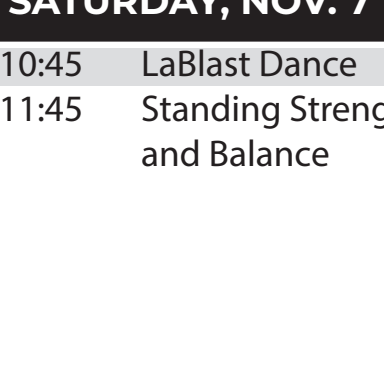
NOVEMBER

MONDAY, NOV. 2

9-9:45	Total Conditioning
10-12	60+ English 1
10-12	60+ English 4 (V)
10-12	Avoiding PC Scams
10-11:30	Medicare Bingo
10-11	Veterans Appreciation
10-10:50	Easy Zumba
10:30-11:30	Holiday Movies (V)
11-12	Chair Exercise
12:15-1:05	Total Body Sculpt
1-2	Stress Reduction/ Meditation
1-2	Table Tennis Beg 1
1-2:30	Piecemakers
1:15-2	Balance Matters
2:15-3	Stretching and Flexibility

TUESDAY, NOV. 3

Building Closed



WEDNESDAY, NOV. 4

9-9:30	Body Blast
10-12	60+ English 1
10-12	60+ English 4(V)
10-12	Windows Security
10-12	UMD Nurses Mini Health Fair
10-11	Yoga for You
10-10:50	Easy Zumba
11-11:30	Stretch & Energize
11:15-12:05	Line Dancing
12:15-1:05	Total Body Fit
1-3	Zoom Help
1:15-2	Balance Challenge

THURSDAY, NOV. 5

9-12	Practice Lab
9-9:45	Strength Training
10-12	English 2&3 (V)
10-10:50	Forever Fit
10:30-12	Japanese Culture
11-12	Grupo de Apoyo Hispano
11-12	Aerobic Workout
11:15-12	Chair Yoga
12:05-12:50	Strength and Stability
12:45-1:45	Tai Chi Level 1
1-3	Tessellations
1-3	Fashion Show with Taylor Marie
1-2	Positive Aging Alone (V)
1-2	Arthritis Foundation (V)
1:30-3:30	Mahjong
2-3	Tai Chi Level 2

FRIDAY, NOV. 6

9-9:45	Total Conditioning
10-12	Bridge-Beginner I
10-11	Yoga for You
11-12	Managing Stress (V)
11:15-12	Easy Feet
11:15-12	Bilingual Yoga with a Chair
12:15-1:15	Arthritis Foundation
1:30-2:15	Zumba Gold
2:30-3	30-Minute Stretch and Unwind

SATURDAY, NOV. 7

10-10:45	LaBlast Dance
11-11:45	Standing Strength and Balance

MONDAY, NOV. 9

9-9:45	Total Conditioning
10-12	60+ English 1
10-12	60+ English 4 (V)
10-12	All Things Google
10-10:50	Easy Zumba
10:30-11:30	1980s TV Movie about Real People (V)
11-12	Chair Exercise
12:15-1:05	Total Body Sculpt
1-3	Chromebook Basics
1-2	Stress Reduction/ Meditation
1-2:30	Piecemakers
1:15-2	Balance Matters
2:15-3	Stretching and Flexibility

TUESDAY, NOV. 10

9-1:30	Piano Lessons
9-9:45	Strength Training
10-12	All Things Google
10-12	English 2&3 (V)
10-11:30	Vintage Voyages
10-11	Storytelling with Erin (V)
10-10:50	Forever Fit
11-12	Aerobic Exercise
11-11:45	Kickboxing
12:15-12:45	Fitness Workshop: Female Pelvic Floor
1-3	Clay Art
1-3	Bridge Inter.
1-3	Chromebook Basics
1-2	Brain Games (V)
1-2	Arthritis Foundation (V)
1-2	Science Tuesdays
1-2	Managing Money
1:15-2:15	Cardio Motion
1:15-2	Beginner Pilates
1:30-2:30	Wyoming Veterans Memorial Museum Virtual Tour (V)
1:30-2:25	Handbells #1
2:30-3:25	Handbells #2

WEDNESDAY, NOV. 11

Building Closed



THURSDAY, NOV. 12

9-12	Practice Lab
10-12	English 2&3 (V)
10:30 -1	Memory Screening
10:30-12	Japanese Culture
11-12	Grupo de Apoyo Hispano
12:45-1:45	Tai Chi Level 1
1-3	In Person Movie
1:30-3:30	Mahjong
2-4	Mobile Market
2-3	Tai Chi Level 2

FRIDAY, NOV. 13

10-12	Bridge - Beg. I
10-11	Yoga for You
1-3	In Person Movie

SATURDAY, NOV. 14

10-10:45	LaBlast Dance
11-11:45	Standing Strength and Balance

MONDAY, NOV. 16

9-9:45	Total Conditioning
10-12	60+ English 1
10-12	60+ English 4 (V)
10-12	Android Basics
10-10:50	Easy Zumba
11-12	Chair Exercise
12:15-1:05	Total Body Sculpt
1-2:30	Piecemakers
1-2	Stress Reduction/ Meditation
1:15-2	Balance Matters
2:15-3	Stretching and Flexibility

TUESDAY, NOV. 17

9-1:30	Piano Lessons
10-12	Android Basics
10-12	English 2&3 (V)
10:45-12	Brain & Body Coordination
12-1	Memory Cafe
12:15-12:45	Fitness Workshop Female Pelvic Health 2
1-3	Clay Art
1-3	Bridge - Inter.
1-2	Engaging Conversations (V)
1:15-2:15	Cardio Motion
1:30-2:25	Handbells #1
2:30-3:25	Handbells #2
2:30-3:15	Cardio Drumming

WEDNESDAY, NOV. 18

10-11:30	Vaccine Clinic
10-12	60+ English 1
10-12	60+ English 4 (V)
10-12	Backup & Restore PC
10-11	Yoga for You
10:45-12	Stretch & Sip

THURSDAY, NOV. 19

9-12	Practice Lab
10-11:30	Turkey Trot
10:30-12	Japanese Culture
11-12	Grupo de Apoyo Hispano
11:30-1	Friendsgiving Lunch
1-3:30	In Person Movie
1-2	Digestive Health Healthy Aging (V)
1-2	Positive Aging Alone (V)
1:30-3:30	Mahjong
1:30-2:30	Better Breathers Club

FRIDAY, NOV. 20

10-12	Bridge Beg. I
10:45-12	Balance & Confidence Bootcamp
11-12	Managing Stress (V)
1-3:30	In Person Movie

SATURDAY, NOV. 21

9-3	Drop In Programs

MONDAY, NOV. 23

10-12	60+ English 1
10-12	60+ English 4 (V)
10-12	Windows 11 Tips
10:30-11:30	Montgomery County Schools Named for Famous People (V)
1-3	Optimize your PC

TUESDAY, NOV. 24

9-1:30	Piano Lessons
10-12	Windows 11 Tips
12:15-12:45	Fitness Workshop Female Pelvic Floor 2
1-3	Clay Art
1-3	Optimize your PC
1-2	Brain Games (V)
1:30-2:25	Handbells #1
2:30-3:25	Handbells #2

Rockville Senior Center
Monthly Calendar
NOVEMBER 2026

WEDNESDAY, NOV. 25	THURSDAY, NOV. 26	FRIDAY, NOV. 27	SATURDAY, NOV. 28
11:15-12:05 Line Dancing	Building Closed 	Building Closed	9-3 Drop In Programs

MONDAY, NOV. 30	
9-9:45	Total Conditioning Mini
10-10:50	Easy Zumba Mini
11-12	Chair Exercise Mini
12:15-1:05	Total Body Sculpt Mini
1:15-2	Balance Matters Mini

ON GOING PROGRAMS	
Mondays	
10-12	Blood Pressure Checks
Tuesdays	
1:30-3	Helping Hands
Wednesdays	
10-12	Gift Shop Crafters
7 – 10	RSI Bingo
Fridays	
9:30-12	Drop In Chess
1:30-4	Drop In Bridge

Rockville Senior Center
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Rockville, MD 20850

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

Office Hours
Monday-Friday
8:30 a.m.-5 p.m.

Fitness Room Hours
Monday-Thursday
7 a.m.-7 p.m.

Friday
7 a.m.-5 p.m.

Saturday
9 a.m.-3 p.m.