



ROCKVILLE SENIORS

The Center's Monthly Highlights

October 2026

FEATURED PROGRAMS & EVENTS

It is never too early to plan for winter weather, especially when it comes to keeping your walkways safe and clear. Connecting with your local community is one of the best ways for seniors to find reliable snow removal help before the first storm hits. Meet a neighbor today!

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.

Travel the World Fitness Series: Hawaiian Dance

Tuesday, Oct. 6 • 12:15-1 p.m. •
Course #42146 • \$10/\$12 • Senior Center
Experience global movement through Hawaiian-inspired fitness. Boost energy, improve fitness, and connect through fun cultural dance styles from around the world.
Instructor: Larissa Johnson

Painting with Cathy: Pumpkin Painting

Tuesday, Oct. 20 • 10:30 a.m.-12 p.m. •
Course #41224 • \$13/\$16 • Senior Center
Paint and decorate a real pumpkin to

display in your home for Halloween and Thanksgiving. No refunds after Oct. 6.

Hallowine and Masquerade

Tues. Oct 27, 4:30-6 p.m.

Course# 41211; \$7/\$10

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

Medicare Bingo

Monday, Nov. 2 • 10-11:30 a.m. •

Course #43085 • Free • Senior Center

WELLNESS CORNER- NUTRITION

Nutritional wellness becomes especially important after age 60 as the body's needs change. Did you know low vitamin D levels have been associated with an increased risk of dementia and about 20% of daily hydration can come from food? Nutrition can affect how medications work, while some medications can affect your appetite or nutrient absorption. Adults over 60 should discuss their diet, medications, and supplements with a healthcare provider or pharmacist.

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

The Healthy Habits Journey

Thursday, Oct. 1-Nov. 5 • 11 a.m.-12 p.m. • Course #41952 • \$60/\$72 • Senior Center
This 6-week program is designed to help older adults build healthier habits for long-term weight management, improved energy, and overall wellness. Participants will 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

Fitness Workshop-Female Pelvic Floor Health: Level 2

Tuesday, Oct. 13-Nov. 24 • 12:15-12:45 p.m. • Course #42134 • \$45/\$60 • Senior Center
This women-only class is designed as a follow-up to the initial pelvic floor workshop and includes a combination of guided discussion, shared experiences and continued exercise with a focus on pelvic floor and core strengthening. **Prerequisite: Completion of the Fitness Workshop - Pelvic Floor Health.** Instructor: Lori Newman

Lunchbox Yoga

Tuesday, Oct. 20-Nov. 17 • 12:15-12:45 p.m. • Course #41491 • \$45/\$60 • Senior Center
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

Kickboxing and Self Defense

Thursday, Oct. 8 • 1-2:15 p.m. • Course #42377 • Free • Senior Center
Join this free class during our Active Aging week! This small group training class uses

self-defense techniques involving punches and body movements for a total body workout. This class will train multiple muscle groups, elevate the heart rate, and improve your strength while learning basic self-defense. Instructor: Paula Ohlandt

IN-PERSON MOVIE MATINEES

'Disclosure Day' (2026, Sci-fi)

Thursday, Oct. 8 • 1-3 p.m. • #42537

Friday, Oct. 9 • 1-3 p.m. • #42538

A weather anchor begins speaking an apparent alien language while a mysterious man uncovers government evidence of extraterrestrial life. Rated PG-13 for action/violence, some bloody images and strong language.

'Beetlejuice Beetlejuice' (2024, Horror/Comedy)

Thursday, Sept. 24 • 1-3 p.m. • #42540

Friday, Sept. 25 • 1-3 p.m. • #42541

Three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her teenage daughter, Astrid, accidentally opens the portal to the Afterlife. Rated PG-13 for violent content, macabre and bloody images, strong language, some suggestive material, and brief drug use.

'Rocky Horror Picture Show' (1975, Horror/Musical)

Thursday, Sept. 24 • 1-3 p.m. • #42540

A rain-soaked couple take refuge in the castle of a transvestite mad scientist from outer space who is about to unveil his greatest creation. Rated R for sexual content, nudity, and violence themes.

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

Birthday Party

Tuesday, Oct. 6 • 1:30-3 p.m. •
Course #41228 • \$3/\$5 • Senior Center
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.

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

Thursday, Oct. 8 • 10:30-11:30 a.m. •
Course #42189 • \$7/\$10 • Senior Center
Lavishly illustrated by an array of vintage
photos, maps and other images, this
presentation sketches major themes of the
county's evolution: once overwhelmingly
rural and agricultural, then increasingly
suburban and now highly urbanized in
numerous spots. Presented by Ralph Buglass.

Crescent Moon Wreath

Tuesday, Oct. 13 • 10 a.m.-12 p.m. •
Course #41955 • \$50/\$60 • Senior Center
Hammer & Stain instructors guide you in
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 décor. No refunds
after Sept. 29.

1980s Movies Based on Real People: 1989

Monday, Oct. 19 • 10:30-11:30 a.m. •
Course #41257 • \$7/\$10 • Virtual
"Glory" looks back at lives of an all-Black
volunteer infantry serving during the Civil
War. "Born on the 4th of July" views the
Vietnam conflict thru 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.

Pumpkin Science

Friday, Oct. 23 • 10-11:30 a.m. •
Course #42109 • \$15/\$18 • Senior Center
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.

Dual Sports Stars

Monday, Oct. 26 • 1-2 p.m. •
Course #42161 • \$7/\$10 • Virtual
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.

Storytelling with Erin: The Lost Art of Letter Writing

Tuesday, Oct. 27 • 10-11 a.m. •
Course #41340 • \$7/\$10 • Virtual
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.

CLUB NEWS

Young in Heart • Thu, Oct. 15 • 11 a.m.
Willing 3C's • Fri, Oct. 16 • 11:30 a.m.
Red Hat • Wed, Oct. 21 • 11:30 a.m.

SUPPORT & WELLNESS PROGRAMS

Active Aging Week

Montgomery County is observing Active Aging Week early October. Participate in free programs and events that support and promote the benefits of leading healthy physical, mental and intellectual lifestyles across the lifespan.

Rockville Senior Center will be hosting 3 events that week:

Preventing Falls, Preserving Independence

Monday, Oct. 5 • 10-11 a.m. •

Course #42381 • Free • Senior Center

Coffee, Questions, and Connections

Wednesday, Oct. 7 • 10-11 a.m. •

Course # 41181 • Free • Senior Center

Kickboxing and Self Defense

Thursday, Oct. 8 • 1-2:15 p.m. •

Course #42377 • Free • Senior Center

Grief and Loss

Thursday, Oct. 1 • 10-11 a.m. •

Course #42185 • Free • Senior Center

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 Smithlife Homecare.

Living Longer, Living Better

Wednesday, Oct. 7-21 • 1-2 p.m. •

Course #42154 • Free • Senior Center

Understand how our health, homes, relationships, finances, purpose, and community shape the way we age. Session 1: "What Does Longevity Really Means?". Session 2: "Planning for What If". Session 3: "Building Your Longevity Plan". Presented by Kerri Donnelly, CSA, CDP, Founder Xpand Longevity.

A Taste of Diwali: Celebration, Food & Games

Monday, Oct. 19 • 10-11:30 a.m.

Course #42527 • Free • Senior Center

Join Ashiyanaa and the Rockville Senior Center for a festive afternoon celebrating Diwali, the Festival of Lights. Learn about Diwali traditions, discover more about Ashiyanaa's programs, enjoy a taste of traditional festive food, and have fun with a round (or two!) of Diwali-themed bingo. No prior knowledge of Diwali is needed- just bring your curiosity and appetite.

Ten Things You Must Know About Loneliness in Later Life

Thursday, Oct. 22 • 10-11:30 a.m. •

Course #42526 • Free • Senior Center

Join Krishna Kumar, author of *Loneliness in Later Life: Causes, Consequences, and a Path to Connection*, for an engaging presentation on 10 Things You Should Know About Loneliness. Following the presentation, Krishna will be available to sign books, and attendees can take home a personally signed copy.

Managing Chronic Pain for Better Movement and Daily Living

Thursday, Oct. 22 • 1-2 p.m. •

Course #41960 • Free • Senior Center

Learn about common causes of chronic pain, along with practical approaches to managing discomfort. 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.