

Adults 60+

Recreation and Services Guide

Fall 2026



ROCKVILLE SENIOR CENTER • 1150 CARNATION DRIVE • ROCKVILLE, MD 20850

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*In loving memory of
Roosevelt Ramage*

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
- seniorcenter@rockvillemd.gov
- 240-314-8800

Keep in Touch

- facebook.com/rockvilleseniors
- twitter.com/rockvillerec
- instagram.com/rockvillerec

Prices Key

Member/Nonmember

Example: \$7/\$10

Senior Center member discounts applied when added to cart at 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 Valeri • Adam Van Grack

Jeffrey J. Mihelich, **City Manager**

Adriane Clutter, **Director of
Recreation and Parks**

Christine Henry, **Deputy Director of
Recreation and Parks**

Andy Lett, **Superintendent of Recreation**

Steve Mader, **Superintendent of
Parks and Facilities**

Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on Aug. 11 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, Sept. 7:** Labor Day
- **Tuesday, Nov. 3:** Election Day
- **Wednesday, Nov. 11:** Veterans Day
- **Thursday, Nov. 26:** Thanksgiving Day
- **Friday, Nov. 27:** Day after Thanksgiving

Registration Dates

Senior Center members (M) and City of Rockville residents registration begins: **Tuesday, Aug. 11.**

Senior Center members receive a discount on programs.

General registration begins: **Thursday, Aug. 13.**

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. 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. 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.

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.

1988 Movies

"Biloxi Blues" is an American military comedy told through the lens of a Jewish teenager. "Gorillas in the Mist" is a biographical drama set in Africa, based on a female scientist's commitment to conservation. "Mississippi Burning" is an intense drama centered on the effort to solve the 1964 murder of three civil rights workers.

Course	Day, Date	Time	Cost	Location
41256	M, 9/28	10:30-11:30 a.m.	\$7/\$10	Online

1989 Movies

"Glory" looks back at lives of an all-Black volunteer infantry serving during the Civil War. "Born on the Fourth of July" views the Vietnam conflict through the lens of an activist, and "Lean on Me" focuses on the life of a New Jersey high school principal trying to enrich the lives of his students.

Course	Day, Date	Time	Cost	Location
41257	M, 10/19	10:30-11:30 a.m.	\$7/\$10	Online

1980s TV Movies about Real People NEW!

Discover the true stories of individuals who challenged injustice and gave voice to those often unheard. Instructor: Joan Adams.

Heroes, Leaders and Visionaries

The life of a human rights crusader and the dreams of an enslaved boy are featured in "The Adventures of Nellie Bly" and "Booker." A teacher works with the unteachable in "The Marva Collins Story," and "A Woman Called Golda" is a biopic about a Russian-born leader of Israel. Their lives still inspire.

Course	Day, Date	Time	Cost	Location
41261	M, 11/9	10:30-11:30 a.m.	\$7/\$10	Online

Did you know?

The Rockville Senior Center has a woodshop. Staff is in the room on most Thursdays, 10 a.m.-noon

Voices of Change

"Samaritan: The Mitch Snyder Story" documents Snyder's work as a crusader for the homeless. "A Bunny's Tale" is told by Gloria Steinem, who went undercover as a playboy bunny. "The Littlest Victims" documents a doctor's pioneering work with children with AIDS. "Unconquered" features the price that Richard Flowers paid for fighting racial injustice in Alabama.

Course	Day, Date	Time	Cost	Location
41262	M, 12/14	10:30-11:30 a.m.	\$7/\$10	Online

60+ English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by their teacher. No class on 9/7, 9/21, 11/3, 11/11.

Course	Day, Date	Time	Cost	Location
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English 1 Beginning

42157	M, W, 9/9-11/23	10 a.m.-12 p.m.	\$10/\$14	Sr. Ctr.
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English 2 Beginning/ High Beg.

42162	Tu, Th, 9/8-11/17	10 a.m.-12 p.m.	\$10/\$14	Online
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English 3 Intermediate

42163	Tu, Th, 9/8-11/17	10 a.m.-12 p.m.	\$10/\$14	Online
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English 4 High Intermediate

42164	M, W, 9/9-11/23	10 a.m.-12 p.m.	\$10/\$14	Online
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Birthday Party

Honors September, October and November birthdays. All are invited, whether or not they have a fall birthday. Please be on time. No admittance after entertainment begins. Entertainment: Rearview Mirror.

Course	Day, Date	Time	Cost	Location
41228	Tu, 10/6	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.

Sept. 24: "The Tuscan Child" by Rhys Bowen.

Oct. 22: "The Gates of Gaza" by Amir Tibon.

Dec. 3: "Making the Best of What's Left" by Judith Viorst.

Course	Day, Date	Time	Cost	Location
41223	Th, 9/24, 10/22, 12/3	9:30-10:45 a.m.	Free/\$7	Online

Bridge—An Introduction to the **NEW!** Game

A short introductory class designed for those with no knowledge of bridge. The session covers the concepts of trick-taking, the trump suit and bidding. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
42094	F, 9/18 & 9/25	10 a.m.-12 p.m.	\$27/\$32	Sr. Ctr.

Bridge—Beginner I

Learn bridge in a fun, instructive class. Each session starts with a lesson and ends with supervised play. Topics include the 2-over-1 bidding system and the play of the cards, along with the game's basics and foundations. Completion of Introduction to Bridge (Course# 42094) or equivalent required. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
41607	F, 10/2-11/20	10 a.m.-12 p.m.	\$110/\$122	Sr. Ctr.

Bridge—Intermediate

Learn conventions to get you out of difficult situations and challenge your opponents. Potential topics include negative doubles, fourth-suit forcing, new-minor forcing, competitive bidding, detailed scoring and more. A complete understanding of beginner bridge concepts is required. No class Nov. 3. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
41606	Tu, 9/22-11/17	1-3 p.m.	\$110/\$122	Sr. Ctr.

Card Magic Series **NEW!**

In four one-hour classes, students challenge their brains and dexterity to improve their card handling, learn techniques such as lifts, culls and cuts, and master several amazing card illusions ideal for performing for friends and family. This course is perfect for anyone interested in magic who wants to learn something new. Presented by School of Magic Arts.

Course	Day, Date	Time	Cost	Location
41608	Tu, 9/1-9/22	10-11 a.m.	\$50/\$60	Sr. Ctr.

Clay Art Class

Create a beautiful bowl from raw clay using press molds, punches, rolling pins and other everyday items. Learn how to glaze your bisque pieces with different brushes and finishes. Pick up your finished bowl from the Senior Center on or after Dec. 15. No refunds after Oct. 27. Instructor: Tracy Keating.

Course	Day, Date	Time	Cost	Location
41953	Tu, 11/10-12/1	1-3 p.m.	\$75/\$90	Sr. Ctr.

Coffee, Questions & Connections

Join us for a relaxed morning of coffee, light breakfast treats and open Q&A. Meet fellow members, share ideas and spark great conversations. In partnership with Neighbors Coffee.

Course	Day, Date	Time	Cost	Location
41181	W, 10/7	10-11 a.m.	Free	Sr. Ctr.

Crescent Moon Wreath **NEW!**

Hammer & Stain instructors guide you through the design and assembly of a beautiful crescent moon wreath using a variety of florals, greenery and decorative accents in this relaxing, creative workshop. Whether you prefer a celestial, seasonal or neutral style, this wreath makes a unique statement piece for your door or home decor. No refunds after Sept. 29.



Course	Day, Date	Time	Cost	Location
41955	Tu, 10/13	10 a.m.-12 p.m.	\$50/\$60	Sr. Ctr.

Dual Sports Stars **NEW!**

Explore current and former football players who excelled not only on the gridiron but also on the court, diamond, pitch, ring and track. It's possible to succeed at the highest level in multiple sports! Presented by the Pro Football Hall of Fame.

Course	Day, Date	Time	Cost	Location
42161	M, 10/26	1-2 p.m.	\$7/\$10	Online

Call 240-314-8800 or email seniorcenter@rockvillemd.gov for assistance with course registration.

Arts & Enrichment

Egyptomania

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

Animals

Why were so many Egyptian gods part human, part animal? This lesson explores how ancient Egyptians observed animal behavior and ascribed animal characteristics to their gods.

Course	Day, Date	Time	Cost	Location
41991	Tu, 9/22	1:30-2:30 p.m.	\$7/\$10	Online

Endangered Species **NEW!**

Learn the meaning of "endangered" and meet real examples of endangered species by visiting exhibits at the Toledo Zoo. Discuss specific problems causing endangerment and explore ways that zoos are helping. The program includes a live tour of an animal exhibit with a knowledgeable guide and time for interaction with participants.

Course	Day, Date	Time	Cost	Location
42156	M, 9/28	1-2 p.m.	\$7/\$10	Online

Fashion Show with Taylor Marie

Taylor Marie brings shopping to us with the latest fashions in many sizes, along with creative accessories. Sit and relax while Senior Center models show off designer clothing at below-retail prices. Browse the racks to try on and purchase clothing and accessories to take home. Light refreshments are served. Email kday@rockvillemd.gov if you would like to model.

Course	Day, Date	Time	Cost	Location
41227	Th, 11/5	1-3 p.m.	\$3/\$5	Sr. Ctr.

Friendsgiving Lunch

Enjoy a Thanksgiving lunch with friends. Includes lunch, bingo and games. Program Assistance Fund is available. Space is limited.

Course	Day, Date	Time	Cost	Location
42280	Th, 11/19	11:30 a.m.-1 p.m.	\$17/\$20	Sr. Ctr.

Grandma Moses— **NEW!** Life and Family

Jeff Stuart shares the remarkable story of Grandma Moses, who began her celebrated art career at 76, along with personal memories of his Aunt Beth, wife of Frank Moses. Stay for a raffle featuring a Grandma Moses tote bag, a tapestry and two copies of Aunt Beth's memoir, "Remembering Grandma Moses."

Course	Day, Date	Time	Cost	Location
41229	M, 9/14	1-2 p.m.	\$7/\$10	Sr. Ctr.

HalloWine and Masquerade

Celebrate an evening of elegance and fun with wine and light refreshments. Wear a festive mask and enjoy fellowship with friends. Partnering with Sunrise of Rockville.

Course	Day, Date	Time	Cost	Location
41211	Tu, 10/27	4:30-6 p.m.	\$7/\$10	Sr. Ctr.

Handbells

Handbells provided. No class Nov. 3. Instructor: Connie Hughes.

Handbells #1

A fun course using color-coded, lightweight handbells that can be played by tapping or shaking. Each student begins with one or two handbells. Together, the group plays a wide range of music: folk, classical and popular. Some previous musical knowledge is required. No class Nov. 3.

Course	Day, Date	Time	Cost	Location
41587	Tu, 9/22-12/1	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 have a range of four to eight handbells as part of the group, creating a more challenging level. No class Nov. 3.

Course	Day, Date	Time	Cost	Location
41588	Tu, 9/22-12/1	2:30-3:25 p.m.	\$62/\$75	Sr. Ctr.

Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information, visit: rockvillemd.gov/boardsandcommissions.

Hispanic Festival

Celebrate Hispanic Heritage Month with a delicious lunch, lively entertainment and great company. Seniors are welcome to enjoy this festive cultural gathering.

Course	Day, Date	Time	Cost	Location
42226	F, 10/2	11-1 p.m.	\$17/\$24	Sr. Ctr.

Holiday Movies **NEW!**

The worst students become stars in a pageant in "The Best Christmas Pageant Ever." A retired New York City police officer makes a deal with an angel in "It Came Upon the Midnight Clear." "Prancer" features a wounded reindeer who gets to work with Santa. The Parker family has some misadventures finding the perfect gift in "A Christmas Story." Instructor: Joan Adams.

Course	Day, Date	Time	Cost	Location
41260	M, 11/2	10:30-11:30 a.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
41225	M, 9/28-10/19	12:30-2 p.m.	\$42/\$53	Sr. Ctr.

Incredible Insect Migration **NEW!**

Many people are familiar with bird migration, but insect migration often goes unnoticed. Discover the fascinating journeys of butterflies, dragonflies and other insects as they travel surprising distances in search of food, breeding grounds and favorable weather. Learn why these movements matter to ecosystems and which migratory insects can be found right here in Maryland. Instructor: Croydon Creek Nature Center.

Course	Day, Date	Time	Cost	Location
42108	F, 9/18	10-11 a.m.	\$7/\$10	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
42170	Th, 9/3-11/5	10:30 a.m.-12 p.m.	\$49/\$55	Sr. Ctr.

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.

Montgomery Blair and Robert Frost

These two schools are named for two very different people. Blair was born in Kentucky and moved to Maryland; he served as postmaster general during the Civil War. Frost was a well-known American poet who challenged his audience to deal with complex issues.

Course	Day, Date	Time	Cost	Location
41258	M, 10/26	10:30-11:30 a.m.	\$7/\$10	Online

Dr. Ronald McNair, Walter Johnson and Sargent Shriver

Two elementary schools and a high school are named after an astronaut, a baseball player and a diplomat and activist. Each of these men made a difference in the roles they played, whether on the field, racing to space or creating American services to the world.

Course	Day, Date	Time	Cost	Location
41259	M, 11/23	10:30-11:30 a.m.	\$7/\$10	Online

Daily Lunch Hot and cold lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$8.40). **Reservations required three days in advance: 240-314-8810.**

Montgomery Montage: **NEW!** A 250-Year Tapestry of Time, People, and Place

Lavishly illustrated with vintage photos, maps and other images, this presentation sketches the major themes of the county's evolution: once overwhelmingly rural and agricultural, then increasingly suburban and now highly urbanized in many areas. Presented by Ralph Buglass.

Course	Day, Date	Time	Cost	Location
42189	Th, 10/8	10:30-11:30 a.m.	\$7/\$10	Sr. Ctr.

Painting with Cathy: Pumpkin Painting

Instructor Cathy Pasquariello brings the instruction and supplies. No painting experience required. Paint and decorate a real pumpkin to display in your home for Halloween and Thanksgiving. No refunds after Oct. 6.

Course	Day, Date	Time	Cost	Location
41224	Tu, 10/20	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. No class Nov. 3. Instructor: Connie Hughes.

Course	Day, Date	Time	Cost	Location
41582	Tu, 9/22-12/1	9-10 a.m.	\$118/\$153	Hybrid
41583	Tu, 9/22-12/1	10:15-11:15 a.m.	\$118/\$153	Hybrid
41584	Tu, 9/22-12/1	11:30 a.m.-12:20 p.m.	\$118/\$153	Hybrid
41585	Tu, 9/22-12/1	12:30-1:30 p.m.	\$118/\$153	Hybrid
41586	Th, 9/24-12/3	9-10 a.m.	\$118/\$153	Online

Piecemakers' Club

A relaxed, social gathering (not a class) for crafters of all kinds. Quilters, embroiderers, crocheters, knitters and needlepoint enthusiasts are welcome. Bring your current project, make new connections with fellow makers and enjoy a comfortable, encouraging environment. Participants are invited to listen, share tips and tricks, exchange ideas and inspire one another while exploring techniques at their own pace.

Course	Day, Date	Time	Cost	Location
41577	M, 9/28-11/16	1-2:30 p.m.	Free	Sr. Ctr.

Plant Adaptations: Wetlands **NEW!**

A sea of cattails is a telltale sign of wetlands, where a wide diversity of plants in, on and below the surface are integral to the ecosystem. How do these plants survive in such an extreme environment? Examine what makes up a wetland and explore its water-loving plants up close to discover their adaptations, the role they play in the ecosystem and how we might be stewards of this critical habitat. Presented by the Royal Botanical Gardens (Canada).

Course	Day, Date	Time	Cost	Location
40568	M, 9/14	1-2 p.m.	\$7/\$10	Online

Pumpkin Flower Arranging

Learn basic floral design during a fun-filled hour hosted by Flowered. Make and take a beautiful arrangement of locally grown flowers, foraged greenery and store-bought flowers in a pre-carved pumpkin with a plastic insert. All materials provided. No refunds after Oct. 8.

Course	Day, Date	Time	Cost	Location
41226	Th, 10/22	1-2 p.m.	\$35/\$45	Sr. Ctr.

Pumpkin Science **NEW!**

Discover the science hidden inside a pumpkin through a series of fun, hands-on experiments and activities with Croydon Creek Nature Center staff. Participants explore pumpkins in creative and unexpected ways while learning basic scientific concepts. After experimenting, participants will have a chance to paint their pumpkin to take home and enjoy.

Course	Day, Date	Time	Cost	Location
42109	F, 10/23	10-11:30 a.m.	\$15/\$18	Sr. Ctr.

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
42167	Tu, 10/13, 11/10, 12/8	1-2 p.m.	Free	Sr. Ctr.

Soap Making Workshop

NEW!

Create three custom soap bars using luxury bases such as organic black soap, shea butter, triple butter, glycerin, goat milk and lavender. Participants use curated molds and personalize their soaps with essential and fragrance oils. Instructor: Bonnie Powell, owner of Faye & Shea. No refunds after Sept. 10.

Course	Day, Date	Time	Cost	Location
41576	Th, 9/24	1-2:30 p.m.	\$30/\$40	Sr. Ctr.

Spanish for 60+

Feel comfortable getting started with everyday conversation. Learn the fundamentals of Spanish and start speaking with confidence. Includes interactive activities. No class 9/21.

Course	Day, Date	Time	Cost	Location
Just the Basics				

42168	M, W, 9/14-10/19	2-3:30 p.m.	\$49/\$70	Online
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Continuing

42169	Tu, Th, 9/15-10/15	2-3:30 p.m.	\$49/\$70	Online
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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.

The Lost Art of Letter Writing

When was the last time you received a handwritten letter in the mail? Or fixed a postage stamp to one of your own? Cards and letters used to be more commonplace, a primary means of staying in touch. Looking back, who were the letter-writers in your world? What letters have you kept? Bring one to share with the class.

Course	Day, Date	Time	Cost	Location
41340	Tu, 10/27	10-11 a.m.	\$7/\$10	Online

Getting Cozy in Sweater Weather

What is the first item of clothing you grab from a pile of clean laundry? An oversized sweater? A cotton shirt? A soft pair of socks? As autumn bows to winter, we fold into comfort. Whether you made it or it belonged to someone you love, share the story of the threads that hug you through the seasons.

Course	Day, Date	Time	Cost	Location
41341	Tu, 11/10	10-11 a.m.	\$7/\$10	Online

Supper Club

A wine-and-cheese happy hour with event partner Brightview West End is followed by a catered dinner from Saint Germain Catering. Entertainment by Emma G. caps the evening. Register by Sept. 1; no refunds after that date. Transportation is available for Rockville residents; call 240-314-8810 by Sept. 1.

Course	Day, Date	Time	Cost	Location
41990	Tu, 9/15	4:30-6:45 p.m.	\$32/\$42	Sr. Ctr.

Tessellations

NEW!

Learn how to design your own simplified M.C. Escher-style tessellation by manipulating a basic square. A tessellation, also known as artistic tiling, is the process of covering a flat surface with 2D shapes without any gaps or overlap. All materials provided by art teacher Tracy Keating. No refunds after Oct. 15.

Course	Day, Date	Time	Cost	Location
42172	Th, 10/29-11/5	1-3 p.m.	\$30/\$40	Sr. Ctr.

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 the era. Instructor: Joan Adams.

1988

A year of cultural milestones, including an election, a new justice on the Supreme Court and the Iran-Contra affair.

Course	Day, Date	Time	Cost	Location
41254	M, 9/14	10:30-11:30 a.m.	\$7/\$10	Online

1989

The decade ends with a new president. The Wall comes down in Berlin, and Virginia elects a governor who makes history.

Course	Day, Date	Time	Cost	Location
41255	M, 10/5	10:30-11:30 a.m.	\$7/\$10	Online

Arts & Enrichment

Veterans Appreciation

We are honored to welcome a representative from the Wounded Warrior Project organization to speak in recognition of Veterans Day. Their presentation will inspire reflection, gratitude and a deeper appreciation for the courage, commitment and resilience demonstrated by our nation's veterans through their service and sacrifice.

Course	Day, Date	Time	Cost	Location
42175	M, 11/2	10-11 a.m.	Free	Sr. Ctr.

Walter Johnson: The Big Train **NEW!**

Baseball great Walter Johnson is buried in Rockville Cemetery. Local baseball experts join Peerless Rockville to share their knowledge of the outstanding pitcher and later Montgomery County commissioner (a predecessor to the Montgomery County Council). This presentation explores Johnson's personal and professional life.

Course	Day, Date	Time	Cost	Location
41231	M, 9/28	10-11 a.m.	\$7/\$10	Sr. Ctr.

Watercolor Classes

Watercolor teacher Val Fry has a background in art and art therapy and is active in art organizations throughout the state. Classes are supportive and encouraging. Email seniorrecreation@rockvillemd.gov at least one week before class for the supply list. Note: Intermediate classes are virtual; beginner and advanced classes are in person. Instructor: Val Fry.

Beginner Watercolor

Learn the basics of paper, palette setup, brush strokes, color mixing and basic techniques in this fun, eight-week introduction to the medium. No class Sept. 16.

Course	Day, Date	Time	Cost	Location
41578	W, 9/2-10/28	9:30-11:30 a.m.	\$110/\$131	Sr. Ctr.

Intermediate Watercolor

Students with watercolor experience explore techniques that can enhance their paintings and learn the building blocks of better work, including the use of color, shapes, values and edges. Classes usually begin with a critique, followed by an introduction to a well-known watercolor artist, and end with a demonstration by the teacher. No class Sept. 15.

Course	Day, Date	Time	Cost	Location
41580	Tu, 9/1-10/27	9:30-11:30 a.m.	\$110/\$131	Online
41581	Tu, 9/1-10/27	12-2 p.m.	\$110/\$131	Online

Advanced Watercolor

Discuss composition, color, shapes and edges. Techniques and personal style are encouraged. The teacher gives a critique, introduces famous watercolor artists and provides a weekly demonstration. Students must have taken a previous watercolor class with the instructor or have instructor approval. No class Sept. 16.

Course	Day, Date	Time	Cost	Location
41579	W, 9/2-10/28	12-2 p.m.	\$110/\$131	Sr. Ctr.

Wyoming Veterans Memorial Museum Virtual Tour **NEW!**

Learn about the history of the Enlisted Men's Service Club and the Wyoming Veterans Memorial Museum, then take a virtual tour through the galleries with highlighted exhibits and a viewing of historical murals. Presented by the Wyoming Veterans Memorial Museum.

Course	Day, Date	Time	Cost	Location
42165	Tu, 11/10	1:30-2:30 p.m.	\$7/\$10	Online

Your Story, Your Voice: A Writing Workshop

Experience the art and craft of writing through real-world insight and literary expertise. Whether you are discovering your voice or honing your skills, published author Cynethea Cunningham provides practical guidance, thoughtful feedback and personal lessons. Equip yourself with essential tools, engaging prompts and structured exercises to shape ideas into compelling stories. Words have impact, and your stories deserve to be told, so bring them to life.

Course	Day, Date	Time	Cost	Location
42093	W, 9/2-9/23	10-11 a.m.	\$40/\$50	Sr. Ctr.

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

Trip Registration



Registration Dates:

Members

Tuesday, Aug. 11 at 8:30 a.m.

Nonmembers

Thursday, Aug. 13 at 8:30 a.m.

Register at 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.



Brookville Beer Farm ②

• LOCAL ADVENTURE •

Tour a brewery and farm that grows herbs, vegetables and more, in addition to its hop yard and berries, and a hive-body system for producing honey. A craft beer tasting follows the tour. The trip includes the tour, the tasting and transportation by Senior Center bus. Food is available for purchase on your own. No refunds after Aug. 25.

Course	Day, Date	Time	Cost	Location
41992	W, 9/9	11-3 p.m.	\$30/\$40	Sr. Ctr.

Havre de Grace Waterfront Discovery ③

• CHARTER BUS •

A scenic day trip to Havre de Grace featuring a guided tour of the Concord Point Lighthouse and the Havre de Grace Maritime Museum. After the tours, relax over a waterfront lunch at Tidewater Grille. The trip includes museum entry, lunch, trip leadership and charter bus transportation. No refunds after Aug. 3.

Course	Day, Date	Time	Cost	Location
41998	W, 10/7	8:15 a.m.-4 p.m.	\$130/\$150	Sr. Ctr.

"The Donna Summer Musical" at Toby's ①

• CHARTER BUS •

A girl from Boston with a voice from heaven shot to stardom from gospel choir to dance-floor diva. Donna Summer risked it all to break through barriers. The trip includes the show, a meal, leadership and charter bus transportation. No refunds after Sept. 23.

Course	Day, Date	Time	Cost	Location
42003	W, 10/28	9:15 a.m.-4 p.m.	\$130/\$150	Sr. Ctr.

Amazing Art Studio ①

• LOCAL ADVENTURE •

Amazing Art Studio staff guide you through selecting and painting your own piece of pottery. Once your piece is glazed and fired, it will be ready for pickup the following week at the Rockville Senior Center. The trip includes the cost of your pottery, on-site leadership and transportation by Rockville Senior Center bus. No refunds after Oct. 19.

Course	Day, Date	Time	Cost	Location
42004	W, 11/4	12:30-3 p.m.	\$30/\$40	Sr. Ctr.

"A Christmas Carol" at Ford's Theatre ①

• CHARTER BUS •

Join the ghosts of Christmas past, present and future as they lead the miserly Ebenezer Scrooge on a journey of transformation and redemption. The trip includes a boxed meal at the Senior Center, the show, leadership and charter bus transportation. No refunds after Nov. 9.

Course	Day, Date	Time	Cost	Location
42005	Th, 12/10	9:45 a.m.-3:30 p.m.	\$130/\$150	Sr. Ctr.

(B) Android Basics

Explore apps on your device. Take pictures, create videos and play games. Stay in touch through messaging apps. Find more games and apps in the app store. Instructor: Andre Hickman.

Android Tablet Basics

Course	Day, Date	Time	Cost	Location
42194	Tu, W, 10/13-10/14	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Android Phone Basics

42205	M, Tu, 11/16-11/17	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
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(B) Avoiding PC Scams

Protect yourself while browsing the internet. Learn how to detect common scams that arrive through email, text and web browsing. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42253	M, 11/2	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
42220	W, 12/23	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

(B) Managing Your Files

Where are my files? Understand your PC's file structure. Learn to create folders and copy, move, delete and rename files. Organize your work, find lost or missing files and better understand your user profile. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42193	M, 10/12	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
42222	W, 12/30	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

(B) PC New Users

New to computers? Learn the basics: start-up, shut down and connect to the internet. No prior experience necessary; this course is accessible to all. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42191	Tu, 10/6	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
42209	Tu, 12/1	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
42279	Tu, 11/3	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

(B) Pictures to Device

Transfer photos to your computer, organize them into folders and easily share them with family and friends by email. Bring your charger and cord to class. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42214	W, 12/7	1-3 p.m.	\$14/\$27	Sr. Ctr.

(BI) iPhone Basics

Feeling overwhelmed by your iPhone's latest features? Take control. Explore device settings, learn tips to manage it with ease and find answers to your questions. Bring your Apple ID and password if you have an iTunes account. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42190	M, W, 10/5-10/7	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.
42215	M, W, 12/14-12/15	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.

(I) Optimize your PC

Struggling with pop-up messages or slow startup times? Learn practical tips to boost performance and get answers to your most puzzling questions. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42208	M, Tu, 11/23-11/24	1-3 p.m.	\$14/\$27	Sr. Ctr.
42218	M, Tu, 12/21-12/22	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

AI ChatGPT

Learn how ChatGPT can make daily tasks easier, from email to research and organization, with simple, practical ways to use artificial intelligence. No experience needed. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42195	M, Tu, 10/12-10/13	1-3 p.m.	\$24/\$36	Sr. Ctr.
42219	M, Tu, 12/21-12/22	1-3 p.m.	\$24/\$36	Sr. Ctr.

AI Copilot

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. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42192	M, Tu, 10/5-10/6	1-3 p.m.	\$24/\$36	Sr. Ctr.
42216	M, Tu, 12/14-12/15	1-3 p.m.	\$24/\$36	Sr. Ctr.

TECHNOLOGY COURSES KEY:

B Beginner Courses

I Intermediate Courses

• Handout fees included in price.

All Things Google

Curious about those nine little boxes in the upper-right corner of any Google page? They're a gateway to a plethora of Google tools designed to enhance productivity and streamline your on-line experience. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42203	M, Tu, 11/9-11/10	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Backup & Restore PC (B)

Back up your computer, just in case. Learn when and how to backup, how long to keep your backups and which backup media works best. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42206	W, 11/18	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
42213	W, 12/9	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Chromebook Basics

Now that you have a new Chromebook, what's next? Let us show you how to use it for just about everything, from productivity and creativity to gaming and entertainment. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42204	M, Tu, 11/9-11/10	1-3 p.m.	\$24/\$36	Sr. Ctr.
42221	M, Tu, 12/28-12/29	1-3 p.m.	\$24/\$36	Sr. Ctr.

Finding PC Malware

Malware can slow your computer, track your activity and even lock or encrypt your files for ransom. Learn how to prevent threats, protect your data and address problems. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42197	W, 10/21	1-3 p.m.	\$14/\$27	Sr. Ctr.
42210	W, 12/2	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

iPad Basics

Diving into your new iPad or brushing up on its key features? Connect to the internet, use the camera, install apps and more. Bring your Apple ID and password for easy access to many features. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42198	M, Tu, 10/26-10/27	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.

Practice Lab

Have questions about a class, a suggestion for a new one or wish to practice your skills? Need a computer? The lab is open. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42188	Th, 10/1-10/29	9 a.m.-12 p.m.	Free	Sr. Ctr.
42211	Th, 11/5-11/19	9 a.m.-12 p.m.	Free	Sr. Ctr.
42223	Th, 12/3-12/31	9 a.m.-12 p.m.	Free	Sr. Ctr.

Using Quick Keys

Curious about what the F1-F12 keys at the top of your keyboard do? Have you used the Windows logo keys? Uncover their functions and boost your productivity. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42196	Tu, W, 10/20-10/21	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Windows 11 Tips

Thinking about upgrading to Windows 11? Discover the latest enhancements, including the revamped desktop, widgets, snap layouts, File Explorer and more. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42207	M, Tu, 11/23-11/24	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
42212	M, Tu, 12/7-12/8	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Windows Security

Is your computer or device safe from malware and viruses? Learn how to secure your devices and the importance of regular scans to keep them protected. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42201	W, 11/4	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
42217	W, 12/16	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Zoom Help

New to Zoom? Having trouble connecting to meetings? Whether you use your phone, tablet or computer, help is here. Prepare for your next Zoom experience. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
42199	W, 10/28	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.
42202	W, 11/4	1-3 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: André Hickman. Call 240-314-8800 for more information.



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. This program is built on up-to-date scientific research, methods and insight to lead a more flexible, fulfilling life. Unwind, reduce stress and muscle tension, and re-energize for the rest of the day in as little as 30 minutes. Wear comfortable clothing. Includes work on the mat. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
41472	F, 9/11-11/6	2:30-3 p.m.	\$38/\$60	Sr. Ctr.

Mini Session:

41520	F, 12/4-12/18	2:30-3 p.m.	\$20/\$27	Sr. Ctr.
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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
41496	Tu, Th, 9/8-11/10	11 a.m.-12 p.m.	\$65/\$79	Sr. Ctr.
41494	Tu, Th, 9/8-11/10	11 a.m.-12 p.m.	\$55/\$79	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
41549	Tu, Th, 12/1-12/17	11 a.m.-12 p.m.	\$32/\$40	Sr. Ctr.
41548	Tu, Th, 12/1-12/17	11 a.m.-12 p.m.	\$25/\$40	Online

Annual Turkey Trot

Join us for our Annual Turkey Trot. Walk with us through the Woodley Gardens neighborhood or from the comfort of your own home. Please bring a nonperishable food item to support our Senior Center food bank, or make a donation to our Program Assistance Fund. Registration required. Sponsor: Montcare.

Course	Day, Date	Time	Cost	Location
41589	Th, 11/19	10-11:30 a.m.	Free	Hybrid

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

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

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. Instructor: Yenobis Delgado-Alba (Tu/Thu) and Matthew Miller (Fri).

Course	Day, Date	Time	Cost	Location
41495	Tu, Th, 9/8-11/10	1-2 p.m.	\$56/\$79	Online
41467	F, 9/11-11/6	12:15-1:15 p.m.	\$45/\$60	Sr. Ctr.
41469	F, 9/11-11/6	12:15-1:15 p.m.	\$40/\$60	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
41536	Tu, Th, 12/1-12/17	1-2 p.m.	\$24/\$34	Online
41530	F, 12/4-12/18	12:15-1:15 p.m.	\$22/\$27	Sr. Ctr.
41514	F, 12/4-12/18	12:15-1:15 p.m.	\$20/\$27	Online

Balance & Confidence **NEW!** Bootcamp

A fun, supportive class to improve strength, posture and mobility through safe, low-impact movement. Features chair exercises, obstacle walks and fall-prevention activities to boost confidence and support everyday movement. No experience necessary. Instructor: Matthew Francis.

Course	Day, Date	Time	Cost	Location
42149	F, 11/20	10:45 a.m.-12 p.m.	\$15/\$18	Sr. Ctr.

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 daily life. Instructor: Theresa Catterton-Doherty

Course	Day, Date	Time	Cost	Location
41473	M, 9/14-11/16	1:15-2 p.m.	\$45/\$60	Sr. Ctr.
41465	M, 9/14-11/16	1:15-2 p.m.	\$38/\$60	Online

Mini Session:

41517	M, 11/30-12/14	1:15-2 p.m.	\$22/\$27	Sr. Ctr.
41525	M, 11/30-12/14	1:15-2 p.m.	\$20/\$27	Online



Hydrate! It's important to stay hydrated throughout your workout.

Balance Challenge

Improve coordination and muscle strength while challenging 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
41464	W, 9/9-11/4	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
41484	Tu, 9/8-11/10	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 a 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, centrando la atención en la respiración, el estiramiento suave y el equilibrio. No se necesita experiencia previa. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
41479	F, 9/11-11/6	11:15 a.m.-12 p.m.	\$45/\$60	Sr. Ctr.

Mini Session:

41508	F, 12/4-12/18	11:15 a.m.-12 p.m.	\$22/\$27	Sr. Ctr.
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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
41463	W, 9/9-11/4	9-9:30 a.m.	\$38/\$50	Sr. Ctr.
41458	W, 9/9-11/4	9-9:30 a.m.	\$35/\$50	Online

Mini Session:

41524	W, 12/2-12/16	9-9:30 a.m.	\$22/\$27	Sr. Ctr.
41519	W, 12/2-12/16	9-9:30 a.m.	\$20/\$27	Online

Brain & Body Coordination **NEW!**

This engaging class helps older adults improve balance, coordination, memory, reaction time and overall mobility through gentle movement and brain-focused activities. Participants practice simple exercises that connect the mind and body. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
41445	Tu, 11/17	10:45 a.m.-12 p.m.	\$15/\$18	Sr. Ctr.

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
41470	Tu, 9/8-11/10	2:30-3:15 p.m.	\$40/\$60	Sr. Ctr.

Mini Session:

41526	Tu, 12/1-12/15	2:30-3:15 p.m.	\$22/\$27	Sr. Ctr.
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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
41481	Tu, 9/8-11/10	1:15-2:15 p.m.	\$45/\$60	Sr. Ctr.

Mini Session:

41509	Tu, 12/1-12/15	1:15-2:15 p.m.	\$22/\$27	Sr. Ctr.
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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
41477	M, 9/14-11/16	11 a.m.-12 p.m.	\$40/\$60	Sr. Ctr.

Mini Session:

41506	M, 11/30-12/14	11 a.m.-12 p.m.	\$20/\$25	Sr. Ctr.
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Certified personal trainers are available to help you meet your unique fitness goals.

See page 18 of this guide for more details.

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 your balance while teaching ways to feel calm and centered. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
41478	Th, 9/10-11/5	11:15 a.m.-12 p.m.	\$45/\$60	Sr. Ctr.

Mini Session:

41529	Th, 12/3-12/17	11:15 a.m.-12 p.m.	\$22/\$27	Sr. Ctr.
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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
41474	F, 9/11-11/6	11:15 a.m.-12 p.m.	\$40/\$60	Sr. Ctr.
41480	F, 9/11-11/6	11:15 a.m.-12 p.m.	\$35/\$60	Online

Mini Session:

41513	F, 12/4-12/18	11:15 a.m.-12 p.m.	\$22/\$27	Sr. Ctr.
41518	F, 12/4-12/18	11:15 a.m.-12 p.m.	\$20/\$27	Online

Easy Zumba

Combine fun, energetic, motivating music with easy-to-follow movements and dance away your worries. Great for the body and mind. Appropriate for beginners. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
41485	M, W, 9/9-11/16	10-10:50 a.m.	\$62/\$75	Sr. Ctr.
41492	M, W, 9/9-11/16	10-10:50 a.m.	\$48/\$75	Online

Mini Session:

41535	M, W, 11/30-12/16	10-10:50 a.m.	\$25/\$32	Sr. Ctr.
41534	M, W, 11/30-12/16	10-10:50 a.m.	\$22/\$32	Online

Fitness Workshop: Female Pelvic Floor Health

A three-part workshop designed for women, with education on anatomy, functional components and exercises to maintain a healthy pelvic floor. Instructor: Lori Newman.

Course	Day, Date	Time	Cost	Location
41969	Tu, 9/22-10/6	12:15-1:30 p.m.	\$45/\$60	Sr. Ctr.



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 15 of this guide for fitness room membership options. *Virtual training available.*

Course	# Session/Time	Cost	Location
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
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



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
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
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

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

Fitness Workshop: Female Pelvic Floor Health: Level 2

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

Course	Day, Date	Time	Cost	Location
42134	Tu, 10/13-11/24	12:15-12:45 p.m.	\$45/\$60	Sr. Ctr.

Fitness Workshop: Male Pelvic Floor Health

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.

Course	Day, Date	Time	Cost	Location
42138	Th, 9/24-10/8	12:30-1:30 p.m.	\$45/\$60	Sr. Ctr.

Fitness Workshop: Stretching **NEW!** for Stiff Joints

A gentle, arthritis-friendly workshop for seniors that uses slow, pain-free stretches to improve flexibility and reduce joint stiffness. Focusing on the shoulders, hips and spine, exercises can be done seated or standing and emphasize relaxation, breathing and simple movements to support everyday mobility at home. Instructors: Noelia Serrano-Gonzalez and Lori Newman.

Course	Day, Date	Time	Cost	Location
42233	W, 12/9	11 a.m.-12:15 p.m.	\$15/\$18	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
41501	Tu, Th, 9/8-11/10	10-10:50 a.m.	\$70/\$85	Sr. Ctr.
41502	Tu, Th, 9/8-11/10	10-10:50 a.m.	\$63/\$85	Online

Mini Session:

41542	Tu, Th, 12/1-12/17	10-10:50 a.m.	\$28/\$35	Sr. Ctr.
41537	Tu, Th, 12/1-12/17	10-10:50 a.m.	\$25/\$35	Online

Harmony & Calm: A Gentle **NEW!** Sound Bowl Meditation Experience

Experience the calming power of meditation and sound bowls through gentle breathing, guided relaxation, easy movement and soothing sounds designed to help reduce stress and restore balance. No experience needed. This uplifting experience is perfect for anyone curious about meditation, stress relief, relaxation and restorative wellness practices in a welcoming, supportive environment. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
41444	Th, 8/27	2:15-3 p.m.	\$10/\$12	Sr. Ctr.

Kickboxing and Self Defense

Small-group training using self-defense techniques involving punches and body movements for a total-body workout. This class trains multiple muscle groups, elevates the heart rate and improves your strength while you learn basic self-defense. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
41961	Tu, 9/8-11/10	11-11:45 a.m.	\$60/\$72	Sr. Ctr.

Mini Session:

42235	Tu, 12/1-12/15	11-11:45 a.m.	\$28/\$38	Sr. Ctr.
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LaBlast Dance Fitness

A cardio, partner-free ballroom dancing class that uses all genres of music, from pop, rock and musicals to Latin and more, including Frank Sinatra and the Beatles. Dance the hustle, jive, swing, salsa, quickstep and others. Instructor: Megan Cooperman.

Course	Day, Date	Time	Cost	Location
41460	Sa, 9/19-11/14	10-10:45 a.m.	\$38/\$50	Sr. Ctr.
41456	Sa, 9/19-11/14	10-10:45 a.m.	\$35/\$50	Online

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

Line Dancing

Stay fit while having fun. Use your own style of dance while learning fun, popular, social line dances for weddings, holiday functions and more. Includes music from multiple genres, such as country, soul, pop and Latin. Designed for all levels in a free-flowing, fun atmosphere. Instructor: Gizelle Merced.

Course	Day, Date	Time	Cost	Location
41970	W, 9/9-11/25	11:15 a.m.-12:05 p.m.	\$40/\$60	Sr. Ctr.

Lunchbox Yoga **NEW!**

Relax and recharge. Enjoy slow movement, deep stretching and guided breathing to improve flexibility, balance and well-being in this 30-minute class. All levels welcome. Safe, supportive modifications are provided. Instructor: Theresa Catterton-Doherty.

Course	Day, Date	Time	Cost	Location
41491	Th, 10/20-11/17	12:15-12:45 p.m.	\$45/\$60	Sr. Ctr.

Motown Line Dance Party **NEW!**

Put on your dancing shoes and get ready to groove! Join us for an afternoon filled with smooth moves, soulful rhythms and nonstop Motown magic. Whether you've mastered every step or you're just finding your beat, everyone is welcome on the dance floor. Motown-inspired attire encouraged. Snacks provided. Instructor: Gizelle Merced.

Course	Day, Date	Time	Cost	Location
41443	Th, 12/3	3:30-4:45 p.m.	\$10/\$12	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 your energy, leaving you refreshed and rebalanced. Instructors: Corina Urdaneta, Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
41493	W, 9/9-11/4	2:15-3 p.m.	\$60/\$75	Sr. Ctr.

Mini Session:

41547	W, 12/2-12/16	2:15-3 p.m.	\$28/\$38	Sr. Ctr.
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On Demand Offerings

Classes are offered as prerecorded sessions only. Receive a link to one recording, with unlimited access from Dec. 21 to Jan. 10. Each recorded program costs \$10. Instructors: Chris Klopfer, Megan Cooperman, Matthew Miller, Kim Harris and Corina Urdaneta.

Aerobic Workout - Course #41975

20-Minute Walk - Course #41971

Cardio Motion - Course #41984

Chair Yoga - Course #42148

Easy Feet - Course #41972

Forever Fit - Course #41974

LaBlast Dance Fitness - Course #41977

Pilates Basics - Course #41982

Total Conditioning - Course #41973

Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our 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. The program must begin no later than six weeks before scheduled surgery and requires medical clearance from a doctor. Fitness Center members only. Some Saturday appointments available.

Course	Day, Date	Time	Cost	Location
41505	M-Sa, 9/8-1/2	9 a.m.-4 p.m.	\$395	Sr. Ctr.

Call 240-314-8800 or email seniorcenter@rockvillemd.gov for assistance with course registration.

Standing Strength and Balance

Resistance training with dumbbells and functional exercises to help improve balance, muscle strength and overall well-being. Instructor: Megan Cooperman.

Course	Day, Date	Time	Cost	Location
41462	Sa, 9/19-11/14	11-11:45 a.m.	\$38/\$50	Sr. Ctr.
41457	Sa, 9/19-11/14	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 the comfort of your own home. Instructor: Yenobis-Delgado-Alba.

Course	Day, Date	Time	Cost	Location
41471	Th, 9/10-11/5	12:05-12:50 p.m.	\$35/\$60	Online

Strength Training Challenge

Build muscle strength and endurance and improve balance. Guided movements work 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
41499	Tu, Th, 9/8-11/10	9-9:45 a.m.	\$68/\$81	Sr. Ctr.
41500	Tu, Th, 9/8-11/10	9-9:45 a.m.	\$59/\$81	Online

Mini Session:

41541	Tu, Th, 12/1-12/17	9-9:45 a.m.	\$28/\$35	Sr. Ctr.
41543	Tu, Th, 12/1-12/17	9-9:45 a.m.	\$24/\$35	Online

Stretch & Energize: Mindful Flexibility

A refreshing 30-minute class that combines gentle seated and standing stretches with mindful breathing to improve flexibility, posture and mental clarity. Each session connects movement and breath to help you feel grounded, open and energized. No floor work required. All levels welcome. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
41461	W, 9/9-11/4	11-11:30 a.m.	\$38/\$50	Sr. Ctr.
41459	W, 9/9-11/4	11-11:30 a.m.	\$35/\$50	Online

Stretch & Sip **NEW!**

Relax, recharge and connect with gentle stretches designed to ease tension and improve flexibility. After class, enjoy smoothies, calming teas and light social time in a welcoming atmosphere. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
41446	W, 11/18	10:45 a.m.-12 p.m.	\$15/\$18	Sr. Ctr.

Stretching and Flexibility Coach—Small Group Training

Prevent injury and increase flexibility. This small-group program is built on up-to-date scientific research, methods and insight to lead a more flexible, fulfilling life. Wear comfortable clothing. Includes work on the mat. Space is limited. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
41490	M, 9/14-11/16	2:15-3 p.m.	\$50/\$75	Sr. Ctr.

Tai Chi Level 1

Learn the principles of Yang Family Tai Chi in a welcoming, supportive class. Practice slow, gentle movements that improve balance, flexibility and overall wellbeing. Suitable for all fitness levels, with personalized guidance from an experienced instructor to help you build confidence and inner calm at your own pace. Instructor: Larry Levine.

Course	Day, Date	Time	Cost	Location
41497	Th, 9/10-11/5	12:45-1:45 p.m.	\$65/\$80	Sr. Ctr.

Mini Session:

41532	Th, 12/3-12/17	12:45-1:45 p.m.	\$25/\$31	Sr. Ctr.
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Tai Chi Level 2

This class is designed for individuals who have attended the beginner Tai Chi class and also for those who have previously studied "Yang" Tai Chi or another style of Tai Chi and wish to continue their training. **Available only for past participants of Tai Chi Level 1 at the Rockville Senior Center.** Instructor: Larry Levine.

Course	Day, Date	Time	Cost	Location
41498	Th, 9/10-11/5	2-3 p.m.	\$65/\$80	Sr. Ctr.

Mini Session:

Course	Day, Date	Time	Cost	Location
41533	Th, 12/3-12/17	2-3 p.m.	\$25/\$31	Sr. Ctr.

The Healthy Habits Journey **NEW!**

This six-week program helps older adults build healthier habits for long-term weight management, improved energy and overall wellness. Participants learn practical strategies for balanced nutrition, portion control, physical activity, hydration, stress management and healthy aging in a welcoming, age-friendly environment. Each weekly session includes interactive education, goal setting, group discussion and simple lifestyle tips tailored to the needs of seniors. Instructor: Jackie Selvas.

Course	Day, Date	Time	Cost	Location
41952	Th, 10/1-11/5	11 a.m.-12 p.m.	\$60/\$72	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
41475	W, 9/9-11/4	12:15-1:05 p.m.	\$45/\$60	Sr. Ctr.
41466	W, 9/9-11/4	12:15-1:05 p.m.	\$40/\$60	Online

Total Body Sculpt

A well-rounded, full-body workout designed to improve overall fitness by combining cardio and resistance training. Exercises can be performed seated or standing, making the class accessible to most fitness levels. Sessions focus on strength, endurance and cardiovascular health for a balanced approach to fitness. Instructor: Theresa Catterton-Doherty.

Course	Day, Date	Time	Cost	Location
41476	M, 9/14-11/16	12:15-1:05 p.m.	\$45/\$60	Sr. Ctr.
41482	M, 9/14-11/16	12:15-1:05 p.m.	\$40/\$60	Online

Mini Session:

41544	M, 11/30-12/14	12:15-1:05 p.m.	\$28/\$35	Sr. Ctr.
41540	M, 11/30-12/14	12:15-1:05 p.m.	\$24/\$35	Online

Get Your Flu Shot...

Tu, 9/29	9:30 a.m.-12:30 p.m.	Carnation Rm.
F, 10/23	10-11:30 a.m.	Health Rm.
W, 11/18	10-11:30 a.m.	Health Rm.

See Sept. newsletter for more information.

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using handheld weights, bands and tubes. Intensity may be modified to suit most fitness levels. Instructor: Matthew Francis.

Course	Day, Date	Time	Cost	Location
41487	M, 9/14-11/16	9-9:45 a.m.	\$58/\$75	Sr. Ctr.
41486	M, 9/14-11/16	9-9:45 a.m.	\$48/\$75	Online
41488	F, 9/11-11/6	9-9:45 a.m.	\$58/\$75	Sr. Ctr.
41489	F, 9/11-11/6	9-9:45 a.m.	\$48/\$75	Online

Mini Session:

41512	M, 11/30-12/14	9-9:45 a.m.	\$22/\$27	Sr. Ctr.
41527	M, 11/30-12/14	9-9:45 a.m.	\$20/\$27	Online
41528	F, 12/4-12/18	9-9:45 a.m.	\$22/\$27	Sr. Ctr.
41521	F, 12/4-12/18	9-9:45 a.m.	\$20/\$27	Online

Travel the World Fitness Series **NEW!**

Experience global movement through salsa, ballroom dance, belly dance and Hawaiian-inspired fitness. Boost energy, improve fitness and connect through fun cultural dance styles from around the world. Instructors: Noelia Serrano-Gonzalez, Melizza Ford, Larissa Johnson.

Course	Day, Date	Time	Cost	Location
Travel the World: Ballroom Dance				
42143	Tu, 9/15	12:15-1 p.m.	\$10/\$12	Sr. Ctr.
Travel the World: Salsa Dance				
42144	Tu, 9/22	12:15-1 p.m.	\$10/\$12	Sr. Ctr.
Travel the World: Belly Dance				
42145	Tu, 9/29	12:15-1 p.m.	\$10/\$12	Sr. Ctr.
Travel the World: Hawaiian Dance				
42146	Tu, 10/6	12:15-1 p.m.	\$10/\$12	Sr. Ctr.

Commission on Aging

The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life. Commission spots are available.

Day, Date: Third Thursday of every month.

Time: 9:30 a.m. **Location:** Hybrid

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Includes work on the mat. Wednesday classes are held in the Carnation Room. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
41504	W, F, 9/9-11/18	10-11 a.m.	\$102/\$125	Sr. Ctr.

Mini Session:

41550	W, F, 12/2-12/18	10-11 a.m.	\$40/\$52	Sr. Ctr.
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Zumba Gold

This easy, Latin- and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective, and great for body, mind and soul. Enjoy dancing while receiving a total-body workout. Instructor: Larissa Johnson.

Course	Day, Date	Time	Cost	Location
41468	F, 9/11-11/6	1:30-2:15 p.m.	\$40/\$60	Sr. Ctr.

Mini Session:

41523	F, 12/4-12/18	1:30-2:15 p.m.	\$22/\$27	Sr. Ctr.
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Sports — Instructional

*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.***

Pickleball

Stay active, social and strong in this six-week pickleball class designed exclusively for seniors. This fun, 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. Please bring your own pickleball paddles. Instructor: Tim Francis.

Course	Day, Date	Time	Cost	Location
41503	W, F, 9/16-10/23	8:30-9:20 a.m.	\$90/\$112	Welsh Park

Table Tennis—Beginner I

For those with little or no experience who want to learn techniques, basic rules and scoring. The game is fun to play and helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
41454	M, 9/28-11/2	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
41453	W, 9/23-10/28	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
41455	F, 9/25-10/30	1-2 p.m.	\$40	Sr. Ctr.

Sports — Leagues

Bocce Ball Club

Easy to learn and enjoyable at all levels. A court is located behind the Senior Center. For Senior Center members only.

Course	Day, Date	Time	Cost	Location
39949	Tu, Th, 4/7-10/29	10 a.m.-12 p.m.	Free	Sr. Ctr.

Mindful Moments Relax & Recharge

A Day of Wellness



Sept. 1

11 a.m. - 2 p.m.

#41250 | Free | Senior Center

Discover new ways to shine from the inside out with moments of relaxation, renewal, and inspiration. Explore local vendors, experience live wellness demonstrations, and discover simple ways to nurture your mind, body and spirit through all five senses.

Better Breather's Club

A support group offered through the American Lung Association for people living with lung disease who are interested in health and wellness. Meets the third Thursday of the month. Presented by Kerri Donnelly, CSA, CDP, founder of Xpand Longevity.

Course	Day, Date	Time	Cost	Location
41956	Th, 10/15-12/17	1:30-2:30 p.m.	Free	Sr. Ctr.

Digestive Health for Healthy Aging

Digestive changes are common as we age, but ongoing symptoms like abdominal discomfort, bloating, constipation or diarrhea do not have to be accepted as part of growing older. This informative webinar explores irritable bowel syndrome (IBS) and other common digestive concerns that affect older adults, helping you better understand what is normal, what is not and when to seek care. Enjoy a practical, easy-to-understand discussion of how IBS is diagnosed, common triggers and evidence-based strategies to manage symptoms. A live Q&A will follow. Presented by Marshall Bedine, M.D., assistant professor of gastroenterology at the Johns Hopkins University School of Medicine.

Course	Day, Date	Time	Cost	Location
41959	Th, 11/19	1-2 p.m.	Free	Online

Fall Risk Screening

Falls are the No. 1 cause of brain injuries. Members of the Adventist HealthCare Rehabilitation Brain Injury Program team will screen your risk for falls by completing balance assessments. Presented by Adventist HealthCare Rehabilitation. Call 240-314-8810 to schedule an appointment.

Course	Day, Date	Time	Cost	Location
42150	W, 9/30	1-2:30 p.m.	Free	Sr. Ctr.

Habits of Healthy People

While there isn't a one-size-fits all recommendation for achieving happiness, there are some day-to-day habits that optimists tend to have in common. Discover simple ways to incorporate these practices into your own. Presented by Humana.

Course	Day, Date	Time	Cost	Location
42153	Tu, 12/1	1-2 p.m.	Free	Sr. Ctr.

Living Longer, Living Better

Understand how our health, homes, relationships, finances, purpose and community shape the way we age. Session 1, "What Does Longevity Really Mean?": A conversation about longer lives, changing expectations and how aging today looks different than it did for previous generations. Session 2, "Planning for What If": a practical look at care conversations, hospital stays, rehab, home care, assisted living, skilled nursing, advance directives and how to avoid crisis-driven decisions. Session 3, "Building Your Longevity Plan": participants identify their own strengths, gaps, priorities and next steps for living longer and better. Presented by Kerri Donnelly, CSA, CDP, Founder of Xpand Longevity.

Course	Day, Date	Time	Cost	Location
42154	W, 10/7-10/21	1-2 p.m.	Free	Sr. Ctr.

Managing Chronic Pain for Better Movement and Daily Living

Chronic pain can make daily activities more challenging, but effective strategies can help you stay active and independent. Learn about common causes of chronic pain, along with practical approaches to managing discomfort. Discover safe movement, lifestyle changes and treatment options to support better mobility and overall well-being. A live Q&A will follow the presentation. Presented by Dr. Stephanie Van, rehabilitation physician and assistant professor in the Department of Physical Medicine and Rehabilitation at the Johns Hopkins University School of Medicine.

Course	Day, Date	Time	Cost	Location
41960	Th, 10/22	1-2 p.m.	Free	Online

Managing Money: A Caregiver's Guide to Finances

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning. It teaches them how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed. Presented by the Alzheimer's Association.

Course	Day, Date	Time	Cost	Location
42141	Tu, 11/10	1-2 p.m.	Free	Sr. Ctr.

Medication Management for Seniors: Understanding the 5 Rights

Understand your medications and how to take them safely. Learn about medication management, common side effects, medication safety tips and questions to ask your health care providers. The second portion of the session offers optional one-on-one medication reviews, where participants can discuss their current medications, learn how to apply the 5 Rights to their daily routine and receive guidance on communicating effectively with their doctors and pharmacists. **One-on-one reviews will be by appointment only from 11 a.m. to 1 p.m. following the presentation. Please call 240-314-8810 to schedule your appointment.** Space is limited. Presented by Natoe Goba, BSN, MSN, FNP-BC, of Aveon Services Home Care.

Course	Day, Date	Time	Cost	Location
42142	W, 9/9	10-11 a.m.	Free	Sr. Ctr.

Mindful Moments- Relax & Recharge

Discover new ways to shine from the inside out with moments of relaxation, renewal and inspiration. Explore local vendors, experience live wellness demonstrations and discover simple ways to nurture your mind, body and spirit through all five senses.

Course	Day, Date	Time	Cost	Location
41250	Tu, 9/1	11 a.m.-2 p.m.	Free	Sr. Ctr.

SAD and Treatments

Many people go through short periods when they feel sad or not like their usual selves. Sometimes these mood changes begin and end as the seasons change. Many people experience Seasonal Affective Disorder (SAD). Treatments will be shared with the group. Presented by Rika Granger.

Course	Day, Date	Time	Cost	Location
42140	W, 12/2	1-2 p.m.	Free	Sr. Ctr.

Saving Claire

A humorous, eye-opening short film created by a former senior care worker to highlight the importance of fall prevention. Stay for a panel discussion featuring a first responder, a lawyer, a physical therapist and home care professionals. Presented by Planning for Senior Life.

Course	Day, Date	Time	Cost	Location
42179	Th, 9/24	10 a.m.-12 p.m.	Free	Sr. Ctr.

Signing for Seniors: American Sign Language Basics

Learn some of the basics of American Sign Language (ASL) to help you communicate with someone who is deaf or hard of hearing. Pick up basic words and phrases, appropriate greetings and various cultural and historical aspects of this fun and amazing language. All you need is an open mind and ready hands! Presented by Barbara Grysavage.

Course	Day, Date	Time	Cost	Location
42147	W, 9/23	1-2:30 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. No class 9/21.

Course	Day, Date	Time	Cost	Location
41957	M, 9/14-11/16	1-2 p.m.	\$30/\$40	Online

Stronger Steps: Keeping Your Feet Healthy as You Age

Healthy feet are essential for staying active, independent and comfortable as we age. This informative webinar covers common foot concerns affecting adults age 55 and older. Learn how to prevent foot pain, recognize warning signs of common conditions and practice simple daily foot-care habits to support mobility and comfort as you age. Presented by Johns Hopkins Medicine.

Course	Day, Date	Time	Cost	Location
42139	Th, 9/24	1-2 p.m.	Free	Online

A Peace of Mind

An overview of advance funeral planning, emphasizing the benefits of and key steps for pre-arranging funerals and cremations. Led by a prearrangement specialist from Sagel Bloomfield Danzansky Goldberg Funeral Care, Inc.

Course	Day, Date	Time	Cost	Location
42180	Th, 10/29	10-11:30 a.m.	Free	Sr. Ctr.

Blood pressure screenings are available at the Rockville Senior Center health room every Monday from 11 a.m.-noon.

Alzheimer's Association Memory Cafe

A relaxed way for people living with early-stage memory loss to connect through social events. Meets the first and third Tuesday of the month. 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
41264	Tu, 9/1-12/15	12-1 p.m.	Free	Sr. Ctr.

Downsizing: Plan for a Smooth Transition

Learn practical tips to start downsizing now and reduce the stress of a future move. Join Kathleen Caulfield Meyer, Realtor with Coakley Realty, for expert strategies on preparing your home for sale, current market insights, and a live Q&A. Free downsizing workbook included, plus doughnuts and coffee.

Course	Day, Date	Time	Cost	Location
42255	W, 9/30	10-11:30 a.m.	Free	Sr. Ctr.

Grief and Loss

Grief and loss can affect us in many ways, especially as we experience life changes and the passing of loved ones. This supportive program offers seniors a safe space to share, reflect and learn healthy ways to cope while finding comfort through conversation and connection. Presented by Smith Life Homecare.

Course	Day, Date	Time	Cost	Location
42185	Th, 10/1	10 a.m.-12 p.m.	Free	Sr. Ctr.

Grupo de Apoyo Hispano

Las personas mayores pueden compartir sus miedos y frustraciones, y recibir apoyo sin juzgar, creando un espacio para compartir sentimientos con una terapeuta bilingue de Affiliated Santé Group.

Course	Day, Date	Time	Cost	Location
42171	Th, 10/1-12/17	11 a.m.-12 p.m.	Free	Sr. Ctr.

Medicare Open Enrollment Seminars

Spanish

La inscripción abierta es su oportunidad para hacer cambios a su cobertura de Medicare. Usted puede cambiar a Medicare Advantage o cambiar la cobertura de su plan de Parte D (medicamentos). Aprenda sobre sus opciones con el Programa Estatal de Asistencia de Seguro de Salud (SHIP) del Condado de Montgomery.

Course	Day, Date	Time	Cost	Location
42224	Th, 9/10	11 a.m.-12 p.m.	Free	Sr. Ctr.

English

Open enrollment allows you to make changes to your Medicare coverage. You can join or switch to a different Medicare Advantage or Medicare Part D plan during open enrollment. Learn about your options with the Montgomery County State Health Insurance Assistance Program (SHIP).

Course	Day, Date	Time	Cost	Location
42225	Th, 9/10	1-2 p.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 your memory and solve problems while engaging in friendly competition. Meets the second and fourth Tuesdays of the month.

Course	Day, Date	Time	Cost	Location
42173	Tu, 10/13-12/22	1-2 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. Meets the first and third Tuesdays of the month.

Course	Day, Date	Time	Cost	Location
42177	Tu, 10/6-12/15	1-2 p.m.	Free	Online

Managing Stress

Weekly support to counter isolation and anxiety. Participants learn coping skills. Each session begins with meditation. Meets first and third Friday of the month.

Course	Day, Date	Time	Cost	Location
42174	F, 10/2-12/18	11 a.m.-12 p.m.	Free	Online

Positive Aging Alone

An ongoing group for seniors who live alone. An opportunity for socializing and learning tips for positive living. Meets the first and third Thursdays of the month.

Course	Day, Date	Time	Cost	Location
42176	Th, 10/1-12/17	1-2 p.m.	Free	Online

Protecting Your Home & Independence

Learn practical tips to improve home safety, prevent falls and protect the value of your home through simple preventive maintenance. The session also explores smart technology, everyday home to-do list assistance and ADA-accessible bathroom modifications that support safety, independence and staying connected. Presented by Martin Mikus of Helping Hands, a Certified Aging-in-Place Specialist through the National Association of Home Builders.

Course	Day, Date	Time	Cost	Location
42182	W, 10/14	10 a.m.-12 p.m.	Free	Hybrid

Seniors Get Moving with Free Travel Training Workshop

This free, three-hour mini field trip helps seniors feel confident and comfortable using public transit in Montgomery County. Travel Training takes the worry out of taking transit with hands-on practice that includes riding a Ride On bus and a Metro train. Participants receive a fare card (yours to keep) and money to load on it so the class can board a train together and see the sights. The seminar includes a short classroom introduction and a chance to meet and mingle with other friendly, interesting county seniors. Whether you are new to local transit or seeking a refresher, Travel Training helps you get out and about for shopping, recreation, entertainment and education.

Course	Day, Date	Time	Cost	Location
41343	Th, 9/17	10 a.m.-2 p.m.	Free	Sr. Ctr.

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

See page 29 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 for more information or to become a member. Clubs run from September through May.

Villages 101

Learn what is happening in the village community in Rockville and how to become a part of the movement. Have your questions answered about starting a village in your neighborhood and get the resources you need to join one. Presenter: Trish Evans, Rockville Village facilitator.

Course	Day, Date	Time	Cost	Location
41609	Tu, 10/13	1-2 p.m.	Free	Sr. Ctr.

Vintage Voyages: A Senior Show & Tell

Remember the classic TV game show "Concentration" with host Hugh Downs? Take a trip back to 1964 as a couple shares photographs and stories from the incredible prize-winning journey they earned through the show, featuring memorable sights from England, Egypt, Iran, Japan and beyond. Enjoy a nostalgic look at world travel through one senior member's camera lens and personal experiences.

Course	Day, Date	Time	Cost	Location
42184	Tu, 10/6 & 11/10	10-11:30 a.m.	Free	Sr. Ctr.

Voter Registration

Stay informed, engaged and ready to make your voice heard. This program helps seniors understand the voter registration process, important election dates and available voting resources, including mail-in and accessible voting options.

Course	Day, Date	Time	Cost	Location
42186	Th, 9/3	10-11:30 a.m.	Free	Online

Winter Ready: Tools, Tips & Local Resources

Prepare for the snowy season with helpful tips and local resources designed to keep you safe and ready for winter weather. Learn practical ways to plan ahead, stay informed and feel more confident during the colder months. Presented by Jerry Jones.

Course	Day, Date	Time	Cost	Location
42183	Th, 9/10	10-11:30 a.m.	Free	Hybrid

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.

Support Resources

Wise Wanderers

As we age, travel can look a little different, but it can still be exciting, meaningful and enjoyable. This interactive discussion explores the important questions to ask before traveling, from comfort and accessibility to safety and planning, helping participants create smoother, more successful trips. Participants share experiences, tips and ideas for making future adventures more accommodating and enjoyable. Presented by Happy Habit Travel.

Course	Day, Date	Time	Cost	Location
42181	W, 10/28	10-11:30 a.m.	Free	Sr. Ctr.



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, Aug. 27
- Thursday, Sept. 24
- Thursday, Oct. 22
- Thursday, Nov. 12 (Due to Holiday)
- Thursday, Dec. 10 (Due to Holiday)

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 bimonthly 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, 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 age 60 and older 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 Reminder

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 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, Aug. 11.
- Nonmember registration begins Thursday, Aug. 13.

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:

rockvillemd.gov/registration

2. Fax to:

Rockville Senior Center: 240-314-8809

3. Mail to:

Rockville Senior Center
1150 Carnation Drive, Rockville, 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.

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

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

Registration Form/Formulario de inscripción

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

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*	

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:

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

Payer Address (If different than above) / Dirección del Pagador (si es diferente que la de arriba)			

City / Ciudad		State / Estado	Zip / Código Postal

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:

Card Magic Series

Details on page 5.

Tuesdays, Sept. 1-22 • 10-11 a.m.

Course #41608 • \$50/\$60 • Senior Center

Supper Club

Details on page 9.

Tuesday, Sept. 15 • 4:30-6:45 p.m.

Course #41990 • \$32/\$42 • Senior Center

Travel the World Fitness Series

Details on page 22.

Tuesdays, Sept. 15-Oct. 6 • 12:15-1 p.m.

\$10/\$12 (each session) • Senior Center

Annual Turkey Trot

Details on page 15.

Thursday, Nov. 19 • 10-11:30 a.m.

Course #41589 • Free • Hybrid

Friendsgiving Lunch

Details on page 6.

Thursday, Nov. 19 • 11:30 a.m.-1 p.m.

Course #42280 • \$17/\$20 • Senior Center