

# Adults 60+

# Recreation and Services Guide

Summer 2026



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*In loving memory of Betty Figlure  
(front row, fourth from left).*

## **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**

- [rockvillemd.gov/seniorcenter](http://rockvillemd.gov/seniorcenter)
- [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)
- 240-314-8800

## **Keep in Touch**

- [facebook.com/rockvilleseniors](https://facebook.com/rockvilleseniors)
- [twitter.com/rockvillerec](https://twitter.com/rockvillerec)
- [instagram.com/rockvillerec](https://instagram.com/rockvillerec)

## **Prices Key**

**Member/Nonmember**

Example: \$7/\$10

Senior Center member discounts applied when added to cart at [rockvillemd.gov/registration](http://rockvillemd.gov/registration).

# Welcome

## Rockville Senior Center Building Hours:

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

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

## Fitness Center Hours:

Monday through Thursday: 7 a.m.-7 p.m.

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

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

**Main Line/Registration:** 240-314-8800

**Directions:** 240-314-5019

## Bus Transportation/Lunch Reservations:

240-314-8810

## Center Membership Fees:

Rockville Residents: \$40/year

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

## Fitness Center Membership Fees:

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

### Mayor

Monique Ashton

### Councilmembers

Kate Fulton • Barry Jackson

David Myles • Izola (Zola) Shaw

Marissa Valei • 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**

## Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on May 5 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
- **Friday, July 3:** Independence Day (observed)
- **Saturday, July 4:** Independence Day

## Registration Dates

Senior Center members (M) and City of Rockville residents registration begins: **Tuesday, May 5**. Senior Center members receive a discount on programs.

General registration begins: **Thursday, May 7**.

## 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](mailto: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](mailto: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](mailto: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.

### 1985

Best Picture Academy Award winner, "Out of Africa" is loosely based on the 1937 autobiographical book by Isak Dinesen. This romantic drama features memorable performances by Meryl Streep and Robert Redford. "The Falcon and the Snowman" is a spy drama based on the 1979 book by Robert Lindsey. The story follows two American men, Christopher Boyce (Timothy Hutton) and Andrew Daulton Lee (Sean Penn), who sell secrets to the Soviet Union.

Course	Day, Date	Time	Cost	Location
40530	M, 6/8	10:30-11:30 a.m.	\$7/\$10	Online

### 1986

"Heartburn" is a bittersweet comedy with a screenplay written by Nora Ephron and directed and produced by Mike Nichols. Starring Meryl Streep and Jack Nicholson. The movie is based on Ephron's novel of the same name and is a semi-autobiographical account of her marriage to Carl Bernstein. "Hoosiers" is a sports drama written by Angelo Pizzo and directed by David Anspaugh. It follows a small-town Indiana high school basketball team and its journey to the state championship finals. A tale of redemption was inspired in part by the Milan High School team who won the 1954 state championship against Muncie Central High School.

Course	Day, Date	Time	Cost	Location
40531	M, 7/20	10:30-11:30 a.m.	\$7/\$10	Online

### 1987

Both movies focus on the Vietnam conflict. "Full Metal Jacket" is based on Gustav Hasford's 1979 semi-autobiographical novel "The Short-Timers." The story follows a platoon of U.S. Marines from boot camp at Marine Corps Recruit Depot Parris Island, South Carolina, to Da Nang and Huế,

Vietnam, during the Tet Offensive. "Good Morning, Vietnam" is based on the experiences of Armed Forces Radio Service DJ Adrian Cronauer, portrayed by Robin Williams. Cronauer proves hugely popular with the troops but infuriates his superiors.

Course	Day, Date	Time	Cost	Location
40532	M, 8/10	10:30-11:30 a.m.	\$7/\$10	Online

## Beautiful Birds **NEW!**

Discover the different beaks, feet and feathers of the birds at the Saint Louis Zoo. With species ranging from a small burrowing owl to a bateleur eagle or rhinoceros hornbill, you never know what flying friend you might see next!

Course	Day, Date	Time	Cost	Location
40562	Th, 6/4	1-1:45 p.m.	\$7/\$10	Online

## Bingo!

We have a winner! Enjoy socializing while playing a great old-time game of bingo.

Course	Day, Date	Time	Cost	Location
40558	W, 8/26	1-2 p.m.	\$3/\$5	Sr. Ctr.

## Birthday Party

Honors June, July and August birthdays. All are invited, whether or not they have a summer birthday. Please be on time. No admittance after entertainment begins. Entertainment: Howie Jung.

Course	Day, Date	Time	Cost	Location
40557	Tu, 7/14	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.

**June 25:** "Dinners with Ruth: A Memoir on the Power of Friendships" by Nina Totenberg.

**July 23:** "The Women" by Kristin Hannah.

Course	Day, Date	Time	Cost	Location
40522	Th, 6/25, 7/23	9:30-10:45 a.m.	Free/\$7	Online

## Carnation Players Ice Cream Social

The Carnation Players, the one and only theatrical senior performing group at the Rockville Senior Center, began in November 1984 with a Thanksgiving skit, poem and song, and have performed for Rockville seniors ever since. Enjoy an ice cream social and see what antics the players get into this time!

Course	Day, Date	Time	Cost	Location
40559	Tu, 6/16	1-2 p.m.	\$3/\$5	Sr. Ctr.

## Charcuterie Workshop **NEW!**

A whimsical, hands-on charcuterie workshop where guests learn the art of styling a beautiful, abundant board using artisanal cheeses, cured meats, fresh fruits, jams and seasonal accents. Simply Sarah Charcuterie & More guides participants step-by-step through pairing flavors, cutting techniques and her signature styling tips so everyone leaves with a stunning board and the confidence to recreate the magic at home. No refunds after June 30.

Course	Day, Date	Time	Cost	Location
40528	Tu, 7/14	10-11 a.m.	\$55/\$65	Sr. Ctr.



**Call 240-314-8800 or email [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) for assistance with course registration.**

## Cookie Decorating **NEW!**

Learn how to decorate five Maryland-themed sugar cookies. All supplies provided. Be ready to have some sweet fun together! Learn the art of royal icing from professional local baker Marianne Fahmy of Live & Love Cakes in Ellicott City, Maryland. No refunds after June 2.

Course	Day, Date	Time	Cost	Location
40529	Tu, 6/16	10 a.m.-12 p.m.	\$20/\$30	Sr. Ctr.



## Drawing with Val

Discuss famous artists and their drawing techniques. Learn how to record nature, make gestural drawings and create sustained sketches using simple contours and shading to build structure and a three-dimensional look. Create accurate drawings and explore the geometrical shapes that aid in getting a good, solid drawing. You will need heavier drawing paper (50 pounds or heavier), approximately 9x12 inches, an HB or No. 2 pencil and a 6B or 8B pencil; Faber-Castell five-piece water-soluble graphite aquarelle pencils (HB, 2B, 4B, 6B, 8B), a kneaded eraser, a white pencil eraser, vine charcoal and a Micron extra-fine permanent ink pen (size 0.5) or Sharpie extra-fine permanent marker in black. Learn a new way of seeing everyday objects. Instructor: Val Fry.

### Drawing with Val (AM)

Course	Day, Date	Time	Cost	Location
40525	Tu, 6/16-7/14	9:30-11:30 a.m.	\$70/\$85	Online

Continued from page 5...

## Drawing with Val (PM)

Course	Day, Date	Time	Cost	Location
40526	Tu, 6/16-7/14	12-2 p.m.	\$70/\$85	Online

## Egyptomania

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

### Mummies

Find out how the Egyptian desire for an eternal afterlife contributed to the ritual of mummification. Learn about the mummification process and see ancient artifacts from the museum's collection, such as canopic jars, mummy cases, amulets and more.

Course	Day, Date	Time	Cost	Location
40563	M, 6/15	1-2 p.m.	\$7/\$10	Online

## Father's Day Cook-In

Celebrate Father's Day with burgers and hot dogs. Lunch includes toppings, a beverage, a side and dessert.

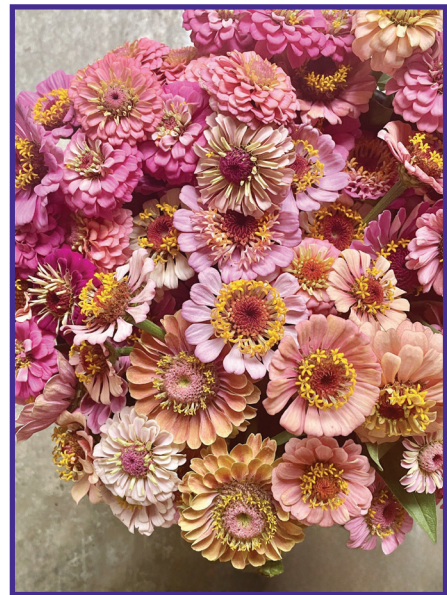
Course	Day, Date	Time	Cost	Location
40560	Tu, 6/2	12-1 p.m.	\$7/\$9	Sr. Ctr.



## Flower Arranging

Learn basic floral design during a fun-filled hour hosted by Flowered. Create a beautiful arrangement of locally grown flowers, foraged greenery and store-bought flowers in a small mason jar. All materials are provided. No refunds after June 25 for Course #40523. No refunds after July 23 for Course #40524.

Course	Day, Date	Time	Cost	Location
40523	Th, 7/9	1-2 p.m.	\$30/\$40	Sr. Ctr.
40524	Th, 8/6	1-2 p.m.	\$30/\$40	Sr. Ctr.



## Friends at First Sight

Get to know fellow members you may or may not have met yet in this fast-paced event. Light refreshments will be served.

Course	Day, Date	Time	Cost	Location
40561	Tu, 8/25	1-2:30 p.m.	\$5	Sr. Ctr.

## Fused Glass

Looking for a different way to create? Design jewelry, suncatchers, tiles or a piece of art that can be framed. Tracy L. Keating, artist and art teacher, will provide all the supplies and instruction. Bring pictures for ideas on what you'd like to create. No refunds after July 28.

Course	Day, Date	Time	Cost	Location
40839	Tu, 8/11-8/25	1-3 p.m.	\$80/\$90	Sr. Ctr.

## Geography: Baseball Coast to Coast **NEW!**

Have a hot dog at the home park and some cotton candy at the coliseum on this interactive road trip that teaches geography concepts such as direction, scale, landforms, regions and population. From the Green Monster at Fenway to a "Mile High" in Denver, journey to famous baseball stadiums in this barnstorming study of how technological advances, transportation and westward migration have shaped American history in every decade since the 1890s. Presented by the National Baseball Hall of Fame and Museum.

Course	Day, Date	Time	Cost	Location
40566	Tu, 7/14	11 a.m.-12 p.m.	\$7/\$10	Online

## 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
40553	Tu, 6/30-9/1	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 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
40554	Tu, 6/30-9/1	2:30-3:25 p.m.	\$62/\$75	Sr. Ctr.



## Hidden Gem of the Huachucas **NEW!**

A National Park Service ranger shares the unique cultural history and an equally intriguing natural history of the Coronado National Memorial. Located at the international boundary between the United States and Mexico, the park shows the influences of its neighbor to the south at every turn. Learn about the fascinating circumstances surrounding the Coronado Expedition of 1540-1542, the founding of the memorial and why this hidden gem is still as relevant as ever.

Course	Day, Date	Time	Cost	Location
40564	M, 6/22	1-2 p.m.	\$7/\$10	Online

## 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
40527	M, 6/8-6/29	12:30-2 p.m.	\$42/\$53	Sr. Ctr.

## 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
41120	Th, 7/2-9/3	10:30am-12pm.	\$49/\$55	Sr. Ctr.

**Need a ride to the Rockville Senior Center or for grocery shopping?**

**See page 29 for more details on eligibility and pickup schedules.**

## 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.

### Rosa Parks

In 1955, Rosa Parks made the news for refusing to give up her seat on a bus in Montgomery, Alabama. She defied the Jim Crow segregation laws and became known as the mother of the civil rights movement.

Course	Day, Date	Time	Cost	Location
40533	M, 6/15	10:30-11:30 a.m.	\$7/\$10	Online

### Odessa Shannon and Earle B. Wood

Odessa M. Shannon was an African American human rights activist from Maryland. In 1982, she became the first Black woman elected to a policymaking position in Montgomery County. Earle B. Wood was appointed principal of Rockville High School in 1905. He later served as president of the Maryland State Teachers Association and as secretary and treasurer of the Board of Education of Montgomery County, as well as the superintendent of schools from 1906 to 1915.

Course	Day, Date	Time	Cost	Location
40534	M, 7/27	10:30-11:30 a.m.	\$7/\$10	Online

### Hallie Wells and Roberto Clemente

Hallie Wells worked for the War Department during World War I. She and her husband later retired from government work to their farm in Clarksburg and are known for their philanthropy. Roberto Enrique Clemente Walker was a professional baseball player who spent 18 seasons in Major League Baseball with the Pittsburgh Pirates. He was known as "The Great One" and dedicated his life to helping others.

Course	Day, Date	Time	Cost	Location
40535	M, 8/17	10:30-11:30 a.m.	\$7/\$10	Online

## Mosaic Art Class

Harness your inner artist by learning to design a framed piece of mosaic art with stained glass and other materials. Mosaics are fun to make, and once you learn, you can mosaic anything. All materials are supplied. The final class will be one hour. Bring pictures for ideas of what you'd like to create, whether a drawing, photo or painting. Instructor: Tracy Keating.

Course	Day, Date	Time	Cost	Location
40849	Th, 8/6-8/27	10 a.m.-12 p.m.	\$70/\$80	Sr. Ctr.

## Painting with Cathy

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

### Cheery Cherries on Wine Glasses

Paint wild cherries on wine glasses for a vibrant red design. No refunds after May 26.

Course	Day, Date	Time	Cost	Location
40546	Tu, 6/9	10:30 a.m.-12 p.m.	\$13/\$16	Sr. Ctr.

### Lemons on Teacups

Spruce up your morning or afternoon tea with beautiful hand-painted lemons. No refunds after June 23.

Course	Day, Date	Time	Cost	Location
40547	Tu, 7/7	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
40548	Tu, 6/30-9/1	9-10 a.m.	\$118/\$153	Hybrid
40549	Tu, 6/30-9/1	10:15-11:15 a.m.	\$118/\$153	Hybrid
40550	Tu, 6/30-9/1	11:30 a.m.-12:20 p.m.	\$118/\$153	Hybrid
40551	Tu, 6/30-9/1	12:30-1:30 p.m.	\$118/\$153	Hybrid
40552	Th, 7/2-9/3	9-10 a.m.	\$118/\$153	Online

## Science Tuesdays

Monthly presentations and conversations with a scientist. Each meeting focuses on a different topic. No scientific background required, just curiosity. Cosponsored by Rockville Science Center. Second Tuesday of the month.

Course	Day, Date	Time	Cost	Location
41185	Tu, 7/14, 8/11, 9/8	1-2 p.m.	Free	Hybrid

## Spanish for 60+

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

### Just the Basics

Course	Day, Date	Time	Cost	Location
41118	M, W, 6/1-7/1	2-3:30p.m.	\$49/\$70	Online

### Continuing

Course	Day, Date	Time	Cost	Location
41119	Tu, Th, 6/2-7/2	2-3:30 p.m.	\$49/\$70	Online

**Browse over 6,000 books across 10 different genres including best-sellers, foreign language and large print at the Rockville Senior Center's newly-renovated library.**

## Spies & Disguise: Women During the American Revolution

**NEW!**

From the beginning of our country, women fought alongside their male counterparts, helping to create the United States of America. Follow the journey of American women in a variety of roles, from early camp followers to Army spies to those who dressed as men to fight in the war for independence. Presented by the U.S. Army Women's Museum.

Course	Day, Date	Time	Cost	Location
40565	Tu, 6/23	11 a.m.-12 p.m.	\$7/\$10	Online

## Storytelling with Erin

Erin Vannella is a clinical social worker who provides emotional and psychosocial support. Vannella is a former television news reporter, international video documentarian, teacher and baker.

### Photos for Joan

What story does your photo album tell? Does a frame hold a moment you'd otherwise have lost? Photographs can be invaluable reminders of an event or a sentiment from our past. Choose an image that moves you, bring it to class, share its story and listen to others in an hour of storytelling with your peers.

Course	Day, Date	Time	Cost	Location
40555	Tu, 6/30	11 a.m.-12 p.m.	\$7/\$10	Online

### Summer in the Good Ol' Days

Take us to the summer of your childhood—sprinklers, lawn chairs, ice cream, lemonade and fireflies. Who's there with you? What were you wearing? What's in the picnic basket? Paint the scene as you remember, sing the song you jumped rope to and don't forget the penny candy!

Course	Day, Date	Time	Cost	Location
40556	Tu, 7/28	11 a.m.-12 p.m.	\$7/\$10	Online

## 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.

### 1985

"We Are the World" is recorded. "Back to the Future" is released, and President Reagan unveils his "Reagan Doctrine" during his State of the Union address. In September, the remains of the Titanic are found by a joint U.S.-French expedition. The TV show "The Facts of Life" debuts a new character, played by George Clooney.

Course	Day, Date	Time	Cost	Location
40536	M, 6/1	10:30-11:30 a.m.	\$7/\$10	Online

### 1986

A day of disaster in January — the space shuttle Challenger explodes. Halley's Comet is visible. The Goodwill Games, created by Ted Turner, take place in Moscow. President Reagan authorizes covert arms sales to Iran. Virginia elects a Black lieutenant governor. Oprah goes national. The Chernobyl nuclear disaster occurs in April. The Statue of Liberty reopens after renovation.

Course	Day, Date	Time	Cost	Location
40537	M, 7/13	10:30-11:30 a.m.	\$7/\$10	Online

### 1987

Aretha Franklin is inducted into the Rock & Roll Hall of Fame. Smoking is restricted in federal buildings. The Supreme Court rules that affirmative action can apply to women. President Reagan challenges Soviet leader Mikhail Gorbachev to "tear down this wall." The Dow has its ups and downs. Shelley Long leaves "Cheers."

Course	Day, Date	Time	Cost	Location
40538	M, 8/3	10:30-11:30 a.m.	\$7/\$10	Online

## Wolves at Our Door

**NEW!**

Wolves and humans have a complicated relationship, and where they live together, conflict often follows. This program addresses the nature of these conflicts and the role wildlands play in this relationship. The International Wolf Center discusses the myths and misinformation that fuel fear and misunderstanding of wolves and ways we can work toward coexistence.

Course	Day, Date	Time	Cost	Location
40567	M, 7/27	1-2 p.m.	\$7/\$10	Online



## HOW TO REGISTER

### 1. Fill out the registration form on page 31.

Mail, fax or drop off the completed form with payment at the Rockville Senior Center. See page 30 of this guide for details.

### 2. Visit [rockvillemd.gov/registration](http://rockvillemd.gov/registration).

Courses will be available for viewing and registration online 24 hours a day starting Tuesday, May 5 for members and Thursday, May 7 for the general public.

*For detailed information regarding registration deadlines, refunds and more see page 30 of this guide.*

**Early registration is just one of many benefits of a Rockville Senior Center membership. See page 28 of this guide for more details.**



## SENIOR CENTER CLUBS

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

Email [seniorrecreation@rockvillemd.gov](mailto:seniorrecreation@rockvillemd.gov) for more information or to become a member. Clubs run from September through May.

### Young in Heart Club

Meets third Thursday of the month. Features speakers, entertainment, luncheons and special holiday events.

### Willing 3C's Club

Meets third Friday of the month. Features bingo, speakers, luncheons and special holiday events.

### Red Hat Club

Meets fourth Wednesday of the month. Features speakers, entertainment, trips and luncheons.

## THE POWER OF PARKS AND RECREATION



NRPA'S PARK AND RECREATION MONTH

This July, Parks and Recreation Month highlights "The Power of" parks and recreation and all the people who make it all possible.

Parks and recreation brings us together, strengthens our health and well-being and builds more resilient, connected communities.

Staff and volunteers at the Rockville Senior Center work hard to nurture the power of connection, play, community, nature, belonging and well-being so older adults can age with grace.

Look for fun activities in July's monthly newsletter for a chance to win prizes and have fun in honor of Parks and Recreation Month.



# TRIP REGISTRATION



## REGISTRATION DATES:

### Members

Tuesday, May 5 at 8:30 a.m.

### Nonmembers

Thursday, May 7 at 8:30 a.m.

Register at [rockvillemd.gov/registration](http://rockvillemd.gov/registration), call 240-314-8800 or fill out the registration form on page 31 and fax, mail or drop it off in person at the Rockville Senior Center.



## DIFFICULTY SCALE KEY:

- 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.

**Trips sell out quickly, so don't delay in registering!** One of the many benefits of a Rockville Senior Center membership is program discounts and early access registration.



When you travel with the Rockville Senior Center, all of the driving and parking is left to us, so you have more time to relax. Call 240-314-8800 for more information.

**• CHARTER BUS •**
**"Mean Girls" at Toby's ①**

Cady Heron may have grown up on an African savanna, but nothing prepared her for the wild ways of her strange new home: suburban Illinois. How will she rise to the top of the popularity pecking order? Trip includes lunch, the show, leadership and charter bus transportation. No refunds after May 13.

Course	Day, Date	Time	Cost	Location
40569	W, 6/17	9:15 a.m.-4 p.m.	\$130/\$150	Sr. Ctr.

**• CHARTER BUS •**
**"Come From Away" at Totem Pole Playhouse ①**

Based on the remarkable true story of 7,000 stranded airline passengers in Gander, Newfoundland, following the 9/11 attacks, this musical celebrates human resilience and community spirit. Trip includes lunch at a family-style restaurant, the show, leadership and charter bus transportation. No refunds after May 27.

Course	Day, Date	Time	Cost	Location
40570	Th, 7/2	9:15 a.m.-6 p.m.	\$130/\$150	Sr. Ctr.

**• LOCAL ADVENTURE •**
**Pizza Making at Summer House ②**

A Summer House chef will guide you in forming your dough and building your pizza with sauce, cheese and toppings of choice. After baking, your pizza will be delivered to your table. Each person makes their own pizza. Trip includes Senior Center bus transportation, pizza-making instruction and leadership. No refunds after June 24.

Course	Day, Date	Time	Cost	Location
40571	W, 7/15	10:30 a.m.-2:30 p.m.	\$40/\$50	Sr. Ctr.

**• CHARTER BUS •**
**Annual Crab Feast ①**

Take a trip over the Chesapeake Bay Bridge to Kent Island for the annual crab feast at Fisherman's Crab Deck. Enjoy an all-you-can-eat crab experience with a menu featuring soup, coleslaw, corn on the cob, chicken, hush puppies, crabs and an ice cream sundae. Trip includes charter bus transportation, leadership and lunch. No refunds after July 29.

Course	Day, Date	Time	Cost	Location
40572	W, 8/19	10:30 a.m.-3:30 p.m.	\$130/\$150	Sr. Ctr.

**• LOCAL ADVENTURE •**
**The Clay CoOp ②**

Create your own bud vase in this beginner handbuilding class at The Clay CoOp in Rockville. Explore ceramics, get creative with clay and experience one of the area's premier ceramic studios. Your finished piece will be ready for pick up at Rockville Senior Center about three weeks later. No refunds after August 6.

Course	Day, Date	Time	Cost	Location
41109	F, 8/28	2-5 p.m.	\$60/\$75	Sr. Ctr.



## Android Basics **B**

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
41147	Tu, W, 7/14-7/15	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
41162	Tu, W, 8/18-8/19	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

## Avoiding PC Scams **B**

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

Course	Day, Date	Time	Cost	Location
41153	M, 8/3	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
41174	W, 9/23	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

## Managing Your Files **B**

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
41145	M, 7/13	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

## PC New Users **B**

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

Course	Day, Date	Time	Cost	Location
41144	Tu, 7/7	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
41154	Tu, 8/4	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
41164	Tu, 9/1	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

## Pictures to Device **B**

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
41160	M, 8/17	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
41167	W, 9/9	1-3 p.m.	\$14/\$27	Sr. Ctr.

## iPhone Basics **B I**

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
41142	M, W, 7/6-7/8	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.
41168	M, Tu, 9/14-9/15	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.

## Optimize your PC **I**

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

Course	Day, Date	Time	Cost	Location
41172	M, Tu, 9/21-9/22	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
41146	M, Tu, 7/13-7/14	1-2 p.m.	\$24/\$36	Sr. Ctr.
41173	M, Tu, 9/21-9/22	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
41143	M, Tu, 7/6-7/7	1-2 p.m.	\$24/\$36	Sr. Ctr.
41170	M, Tu, 9/14-9/15	1-2 p.m.	\$24/\$36	Sr. Ctr.



**Take advantage of the Rockville Senior Center's specialized computer lab with 15 Windows PC desktops and comfortable seating.**

## All Things Google

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

Course	Day, Date	Time	Cost	Location
41157	M, Tu, 8/10-8/11	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
41159	W, 8/12	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
41176	W, 9/30	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
41158	Tu, W, 8/11-8/12	1-3 p.m.	\$24/\$36	Sr. Ctr.
41175	M, Tu, 9/28-9/29	10 a.m.-12 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
41149	W, 7/22	1-2 p.m.	\$14/\$27	Sr. Ctr.
41165	W, 9/2	10 a.m.-12 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
41150	M, Tu, 7/27-7/28	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
41152	Th, 7/2-7/30	9 a.m.-12 p.m.	Free	Sr. Ctr.
41163	Th, 8/6-8/27	9 a.m.-12 p.m.	Free	Sr. Ctr.
41177	Th, 9/3-9/24	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
41148	Tu, W, 7/21-7/22	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
41161	M, Tu, 8/17-8/18	1-2 p.m.	\$14/\$27	Sr. Ctr.
41166	Tu, W, 9/8-9/9	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
41155	W, 8/5	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
41171	W, 9/16	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
41151	W, 7/29	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.
41156	W, 8/5	1-2 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: Andre Hickman.

### One 1-Hour Session

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

### Two 1-Hour Sessions

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

### Three 1-Hour Sessions

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



## 60+ FITNESS CENTER

### FITNESS ROOM MEMBERSHIP

Add fitness room access to your Rockville Senior Center membership with three, six or 12-month options. See the front desk to get started. *Note: All new members must complete a one-time \$15 machine orientation.*

### MEMBERSHIP RATES

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

### 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.

### 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
40789	F, 6/26-8/28	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
40829	Tu, Th, 6/23-8/20	11 a.m.-12 p.m.	\$65/\$79	Sr. Ctr.
40830	Tu, Th, 6/23-8/20	11 a.m.-12 p.m.	\$55/\$79	Online

### 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
40823	Th, 6/25-8/20	2-2:45 p.m.	\$50/\$75	Sr. Ctr.



## All Day Exercise **NEW!**

Spice up your routine with a new fitness class. Preview classes that will be offered this fall. Several free, 25-minute class demonstrations will be offered throughout the day. Try as many as you'd like. Virtual options will be included. Sponsored by Montcare. **Note: Registration for the Cardio Drumming demo session is under a separate course number — #40851.**

Course	Day, Date	Time	Cost	Location
40850	W, 8/26	10 a.m.-2 p.m.	Free	Sr. Ctr./Online

## 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
40828	Tu, Th, 6/23-8/20	1-2 p.m.	\$56/\$79	Online
40802	F, 6/26-8/28	12:15-1:15 p.m.	\$45/\$60	Sr. Ctr.
40795	F, 6/26-8/28	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
40791	M, 6/22-8/17	1:15-2 p.m.	\$45/\$60	Sr. Ctr.
40800	M, 6/22-8/17	1:15-2 p.m.	\$38/\$60	Online

**Certified personal trainers are available to help you meet your unique fitness goals.**

**See page 20 of this guide for more details.**

## 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
40793	W, 6/24-8/19	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
40816	Tu, 6/23-8/18	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
40796	F, 7/10-9/4	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
40788	W, 6/24-8/19	9-9:30 a.m.	\$38/\$50	Sr. Ctr.
40787	W, 6/24-8/19	9-9:30 a.m.	\$35/\$50	Online

## Next Step Fitness: Beyond Rehab

Designed for individuals transitioning from physical therapy to independent exercise, this specialized fitness program, guided by certified trainers with rehabilitation experience, offers customized fitness plans tailored to recovery progress, fitness levels and personal goals. Its holistic approach focuses on strength training, cardiovascular health, flexibility and balance while fostering a supportive community for shared experiences and motivation.

Regular progress tracking and flexible scheduling promote engagement and commitment, aiming to minimize the risk of reinjury while encouraging a lifelong dedication to fitness and wellness. *Cost for resident/nonmember and nonresident/nonmember includes six-month Senior Center and Fitness Center memberships. Located in the Fitness Room.*

Course	# Session/Time	Cost members	Cost resident/nonmember	Cost nonresident/nonmember
36846	Ten/One-hour	\$495	\$580	\$627
36847	Twenty/30-minute	\$495	\$580	\$627

## 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
40785	Tu, 6/23-8/18	2:30-3:15 p.m.	\$40/\$60	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
40792	Tu, 6/23-8/18	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
40786	M, 6/22-8/17	11 a.m.-12 p.m.	\$40/\$60	Sr. Ctr.

***Need a quick boost before your workout? Visit the breakfast bar in the cafeteria from 9-11 a.m.***

## 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: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
40809	Th, 7/2-8/27	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: Gizelle Merced.

Course	Day, Date	Time	Cost	Location
40773	Th, 7/16	3:30-4:45 p.m.	\$10/\$12	Sr. Ctr.
41216	Th, 8/20	3:30-4:45 p.m.	\$10/\$12	Sr. Ctr.

## 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
40794	F, 6/26-8/28	11:15 a.m.-12 p.m.	\$40/\$60	Sr. Ctr.
40790	F, 6/26-8/28	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
40819	M, W, 6/22-8/19	10-10:50 a.m.	\$62/\$75	Sr. Ctr.
40817	M, W, 6/22-8/19	10-10:50 a.m.	\$48/\$75	Online

## Fitness Workshop — **NEW!** Introduction to Kickboxing

Learn to use punches and kicks for a total body workout. Train multiple muscle groups to elevate the heart rate and improve strength. Bring gloves if you have them. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
41115	Tu, 9/1	11 a.m.-12:15 p.m.	\$15	Sr. Ctr.

## Fitness Workshop — **NEW!** Balanced Joy

Work on balance and coordination while having fun. Improve balance, flexibility, mood and confidence in a joyful environment. Instructor: Larissa Johnson.

Course	Day, Date	Time	Cost	Location
41205	Tu, 6/9	1-2 p.m.	\$15	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
40834	Tu, Th, 6/23-8/20	10-10:50 a.m.	\$70/\$85	Sr. Ctr.
40833	Tu, Th, 6/23-8/20	10-10:50 a.m.	\$63/\$85	Online

## 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
40811	Sa, 6/27-8/8	10-10:45 a.m.	\$38/\$50	Sr. Ctr.
40799	Sa, 6/27-8/8	10-10:45 a.m.	\$35/\$50	Online

## 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
40836	M-Sa, 6/22-9/5	9 a.m.-4 p.m.	\$395	Sr. Ctr.

## Relax, Rejuvenate, 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 energy, leaving you refreshed and rebalanced. Instructors: Corina Urdaneta and Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
40818	W, 7/1-9/2	2:15-3 p.m.	\$60/\$75	Sr. Ctr.



**Call 240-314-8800 or email [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) for assistance with course registration.**



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 room members only. See page 16 of this guide for fitness room membership options. *Virtual training 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



Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let a 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

***You can view, save and send the Adults 60+ Recreation and Services Guide to friends and family at the touch of a button. Visit [rockvillemd.gov/seniorcenter](http://rockvillemd.gov/seniorcenter) or visit the front desk to learn how to view this guide online.***

## Rollator Strength Conditioning **NEW!**

Stay strong. Stay steady. Stay moving. An energizing fitness class for active seniors using a rollator. Build strength, boost endurance, improve balance and gain confidence through guided walking, progressive strength training and flexibility work in a safe, supportive environment at your own pace. Instructor: Matthew Francis.

Course	Day, Date	Time	Cost	Location
40837	Tu, 6/23-8/18	12:15-1 p.m.	\$45/\$60	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
40808	Sa, 6/27-8/8	11-11:45 a.m.	\$38/\$50	Sr. Ctr.
40805	Sa, 6/27-8/8	11-11:45 a.m.	\$35/\$50	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
40810	Th, 6/25-8/20	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
40831	Tu, Th, 6/23-8/20	9-9:45 a.m.	\$68/\$81	Sr. Ctr.
40832	Tu, Th, 6/23-8/20	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
40804	W, 6/24-8/19	11-11:30 a.m.	\$38/\$50	Sr. Ctr.
41222	W, 6/24-8/19	11-11:30 a.m.	\$35/\$50	Online

## On Demand — Summer Session

Classes are offered as a prerecorded class only. Receive a link to one recording with unlimited access during the dates listed below. Each recorded program costs \$25. Instructors: Megan Cooperman, Chris Klopfer, Gizelle Merced, Matthew Miller.

### 20-Minute Walk

Course	Day, Date	Time	Cost
41217	Daily, 6/22-8/22	All Day	\$25

### Aerobic Workout

Course	Day, Date	Time	Cost
41208	Daily, 6/22-8/22	All Day	\$25

### Cardio Motion

Course	Day, Date	Time	Cost
41210	Daily, 6/22-8/22	All Day	\$25

### Forever Fit

Course	Day, Date	Time	Cost
41209	Daily, 6/22-8/22	All Day	\$25

### LaBlast Dance Fitness

Course	Day, Date	Time	Cost
41207	Daily, 6/22-8/22	All Day	\$25

### Line Dancing

Course	Day, Date	Time	Cost
41206	Daily, 6/22-8/22	All Day	\$25

## 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
40825	M, 6/22-8/17	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
40827	Th, 6/25-8/20	12:45-1:45 p.m.	\$65/\$80	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
40826	Th, 6/25-8/20	2-3 p.m.	\$65/\$80	Sr. Ctr.

## Total Body Fit

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

Course	Day, Date	Time	Cost	Location
40806	W, 6/24-8/19	12:15-1:05 p.m.	\$45/\$60	Sr. Ctr.
40798	W, 6/24-8/19	12:15-1:05 p.m.	\$40/\$60	Online

*Want to make some friends and enjoy the beautiful outdoors at the same time? Consider joining a sports club. See page 23 of this guide for more details.*

## 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
40812	M, 6/22-8/17	12:15-1:05 p.m.	\$45/\$60	Sr. Ctr.
40797	M, 6/22-8/17	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
40824	M, 6/22-8/17	9-9:45 a.m.	\$58/\$75	Sr. Ctr.
40820	M, 6/22-8/17	9-9:45 a.m.	\$48/\$75	Online
40821	F, 6/26-8/28	9-9:45 a.m.	\$58/\$75	Sr. Ctr.
40822	F, 6/26-8/28	9-9:45 a.m.	\$48/\$75	Online

## Yoga for You

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

Course	Day, Date	Time	Cost	Location
40835	W,F, 7/1-9/2	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: Melizza Ford.

Course	Day, Date	Time	Cost	Location
40813	F, 6/26-8/28	1:30-2:15 p.m.	\$40/\$60	Sr. Ctr.

## Sports — Instructional

### Pickleball **NEW!**

Stay active, social and strong in this six-week pickleball class designed exclusively for seniors. Focus on building fundamental skills, improving balance and coordination, and boosting confidence on the court at a comfortable pace. Enjoy friendly competition, light cardio and a welcoming community atmosphere. Instructor: Tim Francis.

Course	Day, Date	Time	Cost	Location
40838	W, F, 6/10-7/24	9:30-10:20 a.m.	\$90/\$112	Welsh Park

*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
40784	M, 7/6-8/10	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
40783	W, 7/8-8/12	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
40782	F, 7/10-8/14	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	F, 4/7-10/29	10 a.m.-12 p.m.	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.

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



## 10 Warning Signs of Alzheimer's

Am I getting old or just getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal something more serious? This program explains the difference between normal aging and when symptoms reveal a larger problem. Presented by Alzheimer's Association.

Course	Day, Date	Time	Cost	Location
41139	W, 8/5	1-2 p.m.	Free	Sr. Ctr.

## Better Breather's Club

Monthly educational presentations on respiratory issues. Presented by Kerri Donnelly of Montcare. Meets third Thursdays of the month.

Course	Day, Date	Time	Cost	Location
41215	Th, 7/16, 8/20, 9/17	1:30-2:30 p.m.	Free	Sr. Ctr.

## Healthy Sleep

The right amount of high-quality sleep is important for your physical and mental health. Learn about some common sleep challenges and steps you can take to improve sleep. Presented by Leah Vicente, Humana Marketpoint representative.

Course	Day, Date	Time	Cost	Location
41179	W, 9/16	1-2 p.m.	Free	Sr. Ctr.

## Protein: Are You Getting Enough?

Learn why protein is important for maintaining muscle, strength and overall health as we age. Hear simple ways to include enough protein in your daily meals. Presented by Leah Vicente, Humana Marketpoint representative.

Course	Day, Date	Time	Cost	Location
41178	W, 9/2	1-2 p.m.	Free	Sr. Ctr.

**Blood pressure screenings are available at the Rockville Senior Center health room every Monday from 10 a.m.-noon.**

## Small Steps, Big Impact: Preventing Type 2 Diabetes

Learn how prevention and early action can make a difference in diabetes risk and long-term health. This community webinar will explain the key differences between Type 1 and Type 2 diabetes, current research on risk factors and practical strategies that may help reduce the risk of Type 2 diabetes. Vidhu Vadini, M.B.B.S., with the Division of Endocrinology, Diabetes and Metabolism at Johns Hopkins University School of Medicine, will discuss topics including healthy lifestyle habits, screening, family risk and current approaches to prevention and early detection.

Course	Day, Date	Time	Cost	Location
41125	Th, 8/27	1-2:30 p.m.	Free	Online

## SOS! (Saving Our Skin)

Skin changes are an inevitable part of the aging process, but what is normal versus what is cause for concern? This presentation will cover the science behind skin aging, discuss common skin conditions that are seen in aging skin and review best practices for skin protection. Presented by Joan Pohutsky, DNP, APRN, NP-BC, nurse practitioner from Anne Arundel Dermatology.

Course	Day, Date	Time	Cost	Location
41140	W, 7/1	1-2 p.m.	Free	Sr. Ctr.

## Stress Reduction/Meditation

Offers tools to focus, relax and come to a more peaceful sense of being, with time for meditation and discussion. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
41128	M, 7/6-8/31	1-2 p.m.	\$30/\$40	Hybrid

**Emergency assistance is available for eligible City of Rockville seniors age 60+**

**See page 29 for more details.**

## Stronger from the Core: Pelvic Floor Health

Pelvic floor health plays an important role in bladder control, core strength and overall well-being. Yet many people are unsure about what is normal and when to seek medical care. Join this community webinar to learn about common concerns such as urinary leakage, pelvic pressure and discomfort. Grace Chen, M.D., M.H.S., with the Department of Gynecology and Obstetrics at Johns Hopkins University School of Medicine, will discuss causes, prevention strategies and treatment options to help you take confident steps toward better pelvic health.

Course	Day, Date	Time	Cost	Location
41124	Th, 7/23	1-2:30 p.m.	Free	Online

## Take Charge of Prediabetes

Learn about prediabetes and lifestyle interventions to reduce the risk for Type 2 diabetes. Discussion will focus on lifestyle modifications including healthy eating, physical activity and stress management. Practical strategies to support long-term health and wellness will be provided. Presenter: Juliann DeStefano, RN, MPH, CDCES.

Course	Day, Date	Time	Cost	Location
41247	W, 7/29	10-11 a.m.	Free	Sr. Ctr.

# 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. Located at the Rockville Senior Center. Free.

***Come join us for the Health Fair!***

# Support Resources

## 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. All tours meet first at Rockville Senior Center.

Course	Day, Date	Time	Cost	Location
41245	TBD	10:30 a.m.-2 p.m.	Free	Modena Bethesda
41246	TBD	10:30 a.m.-2 p.m.	Free	Ring House

## Alzheimer's Association Memory Café

A relaxed way for people living with early-stage memory loss to connect through social events. Meets 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
41123	M, 7/20, 8/17, 9/21	12-1 p.m.	Free	Sr. Ctr.

## Caregiver Self-Care & Stress Relief

Focus on the importance of caring for yourself while caring for others. Includes simple breathing exercises, light stretching and practical strategies for preventing burnout. Presented by: Guillana Simon, CRNP, Provita Home Health.

Course	Day, Date	Time	Cost	Location
41138	Tu, 8/11	10-11:30 a.m.	Free	Sr. Ctr.

## Fraud Bingo

A lively twist on the classic game you love! As you play, learn how to spot common scams targeting seniors, from phone and email fraud to identity theft. Enjoy a relaxed, friendly way to protect yourself, share stories and have a few laughs with friends while you test your knowledge and build confidence about keeping your money and personal information safe.

**Need repairs in your home and don't know where to go? Call Jerry Jones at 240-314-8819.**

Course	Day, Date	Time	Cost	Location
41133	Th, 7/23	10-11:30 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
41122	Th, 7/2-9/24	11 a.m.-12 p.m.	Free	Sr. Ctr.

## Healthy Hacks

Learn how to prepare quick, healthy and budget-friendly recipes in this live cooking demonstration. Presented by Johns Hopkins. Bonus: Stick around after the demo for free food samples.

Course	Day, Date	Time	Cost	Location
41126	W, 8/12	1-2 p.m.	Free	Sr. Ctr.

## Lunch and Learn

Discover how seniors can successfully make the move, with tips for selling your home, downsizing and exploring local senior housing options. Get expert guidance, ask questions and enjoy a complimentary lunch while planning your next chapter.

Course	Day, Date	Time	Cost	Location
41127	W, 7/1	10 a.m.-12 p.m.	Free	Sr. Ctr.

## Memory Screening with Visiting Angels

A quick, safe way to assess memory and comprehension skills through complimentary screenings that help determine whether further evaluation is needed by a licensed practitioner. Each appointment lasts 15 minutes. Call 240-314-8810 to schedule.

Course	Day, Date	Time	Cost	Location
N/A	W, 6/24	10 a.m.-12 p.m.	Free	Sr. Ctr.

**Help a fellow Rockville senior enjoy senior center programs by donating to the program assistance fund. See more details on page 30.**

## Navigating Resources for Aging Adults

A guide to local and national resources, including transportation services, respite care, financial assistance programs and support groups. Helps caregivers know where to turn when they need help. Presented by: Dr. Jacques Noumsi, Platinum Seniors Care.

Course	Day, Date	Time	Cost	Location
41137	W, 7/22	10-11:30 a.m.	Free	Sr. Ctr.

## Next Move or Not

Local experts including a lender, senior placement advisor, concierge moving company and estate planning attorney or accountant, will share insights and answer questions to support your decision-making. This program is designed to help seniors and their families plan a smooth and confident housing transition.

Course	Day, Date	Time	Cost	Location
41134	W, 8/12	10-11:30 a.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
41130	Tu, 7/14-9/22	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
41136	Tu, 7/7-9/15	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
41132	Th, 7/9-9/10	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
41129	F, 7/10-9/25	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
41131	Th, 7/2-9/17	1-2:30 p.m.	Free	Online

## Spot the Scam

Stay safe online by learning how to spot and avoid common scams targeting seniors. Learn how to recognize suspicious emails, text messages and websites before they can trick you. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
41180	Tu, 8/4	1-2 p.m.	Free	Sr. Ctr.



## COMMISSION ON AGING

The Commission on Aging serves as a voice for Rockville's senior population and provides a gateway between seniors and the Mayor and Council to foster a welcoming, lifelong community in Rockville. To learn more, contact staff liaison Alexis D'Angelo at 240-314-8812 or [adangelo@rockvillemd.gov](mailto:adangelo@rockvillemd.gov).



## 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.*

**Fourth Thursday of each month**  
2-4 p.m. • Rockville Senior Center

### Schedule

- Thursday, May 28
- Thursday, June 25
- Thursday, July 23
- Thursday, Aug. 27

*Please bring your own reusable bags.*  
For questions, call 240-314-8800.



## NUTRITION PROGRAM

The Rockville Senior Center offers hot and cold lunches Monday-Friday at noon and bi-monthly Chinese lunch through the Chinese Culture and

Community Service Center (CCACC). Participants contribute as much as they are able toward the cost of the meal. *At this time, the program is not accepting new participants.*

Current nutrition program participants must reserve a meal three days in advance by calling 240-314-8810 or visiting the center in person.



## MEMBERSHIP BENEFITS:

- Discounts on classes, programs and rentals.
- Early access registration.
- Access to clubs and drop-in activities such as the woodshop, lounge, bocce ball club, bridge and more!
- Eligibility to join the fitness center and senior center garden plots.
- DVD rentals.

Visit [rockvillemd.gov/seniorcenter](http://rockvillemd.gov/seniorcenter), call 240-314-8800 or stop by the front desk during business hours for more information.



## ROCKVILLE EMERGENCY ASSISTANCE PROGRAM (REAP)

Emergency assistance is available to eligible City of Rockville seniors age 60+ facing financial crises, including eviction, utility shut-off or prescription needs. Referrals are also available for counseling on food, clothing, finances, housing assistance and foreclosure.

### FOR MORE INFORMATION:

- Mariella Correal (*habla español*)  
mcorreal@rockvillemd.gov • 240-314-8816
- Andrea Rogers  
arogers@rockvillemd.gov • 240-314-8817

## SENIOR TRANSPORTATION

If you are over the age of 60 and live in the city limits of Rockville, you are eligible for shuttle transportation to and from the Rockville Senior Center and local grocery stores.

### PICKUP SCHEDULE:

#### Monday-Friday

- First pickup at approximately 9 a.m.
- Second pickup at approximately 11 a.m.
- Take homes are at 1 p.m. and 3 p.m.

*Reservations are required. Call 240-314-8810 to make a reservation or for more information.* Please call before 2 p.m. at least a day ahead for reservations. For Monday pickups, call Friday.



## RESOURCE REFRESHER

Below is a non-comprehensive list of resources available to Rockville Senior Center participants. Some programs may require prior registration and/or an appointment.

For more information, call 240-314-8810, email [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) or visit the center in person for more information.

- An Up-to-Date List of Area Contractors Is Available
- Blood Pressure Screenings
- Body Composition Screenings
- Care Management Services
- Computer and Technology Assistance
- Customized Individual Assistance
- Emergency Financial Assistance
- ESOL (English for Speakers of Other Languages) Classes
- Financial Assistance for Center Memberships and Classes
- Free Notary Services (Call to Make an Appointment)
- Health Education Programs
- Help Determining the Appropriate Service Provider to Call
- Home Evaluations for Repair and Safety Needs
- Home Visits from Staff
- Immunizations
- Individual Counseling and Support Groups
- Information and Resource Referrals
- Language Classes
- Snow or Leaf Removal Assistance
- State Durable Medical Equipment Assistance
- Subsidized Taxi Coupons
- Wellness Counseling

# General Information

## Registration Begins:

- Member registration begins Tuesday, May 5.
- Nonmember registration begins Thursday, May 7.

## 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 patron's account as a credit if classes are canceled. *Refunds requested after 120 days will be refunded by check only.*
- Our programs require advance 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](http://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](http://www.rockvillemd.gov/registration).

### Online Donation

\$10

\$25

\$50

\$75

\$100

### Course #s

#2239

#2240

#2241

#2242

#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center

1150 Carnation Drive, Rockville, MD 20850

## Satisfaction Guarantee

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

**\*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*	
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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:
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**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
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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
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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:

## **Pickleball**

*Details on page 23.*

**Wednesdays and Fridays**

**June 10-July 24 • 9:30-10:20 a.m.**

**Course #40838 • \$90/\$112 • Welsh Park**

## **Senior Housing Resource Expo**

**Thursday, July 11 • 10 a.m.-1 p.m.**

**Free • Senior Center**

## **Birthday Party**

*Details on page 4.*

**Tuesday, July 14 • 1:30-3 p.m.**

**Course #40557 • \$3/\$5 • Senior Center**

## **Friends at First Sight**

*Get to know fellow members in this fast-paced event. Details on page 6.*

**Tuesday, Aug. 25 • 1-2:30 p.m.**

**Course #40561 • \$5 • Senior Center**

## **All Day Exercise**

*Details on page 17.*

**Wednesday, Aug. 26 • 10 a.m.-2 p.m.**

**Course #40850 • Free • Hybrid**