



ROCKVILLE SENIORS

The Center's Monthly Highlights

April 2026

FEATURED PROGRAMS & EVENTS

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

Celebrating Betty Figlure

Monday, April 13 • 10:30-11:30 a.m. • Carnation Room

You are warmly invited to a Celebration of Life honoring Betty, a beautiful soul who brought light, kindness, and connection to so many. We invite you to share stories and memories that continue to inspire, and for those interested we will take time to practice chair yoga and meditation in honor of Betty. Light breakfast refreshments will be served as we come together in warmth and remembrance.

Rockville Villages Go Green

Saturday, April 18 • 10 a.m.-1 p.m. • Senior Center

A day of environmental education and action focused on practical ways to make Rockville greener — together. The event includes

children's activities such as a scavenger hunt, beehive making and pot decorating, along with master gardening tips, Weed Warriors information, Environment Management resources, games, trivia, prizes and healthy snacks. Event is sponsored by the Village Support Network and the Rockville Villages Program. Rain or shine. The event will move indoors if it rains. Rockville Villages are neighbor-to-neighbor networks that foster community connection. For more information, contact Villages Coordinator Trish Evans at tevans@rockvillemd.gov or 240-314-8807.

ANNOUNCEMENTS

The Calendar will no longer be mailed, it will be available in person at the Senior Center or online at rockvillemd.gov/seniorcenter

Zen Den

The Zen Den is a calming retreat that offers hand, seat, and foot massagers, gentle ambient sounds, soft lighting, and quiet activities creating the perfect environment to unwind and recharge. Maximum 2 people at a time. Open Monday through Friday from 9:30 a.m. to 2:00 p.m., the Zen Den is designed to be enjoyed in 10–15-minute increments.

<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 seniorcenter@rockvillemd.gov rockvillemd.gov/seniorcenter</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

There's still time to register for the Spring 2026 session! Fitness classes will begin the week of Monday, April 6.

Bocce Ball Club

Tuesday & Thursday, April 7-Oct. 29 •
10 a.m.-12 p.m. • Course #39949 • Free •
Senior Center
Easy to learn and can be enjoyed at all levels.
A court is located behind the Senior Center.
For Senior Center members only.

Fitness Workshop-Female Pelvic Floor Health

Tuesday, April 14-28 • 12:30-1:30 p.m. •
Course #39776 • \$45/\$60 • Senior Center
A three-part workshop, designed for the female participant, with education on anatomy, functional components and exercises to maintain a healthy pelvic floor. First day of class April 14 will be held from 12-1:15pm. Instructor: Lori Newman

Fitness Workshop-It's All About Good Posture

Thursday, April 2 • 10-11:15 a.m. •
Course #39940 • \$15 • Senior Center
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: Matt Miller

Fitness Workshop-Male Pelvic Floor Health

Thursday, April 16-30 • 12:30-1:45 p.m. •
Course #39763 • \$45/\$60 • Senior Center
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 better quality of life at any age. Instructor: Lori Newman

Fitness Workshop- Relax, Restore, Resonate

Wednesday, April 1 • 2-3 p.m. •
Course #39745 • \$15/\$18 • Senior Center
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

IN-PERSON MOVIE MATINEES

'Hamnet'

(2025, Drama/History) • Amazon Prime
Thursday, April 9 • 1-3 p.m. • #40840
Friday, April 10 • 1-3 p.m. • #40842

A powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet. Rated PG-13 for thematic content, some strong sexuality, and partial nudity.

'Marty Supreme'

(2025, Sport/Drama) • Amazon Prime
Thursday, April 23 • 1-3:30 p.m. • #40841
Friday, April 24 • 1-3:30 p.m. • #40843

Marty Mauser, a wily hustler with a dream no one respects, goes to hell and back in pursuit of greatness. Rated R for language throughout, sexual content, some violent content/bloody images and nudity.

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

Storytelling with Erin: A Mother's Love

Tuesday, April 7 • 9-10 a.m. •

Course #39703 • \$7/\$10 • Virtual

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.

Cooking with Chef Alba: Spring Brunch Ideas

Tuesday, April 7 • 11 a.m.-12:30 p.m. •

Course #39808 • \$15/\$20 • Virtual

Menu: simply caramelized salmon bites, vibrant kale, apple and crispy cheddar salad in a tangy vinaigrette and challah blueberry bread butter pudding.

The Lewis and Clark Expedition

Monday, April 13 • 1-2 p.m. •

Course #39712 • \$7/\$10 • Virtual

Examine primary sources to learn more about the expedition crew, American Indian culture and the natural landscape. Presented by National Museum of the U.S. Army.

Birthday Party

Tuesday, April 14 • 1:30-3 p.m. •

Course #39654 • \$3/\$5 • Senior Center

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: Take Two (oldies, Top 40 and country music).

A Wonderland of Rocks

Tuesday, April 14 • 11 a.m.-12 p.m. •

Course #39713 • \$7/\$10 • Virtual

Explore Chiricahua National Monument's unique rock formations. Presented by Southeast Arizona National Parks.

A History of Sugar and Dessert

Tuesday, April 28 • 11 a.m.-12 p.m. •

Course #39711 • \$7/\$10 • Virtual

From its introduction to Medieval England to the Victorian days, sugar has had many incarnations. It was first used as a medicine and a spice, then used in courtly dining as part of an after-dinner ritual known as the Void. Presented by food historian Joyce White.

Supper Club

Tuesday, April 28 • 4:30-6:45 p.m. •

Course #39655 • \$32/\$42 • Senior Center

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

Invasive Species and Biodiversity

Monday, April 27 • 1-2 p.m. •

Course #39740 • \$7/\$10 • Virtual

Explore how humans have been instrumental in introducing non-native/invasive species into natural environments and their impacts on biodiversity. Presented by Royal Botanical Gardens (Canada).

CLUB NEWS

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

Young in Heart – April 16

Willing 3C's – April 17

Red Hat – April 22

SUPPORT & WELLNESS PROGRAMS

All Aboard Housing Tour

Wednesday, April 1-29 • 10:30 a.m.- 2 p.m. •

Course #39867 • Free • Senior Center

Small weekly tours of senior living facilities in the area. Meet staff and view amenities.

Be prepared for walking. Conducted by Oasis and DMV Living.

April 1 • Ring House

April 8 • Carnegie

April 15 • Harbor Chase of Olney

April 22 • Cogir of Potomac

April 29 • Modena Bethesda

Preventing Muscle Loss

Tuesday, April 14 • 1-2:30 p.m. •

Course #39826 • Free • Hybrid

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

Drug Take Back

Tuesday, April 14 • 10 a.m.-12 p.m. •

Senior Center Lobby

Obstructive Sleep Apnea

Wednesday, April 8 • 1-2:30 p.m. •

Course #40235 • Free • Senior Center

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.

Back Pain from Stenosis and Dry Needling

Tuesday, April 7 • 1-2:30 p.m. •

Course #39865 • Free • Senior Center

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

Smart Skin Care for Healthy Aging

Thursday, April 23 • 1-2 p.m. •

Course #39899 • Free • Senior Center

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.

Staying Healthy and Independent After 55

Tuesday, April 21 • 10-11:30 a.m. •

Course #38864 • Free • Senior Center

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

Better Breathers Club

Thursday, April 16 • 1:30-2:30 p.m. •

Course #39827 • Free • Senior Center

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

AI Copilot

Monday, Tuesday, April 6-7 • 1-2 p.m. •

Course #39898 • \$24/\$36 • Senior Center

AI Copilot is an interactive class that shows how AI can simplify tasks, boost productivity, and spark creativity. Learn hands-on ways to use AI for writing, research, and organization-no technical background needed.