



ROCKVILLE SENIORS

The Center's Monthly Highlights

September 2026

FEATURED PROGRAMS & EVENTS

Mindful Moments Event: 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.

Supper Club

Tuesday, Sept. 15 • 4:30-6:45 p.m. •
Course #41990 • \$32/\$42 • Senior Center
A wine and cheese happy hour with event partner Brightview West End will be 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.

Annual Holiday Bazaar

Calling all crafters! Our annual Holiday Bazaar, which takes place on Saturday, Dec. 5 from 9 a.m.-2 p.m. is the perfect opportunity to sell your handmade crafts. For more information, call 240-314-8800 or email seniorcenter@rockvillemd.gov.

Medication Management for Seniors: Understanding the 5 Rights

Learn medication management, common side effects, medication safety tips, and questions to ask their healthcare providers. The second portion of the session will provide optional one-on-one medication reviews. One-on-one reviews will be by appointment from 11-1pm following the presentation. **Please call 240-314-8810 to schedule your appointment.** Space is limited. Presented by Naoe Goba, BSN, MSN, FNP-BC of Aveon Services Home Care

The Rockville Senior Center Greenhouse welcomes your cuttings from house plants and plants you may not want to keep. You can drop them off outside the greenhouse (we are there almost every day) or at the front desk. Thank you- Greenhouse Volunteers

ANNOUNCEMENTS

The building and fitness room will be closed Monday, Sept. 7 for Labor Day.

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

There's still time to register for Fall fitness programs! The session will begin on Tuesday, Sept. 8.

Travel the World Fitness Series

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.

Ballroom Dance • Tuesday, Sept. 15 • 12:15-1pm • Course #42143 • \$10/\$12 • Instructor TBA • Senior Center

Salsa Dance • Tuesday, Sept. 22 • 12:15-1pm • Course #42144 • \$10/\$12 • Noelia Serrano-Gonzalez • Senior Center

Belly Dance • Tuesday, Sept. 29 • 12:15-1pm • Course #42145 • \$10/\$12 • Melizza Ford • Senior Center

Hawaiian Dance • Tuesday, Oct. 6 • 12:15-1pm • Course #42146 • \$10/\$12 • Larissa Johnson • Senior Center

Beginner II Senior Pickleball

Wednesday & Friday, Sept. 16-Oct. 23 • 9:30-10:20 a.m. • Course #42379 • \$90/\$112 • Welsh Park

Designed for players who understand the basic skills, strategies, rules, scoring, and etiquette of open social play, and can make shots with at least 50% consistency. Classes foster a balanced, friendly, and appropriately challenging environment that supports continued improvement. Please bring your own pickleball paddles. Instructor: Tim Francis

Fitness Workshop-Female Pelvic Floor Health

Tuesday, Sept. 22-Oct. 6 • 12:15-1:30 p.m. • Course #41969 • \$45/\$60 • Senior Center
A three-part workshop, designed for the female participant, with education on

anatomy, functional components and exercises to maintain a healthy pelvic floor. Instructor: Lori Newman

Fitness Workshop-Male Pelvic Floor Health

Thursday, Sept. 24-Oct. 8 • 12:30-1:30 p.m. • Course #42138 • \$45/\$60 • Senior Center
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

IN-PERSON MOVIE MATINEES

'Devil Wears Prada 2' (2026, Comedy)

Thursday, Sept. 10 • 1-3 p.m. • #42336

Friday, Sept. 11 • 1-3 p.m. • #42339

A former assistant returns to the fashion world, where old rivalries and new challenges collide in a stylish battle of ambition and power. Rated PG-13 for some strong language and sexual material.

'Sheep Detective' (2026, Comedy/Mystery)

Thursday, Sept. 24 • 1-3 p.m. • #42340

Friday, Sept. 25 • 1-3 p.m. • #42341

In this witty, new breed of mystery, a shepherd who reads detective novels to his beloved sheep every night, assuming they can't possibly understand. But when a mysterious incident disrupts life on the farm, the sheep realize they must become the detectives. Rated for PG for thematic material, some violent content, and brief language.

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

RECREATION PROGRAMS

Card Magic Series

Tuesday, Sept. 1-22 • 10-11 a.m. •

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

Students will challenge their brains and physical dexterity to improve their card handling, learn techniques like lifts and culls and cuts as well as several amazing card illusions ideal for performing for friends and family. Presented by School of Magic Arts.

A Decade of Transformation: 1988

Monday, Sept. 14 • 10:30-11:30 a.m. •

Course #41254 • \$7/\$10 • Virtual

A year of cultural milestones. An election, new justice on the Supreme Court and the Iran Contra issue. Instructor: Joan Adams.

Grandmas Moses – Life & Family

Monday, Sept. 14 • 1-2 p.m. •

Course #41229 • \$7/\$10 • Senior Center

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."

Bridge - An Introduction to the Game

Friday, Sept. 18 & 25 • 10 a.m.-12 p.m. •

Course #42094 • \$27/\$32 • Senior Center

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

Soap Making Workshop

Thursday, Sept. 24 • 1-2:30 p.m. •

Course #41576 • \$30/\$40 • Senior Center

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.

1980s Movies Based on Real People: 1988

Monday, Sept. 28 • 10:30-11:30 a.m. •

Course #41256 • \$7/\$10 • Virtual

"Biloxi Blues" is an American military comedy 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 and "Mississippi Burning" is an intense drama revolving around the efforts of trying to solve the 1964 murder case of three civil rights workers.

Walter Johnson: The Big Train

Monday, Sept. 28 • 10-11 a.m. •

Course #41231 • \$7/\$10 • Senior Center
Baseball great Walter Johnson is buried in Rockville Cemetery. Local baseball experts join Peerless Rockville sharing their knowledge on the outstanding pitcher and later Montgomery County Commissioner (predecessor to the Montgomery County Council). This presentation will explore Johnson's personal and professional life.

Piecemakers' Club

Monday, Sept. 28-Nov. 16 • 1-2:30 p.m. •

Course #41577 • Free • Senior Center

A relaxed, social gathering — not a class — for crafters of all kinds. Participants are invited to listen, share tips and tricks, exchange ideas and inspire each other while exploring techniques together at their own pace.

CLUB NEWS

Young in Heart – Thu, Sept. 17 • 11:30 a.m.

Willing 3C's – Fri, Sept. 18 • 11:30 a.m.

Red Hat – Wed, Sept. 23 • 11 a.m.

SUPPORT & WELLNESS PROGRAMS

A Wellness Survey will be emailed out the in the first part of Sept. Please take a moment to fill it out. Your responses will help shape the Rockville Senior Center Wellness Program.

Starting in October our new Wellness Corner will share information and practical strategies centered on the five pillars of wellness: nutrition, physical activity, sleep, mental health, and social connection. Together, these pillars promote a healthier, more balanced life.

Age Well, Live Well

Monday, Sept. 14 • 10-11 a.m. •
Course #42378 • Free • Senior Center
Planning today for a safer, more independent tomorrow. Wondering if aging in place is right for you? Explore practical ways to remain safe, independent, and confident as you age. Learn about fall prevention, creating an aging-ready home, and the resources available to help you continue living where you feel most at home. Presented by HomeSAFE Scan.

Aging in Place 101: Expert Knowledge, Tips, and Resources

Wednesday, Sept. 16 • 10-11:30 a.m. •
Course # 41312 • Free • Senior Center
Learn the strategies/differences between hourly home care, live-in care, how to access respite funds, dementia funds, geriatric care management, and much more- and when each may be the best fit. Presenter: Erin Pickrell, Director, Griswold CSA, CDP.

Signing for Seniors: American Sign Language Basics

Wednesday, Sept. 23 • 1-2:30 p.m. •
Course #42147 • Free • Senior Center

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.

Strong Steps: Keeping Your Feet Healthy as You Age” is now: Seeing Clearly: Protecting Your Vision as You Age

Thursday, Sept. 24 • 1-2 p.m. •
Course #42139 • Free • Virtual
Your vision naturally changes with age, but there are many ways to protect your eyesight. Learn about common age-related eye conditions, warning signs that should never be ignored, the importance of routine eye exams, and healthy habits for lifelong vision. This webinar will provide practical tips to help you maintain healthy vision and independence as you age. Presented by Dr. Isabel Deakins, O.D., F.A.A.O., an optometrist and instructor of ophthalmology who cares for patients at the Wilmer Eye Institute, Johns Hopkins Medicine locations in Arlington, Virginia, and Bethesda, Maryland.

Vaccine Clinic

Tuesday, Sept. 29 • 9:30 a.m.-12 p.m.
Friday, Oct. 23 • 10-11:30 a.m.
Wednesday, Nov. 18 • 10-11:30 a.m.
Vaccines will be provided by Giant pharmacists. You must bring your Medicare or other insurance cards to charge to insurance. If you do not have insurance, you may pay with credit card, check, or cash. High- or regular-dose flu shots, Covid vaccine for 2026-2027, Pneumonia, Tdap, RSV, Shingles, and Hepatitis-B will be available.