for course completion. Program includes four hours

instruction plus a lunch break. Arrive 15 minutes early for registration. \$ 20 for AARP members, \$25 for non-members. Cash or check only, no credit cards.

### Coffee, Questions & Connections

Wednesday, Mar. 18 • 10-11 a.m. •

Free • Senior Center

Join us for a relaxed morning of coffee, light breakfast treats, and open Q&A. Meet fellow members, share ideas, and spark great conversations. In partnership with Neighbors Coffee.

### Unlocking Thyroid Health

Tuesday, Mar. 26 • 1-2 p.m. •

Course #38449 • Free • Senior Center

The thyroid affects energy, mood, weight and overall health. Learn about common thyroid conditions, how they're diagnosed and treatment options, plus simple tips for supporting thyroid health and Q&A with a Johns Hopkins medical expert.

### Better Breathers Club

Thursday, Mar. 19 • 1:30-2:30 p.m. •

Course #38444 • Free • Senior Center

Educational info for respiratory issues. Meets third Thursdays of the month.

### Take Note

Friday, Mar. 20 • 1-11:30 a.m. •

Course #38543 • Free • Senior Center

Gain practical tips for clearer communication with your doctor, including key words to use and questions to ask from JSSA. Build confidence and empower yourself to advocate for your needs during health care visits.