



# ROCKVILLE SENIORS

## The Center's Monthly Highlights

July 2026

### FEATURED PROGRAMS & EVENTS

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>THE POWER OF PARKS AND RECREATION</b><br>  | <b>NRPA'S PARK AND RECREATION MONTH</b>   | <b>80's Day</b><br>(Come dressed in 80's gear)   |  | <b>BUILDING CLOSED</b>   |
| <span style="float: right;">6</span>  | <b>BINGO</b><br>Course# 42248<br>   | <span style="float: right;">8</span><br><b>DIY Body Scrub</b><br>                        | <span style="float: right;">9</span>   | <span style="float: right;">10</span><br><b>Wacky Tacky Clothes Day</b><br>                    |
| <span style="float: right;">13</span><br><b>Beach Day with Sand Art</b><br>                                 | <span style="float: right;">14</span><br><b>Birthday Party</b><br>Course# 40557<br> | <span style="float: right;">15</span><br><b>Trivia</b><br>Course# 42249<br>              | <span style="float: right;">16</span><br><b>Movie "Project Hail Mary"</b><br>Course# 42102     | <span style="float: right;">17</span><br><b>Movie "Project Hail Mary"</b><br>Course# 42103     |
| <span style="float: right;">20</span>   | <span style="float: right;">21</span><br><b>Sip n' Paint</b><br>Course# 42250       | <span style="float: right;">22</span>  | <span style="float: right;">23</span><br><b>Mobile Market</b><br>2-4 p.m.<br>                  | <span style="float: right;">24</span>  |
| <span style="float: right;">27</span><br><b>Twin Day</b><br><i>(Come dressed the same as a friend!)</i><br> | <span style="float: right;">28</span>   | <span style="float: right;">29</span><br><b>Rummikub Tournament</b><br>Course# 42251<br> | <span style="float: right;">30</span><br><b>Movie "You, Me &amp; Tuscony"</b><br>Course# 42105 | <span style="float: right;">31</span><br><b>Movie "You, Me &amp; Tuscony"</b><br>Course# 42106 |

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

The Summer session is already underway, but there's still time to register for classes! Check out our **Summer 2026 Adults 60+ Recreation Guide** to see all the programs we are offering.

**Did you know we offer virtual Personal Training sessions? For more information, please refer to page 20 in our Summer 2026 Adults 60+ Recreation Guide for more information.**

### **Country Line Dance Party**

Thursday, July 16 • 3:30-4:45 p.m. • Course #41205 • \$15 • 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 dance for everyone on the dance floor! Country western attire optional. Snacks will be provided.

## IN-PERSON MOVIE MATINEES

### **'Project Hail Mary'**

(2025, Sci-fi/Adventure) • Amazon Prime  
Thursday, July 16 • 1-3:40 p.m. • #42102  
Friday, July 17 • 1-3:40 p.m. • #42103

A science teacher wakes up alone on a spaceship. As his memory returns, he uncovers a mission to stop a mysterious substance killing Earth's sun and realizes that an unexpected friendship may be the key. Rated PG-13 for some thematic material and suggestive references.

### **'You, Me & Tuscany'**

(2020, Drama) • DVD  
Thursday, July 30 • 1-3 p.m. • #42105  
Friday, July 31 • 1-3 p.m. • #42106

When a woman crashes at an empty Italian villa, posing as the owner's fiancée, she discovers an unexpected romance that could transform her life. Rated PG-13 for some strong language and sexual material.

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

### **Painting with Cathy: Lemons on Tea Cups**

Tuesday, July 7 • 10:30-12 p.m. •  
Course #40547 • \$13/\$16 • Senior Center  
Spruce up your morning or afternoon tea with beautiful hand-painted lemons. No refunds after June 23.

### **The 1980s: A Decade of Transformation: 1986**

Monday, July 13 • 10:30-11:30 a.m. •  
Course #40537 • \$7/\$10 • Virtual  
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.

### **Geography: Baseball Coast to Coast**

Tuesday, July 14 • 11 a.m.-12 p.m. •  
Course #40566 • \$7/\$9 • Virtual  
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. Presented by the National Baseball Hall of Fame and Museum.

### **1980s Movies Based on Real People: 1986**

Monday, July 20 • 10:30-11:30 a.m. •  
Course #40531 • \$7/\$10 • Virtual  
"Heartburn" is a bittersweet comedy with a screenplay written by Nora Ephron and directed and produced by Mike Nichols. "Hoosiers" is a sports drama written by Angelo Pizzo and directed by David Anspaugh.

### **Montgomery County Schools Named for Famous People: Odessa Shannon and Earle B. Wood**

Monday, July 27 • 10:30-11:30 a.m. •  
Course #40534 • \$7/\$10 • Virtual  
Odessa M. Shannon was an African American human rights activist from Maryland. 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.

### **Wolves at Our Door**

Monday, July 27 • 1-2 p.m. •  
Course #40567 • \$7/\$10 • Virtual  
Wolves and humans have a complicated relationship, and where they live together, conflict often follows. The International Wolf Center discusses the myths and misinformation that fuel fear and misunderstanding of wolves and ways we can work toward coexistence.

### **Storytelling with Erin: Summer in the Good Ol' Days**

Tuesday, July 28 • 11 a.m.-12 p.m. •  
Course #40556 • \$7/\$10 • Virtual  
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!

## 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

### **Lunch and Learn**

Wednesday, July 1 • 10 a.m.-12 p.m. •  
Course # 41127 • Free • Senior Center  
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.

### **SOS! (Saving Our Skin)**

Wednesday, July 1 • 1-2 p.m. •  
Course #41140 • Free • Senior Center  
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.

### **Practice Lab**

Thursday, July 2-30 • 9 a.m.-12 p.m.  
Course #41152 • Free • Senior Center  
The lab is open for skill practice or questions about classes. Instructor: Andre Hickman.

### **Navigating Resources for Aging Adults**

Wednesday, July 22 • 10-11:30 a.m. •  
Course # 41137 • Free • Senior Center  
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.

### **Stronger from the Core: Pelvic Floor Health**

Thursday, July 23 • 1-2:30 p.m. •  
Course #41124 • Free • Senior Center  
Pelvic floor health plays an important role in bladder control, core strength and overall wellbeing. 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.

### **Take Charge of Prediabetes**

Wednesday, July 29 • 10-11 a.m. •  
Course #41247 • Free • Senior Center  
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.

### **Zoom Help**

Wednesday, July 29 • 10 a.m.-12 p.m. •  
Course #41151 • \$9/\$15 • Senior Center  
Help is here for Zoom on phone, tablet, or computer. Instructor: Andre Hickman.