



ROCKVILLE SENIORS

The Center's Monthly Highlights

August 2026

FEATURED PROGRAMS & EVENTS

Montgomery County Fair Senior Citizens Day

Tuesday, August 18 • 10 a.m.-2 p.m.
Course #42300 • Free • Senior Center
Celebrate the 76th Annual Montgomery County Agricultural Fair with a special day just for seniors! Enjoy free donuts, live entertainment, music, vendors and goodie bags. Food and local art will be available for purchase. Free bus transportation will be available from the Rockville Senior Center. Space is limited. Registration required.

Mindful Moments: Relax and Recharge, A Day of Wellness

Tuesday, September 1 • 11 a.m.-2 p.m.
Course #41250 • Free • Senior Center
Explore local vendors, experience live wellness demonstrations, and discover simple ways to nurture your mind, body and spirit through all five senses.

National Civility Awareness Month

encourages us to practice empathy, respect, and kindness in our everyday interactions. A simple random act of kindness can make someone's day. Small gestures like holding the door open, smiling at a stranger, or writing a thank-you note can have a lasting impact.

National Grief Awareness Day

Observed on August 30. This day reminds us that healing from loss is a personal journey, and there is no set timeline for grief. Grief is not limited to the loss of a loved one—it can also result from physical trauma, divorce, a health diagnosis, the loss of a job, or financial hardship. Take a moment to check in on someone who may be grieving, and remember to show yourself and others patience, compassion, and kindness.

Immunization Awareness Month

Highlights the vital role immunizations (vaccines) play in protecting individuals and communities from preventable diseases. Talk with your healthcare provider about which immunizations are recommended for you. The Senior Center will host Flu Shot Clinics on September 29, October 23, and November 18.

ANNOUNCEMENTS

Fall registration:

Tuesday, August 11 at 8:30 a.m. for Rockville residents and senior center members.

Thursday, August 13 at 8:30 a.m. for general registration.

Office and Building Hours
Monday-Friday, 8:30 a.m.-5 p.m.
Saturday, 9 a.m.-3 p.m.

Rockville Senior Center
1150 Carnation Drive
Rockville, MD 20850
240-314-8800
seniorcenter@rockvillemd.gov
rockvillemd.gov/seniorcenter

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.

FITNESS PROGRAMS

Register for the Fall 2026 fitness session!
The session will begin on Tuesday,
September 8.

We are proud to announce that our Next Step Fitness: Beyond Rehab program won an award from the Maryland Association of Senior Centers (MASC) in recognition of its outstanding contribution to older adults in the Fitness, Nutrition and Health promotions category. This award reflects our commitment to helping participants transition successfully from rehabilitation to ongoing fitness and wellness programs that promote strength, independence, and healthy aging.

Country Line Dance Party

Thursday, August 20 • 3:30-4:45 p.m. •
Course #41216 • \$10/\$12 • Senior Center
Saddle up, folks! Get ready to kick up
some dust and dance the afternoon away.
Whether you're a seasoned line dancer or
just starting out, there's a place for everyone
on the dance floor! Country western attire
optional. Snacks will be provided.

All Day Exercise

Wednesday, August 26 • 10 a.m.-2 p.m. •
Course #40850 • Senior Center
Spice up your routine with a new fitness
class. Preview classes that will be offered
this fall. Several free, 25-minute class
demonstrations will be offered throughout
the day. Try as many as you'd like. Virtual
options will be included. Sponsored by
Montcare. **Note: Registration for the
Cardio Drumming demo session is under a
separate number. The course number for
Cardio Drumming is #40851.**

Harmony & Calm: A Gentle Sound Bowl Meditation Experience

Thursday, August 27 • 2:15-3 p.m. •
Course #41444 • \$10/\$12 • Senior Center
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 is
needed. This uplifting experience is perfect
for anyone curious about meditation, stress
relief, relaxation, and restorative wellness
practices in a welcoming and supportive
environment.

IN-PERSON MOVIE MATINEES

'Pressure' (2026, War)

Thursday, August 13 • 1-3 p.m. • #42284
Friday, August 14 • 1-3 p.m. • #42285
In the tense 72 hours before D-Day, General
Dwight D. Eisenhower and Captain James
Stagg face an impossible choice--launch the
most dangerous seaborne invasion in history
or risk losing the war altogether. Rated PG-
13 for war violence, bloody images, some
strong language, and smoking.

'Michael' (2026, Musical/Music)

Thursday, August 20 • 1-3:15 p.m. • #42286
Friday, August 21 • 1-3:15 p.m. • #42287
The early life of musician Michael Jackson,
from the discovery of his talent as the lead of
the Jackson Five to the artist whose creative
ambition fueled a pursuit to become the
biggest entertainer in the world. Rated Pg-13
for some thematic material, language, and
smoking.

Note: Film screenings are for members of the
Rockville Senior Center. Call, email or visit the
center in person to register and reference the
corresponding course numbers above.

RECREATION PROGRAMS

The 1980s: A Decade of Transformation: 1987

Monday, August 4 • 10:30-11:30 a.m. •
Course #40538 • \$13/\$16 • Virtual
Aretha Franklin is inducted into the Rock & Roll Hall of Fame. Smoking is restricted in federal buildings. The Supreme Court rules that affirmative action can apply to women. President Reagan challenges Soviet leader Mikhail Gorbachev to “tear down this wall.” The Dow has its ups and downs. Shelley Long leaves “Cheers.”

1980s Movies Based on Real People: 1987

Monday, August 10 • 10:30-11:30 a.m. •
Course #40532 • \$7/\$10 • Virtual
“Full Metal Jacket” is based on Gustav Hasford’s 1979 semi-autobiographical novel “The Short-Timers.” The story follows a platoon of U.S. Marines from boot camp at Marine Corps Recruit Depot Parris Island, South Carolina, to Da Nang and Huế, Vietnam, during the Tet Offensive. “Good Morning, Vietnam” is based on the experiences of Armed Forces Radio Service DJ Adrian Cronauer, portrayed by Robin Williams.

Montgomery County Schools Named for Famous People: Hallie Wells and Roberto Clemente

Monday, August 17 • 10:30-11:30 a.m. •
Course #40535 • \$7/\$10 • Virtual
Hallie Wells worked for the War Department during World War I. She and her husband later retired from government work to their farm in Clarksburg and are known for their philanthropy. Roberto Enrique Clemente Walker was a professional baseball player who spent 18 seasons in Major League Baseball with the Pittsburgh Pirates. He was known as “The Great One” and dedicated his life to helping others.

Friends at First Sight

Tuesday, August 25 • 1-2:30 p.m. •
Course #40561 • \$5 • Senior Center
Get to know fellow members you may or may not have met yet in this fast-paced event. Light refreshments will be served.

Bingo

Wednesday, August 26 • 1-2 p.m. •
Course #40558 • \$3/\$5 • Senior Center
We have a winner! Enjoy socializing while playing a great old-time game of bingo.

NEW! Drop In Duplicate Bridge

Thursday, Sept. 10 • 1-4:30 p.m. •
Course #42306 • Free • (Register by 9/3)

Wednesday, Sept. 16 • 10 a.m.-1:30p.m. •
Course #42307 • Free • (Register by 9/9)
Open to all Senior Center members who already know how to play the game but have always wanted to try the duplicate format under less stressful circumstances than a sanctioned ACBL club. **Registration is required. Participants need to register one week before the scheduled play date so the proper number of pre-dealt hands can be prepared.**

CLUB NEWS

Club News: Clubs take a break from June -August and resume in September. Email seniorrecreation@rockvillemd.gov for information.

SUPPORT & WELLNESS PROGRAMS

Meet the compassionate professionals from Clarksburg Behavioral Health, offering personalized, evidence-based mental health care at the Center on Mondays and Wednesdays. Contact the office by phone, 240.219.6686 or email: mmngwa@clarksburgbehavioralhealth.com to complete an intake form and get started.

Next Move or Not

Wednesday, August 12 • 10-11:30 a.m. • Course # 41134 • Free • Senior Center
Local experts including a lender, senior placement advisor, concierge moving company and estate planning attorney or accountant, will share insights and answer questions to support your decision-making. This program is designed to help seniors and their families plan a smooth and confident housing transition. Presented by Susan Barker, Compass Realty.

Spot the Scam

Tuesday, August 4 • 1-2 p.m. • Course #41180 • Free • Senior Center
Stay safe online by learning how to spot and avoid common scams targeting seniors. Learn how to recognize suspicious emails, text messages and websites before they can trick you. Instructor: Andre Hickman.

Memory Screening with Visiting Angels

Wednesday, August 12 • 10 a.m.-12 p.m. Free • Senior Center
A quick, safe way to assess memory and comprehension skills through complimentary screenings that help determine whether further evaluation is needed by a licensed practitioner. Each appointment lasts 15 minutes. Call 240-314-8810 to schedule.

Small Steps, Big Impact: Preventing Type 2 Diabetes

Thursday, August 27 • 1-2:30 p.m. • Course # 41125 • Free • Senior Center
Learn how prevention and early action can make a difference in diabetes risk and long-term health. This community webinar will explain the key differences between Type 1 and Type 2 diabetes, current research on risk factors and practical strategies that may help reduce the risk of Type 2 diabetes. Vidhu Vadini, M.B.B.S., with the Division of Endocrinology, Diabetes and Metabolism at Johns Hopkins University School of Medicine, will discuss topics including healthy lifestyle habits, screening, family risk and current approaches to prevention and early detection.

10 Warning Signs of Alzheimer's

Wednesday, August 5 • 1-2 p.m. • Course #41139 • Free • Senior Center
Am I getting old or just getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal something more serious? This program explains the difference between normal aging and when symptoms reveal a larger problem. Presented by Alzheimer's Association.

Caregiver Self-Care & Stress Relief

Tuesday, August 11 • 10-11:30 a.m. • Course #41238 • Free • Senior Center
Focus on the importance of caring for yourself while caring for others. Includes simple breathing exercises, light stretching and practical strategies for preventing burnout. Presented by: Presented by Natoo Goba, Aveon Services