



# ROCKVILLE SENIORS

## The Center's Monthly Highlights

June 2026

### FEATURED PROGRAMS & EVENTS

#### Father's Day Cook-In

Tuesday, June 2 • 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.

#### Walmart/Golden Corral Shopping

Wednesday, June 10 • 10 a.m.-2 p.m. • Free • Senior Center

#### Senior Housing Resource Expo

Thursday, June 11 • 10 a.m. -1 p.m. • Free • Senior Center  
Vendors, raffles, and resources!

#### Pickleball

Wednesday & Friday, June 10-July 24 • 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. Instructor: Tim Francis

#### Carnation Players Ice Cream Social

Tuesday, June 16 • 1-2 p.m. • Course #40559 • \$3/\$5 • Senior Center  
The Carnation Players, the one and only theatrical senior performing group at the Rockville Senior Center began in November of 1984 with a Thanksgiving skit, poem and song, and have performed for Rockville seniors ever since. Participate in an ice cream social, and let's see what antics the players get into this time!

#### July Parks and Recreation Month

Look for the July newsletter for a chance to win prizes and have fun in honor of July Parks and Recreation Month.

### ANNOUNCEMENTS

Senior center and Fitness room closed June 19 for Juneteenth, July 3 and July 4 for Fourth of July.

<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

**Register for fitness classes now! The Summer 2026 session will begin the week of June 22.**

### **Fitness Workshop-Balanced Joy**

Tuesday, June 9 • 1-2 p.m. •

Course #41205 • \$15 • Senior Center

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

### **On Demand**

Classes are offered as a prerecorded class only. Receive a link to one recording, with unlimited access during June 22-August 22. Each recorded program has a cost of \$25.

20-Minute Walk • Course #41217

Aerobic Workout • Course #41208

Cardio Motion • Course #41210

Forever Fit • Course #41209

LaBlast Dance Fitness • Course #41207

Line Dancing • Course #41206

**Welcome our new Wellness Coordinator, Paula Ohlandt!**



Paula Ohlandt has been a valued member of the Senior Center team for the past 10 years, bringing with her extensive expertise as a personal trainer and group fitness instructor.

She holds a Bachelor of Science in Exercise Science and has earned certifications in nutrition, cancer and exercise, and as a Functional Aging Specialist. Outside of her professional work, Paula enjoys spending time with her family and practicing martial arts.

## IN-PERSON MOVIE MATINEES

### **‘Solo Mio’**

(2025, Romance/Comedy) • DVD

Thursday, June 4 • 1-3 p.m. • #41349

Friday, June 5 • 1-3 p.m. • #41350

A wedding disaster leaves the groom stranded in Rome, heartbroken in the world’s happiest city. But with one determined local—and a few meddling vacation couples—in his corner, his ruined honeymoon becomes an adventure he never expected. Because sometimes heartbreak is just the first chapter of a better story. Rated PG for suggestive material, brief language, violence, and smoking.

### **‘Miss Juneteenth’**

(2020, Drama) • DVD

Thursday, June 25 • 1-3 p.m. • #41351

Friday, June 26 • 1-3 p.m. • #41352

A former beauty queen and single mom prepares her rebellious teenage daughter for the “Miss Juneteenth” pageant. Not Rated but has mild sex/nudity, moderate profanity and mild alcoholic/smoking scenes.

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

### **A Decade of Transformation: 1985**

Monday, June 1 • 10:30-11:30 a.m. •

Course #40536 • \$7/\$10 • Virtual

“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 “Facts of Life” debuts a new guy, George Clooney.

### **Beautiful Birds**

Thursday, June 4 • 1-1:45 p.m. •

Course #40562 • \$7/\$10 • Virtual

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

### **1980s Movies Based on Real People: 1985**

Monday, June 8 • 10:30-11:30 a.m. •

Course #40530 • \$7/\$10 • Virtual

Best Picture Academy Award winner, “Out of Africa” is loosely based on the 1937 autobiography by Isak Dinesen. The Falcon and the Snowman” is a spy drama based on a 1979 book by Robert Lindsey.

### **Painting with Cathy: Cheery Cherries on Wine Glasses**

Tuesday, June 9 • 10:30 a.m.-12 p.m. •

Course #40546 • \$13/\$16 • Senior Center

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

### **Montgomery County Schools Named for Famous People: Rosa Parks**

Monday, June 15 • 10:30-11:30 a.m. •

Course #40533 • \$7/\$10 • Virtual

In 1955 Rosa Parks made the news for refusing to give up her seat on a bus

in Alabama. She defied the Jim Crow segregation laws and became known as the “mother of the Civil Rights Movement.”

### **Egyptomania: Mummies**

Monday, June 15 • 1-2 p.m. •

Course #40563 • \$7/\$10 • Virtual

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

### **Cookie Decorating**

Tuesday, June 16 • 10 a.m.-12 p.m. •

Course #40529 • \$20/\$30 • Senior Center

Learn how to decorate 5 Maryland themed sugar cookies. All supplies provided. Learn the art of royal icing from a professional local baker, Marianne Fahmy, from Live & Love Cakes, Ellicott City, MD. No refunds after June 2.

### **Storytelling with Erin: Photos for Joan**

Tuesday, June 30 • 11 a.m.-12 p.m. •

Course #40555 • \$7/\$10 • Virtual

What story does your photo album tell? Does a frame hold a moment you’d otherwise lost? Photographs can be invaluable reminders to recall 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.

## CLUB NEWS

Club News: Clubs take a break from

June -August and resume in September.

Email [seniorrecreation@rockvillemd.gov](mailto:seniorrecreation@rockvillemd.gov) for information.

## SUPPORT & WELLNESS PROGRAMS

### **Memory Screening with Visiting Angels**

Wednesday, June 24 • 10 a.m.-12 p.m. • Free • Senior Center

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.

### **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.

Modena Bethesda • Wednesday, June 3 • 10:30 a.m.-2 p.m. • Course #41245

Villages of Rockville • Monday, June 8 • 10:30 a.m.-2 p.m • Course #41348

Ring House • Thursday, June 18 • 10:30 a.m.-2 p.m • Course #41246

### **Sleep, Breathing and Better Health**

Thursday June 25 • 1-2 p.m. •

Course #39906 • Free • Online

Breathing is essential to overall health and quality of life, especially as we age. This informative webinar will help older adults better understand lung health, recognize common breathing changes, and learn when symptoms may require medical attention. Participants will also gain practical tips to support healthy breathing and overall well-being. Presented by a Johns Hopkins Medicine expert, this session will also highlight available resources and include time for questions.

### **Vamos A Comer Saludable**

Jueves, Junio 4-25 • 10-11 a.m.

Course #41338 • Free • Senior Center

¡Acompáñenos a nuestras sesiones para aprender como comer más saludable!

Junio 4-Tema 1: Mi Plato

Junio 11- Tema 2: Peligros escondidos (Sal, Azucar y Grasas)

Junio 18- Tema 3: Etiquetas de los alimentos

Junio 25- Tema 4: Receta saludable

### **Mobile Market**

Thursday, June 25 • 2-4 p.m. •

Free • Senior Center

The Capital Area Food Bank Mobile Market program provides fresh produce to local communities in need, free of charge. Food is provided to anyone who attends a Mobile Market distribution. Please bring your own bags or carts.

### **Personal Safety and Fraud Prevention**

Thursday, June 9 • 1-2:30 p.m. •

Course #40369 • Free • Senior Center

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

### **English Summer Conversation**

Thursday, June 5-19 • 10 a.m.-12 p.m. •

Course #41339 • Free • Senior Center

Practice your English speaking and listening skills. No books required for these interesting discussions and conversation games. All levels of English welcome.