



ROCKVILLE SENIORS

The Center's Monthly Highlights

May 2026

FEATURED PROGRAMS & EVENTS

Summer Registration

Tuesday, May 5 • 8:30 a.m. • Senior Center Members/City of Rockville Residents
Thursday, May 7 • 8:30 a.m. • General

Greenhouse Plant Sale

Monday, May 4 • 9:30 a.m.-1 p.m.
Front Desk
Tomato seedlings and a variety of houseplants. Credit Card and Cash Accepted.

Wine and Cheese-Garden Party

Tuesday, May 12 • 4:30-6 p.m.
Course #39674 • \$3/\$5 • Senior Center
Come dressed in your best, show off those hats, and get ready to spend the evening with friends.

Annual Health Fair 2026

Wednesday, May 20 • 10:30 a.m.-1 p.m. • Free • Senior Center
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.

Mobile Market

Thursday, May 28 • 2-4 p.m. • Senior Center
The Capital Area Food Bank Mobile Market

program provides fresh produce to local communities in need, free of charge. There are no income requirements or other qualifications – food is provided to anyone who attends a Mobile Market distribution. For questions, call 240-314-8800. Please bring your own bags.

Father's Day Cook-In

Tuesday, June 9 • 12-1 p.m.
Course #40560 • \$7/\$9 • Senior Center
Celebrate Father's Day with burgers and hot dogs. Lunch includes toppings, a beverage, a side and dessert. Registration begins May 5.

ANNOUNCEMENTS

Building and fitness room closed for Memorial Day, Monday May, 25

Hometown Holidays

Saturday, May 23 and Sunday, May 24 • 12 – 6 p.m. • Rockville Town Center

Memorial Day Ceremony and Parade

Monday, May 25 • 9 a.m.-1 p.m.

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

<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

Fitness Workshop-Female Pelvic Floor Health: Level 2

Tuesday, May 5-June 9 • 12:15-1 p.m.

Course #39781 • \$60/\$72 • Senior Center

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

Country Line Dance Party

Thursday, May 14 • 3:30-4:45 p.m. •

Course #39743 • \$8/\$10 • Senior Center

Saddle up, folks! Get ready to kick up some dust and dance the afternoon away. Whether you're a seasoned line dancer or just starting out, there's a place for everyone on our dance floor! Country western attire optional. Snacks will be provided. Instructor: Gizelle Merced

Fitness Workshop-Balanced Joy

Tuesday, June 9 • 1-2 p.m. •

Course #41205 • \$15/\$18 • Senior Center

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

Pickleball

Wednesday & Friday, June 10-July 22 •

9:30-10:20 a.m. • Course #40838 • \$90/\$112

Welsh Park

Stay active, social, and strong in our 6-week Pickleball class designed exclusively for seniors! This fun and supportive program focuses on building fundamental skills, improving balance and coordination, and boosting confidence on the court at a comfortable pace. Whether you're brand new to the game or looking to sharpen your

skills, you'll enjoy friendly competition, light cardio, and a welcoming community atmosphere.

Rollator Strength & Conditioning

Tuesday, June 23-Aug. 18 • 12:05-12:50 p.m.

Course #40837 • \$45/\$60 • Senior Center

Stay strong. Stay steady. Stay moving.

An energizing fitness class for active seniors using a rollator. Built 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: Theresa Catterton-Doherty

IN-PERSON MOVIE MATINEES

'F1'

(2025, Sport/Action) • DVD

Thursday, May 7 • 1-3:40 p.m. • #41241

Friday, May 8 • 1-3:40 p.m. • #41242

A Formula One driver comes out of retirement to mentor and team up with a younger driver. Rated PG-13 for strong language and action.

'Blue Moon'

(2025, Musical/Drama) • DVD

Thursday, May 21 • 1-3 p.m. • #41243

Friday, May 22 • 1-3 p.m. • #41244

Tells the story of Lorenz Hart's struggles with alcoholism and mental health as he tries to save face during the opening of "Oklahoma!". Rated R for language and sexual references.

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

Mother's Day Celebration

Friday, May 1 • 1-2:30 p.m.

Course #39833 • \$10/\$12 • Senior Center
Celebrate mothers at a floral-themed garden party. Light refreshments will be served.
Entertainment: Harpist Wynne Roos.

A Decade of Transformation: 1984

Monday, May 4 • 10:30-11:30 a.m. •

Course #39662 • \$7/\$10 • Virtual
It was an election year. The Soviets boycotted the Olympics. Miss American resigned. It was a big year for space travel. The TV game show Jeopardy made its syndicated entrance.

A Small Cave No More

Wednesday, May 6 • 1-2 p.m. •

Course #39741 • \$7/\$10 • Virtual
Learn about one of the longest caves in the world! Presented by Jewel Cave National Monument.

1980s Movies Based on Real People: 1984

Monday, May 11 • 10:30-11:30 a.m. •

Course #39664 • \$7/\$10 • Virtual
Discuss "Amadeus," "The Jesse Owens Story" and "The Killing Fields".

Endangered Species: A Global Crisis

Monday, May 11 • 1-2 p.m. •

Course #39742 • \$7/\$10 • Virtual
This live program from Omaha's Henry Doorly Zoo and Aquarium Desert Dome highlights endangered species that call the zoo home.

Mandalas

Tuesday, May 12 & 19 • 10 a.m.-12 p.m. •

Course #39807 • \$25/\$35 • Senior Center
Make a geometric mandala based on symmetry using circles, squares, triangles and other regular patterns. This is a beginner's class with all materials supplied. No refunds after April 28. Instructor: Tracy Keating.

Art Reception

Thursday, May 14 • 6-7:30 p.m. •

Course #39671 • Free • Senior Center
Featuring the work of Val Fry's watercolor classes. Light refreshments and wine will be served. Sponsored by Montcare. Registration required.

Sing Along with Connie Hughes

Friday, May 15 • 11 a.m.-12 p.m. •

Course #39832 • \$4/\$6 • Senior Center
Celebrate spring with a sing along. Words provided.

Crafting with Tammy: Suncatcher

Monday, May 18 • 10:30 a.m.-12:30 p.m. •

Course #39834 • \$45/\$55 • Senior Center
Pick your colors and create a beautiful 12-inch suncatcher with crushed glass and resin. Make your window shine a rainbow of happiness. No refunds after May 4.

Storytelling with Erin: A Father's Love

Tuesday, May 19 • 9-10 a.m. •

Course #39707 • \$7/\$10 • Virtual
Who was the father in your life? Were you blessed with a vulnerable example of how to love? Was it you? Did you father another? Take an hour to honor the story of the man who held you when. Bring a photo to share.

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 – May 21
Willing 3C's – May 15
Red Hat – May 27

SUPPORT & WELLNESS PROGRAMS

(B) Avoiding PC Scams

Monday, May 4 • 10 a.m.-12 p.m. •
Course #39911 • \$14/\$27 • Senior Center
Protect yourself while browsing. Learn to detect common scams through email, text and browsing. Instructor: Andre Hickman.

NEW DATE: Death Cafe

Wednesday, May 6 • 10-11:30 a.m. •
Course #39873 • Free • Senior Center
A safe space with open discussion to explore and share thoughts on end-of-life topics with Patricia Dubroof from Assisting Hands.

CarFit

Tuesday, May 12 • 10 a.m.- 2 p.m. •
Course #39867 • Free • Back Paking Lot
Quick check of how you and your vehicle work together. Register for a 12-point checklist appointment. Call 240-314-8810 to schedule your appointment. Presented by MDOT.

Computer Safety and Accessibility for Seniors

Wednesday, May 13 • 10-11:30 a.m. •
Course #39869 • Free • Senior Center
Tips to stay safe online. Discover hidden features to customize devices for a smoother, easier experience. Learn how to spot red flags, protect your information, use voice to dictate, have text read aloud, caption what you hear, explore private artificial intelligence tools and more.

(B) Android Basics

Tuesday & Wednesday, May 19-20 •
10 a.m.-12 p.m. • Course #39917 •
\$14/\$27 • Senior Center
Explore apps on your device. Take pictures, create videos and play games. Stay in touch through messaging. Instructor: Andre Hickman.

Sleep, Breathing, and Better Health: What You Need to Know

Thursday, June 25 • 1-2 p.m. •
Course #39906 • Free • Online
Sleep is essential for good health, yet millions of adults struggle with poor sleep or breathing problems that interfere with restful nights. Join Christopher J. Lettieri, MD, FCCP, FAASM, a pulmonologist and education coordinator and director of respiratory therapy at Suburban Hospital, Johns Hopkins Medicine, for an engaging discussion on the importance of sleep, what healthy sleep looks like, and how chronic respiratory conditions can impact sleep quality.

Better Breathers Club

Thursday, May 21 • 1:30-2:30 p.m. •
Course #38444 • Free • Senior Center
Educational info for respiratory issues. Meets third Thursdays of the month. Presented by Kerri Donnelly of Montcare.

Asian Pacific American Month Celebration

Friday, May 22 • 12-:30-2 p.m. •
Free • Senior Center
Enjoy instrument solo, chorus, group dances and fun raffle.

Caring for Your Mind as You Age

Thursday, May 28 • 1-2 p.m. •
Course #39902 • Free • Senior Center
A discussion on the changes that happen to our mental health as we age. Tips for maintaining healthy mental health will be shared. Presented by a Johns Hopkins medical expert.