

City of Rockville Recreation & Parks

ROCKVILLE SENIORS

The Center's Monthly Highlights

November 2026

FEATURED PROGRAMS & EVENTS

Medicare BINGO
Monday, Nov. 2. • 10-11:30 a.m. •
Course #43085 • Free • Senior Center

Memory Screening with Visiting Angels
Thursday, Nov. 12 • 10:30 a.m.-1 p.m. •
Free • Senior Center
Complimentary 15-minute screenings assess memory and comprehension to determine whether further evaluation by a licensed practitioner may be needed; call 240-314-8810 to schedule.

Annual Turkey Trot
Thursday, Nov. 19 • 10-11:30 a.m. •
Course #41589 • Free • Hybrid
To stay fit during the holiday season, 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 non-perishable food item to support our senior center food bank or make a donation to our Program Assistance Fund. Sponsor: Georgetown Home Care.

Friendsgiving Lunch
Thursday, Nov. 19 • 11:30 a.m.-1 p.m. •
Course #42280 •$17/$20 • Senior Center
Enjoy Thanksgiving lunch with friends. Includes lunch, bingo and games. Program Assistance Fund is available. Space is limited.

Flu Shots
Wednesday, Nov. 18 • 10-11:30 a.m.•
Vaccines 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.

Mobile Market
Thursday, Nov. 12 & Thursday, Dec. 10
The Capital Area Food Bank Mobile Market program provides fresh produce to local communities in need, free of charge. Please bring your own bag(s).

Annual Holiday Bazaar
Saturday, Dec. 5 • 9 a.m.-2 p.m. •
Course #41229 • Free • Senior Center
50+ crafters, book sale, plant sale, raffles, lunch and more! Free shuttles from the Rockville Swim and Fitness Center. Sponsored by Rockville Seniors, Inc.

ANNOUCEMENTS

The building and fitness room will be closed...Tuesday, Nov. 3 for Election Day. Wednesday, Nov. 11 for Veterans Day. Thursday and Friday, Nov. 26 & 27 for Thanksgiving.

Office and Building Hours
Monday-Friday,8:30a.m.-5p.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,7a.m.-7p.m.
Friday, 7 a.m.-5 p.m.
Saturday, 9 a.m.-3 p.m.

FITNESS PROGRAMS

Brain and Body Coordination
Tuesday, Nov. 17 • 10:45 a.m.-12 p.m. •
Course #41445 • $15/$18 • Senior Center
This engaging class is designed to help 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.

Stretch and Sip
Wednesday, Nov. 18 • 10:45 a.m.-12 p.m. •
Course #41446 • $15/$18 • Senior Center
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**.**

Balance and Confidence Bootcamp
Friday, Nov. 20 • 10:45 a.m.-12 p.m. •
Course #42149 • $15/$18 • Senior Center
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.

Motown Line Dance Party
Thursday, Dec. 3 • 3:30-4:45 p.m. •
Course #41443 • $10/$12 • Senior Center
Put on your dancing shoes and get ready to groove! Enjoy an afternoon of smooth moves, soulful rhythms and nonstop Motown magic. Motown-inspired attire encouraged. Snacks will be provided.
Instructor: Gizelle Merced.

IN-PERSON MOVIE MATINEES

'The Last Right' (2019, Comedy/Drama)
Thursday, Nov. 12 • 1-3 p.m. • #43373
Friday, Nov. 13 • 1-3 p.m. • #43374
A fateful encounter on a flight leaves a man unexpectedly responsible for the body of a stranger he has never met. Persuaded to take on the unusual challenge, he sets out to transport a coffin from his family home in Clonakilty to Rathlin Island. Joined by his unpredictable brother, the journey quickly becomes more complicated than anticipated, filled with unexpected obstacles, dark humor, and surprising encounters. Rated 16+ for moderate profanity, mild sexual references, and alcohol use.

'Frankenstein' (2025, Horror/Sci-fi)
Thursday, Nov. 19 • 1-2:30 p.m. • #43376
Friday, Nov. 20 • 1-2:30 p.m. • #43377
A brilliant but egotistical scientist attempts to conquer life and death by bringing a creature to life through a daring experiment. As his creation faces rejection and isolation, both creator and creature are drawn into a tragic struggle with far-reaching consequences. This haunting tale explores ambition, humanity, and the dangers of playing God. Rated R for bloody violence and grisly images.

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

Veterans Appreciation
Monday, Nov. 2 • 10-11 a.m. •
Course #42175 • Free • Senior Center
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.

Holiday Movies
Monday, Nov. 2 • 10:30-11:30 a.m. •
Course #41260 • $7/$10 • Virtual
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 a 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.

Fashion Show
Thursday, Nov. 5 • 1-3 p.m. •
Course #41227 •$3/$5 • Senior Center
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.

1980s TV Movies About Real People
Monday, Nov. 9 • 10:30-11:30 a.m. •
Course #41261 •$7/$10 • Virtual
The lives 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.

Storytelling with Erin: Getting Cozy in Sweater Weather
Tuesday, Nov. 10 • 10 a.m.-11 a.m. •
Course #41341 • $7/$10 • Virtual
What's 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.

Wyoming Veterans Memorial Museum Virtual Tour
Tuesday, Nov. 10 • 1:30-2:30 p.m. •
Course #42165 • $7/$10 • Virtual
Learn about the history of the Enlisted Men's Service Club and the Wyoming Veteran Memorial Museum, then take a virtual tour through the galleries with highlighted exhibits and a viewing of historical murals. Presented by Wyoming Veteran Memorial Museum.

Montgomery County Schools Named for Famous People: Dr. Ronald McNair, Walter Johnson and Sargent Shriver
Monday, Nov. 23 • 10:30-11:30 a.m. •
Course #41259 • $7/$10 • Virtual
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.

CLUB NEWS

Tuesday, Nov. 17
All Clubs Trip (Young in Heart, Red Hat, Willing 3C's) to Dutch's Daughter.

SUPPORT & WELLNESS PROGRAMS

Did you know Tech PT is available?
This personalized setting is perfect for one-on-one training. Whether you have specific questions, want a solo class with the instructor, or need further information after taking a class, this option is for you. Sessions are typically scheduled after noon. Instructor: André Hickman. Call 240-314-8800 for more information.

SAD and Treatments
Wednesday, Dec. 2 • 1-2 p.m. •
Course # 42140 • Free • Senior Center
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.

Digestive Health for Healthy Aging
Thursday, Nov. 19 • 1-2 p.m. •
Course #41959 • Free • Virtual
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. A live Q&A will follow. Presented by Marshall Bedine, M.D., assistant professor of gastroenterology at the Johns Hopkins University School of Medicine.

Habits of Healthy People
Tuesday, Dec. 1 • 1-2 p.m.
Course #42153 • Free • Senior Center
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.

Managing Money: A Caregiver's Guide to Finances
Tuesday, Nov. 10 • 1-2 p.m. •
Course #42141 • Free • Senior Center
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.

WELLNESS CORNER- PHYSICAL ACTIVITY

Seniors should participate in regular exercise. How you exercise and how much the exercise will benefit you is determined by your body, your interest, and medical opinion. If you have arthritis, low-impact exercises such as swimming, cycling, and walking can help reduce stress on the joints, while for osteoporosis, weight-bearing activities such as walking and strength training can help support bone health. Whether you work out on your own or take classes, you can increase the benefits by changing the intensity. Intensity can be changed by increasing or decreasing speed, resistance, power, or range of motion. Choosing safe and appropriate exercises at the right intensity can help you stay active, independent, and healthy.