

Adults 60+

Recreation and Services Guide

Winter 2025-26



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Recreation and Parks Vision Statement

To be THE place to make lifelong memories as you live, work, play and thrive.

Recreation and Parks Mission Statement

To nurture community connections.

Stay Informed

www.rockvillemd.gov/seniorcenter

seniorcenter@rockvillemd.gov

240-314-8800



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[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



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Prices Key:

Prices are listed as
Senior Center Member/Nonmember

Senior Center members receive a discount which can be viewed once program is added to cart.

Welcome

Rockville Senior Center Building Hours:

Mon.-Fri.: 8:30 a.m.-5 p.m.

Sat.: 9 a.m.-3 p.m.

Fitness Center Hours:

Mon., Tue., Wed. and Thu.: 7 a.m.-7 p.m.

Fri.: 7 a.m.-5 p.m.

Sat.: 9 a.m.-3 p.m.

Main Line/Registration: 240-314-8800

Directions: 240-314-5019

Bus Transportation/Lunch Reservations:

240-314-8810

Center Membership Fees:

\$40/year: Rockville residents

\$135/year: nonresidents; \$65: spouse

Fitness Center Membership Fees:

\$95/year (must be a Senior Center member)

Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on Dec. 2 to receive discounts on classes. Unless another location is listed, all classes are held at the Rockville Senior Center.

Building and Fitness Room Closures

Thursday, Dec. 25: Christmas

Thursday, Jan. 1: New Year's Day

Monday, Jan. 19: Martin Luther King Day

Monday, Feb. 16: Presidents Day

Registration Dates

Senior Center members (M) and City of Rockville residents registration

begins: **Tuesday, Dec. 2.** Senior Center members receive a discount on programs.

General registration begins:

Thursday, Dec. 4.

Individuals with Disabilities

Rockville Recreation & Parks welcomes individuals with disabilities to programs, events and facilities. To discuss program modifications/accommodations, please contact the program supervisor or programaccess@rockvillemd.gov. Early notification allows us time to implement requested modifications/accommodations.

Additional opportunities for individuals with disabilities are available at Montgomery County Recreation; Therapeutic Recreation at 240-777-6840 or rec.inclusion@montgomerycountymd.gov. To request ADA accommodations or obtain this in alternate format, please contact the ADA coordinator at 240-314-8108 or MD relay 7-1-1 or ada@rockvillemd.gov.

Mayor

Monique Ashton

Councilmembers

Kate Fulton, Barry Jackson,

David Myles, Izola (Zola) Shaw,

Marissa Valeri, Adam Van Grack

Jeffrey J. Mihelich, City Manager

Steve Mader, Acting Director of Recreation and Parks

Christine Henry, Deputy Director of

Recreation and Parks

Andy Lett, Superintendent of Recreation

Noel Gonzalez, Acting Superintendent of

Parks and Facilities

1980s Movies Based on **NEW!** Real People

What are the true stories behind some movies of the '80s? Many were based on real-life events and personalities. Look at what really happened and the story behind the story. Instructor: Joan Adams.

1980

Covering two biographical dramas: "Coal Miner's Daughter," based on George Vecsey's 1976 biography on the life of country music star Loretta Lynn, who rose from poverty to become a national icon; and "The Elephant Man," about Joseph Merrick, born in London in 1862 as a normal child who grew up to be extremely disfigured.

Course	Day, Date	Time	Cost	Location
38267	M, 1/12	10:30-11:30 a.m.	\$7/\$10	Online

1981

Depicting athletes and an actress: Set against the background of the 1924 Olympics, "Chariots of Fire," focuses on the lives of sprinters Eric Liddell and Harold Abrahams. "Mommie Dearest" is a psychological thriller based on Christina Crawford's 1979 memoir about growing up as Hollywood actor Joan Crawford's daughter.

Course	Day, Date	Time	Cost	Location
38268	M, 2/9	10:30-11:30 a.m.	\$7/\$10	Online

1982

Movies inspired by politics in the U.S. and abroad: "Gandhi," is an epic biographical film based on the life of peace activist Mahatma Gandhi. "Missing" is a biographical thriller about the plight of Edmund Horman to find his son, Charles, who went missing in Chile, based on the 1979 book, "The Execution of Charles Horman" by Thomas Hauser.

Course	Day, Date	Time	Cost	Location
38269	M, 3/16	10:30-11:30 a.m.	\$7/\$10	Online

60+ English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Before registering, new students must schedule an assessment of their English skills. Email program coordinator Amoke Alakoye at aalakoye@rockvillemd.gov to schedule an evaluation. Returning students should register for the class recommended by their teacher. No class on Monday, Jan. 9 and Feb. 16. Books required. Instructor: Amoke Alakoye.

Beginning English 1

Course	Day, Date	Time	Cost	Location
38307	M, W, 1/12-3/25	10 a.m.-12 p.m.	\$10/\$14	Sr. Ctr.

High Beginning English 2

Course	Day, Date	Time	Cost	Location
38308	Tu, Th 1/13-3/19	10 a.m.-12 p.m.	\$10/\$14	Online

Intermediate English 3

Course	Day, Date	Time	Cost	Location
38309	Tu, Th 1/13-3/19	10 a.m.-12 p.m.	\$10/\$14	Online

Advanced English 4

Course	Day, Date	Time	Cost	Location
38310	M, W 1/12-3/25	10 a.m.-12 p.m.	\$10/\$14	Online

Advanced English Conversation

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. No books required.

Course	Day, Date	Time	Cost	Location
38311	Tu, Th 1/13-3/19	2-4 p.m.	\$15/\$19	Online

Birthday Party

Honors December, January and February birthdays. All are invited, whether or not they have a winter birthday. Please be on time. No admittance after entertainment begins. Entertainment: Just in Time, an all-female barbershop double quartet.

Course	Day, Date	Time	Cost	Location
38230	Tu, 1/13	1:30-3 p.m.	\$3/\$5	Sr. Ctr.

Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion.

Jan. 22: "Time of the Child" by Niall Williams.

Feb. 26: "The Frozen River" by Ariel Lawhon.

Mar. 26: "The Thursday Murder Club" by Richard Osman.

Course	Day, Date	Time	Cost	Location
38229	Th, 1/22, 2/26, 3/26	9:30-10:45 a.m.	Free/\$7	Online

Bridge — Beginner Part II

A continuation of Beginner's Bridge I. The two-over-one bidding system will continue to be fleshed out and declarer play will be emphasized. Prerequisite: Beginner's Bridge I or a basic understanding of modern bidding. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
38234	Tu, 1/13-3/3	1-3 p.m.	\$110/\$122	Sr. Ctr.

Bridge — Supervised Play

Play, practice and enhance your skills while instructor Peter Schiff answers questions. Prerequisite: Beginner Bridge I or a basic understanding of modern bidding. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
38233	F, 1/23-2/27	10 a.m.-12 p.m.	\$54/\$60	Sr. Ctr.

Capitol Carolers **NEW!**

Capitol Carolers sing classic, secular and international holiday pieces with gorgeous harmonies and beautiful arrangements. Listen or join in and make the season bright.

Course	Day, Date	Time	Cost	Location
38534	Tu, 12/16	10-11 a.m.	\$3/\$5	Sr. Ctr.

Celebrating Black History **NEW!** Month With the CMA

Discover works by Black American artists from the 19th to 21st centuries in the Cleveland Museum of Art's collection. Highlights include a sculpture by Edmonia Lewis, reflecting her Ojibwe and African American ancestry; a figurative painting by Robert Colescott critiquing American culture; and a sculpture by Simone Leigh addressing themes of race, beauty and community through global traditions.

Course	Day, Date	Time	Cost	Location
38316	M, 2/23	2-3 p.m.	\$7/\$10	Online

Charles Dickens: "A Christmas Carol" **NEW!**

The classic Christmas tale comes to life with award-winning actor J.T. Turner's portrayal of Charles Dickens and every "A Christmas Carol" character in this one-man show. Dickens famously brought "A Christmas Carol" to life for audiences every year. This version brings the drama, comedy and redemption as Dickens had originally written it. Presented by Actors Company.

Course	Day, Date	Time	Cost	Location
38530	M, 12/8	1-2 p.m.	\$7/\$10	Online

Chocolate: From Treasure **NEW!** to Treat

Trace the journey of chocolate from cacao tree to modern treat. Explore its role from Mayan and Aztec times, its rise in preindustrial Europe and its transformation into today's favorite sweet. Learn how these bitter seeds are harvested and processed, and consider chocolate's impact on rainforest ecosystems. Presented by the Royal Botanical Gardens, Canada.

Course	Day, Date	Time	Cost	Location
38317	M, 2/9	1-2 p.m.	\$7/\$10	Online

Crossing the Potomac: **NEW!**
The History of Montgomery County's Ferries

White's Ferry, until its recent closure, carried on a long tradition of ferries linking Montgomery County and Northern Virginia. For nearly 90 years, when the C&O Canal was in operation, White's, along with Edwards and Spinks ferries, played a vital role. This presentation shares new research supporting efforts to reopen White's Ferry. Instructor: Ralph Buglass.

Course	Day, Date	Time	Cost	Location
38281	Tu, 1/6	10-11 a.m.	\$7/\$10	Sr. Ctr.

Egyptomania

Discover the ingenuity of one of the world's earliest civilizations through this lively series with the Cleveland Museum of Art.

Hieroglyphics

Learn how to decipher some of the "sacred writing" of Egypt in this fascinating look at a 4,000-plus-year-old writing system.

Course	Day, Date	Time	Cost	Location
38318	M, 1/26	1-2 p.m.	\$7/\$10	Online

Geology Rocks **NEW!**

Maryland is home to six unique geographic regions, each with its own fascinating story. In this interactive program, explore the natural forces that shaped the state, with a special focus on the Piedmont region we call home. Try simple, hands-on tests to identify different rock types and uncover what makes the local landscape so geologically special. Presented by Croydon Creek Nature Center.

Course	Day, Date	Time	Cost	Location
38285	Th, 3/5	10-11 a.m.	\$7/\$10	Sr. Ctr.

Go Red For Women **NEW!**

Celebrate Go Red for Women Day, which seeks to increase awareness about women's heart health and improve the lives of women globally. Wear red and discuss what's new in cardiac care in 2026, with time for a Q&A. Thanks to event partner Montcare. Register by Jan. 28 to receive a free continental breakfast.

Course	Day, Date	Time	Cost	Location
38280	F, 2/6	10-11:30 a.m.	Free	Sr. Ctr.

Handbells

Handbells provided. Instructor: Connie Hughes.

Handbells #1

A fun course using color-coded lightweight handbells that can be played by tapping or shaking. Each student will begin with one or two handbells. Together, the group will play a wide range of music: folk, classical and popular. Some previous musical knowledge is required. No class on Feb. 24.

Course	Day, Date	Time	Cost	Location
38239	Tu, 1/13-3/24	1:45-2:20 p.m.	\$52/\$65	Sr. Ctr.

Handbells #2 (Advanced)

The student has taken either a previous handbells class with the instructor or has instructor approval. Each student will have a range of four to eight handbells as part of the group, creating a more challenging level. No class Feb. 24.

Course	Day, Date	Time	Cost	Location
38240	Tu, 1/13-3/24	2:30-3:10 p.m.	\$52/\$65	Sr. Ctr.

Improv Positivity

Play improv comedy games that spark personal creativity and group connection. Engage body and mind, forget the outside world and be in the present. Topher Bellavia has coached hundreds of teams and taught thousands of students to confidently access their innate abilities to communicate clearly, cooperate and create.

Course	Day, Date	Time	Cost	Location
38245	M, 2/23-3/16	12:30-2 p.m.	\$42/\$53	Sr. Ctr.

Introduction to Card Magic **NEW!**
Workshop

Learn two impressive card tricks while building dexterity and confidence with card handling. This beginner-friendly workshop introduces techniques such as lifts, card culling and PACFAC (pick a card, find a card). Perfect for entertaining friends and family. Presented by the School of Magic Arts.

Course	Day, Date	Time	Cost	Location
38284	Th, 1/15	10-11 a.m.	\$7/\$10	Sr. Ctr.

Japanese Language, Culture and Travel


Learn essential Japanese language, culture and customs through everyday phrases, greetings and simple conversation, along with practical tips and fun. Discover cultural insights and travel know-how to navigate Japan with confidence, whether you're planning a trip or simply curious about a new culture.

Course	Day, Date	Time	Cost	Location
38436	Th, 1/22-3/26	10:30 a.m.-12 p.m.	\$49/\$55	Sr. Ctr.

Marine Mammal Rescue and Rehabilitation **NEW!**

Meet the patients being rehabilitated at Pacific Marine Mammal Center and hear their stories. Take a behind-the-scenes look at the hospital's medical units and equipment, observe rehabilitation procedures and learn how past patients were affected by human activity. Discover what can be done to protect these animals and their ecosystems. Presented by the Pacific Marine Mammal Center.

Course	Day, Date	Time	Cost	Location
38312	Tu, 2/10	1-2 p.m.	\$7/\$10	Online



Worried About the Weather?

Call 240-314-8800 for updated openings and closings.

Montgomery County Schools **NEW!**
Named for Famous People

Ever wonder how local schools got their names? Some honor well-known figures like Harriet Tubman, Robert Frost and Walt Whitman. Others, such as Julius West and Bayard Rustin, may be less familiar but equally significant. Learn the stories of the people behind these names and the contributions that earned them lasting recognition. Instructor: Joan Adams.

Thomas S. Wootton

Thomas S. Wootton was the first speaker of the Maryland House of Delegates. Little is known about him until he was elected to office in 1769. He is credited as a founder of Montgomery County. His influence split Frederick County into three parts, creating Montgomery County.

Course	Day, Date	Time	Cost	Location
38264	M, 1/26	10:30-11:30 a.m.	\$7/\$10	Online

Bayard Rustin

Civil rights leader Bayard Rustin was the principal organizer of the March on Washington for Jobs and Freedom in 1963. He was an accomplished tenor vocalist, earning admission to Wilberforce University and Cheyney State Teachers College. Many buildings, including an elementary school, are named for him.

Course	Day, Date	Time	Cost	Location
38265	M, 2/23	10:30-11:30 a.m.	\$7/\$10	Online

Julius West

Born in England, Julius West translated Chekhov into English and produced several other works, including a posthumously published history of Chartism. He traveled to Russia at the time of the 1917 revolution and saw Lenin and Trotsky speak.

Course	Day, Date	Time	Cost	Location
38266	M, 3/23	10:30-11:30 a.m.	\$7/\$10	Online

New Year’s Rock ‘In Around the Senior Center

Visit rooms throughout the center and discover tasty appetizers, drinks and desserts, culminating in a New Year’s kickoff and other festivities.

Course	Day, Date	Time	Cost	Location
38545	F, 1/16	1-3 p.m.	\$12/\$15	Sr. Ctr.

Paint Pouring

A unique technique that requires little skill. Pour thin, colorful acrylic paint onto canvas. No re-funds after Dec. 22. Instructor: Tracy Keating.

Course	Day, Date	Time	Cost	Location
37079	Th, 1/8	10 a.m.-12 p.m.	\$30/\$40	Sr. Ctr.

Painting with Cathy

Instructor Cathy Pasquariello brings the instructions and supplies. No painting experience required.

Holiday Glass Ball Ornament

Paint whimsical winter trees with snow falling on glass ball ornaments as beautiful, winter décor. No refunds after Dec. 4.

Course	Day, Date	Time	Cost	Location
38275	M, 12/15	10:30 a.m.-12 p.m.	\$13/\$16	Sr. Ctr.

Snowman Mug

Nothing is warmer and cozier than drinking hot chocolate out of a hand-painted snowman mug. Learn how, step by step. No refunds after Jan. 13.

Course	Day, Date	Time	Cost	Location
38276	Tu, 1/27	10:30 a.m.-12 p.m.	\$13/\$16	Sr. Ctr.

Piano Lessons: Virtual or In-Person

Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule an in-person or virtual time slot. A piano or keyboard is required for virtual instruction. Availability is limited due to already scheduled students. No class Feb. 24. Instructor: Connie Hughes.

Course	Day, Date	Time	Cost	Location
38235	Tu, 1/13-3/24	9-10 a.m.	\$118/\$153	Hybrid
38236	Tu, 1/13-3/24	10:15-11:15 a.m.	\$118/\$153	Hybrid
38237	Tu, 1/13-3/24	11:20 a.m.-12:20 p.m.	\$118/\$153	Hybrid
38238	Tu, 1/13-3/24	12:30-1:30 p.m.	\$118/\$153	Hybrid

Piecemakers’ Club

Make new connections with fellow quilters. Listen or share tips and tricks in an encouraging, comfortable environment while exploring quilting techniques. No class Jan. 19 and Feb. 16.

Course	Day, Date	Time	Cost	Location
38232	M, 1/5-3/9	1-2:30 p.m.	Free	Sr. Ctr.

Pressed Flower Frame

Create a stunning, nature-inspired custom pressed wildflower frame with Hammer & Stain. All supplies provided. No refunds after Jan. 5.

Course	Day, Date	Time	Cost	Location
38286	Tu, 1/20	1-3 p.m.	\$30/\$40	Sr. Ctr.

Science Tuesdays

Monthly presentations and conversations with a scientist. Each meeting focuses on a different topic. No scientific background required, just curiosity. Cosponsored by Rockville Science Center. Second Tuesday of the month. This program has the option to meet in person at the RSC and on-line via Zoom.

Course	Day, Date	Time	Cost	Location
38435	Tu, 1/13, 2/10, 3/10	1-2 p.m.	Free	Hybrid

Sing Along with Connie Hughes

Warm your heart and lift your voice at a festive holiday singalong!

Course	Day, Date	Time	Cost	Location
38272	Tu, 12/9	11 a.m.-12 p.m.	\$4/\$6	Sr. Ctr.

Spanish for 60+

Feel comfortable getting started with everyday conversation. Learn the fundamentals of Spanish and start speaking with confidence. Includes interactive activities. No class on Jan. 19 and Feb. 16.

Just the Basics

Course	Day, Date	Time	Cost	Location
38437	M, W, 1/12-2/18	2-3:30 p.m.	\$49/\$70	Online

Continuing

Course	Day, Date	Time	Cost	Location
38438	Tu, Th, 1/13-2/12	2-3:30 p.m.	\$49/\$70	Online

Stories of the Underground Railroad

Explore the complexity of the Underground Railroad and discover stories of local stations that aided freedom seekers from Montgomery County. Learn about the routes, risks and escapes that shaped history and the legacies of those who made the journey with Natalie Thomas Williams, a Sandy Spring resident.

Course	Day, Date	Time	Cost	Location
38533	Tu, 2/24	10-11 a.m.	\$7/\$10	Sr. Ctr.

Storytelling with Erin

Erin Vannella is a clinical social worker who provides emotional and psychosocial support to individuals recovering from traumatic brain injuries, spinal cord injuries and strokes, as well as their caregivers. Vannella is a former television news reporter, international video documentarian, teacher and baker.

Roasty Toasty Winter Treats

Don't dread winter. Instead, let's think of warming foods to fill our bellies. Open that old recipe box, pull out a wintertime favorite and share baked-in memories — no cooking required.

Course	Day, Date	Time	Cost	Location
38273	Tu, 1/27	10-11 a.m.	\$7/\$10	Online

Memory Shmemory

Even on the best days, we forget. What if we embrace the pause? Take time to notice and appreciate what’s right in front of us and find grace in forgetting.

Course	Day, Date	Time	Cost	Location
38274	Tu, 2/24	10-11 a.m.	\$7/\$10	Online

Supper Club

A wine and cheese happy hour with event partner Brightview West End will be followed by dinner catered by Stone Soup. Entertainment by Orleans Express caps the evening. Register by Jan. 27 (no refunds after that date). Transportation is available for Rockville residents — call 240-314-8810 by Jan. 27.

Course	Day, Date	Time	Cost	Location
38231	Tu, 2/10	4:30-6:45 p.m.	\$32/\$42	Sr. Ctr.

Talking Sports

Love talking sports? The Senior Center is exploring a new idea: a weekly sports talk group just for members. Discuss last week’s games, big plays and standout performances — or deeper questions like, “How important is football’s offensive line?” Must be a Senior Center member to participate.

Course	Day, Date	Time	Cost	Location
38271	Th, 2/5-2/26	10-11 a.m.	Free	Sr. Ctr.

The 1980s: A Decade of Transformation

The decade of excess and decadence — and transformation. The 1980s brought dramatic changes in politics, medicine, culture and technology. Marked by the AIDS epidemic, the rise of the internet and the collapse of the Soviet Union, it was an era of Cold War, conservatives and computers. Walk through each year of the decade and learn about the pivotal people, events and advances that shaped this era. Instructor: Joan Adams.

1980

Rubik debuted his cube, Afghanistan was invaded by the Soviets and Paul McCartney was arrested in Tokyo on marijuana possession. Iran took hostages, Cronkite retired and the U.S. boycotted the Olympics. The U.S. had a presidential election and the first MRI scan was done. What a year!

Course	Day, Date	Time	Cost	Location
38261	M, 1/5	10:30-11:30 a.m.	\$7/\$10	Online

1981

A crisis with Iran ends when hostages are released. Space missions were important even after a disastrous event. A woman is seated on the Supreme Court. Air flight becomes hazardous when president fires air traffic controllers. There was a free concert in Central Park. Millions watched as Luke and Laura exchanged vows on “General Hospital.” A test-tube baby is born.

Course	Day, Date	Time	Cost	Location
38262	M, 2/2	10:30-11:30 a.m.	\$7/\$10	Online

1982
A plane crashed into the Potomac River. NBC introduced David Letterman to late night TV. A rare April blizzard blanketed D.C. "USA TODAY" began publication. The Epcot Center opened in Florida. DeLorean Motor Co. ceased production. Music changed with the release of "Thriller." Barney Clark got a new heart and medicine was changed forever.

Course	Day, Date	Time	Cost	Location
38263	M, 3/9	10:30-11:30 a.m.	\$7/\$10	Online

Time to Tangle **NEW!**

A relaxing drawing technique to create art on any surface. Learn to sketch visual textures: dots, lines, swirls and angles, on this drawing adventure. No refunds after Jan. 22. Instructor: Tracy Keating.

Course	Day, Date	Time	Cost	Location
38320	Th, 2/5	10 a.m.-12 p.m.	\$20/\$25	Sr. Ctr.

Watercolor Classes

Watercolor teacher Val Fry has a background in art and art therapy and is active in art organizations throughout the state. Classes are supportive and encouraging. Email seniorrecreation@rockvillemd.gov at least one week prior to class for the supply list. Note: Intermediate classes are virtual. Beginner and advanced classes are in person.

Beginner Watercolor

Learn the basics about paper, palette setup, brush strokes, color mixing and basic techniques in watercolor in this fun, eight-week introduction to the medium.

Course	Day, Date	Time	Cost	Location
38243	W, 1/7-2/25	9:30-11:30 a.m.	\$110/\$131	Sr. Ctr.

Intermediate Watercolor

Students with watercolor experience explore different techniques in watercolor that can enhance paintings and learn about the building blocks of better paintings, including the use of color, shapes, values and edges. Classes usually begin with a critique, followed by the introduction of a well-known watercolor artist and end with a demonstration by the teacher.

Course	Day, Date	Time	Cost	Location
38241	Tu, 1/6-2/24	9:30-11:30 a.m.	\$110/\$131	Online
38242	Tu, 1/6-2/24	12-2 p.m.	\$110/\$131	Online

Advanced Watercolor

Discuss composition, color, shapes and edges. Techniques and personal style are encouraged. The teacher will give a critique, introduce famous watercolor artists and give a weekly demonstration. The student has taken either a previous watercolor class with the instructor or has instructor approval.

Course	Day, Date	Time	Cost	Location
38244	W, 1/7-2/25	12-2 p.m.	\$110/\$131	Sr. Ctr.

Wintry Worlds **NEW!**

Celebrate the season with a live show exploring the coldest corners of the universe. Begin with Earth's northern lights, then travel to the ice caps of Mars, the frozen moons of the outer planets and the icy surface of Pluto. The journey ends at the coldest known place in the cosmos. Presented by Liberty Science Center.

Course	Day, Date	Time	Cost	Location
38314	Tu, 1/13	11 a.m.-12 p.m.	\$7/\$10	Online

TRIP REGISTRATION

Trip registration will open
Tuesday, Dec. 2 at 8:30 a.m. for members and
Thursday, Dec. 4 at 8:30 a.m. for nonmembers.
Register online, by mail, by phone or in person.

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus or in a Rockville Senior Center bus for local adventures. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay.

Call 240-314-8800 for more information.

Trips Physical Difficulty Scale:

- 1** = Walking from bus to seat. **2** = Walking with seating available.
3 = Lots of walking and standing with some opportunities to sit. **4** = Lots of walking.



Winter Lights Festival **1**

• LOCAL ADVENTURE •

A 3.5-mile evening ride, passing more than 450 illuminated displays and beautifully lit trees, in the enchanting Seneca Creek State Park. Enjoy pizza at the Senior Center before the ride. Trip includes dinner and transportation by Senior Center bus. No refunds after Dec. 2.

Course	Day, Date	Time	Cost	Location
38246	Tu, 12/16	4-7 p.m.	\$12/\$14	Sr. Ctr.



Do or Die Mystery **1**

• CHARTER BUS •

Enjoy onstage murder, mayhem and merriment. Solve a mystery with more twists and turns than a labyrinth — if you can stop laughing long enough. Do or Die Mysteries are comic, interactive shows. Trip includes show, lunch at Perry's Restaurant in Odenton, leadership and charter bus transportation. No refunds after Jan. 7.

Course	Day, Date	Time	Cost	Location
38247	W, 1/28	10:15 a.m.-4 p.m.	\$120/\$140	Sr. Ctr.



Critters and Coffee at Croydon Creek **2**

• LOCAL ADVENTURE •

Coffee, donuts and a discussion on Maryland wildlife. Explore the nature center to discover live animal exhibits. Trip includes coffee, donuts and transportation by Senior Center bus. No refunds after Jan. 28.

Course	Day, Date	Time	Cost	Location
38248	W, 2/11	9:30 a.m.-12 p.m.	\$12/\$14	Sr. Ctr.



Chez Joey at Arena Stage **1**

• CHARTER BUS •

The stakes are high, the jazz is hot and the vibrance of Chez Joey is breathing new life into a timeless classic. Trip includes boxed lunch, show, leadership and charter bus transportation. No refunds after Feb. 2.

Course	Day, Date	Time	Cost	Location
38249	W, 3/4	9:45 a.m.-4 p.m.	\$120/\$140	Sr. Ctr.



Cherry Blossom Lunch Cruise **2**

• CHARTER BUS •

Celebrate the beauty of D.C.'s cherry blossoms with a lunch cruise along the Potomac aboard the glass-enclosed Odyssey. Two-block walk from bus to boat. Trip includes cruise, leadership and charter bus transportation. No refunds after March 6.

Course	Day, Date	Time	Cost	Location
38250	Tu, 3/31	9:45 a.m.-3:30 p.m.	\$120/\$140	Sr. Ctr.

(B) Android Basics

Explore apps on your device. Take pictures, create videos and play games. Stay in touch through messaging apps. Find more games and apps in the app store.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38459	Tu, W, 1/13-1/14	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38472	Tu, W, 2/17-2/18	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

(B) Avoiding PC Scams

Protect yourself while browsing the internet. Learn how to detect common scams that arrive through email, text and internet browsing.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38465	M, 2/2	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38486	W, 3/25	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

(B) Managing Your Files

Where are my files? Understand your PC’s file structure. Learn to make folders and copy, move, delete and rename files. Organize work, find lost or missing files and better understand your user profile.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38457	M, 1/12	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38475	M, 3/2	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

(B) PC New Users

New to computers? Learn the basics: start-up, shut down and connect to the internet. No prior experience necessary; this course is accessible to all.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38455	Tu, 1/6	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38467	Tu, 2/3	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38476	Tu, 3/3	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

KEY: **B** = Beginner courses; **I** = Intermediate courses
Handout fees included in price.

(B) Pictures to Device

Transfer photos to your computer, organize them into distinct folders and then easily share them with family and friends via email. Bring a charger and cord to class.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38474	W, 2/25	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38479	M, 3/9	1-2 p.m.	\$14/\$27	Sr. Ctr.

(BI) iPhone Basics

Feeling overwhelmed by your iPhone’s latest features? Take control! Explore device settings, learn tips to manage it with ease and find answers to your questions. Bring your Apple ID and password if you have an iTunes account.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38454	M, W, 1/5-1/7	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.
38481	M, Tu, 3/16-3/17	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.

(I) Optimize your PC

Struggling with pop-up messages or slow startup times on your computer? Learn practical tips to boost performance and answer your most puzzling questions.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38484	M, Tu, 3/23-3/24	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

AI ChatGPT

Learn how ChatGPT can make daily tasks easier, from emails to information and organization with simple, practical ways to use artificial intelligence with no experience needed.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38458	M, Tu, 1/12-1/13	1-2 p.m.	\$24/\$36	Sr. Ctr.
38485	M, Tu, 3/23-3/24	1-2 p.m.	\$24/\$36	Sr. Ctr.



Stay Alert ... Sign up for **rockville.md.gov/alerts** and receive alerts about important information in your community.

AI Copilot

AI Copilot is an interactive class that shows how artificial intelligence can simplify tasks, boost productivity and spark creativity. Learn hands-on ways to use AI for writing, research and organization — no technical background needed.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38456	M, Tu 1/5-1/6	1-2 p.m.	\$24/\$36	Sr. Ctr.
38482	M, Tu 3/16-3/17	1-2 p.m.	\$24/\$36	Sr. Ctr.

All Things Google

Curious about those nine little boxes in the upper-right corner of any Google page? They’re a gateway to a plethora of Google tools, designed to enhance productivity and streamline your on-line experience.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38469	M, Tu, 2/9-2/10	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Backup & Restore PC (B)


Back up your computer, just in case. Learn when and how to back up, how long to hold onto backups and the type of backup media that’s best.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38471	W, 2/11	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38480	W, 3/11	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Chromebook Basics

Have a Chromebook? Let us show you how you can use it for just about everything, from productivity and creativity to gaming and entertainment, and more.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38470	Tu, W, 2/10-2/11	1-2 p.m.	\$24/\$36	Sr. Ctr.
38487	M, Tu 3/30-3/31	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.



Did you know?
The Rockville Senior Center has a specialized computer lab with 15 Window PC desktops? You may also bring your own laptop to class to learn from your own device.

Finding PC Malware

Malware can slow a computer, track activity and even lock or encrypt files for ransom. Learn how to prevent threats, protect data and address issues.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38461	W, 1/21	1-2 p.m.	\$14/\$27	Sr. Ctr.
38477	W, 3/4	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

iPad Basics

Diving into a new iPad or brushing up on its key functionalities? Connect to the internet, use the camera, install apps and more. Bring your Apple ID and password for easy access to many features.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38462	M, Tu 1/26-1/27	10 a.m.-12 p.m.	\$24/\$36	Sr. Ctr.

Practice Lab

Have questions about a class, a suggestion for a new one or want to practice your skills? Or do you need a computer? The lab is open.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38464	Th, 1/8-1/29	9 a.m.-12 p.m.	Free	Sr. Ctr.
38488	Th, 2/5-2/26	9 a.m.-12 p.m.	Free	Sr. Ctr.
38489	Th, 3/5-3/26	9 a.m.-12 p.m.	Free	Sr. Ctr.

Using Quick Keys

Curious about what the F1-F12 keys at the top of keyboard do? Have you used the Windows logo keys? Uncover their functions and boost productivity.
Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38460	Tu, W, 1/20-1/21	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Did you know?

The Rockville Senior Services home maintenance coordinator is available onsite at the Rockville Senior Center to help city residents aged 60-plus evaluate home safety and repairs.

Windows 11 Tips

Thinking about upgrading to Windows 11? Discover the latest enhancements, including the revamped desktop, widgets, snap layouts, file explorer and more. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38473	M, Tu 2/23-2/24	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38478	M, Tu, 3/9-3/10	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Windows Security

Is your computer or device safe from malware and viruses? Learn how to secure devices and the importance of protecting them with regular scans. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38468	W, 2/4	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
38483	W, 3/18	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Zoom Help

New to Zoom? Having trouble connecting to meetings? Whether using a phone, tablet or computer, help is here. Prepare for that upcoming Zoom experience. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
38463	W, 1/28	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.
38466	M, 2/2	1-2 p.m.	\$9/\$15	Sr. Ctr.

Tech PT

This personalized setting is perfect for one-on-one training. Whether you have specific questions, want a solo class with the instructor, or need to make up a missed class, this option is for you. Sessions are typically scheduled after noon. Instructor: André Hickman.

One 1-Hour Session

Course	Cost	Location
38068	\$24/\$34	Sr. Ctr.

Two 1-Hour Sessions

Course	Cost	Location
38069	\$42/\$52	Sr. Ctr.

Three 1-Hour Sessions

Course	Cost	Location
38070	\$60/\$70	Sr. Ctr.



The Mobile Market

at Rockville Senior Center

The Capital Area Food Bank Mobile Market program provides fresh produce to local communities in need, free of charge. Intended to support members of our community at risk of hunger, there are no income requirements or other qualifications – food is provided to anyone who attends a Mobile Market distribution. For questions, call 240-314-8800.

Fourth Thursday of each month
from 2-4 p.m.

Location: Rockville Senior Center,
1150 Carnation Drive, Rockville

December 11, 2025 (adjusted due to holiday schedule)
January 22, 2026
February 26, 2026
March 26, 2026
April 23, 2026
May 28, 2026
June 25, 2026

Bring your own reusable bags

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

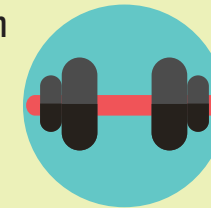
7 a.m.-7 p.m. Monday - Thursday • 7 a.m.-5 p.m. Friday • 9 a.m.-3 p.m. Saturday

Fitness Center Membership Fees: \$95/year (must be a Senior Center member)

www.rockvillemd.gov/seniorcenter • 240-314-8800

Fitness Room Membership

Fitness memberships are an add-on purchase to a center membership. Orientation is required and is an additional \$15 one-time fee.



Fitness Membership Rates:

3 months: \$30; 6 months: \$50; 1 year: \$95

30-Minute Stretch and Unwind

Prevent injury and increase flexibility. This revolutionary program is built on the most up-to-date scientific research, methods and insight to lead a more flexible and fulfilling life. Unwind and reduce stress and muscle tension and re-energize for the rest of the day in as little as 30 minutes. Wear comfortable clothing. Includes work on the mat. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
38383	F, 1/16-3/13	2:30-3 p.m.	\$38/\$60	Sr. Ctr.

Aerobic Workout

Step up to the latest exercise, designed for the active participant who can walk and turn with ease. Aerobic dancing uses basic dance movements while keeping one foot safely in contact with the floor. Class includes a mixture of oldies and current music. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
38423	Tu, Th, 1/13-3/12	11 a.m.-12 p.m.	\$65/\$79	Sr. Ctr.
38422	Tu, Th, 1/13-3/12	11 a.m.-12 p.m.	\$55/\$79	Online

Afternoon Yoga and Relaxation **NEW!**

Relax and recharge. Enjoy slow movement, deep stretching and guided breathing to improve flexibility, balance and well-being in this gentle afternoon class. All levels welcome. Safe, supportive modifications are provided. Instructor: Theresa Catterton-Doherty.

Course	Day, Date	Time	Cost	Location
38984	Th, 1/22-3/19	2-2:45 p.m.	\$50/\$75	Sr. Ctr.

Arthritis Foundation Exercise

Gentle movements help improve flexibility, range of motion, stamina and muscle strength while easing pain and stiffness. Exercise also supports overall well-being and can reduce feelings of isolation. Based on a program created by the Arthritis Foundation. Instructors: Yenobis Delgado-Alba (Tuesday and Thursday) and Matthew Miller (Friday).

Course	Day, Date	Time	Cost	Location
38421	Tu, Th, 1/13-3/12	1-2 p.m.	\$56/\$79	Online
38394	F, 1/16-3/13	12:15-1:15 p.m.	\$45/\$60	Sr. Ctr.
38392	F, 1/16-3/13	12:15-1:15 p.m.	\$40/\$60	Online

Balance Matters

Improve stability, coordination, leg strength and posture. Exercises in this basic balance class help reduce the risk of falling and prevent injury, improving overall daily life. Instructor: Theresa Catterton-Doherty.

Course	Day, Date	Time	Cost	Location
38402	M, 1/12-3/23	1:15-2 p.m.	\$45/\$60	Sr. Ctr.
38401	M, 1/12-3/23	1:15-2 p.m.	\$38/\$60	Online



Hydrate! It's important to stay hydrated throughout your workout.

Did you know?

Exercising helps prevent disease, improves muscle health and helps improve cognitive functioning.

Balance Challenge

Improve coordination and muscle strength, and challenge your balance and mind in this advanced balance class. Additional equipment may be used during class. Appropriate for the active participant. Instructor: Kim Harris.

Course	Day, Date	Time	Cost	Location
38400	W, 1/14-3/11	1:15-2 p.m.	\$45/\$60	Sr. Ctr.

Beginner Pilates Foundations

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind and body workout using mats. Appropriate for beginners. Instructor: Kim Harris.

Course	Day, Date	Time	Cost	Location
38410	Tu, 1/13-3/10	1:15-2 p.m.	\$60/\$72	Sr. Ctr.

Bilingual Yoga with a Chair

Enjoy the benefits of gentle exercise and relaxation. Modifications of standard yoga poses will be used and work will be done with breathing, focusing attention on gentle stretching and balance. No previous experience needed. Esta clase está diseñada para ayudarle a disfrutar y recibir los beneficios del ejercicio suave y la relajación. Se utilizarán modificaciones de las posturas de yoga estándar y se trabajará con la respiración, centrando la atención en el estiramiento suave y el equilibrio. No se necesita experiencia previa. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
38399	F, 1/16-3/13	11:15 a.m.-12 p.m.	\$45/\$60	Sr. Ctr.

Body Blast

A 30-minute full-body workout using body resistance only, including cardio, strength and core work. No equipment required. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
38395	W, 1/14-3/11	9-9:30 a.m.	\$38/\$50	Sr. Ctr.
38393	W, 1/14-3/11	9-9:30 a.m.	\$35/\$50	Online

Broadway Dance Party

Get ready to strut your stuff, perfect your jazz hands and feel the magic of the stage come alive in every step. Dance like you're center stage on Broadway. Instructor: Megan Cooperman.

Course	Day, Date	Time	Cost	Location
38493	F, 3/20	1-2:15 p.m.	\$8/\$10	Sr. Ctr.

Cardio Drumming

Get your heart pumping, strengthen lungs and improve endurance, using a stability ball and drumsticks. Adaptable to most fitness levels. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
38388	Tu, 1/13-3/10	2:30-3:15 p.m.	\$38/\$50	Sr. Ctr.

Cardio Motion

A total body workout including 25 minutes of easy-to-follow cardio, 25 minutes of strength training and ending with 10 minutes of stretching and relaxation. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
38398	Tu, 1/13-3/10	1:15-2:15 p.m.	\$45/\$60	Sr. Ctr.

Chair Exercise

A seated program with exercise patterns designed for those with limited mobility to help develop strength, flexibility and endurance, and promote better circulation. Instructor: Anthony Edghill.

Course	Day, Date	Time	Cost	Location
38396	M, 1/12-3/23	11 a.m.-12 p.m.	\$38/\$50	Sr. Ctr.

Chair Yoga

Learn basic yoga poses and stretches to stay flexible and increase mobility. Gentle cardio and breathing exercises enhance vitality and well-being. Seated yoga strengthens muscles to help balance while teaching ways to feel calm and centered. Instructor: Betty Figlure.

Course	Day, Date	Time	Cost	Location
38406	Th, 1/15-3/12	11:15 a.m.-12 p.m.	\$45/\$60	Sr. Ctr.

Country Line Dance Party

Saddle up, folks! Kick up some dust and dance the afternoon away. Whether a seasoned line dancer or just starting out, there's a place for everyone on the dance floor! Country western attire optional. Snacks provided. Instructor: Gizelle Merced.

Course	Day, Date	Time	Cost	Location
38492	Th, 2/19	3:30-4:45 p.m.	\$8/\$10	Sr. Ctr.

Easy Feet

Use fun, energetic music to learn easy-to-follow patterns, including basic dance movements. Get a great light cardio workout. Appropriate for beginners. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
38386	F, 1/16-3/13	11:15 a.m.-12 p.m.	\$40/\$60	Sr. Ctr.
38390	F, 1/16-3/13	11:15 a.m.-12 p.m.	\$35/\$60	Online

Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away worries. Great for the body and mind. Appropriate for beginners. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
38415	M, W, 1/12-3/18	10-10:50 a.m.	\$62/\$75	Sr. Ctr.
38411	M, W, 1/12-3/18	10-10:50 a.m.	\$48/\$75	Online

Fitness Workshop — Embracing Winter Meditation

Ease tension and relax with gentle meditation designed for the winter season. Combines light breathing, simple guided meditation and easy movements to keep the body comfortable and the mind clear. No prior experience required. Chairs provided for comfort. Instructor: Theresa Catterton-Doherty.

Course	Day, Date	Time	Cost	Location
38333	Th, 1/8	1-2:15 p.m.	\$15/\$18	Sr. Ctr.

Fitness Workshop — Balanced Joy

Work on balance and coordination while having fun. Improve balance, flexibility, mood and confidence in a joyful environment. Instructor: Larissa Johnson.

Course	Day, Date	Time	Cost	Location
38334	W, 1/7	1:30-2:30 p.m.	\$15/\$18	Sr. Ctr.

Fitness Workshop — Basic Self Defense and Safety

Become aware of your surroundings and focus on safety. Learn techniques to defend yourself and disable an assailant if necessary. Improve muscle strength and balance through specific self-defense movements and increase self-confidence. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
38520	Tu, 1/6	3-4:15 p.m.	\$15/\$18	Sr. Ctr.

Fitness Workshop — Female Pelvic Floor Health

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.

Course	Day, Date	Time	Cost	Location
38382	Tu, 1/20-2/3	12:15-1:15 p.m.	\$45/\$60	Sr. Ctr.

Fitness Workshop — Female Pelvic Floor Health: Level 2

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.

Course	Day, Date	Time	Cost	Location
38408	Tu, 2/24-3/31	12:15-1 p.m.	\$60/\$72	Sr. Ctr.



Worried About the Weather? Call 240-314-8800 for updated openings and closings.

Next Step Fitness: Beyond Rehab

Designed for individuals transitioning from physical therapy to independent exercise, this specialized fitness program, guided by certified trainers with rehabilitation experience, offers customized fitness plans tailored to recovery progress, fitness levels and personal goals. Its holistic approach focuses on strength training, cardiovascular health, flexibility and balance while fostering a supportive community for shared experiences and motivation. Regular progress tracking and flexible scheduling promote engagement and commitment, aiming to minimize the risk of reinjury while encouraging a lifelong dedication to fitness and wellness. Cost for non-member/resident and non-member/non-resident includes six-month Senior Center and Fitness Center memberships. **Located in the Fitness Room.**

Course	Session/Time	Cost members	Cost non-member/resident	Cost non-member/non-resident
36846	Ten: One-hour	\$495	\$580	\$627
36847	Twenty: 30-minute	\$495	\$580	\$627

Fitness Workshop — Male Pelvic Floor Health

NEW!

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.


Course	Day, Date	Time	Cost	Location
38491	Th, 1/15-1/29	12:30-1:30 p.m.	\$45/\$60	Sr. Ctr.

Fitness Workshop — Winter Fall Prevention Strategies

NEW!

Stay safe and steady this winter with practical tips and simple exercises to help prevent falls. Focus on balance, strength and everyday strategies for navigating icy sidewalks, wet floors and other seasonal hazards. Includes balance testing. Wear comfortable clothes and shoes. Instructor: Theresa Catterton-Doherty.

Course	Day, Date	Time	Cost	Location
38335	Th, 1/15	2-3:15 p.m.	\$15/\$18	Sr. Ctr.

**Did You Know?** Volunteers are available to take your blood pressure in the Senior Center health room on Mondays from 10 a.m.-noon.

Forever Fit

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. Appropriate for most fitness levels. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
38426	Tu, Th, 1/13-3/12	10-10:50 a.m.	\$70/\$85	Sr. Ctr.
38427	Tu, Th, 1/13-3/12	10-10:50 a.m.	\$63/\$85	Online

Kickboxing and Self Defense

Small group training using 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 strength while learning basic self-defense. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
38409	Tu, 1/13-3/10	11-11:45 a.m.	\$60/\$72	Sr. Ctr.

LaBlast Dance Fitness

A cardio, ballroom dancing, partner-free class that uses all genres of music, from pop, rock, musicals, Latin and more, like Frank Sinatra and the Beatles. Dance the hustle, jive, swing, salsa, quickstep and others. Instructor: Megan Cooperman.

Course	Day, Date	Time	Cost	Location
38385	Sa, 1/17-3/14	10-10:45 a.m.	\$40/\$60	Sr. Ctr.
38375	Sa, 1/17-3/14	10-10:45 a.m.	\$35/\$60	Online

Fitness Club: *Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$95 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.*

Basic Exercise Machine Training:

Basic exercise machine training is required of all new Fitness Club members, by appointment only. Appointments can be made at the front desk. \$15.

Fitness Buddy: Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Register at the front desk and your fitness buddy will contact you to make an appointment. Your buddy will work with you for a 30-minute appointment or one hour. This is not a personal training session. Must be a fitness room member. This is done by appointment only.

Course	# Session/Time	Cost	Location
29543	One: One-hour	\$18	Fitness Rm
29544	Two: One-hour	\$35	Fitness Rm
29545	Six: One-hour	\$96	Fitness Rm
29551	Ten: One-hour	\$150	Fitness Rm
29550	Two: 30-minute	\$18	Fitness Rm
29547	Four: 30-minute	\$35	Fitness Rm
29548	Twelve: 30-minute	\$96	Fitness Rm
29552	Twenty: 30-minute	\$150	Fitness Rm



Personal Training

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. For Fitness Club members only. **Virtual options are available.**

Course	Session Timeframe	Cost	Location
27484	One: One-hour	\$55	Fitness Rm
27485	Two: One-hour	\$110	Fitness Rm
27493	Three: One-hour	\$160	Fitness Rm
27487	Six: One-hour	\$289	Fitness Rm
27257	Ten: One-hour	\$450	Fitness Rm
27488	Two: 30-minutes	\$55	Fitness Rm
27490	Four: 30-minutes	\$110	Fitness Rm
27486	Six: 30-minutes	\$160	Fitness Rm
27491	Twelve: 30-minutes	\$289	Fitness Rm
27492	Twenty: 30-minutes	\$450	Fitness Rm

Check the monthly newsletter for updates!

Line Dancing

Stay fit while having fun. Use your own style of dance while learning fun, popular, social line dances for weddings, holiday functions and more. Includes music from multiple genres, such as country, soul, pop and Latin. Designed for all levels in a free-flowing and fun atmosphere. Instructor: Gizelle Merced.

Course	Day, Date	Time	Cost	Location
38384	W, 1/14-3/18	11:15 a.m.-12:05 p.m.	\$40/\$60	Sr. Ctr.

Pre-Hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight one-hour individual sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from a doctor. Fitness Club members only. Some Saturday appointments available.

Course	Day, Date	Time	Cost	Location
38429	M-Sa	9 a.m.-4 p.m.	\$395	Sr. Ctr.

Restorative Yoga

A slow-paced practice to increase joint mobility and improve flexibility. Stretches and poses will be done standing and on the mat. The work on the mat includes a yoga bolster for support. This practice is gentle and relaxing for beginners. Bring a yoga sticky mat. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
38417	W, 1/14-3/11	2:15-3 p.m.	\$60/\$75	Sr. Ctr.

Standing Strength and Balance

Resistance training with dumbbells and functional exercises to help improve balance, muscle strength and overall well-being. Instructor: Megan Cooperman.

Course	Day, Date	Time	Cost	Location
38387	Sa, 1/17-3/14	11-11:45 a.m.	\$40/\$60	Sr. Ctr.
38381	Sa, 1/17-3/14	11-11:45 a.m.	\$35/\$60	Online

Did You Know? All of our fitness instructors and personal trainers are nationally certified.

Strength and Stability: Lunchtime Fitness

Improve strength, balance and mobility with bodyweight exercises and resistance bands. This low-impact midday session supports movement, helps reduce the risk of falls and promotes wellness. Build functional fitness in a safe, supportive environment. Instructor: Yenobis Delgado-Alba.

Course	Day, Date	Time	Cost	Location
38985	Th, 1/15-3/12	12:05-12:50 p.m.	\$35/\$60	Online

Strength Training Challenge

Build muscle strength and endurance and improve balance. Be guided through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Includes work on the mat. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
38424	Tu, Th 1/13-3/12	9-9:45 a.m.	\$68/\$81	Sr. Ctr.
38425	Tu, Th 1/13-3/12	9-9:45 a.m.	\$59/\$81	Online

Stretch & Energize — Mindful Flexibility

Improve flexibility, posture and mental clarity in a 30-minute class that combines seated and standing stretches with mindful breathing. Feel grounded, open and energized. No floor work required. All levels welcome. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
38494	W, 1/14-3/11	11-11:30 a.m.	\$38/\$60	Sr. Ctr.

Stretching and Flexibility Coach — Small Group Training

Prevent injury and increase flexibility. This revolutionary small-group program is built on the most up-to-date scientific research, methods and insight to lead a more flexible and fulfilling life. Wear comfortable clothing. Includes work on the mat. Space is limited. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
38416	M, 1/12-3/23	2:15-3 p.m.	\$50/\$75	Sr. Ctr.

Tai Chi Level 1

Uncover the mystery of the art called “tai chi” and explore its principles through the four basic movements that comprise “Grasp the Sparrow’s Tail.” Learn how to harmonize the body into a unit through the practice of posture, movement, concentration and relaxation to unlock and develop internal intrinsic energy called “jin.” Instructor: Cain Yentzer.

Course	Day, Date	Time	Cost	Location
38420	Th, 1/15-3/12	12:45-1:45 p.m.	\$62/\$78	Sr. Ctr.

Tai Chi Level 2

Delve deeper into the intricate movements and principles of tai chi, building on the foundation laid in level 1. Learn to synchronize your breath with the graceful stepping techniques that complement each movement, cultivated balance, agility and inner peace. **Available only for past participants of Tai Chi Level 1 at the Rockville Senior Center.** Instructor: Cain Yentzer.

Course	Day, Date	Time	Cost	Location
38419	Th, 1/15-3/12	2-3 p.m.	\$62/\$78	Sr. Ctr.

Total Body Fit

A full-body workout using a combination of cardio and resistance training exercises. Most exercises are performed seated or standing. Instructor: Kim Harris.

Course	Day, Date	Time	Cost	Location
38404	W, 1/14-3/11	12:15-1:05 p.m.	\$45/\$60	Sr. Ctr.
38405	W, 1/14-3/11	12:15-1:05 p.m.	\$40/\$60	Online

Senior Citizens Commission

The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life. Commission spots are available. **Day, Date:** Third Thursday of every month. **Time:** 9:30 a.m. **Location:** Hybrid

Total Body Sculpt

A well-rounded full-body workout designed to improve overall fitness by combining both cardio and resistance training exercises. Exercises can be performed either seated or standing, making it accessible to most fitness levels. The sessions focus on enhancing strength, endurance and cardiovascular health, providing a balanced approach to fitness. Instructor: Theresa Catterton-Doherty.

Course	Day, Date	Time	Cost	Location
38407	M, 1/12-3/23	12:15-1:05 p.m.	\$45/\$60	Sr. Ctr.
38403	M, 1/12-3/23	12:15-1:05 p.m.	\$40/\$60	Online

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance while using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
38414	M, 1/12-3/23	9-9:45 a.m.	\$58/\$75	Sr. Ctr.
38413	M, 1/12-3/23	9-9:45 a.m.	\$48/\$75	Online
38418	F, 1/16-3/13	9-9:45 a.m.	\$58/\$75	Sr. Ctr.
38412	F, 1/16-3/13	9-9:45 a.m.	\$48/\$75	Online

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Includes work on the mat. Wednesday classes held in the Carnation Room. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
38428	W,F, 1/14-3/18	10-11 a.m.	\$102/\$125	Sr. Ctr.

Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective and great for the body, mind and soul. Enjoy dancing while receiving a total-body workout. Instructor: Larissa Johnson.

Course	Day, Date	Time	Cost	Location
38391	F, 1/16-3/13	1:30-2:15 p.m.	\$40/\$60	Sr. Ctr.

Did you know?

The Rockville Senior Services home maintenance coordinator is available onsite at the Rockville Senior Center to help city residents ages 60-plus evaluate home safety and repairs.

Sports — Instructional

If registering for a table tennis class, please choose only one option. Participants must be a Rockville Senior Center Member to register. **Game room is closed during class time.**

Table Tennis — Beginner I

For those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
38377	M, 1/26-3/9	1-2 p.m.	\$40	Sr. Ctr.

Table Tennis — Beginner II

For those with basic experience, who can hit the ball back and forth at least three times in a row, and would like to continue learning techniques, basic rules and scoring to advance their skills. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
38378	W, 1/28-3/4	1-2 p.m.	\$40	Sr. Ctr.

Table Tennis — Intermediate

For those with knowledge of the rules and scoring and experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

Course	Day, Date	Time	Cost	Location
38374	F, 1/30-3/6	1-2 p.m.	\$40	Sr. Ctr.

SAVE THE DATE:
Rockville Seniors, Inc. Holiday Bazaar: Saturday, Dec. 6
9 a.m.-2 p.m.

Rockville Senior Center Clubs



Join clubs to make new friends and enrich lives through the power of fun and friendship! Please email seniorrecreation@rockvillemd.gov.

Young in Heart Club: meets on the third Thursday of the month. Speakers, entertainment and luncheons and special holiday events.

Willing 3C's Club: meets on the third Friday of the month. Bingo, speakers, luncheons and special holiday events.

Red Hat Club: meets on the fourth Wednesday of the month. Speakers, entertainment, trips and luncheons.

Note: Game Room is closed during class time.

Mindful Moments
A WELLNESS EXPERIENCE

Thursday, Feb. 12
10 a.m.-1 p.m.

#38535 • FREE • Senior Center

In this season of love, give yourself the gift of time, care, and connection. Come feel refreshed, empowered, and inspired.

Because your well-being deserves to be celebrated.



HOLIDAY BAZAAR

ROCKVILLE SENIOR CENTER

Saturday, Dec. 6
9 a.m.-2 p.m.

50+ Handmade Crafters • Book Sale • Plant Sale • Raffles • Lunch Café • and more!

FREE ADMISSION.
LUNCH AVAILABLE FOR PURCHASE.

Sponsored by Rockville Seniors, Inc.



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

AARP Driver’s Safety Program
Refresh driving skills, learn safe strategies and review rules of the road. The class also covers age-related physical changes and how to adjust driving habits. Some Maryland insurers may offer premium discounts for course completion. The program includes four hours of instruction plus a lunch break. Arrive 15 minutes early for registration. Cost: \$20 for AARP members, \$25 for nonmembers. Cash or check only, no credit cards.

Course	Day, Date	Time	Cost	Location
38446	W, 3/11	10 a.m.-3 p.m.	See above	Sr. Ctr.

Better Breathers Club
A monthly club, featuring educational presentations on topics related to respiratory issues. Presented by Kerri Donnelly, regional director of business development, Montcare. Meets third Thursdays of the month.

Course	Day, Date	Time	Cost	Location
38444	Th, 1/15, 2/19, 3/19	1:30-2:30 p.m.	Free	Sr. Ctr.

Eat Smart, Age Strong
Learn simple, practical ways to eat healthier in a way that’s especially helpful for older adults. Discover how to build a balanced plate, meal-sequencing, identify hidden sodium and sugar on food labels, learn budget-friendly recipes and more. Presented by Suburban, Johns Hopkins.

Course	Day, Date	Time	Cost	Location
38447	Th, 1/29	1-2 p.m.	Free	Online

Rockville Seniors, Inc. (RSI)
A 501(c)(3) Established by Mayor and Council to provide financial support to Rockville Senior Services. Volunteer opportunities are available to support RSI’s fundraising activities. For more information, visit www.rockvillemd.gov/boardsandcommissions.

February is Heart Health Month
A panel discussion on heart health with a primary care physician, EMS paramedic, cardiologist and cardiac rehab personnel. Q&A included. Presented by Marquis/Collingswood.

Course	Day, Date	Time	Cost	Location
38452	Th, 2/12	1-2:30 p.m.	Free	Sr. Ctr.

Honey, Can You Hear Me?
Hearing loss can limit connections to family, friends and daily life, and is linked to conditions such as diabetes, dementia, kidney and heart disease, depression and risk of falls. Learn how improved hearing supports health and quality of life, and hear practical steps for protecting it. Presented by Dr. Gary Mendelson and Herbert Coya, HAD, from the Mendelson Group.

Course	Day, Date	Time	Cost	Location
38450	Th, 1/22	1-2:30 p.m.	Free	Sr. Ctr.

Interventional Pain Management Solutions
Learn about advanced approaches to managing pain from Dr. Cota of Clear Point Solutions, a spine and pain specialist who is triple board-certified in interventional pain practice, clinical pain medicine and anesthesiology. Review techniques and treatments used to address a range of pain conditions.

Course	Day, Date	Time	Cost	Location
38528	Tu, 2/24	1-2:30 p.m.	Free	Sr. Ctr.

Memory Screenings
A quick, safe way to assess memory and thinking skills, screenings help determine if further evaluation is needed. Provided by Potomac Courts, each appointment lasts 15 minutes. **Call 240-314-8810 to schedule.**

Day, Date	Time	Cost	Location
W, 1/7, 2/4, 3/4	10:30 a.m.-12 p.m.	Free	Sr. Ctr.

Meet the Wellness Coach...
Wednesdays from 9:45-11:45 a.m in the Senior Center Fitness Room.

Mindful Moments: A Wellness Experience
Discover new ways to shine from the inside out with a morning of relaxation, renewal and inspiration. Explore local vendors, experience live wellness demonstrations and discover simple ways to nurture your mind, body and spirit through all five senses.

Course	Day, Date	Time	Cost	Location
38535	Th, 2/12	10 a.m.-1 p.m.	Free	Sr. Ctr.

Post with Purpose: Turn Everyday Moments into Meaningful Content
Learn how to make social media posting less intimidating and more impactful. This session covers what to post, where to share it and how to reduce the fear of posting. Gain confidence using social media for connection, storytelling and community building. Presented by Kerri Donnelly, Montcare.

Course	Day, Date	Time	Cost	Location
38527	Tu, 1/20	1-2:30 p.m.	Free	Hybrid

Self-Help Massage & Jin Shin Jyutsu Tips for Your Good Health
Easy self-help tips from massage and energy healing bodywork of Jin Shin Jyutsu to ease sinus problems, colds, headaches, breathing issues, arthritis and general discomfort. Presented by Jin Shin Jyutsu practitioner Betty Figlure.

Course	Day, Date	Time	Cost	Location
38453	W, 3/18	1-2:30 p.m.	Free	Sr. Ctr.

Stay Steady, Stay Active
Safe, effective exercises designed to reduce the risk of falls to stay independent. Presented by ReEnvision Physical Therapy, this session emphasizes the role of regular movement in improving balance, flexibility and confidence in daily activities.

Course	Day, Date	Time	Cost	Location
39070	Th, 1/29	10-11:30 a.m.	Free	Sr. Ctr.

Stress Reduction/Meditation
Offers the tools to focus, relax and come to a more peaceful sense of being, with time for meditation and discussion. Instructor Betty Figlure has taught meditation, guided imagery and stress-reduction classes for more than 30 years.

Course	Day, Date	Time	Cost	Location
38445	M, 1/5-3/23	1-2 p.m.	\$30/\$40	Hybrid

Unlocking Thyroid Health
The thyroid affects energy, mood, weight and overall health. Learn about common thyroid conditions, how they’re diagnosed and treatment options, plus simple tips for supporting thyroid health and a live Q&A with Johns Hopkins experts.

Course	Day, Date	Time	Cost	Location
38449	Th, 3/26	1-2 p.m.	Free	Online

Why the Proven Benefits of Supplements Are So Important Today
Proper nutrition and a healthy lifestyle can prevent many diseases, including heart disease, cancer and Type 2 diabetes, much of the time. Supplements provide added support by giving cells the nutrients they need to function at their best. Learn how supplements contribute to long-term health. Presented by Dr. Gary Mendelson, nutritionist/audiologist, and Herbert Coya from the Mendelson Group.

Course	Day, Date	Time	Cost	Location
38451	Th, 3/5	1-2:30 p.m.	Free	Sr. Ctr.

Awakening Joy
Explore simple practices from “Awakening Joy: 10 Steps to Happiness” to cultivate positivity and well-being. This group will share insights and support each other in bringing more joy into daily life.

Course	Day, Date	Time	Cost	Location
38540	Th, 2/12-4/16	10-11 a.m.	\$30/\$40	Sr. Ctr.



Did you know?

Rockville Senior Center members get a significant discount on Senior Center Building rentals?

Grupo de Apoyo Hispano

Las personas mayores pueden compartir sus miedos y frustraciones; recibir apoyo sin juzgar; creando un espacio para compartir sentimientos Terapeuta bilingüe de Affiliated Sante Group.

Course	Day, Date	Time	Cost	Location
38443	Th, 1/8-3/26	11 a.m.-12 p.m.	Free	Sr. Ctr.

Healthy Hacks

Learn how to prepare quick, healthy and budget-friendly recipes in this free live cooking demonstration. Presented by Johns Hopkins. Bonus: Stick around after the demo for free food samples.

Course	Day, Date	Time	Cost	Location
38532	Tu, 2/17	1-2 p.m.	Free	Sr. Ctr.

Intentional Dialect

A supportive discussion group that explores how current events affect feelings, relationships and daily life. Sessions provide space to reflect, share experiences and find ways to stay grounded and connected. Presented by Jeanne Booth from the City of Rockville’s Office of Justice, Equity, Diversity and Inclusion.

Course	Day, Date	Time	Cost	Location
38537	F, 2/6	10-11:30 a.m.	Free	Sr. Ctr.

Lifelong Learning Institute

Engaging continued learning classes for adults 50 and older through Montgomery College, with more than 150 courses that include art, history, fitness, brain health and personal finance, in-person and online, making it easy to learn and connect. Many classes are offered tuition-free (fee only) for Maryland residents 60 and older.

Course	Day, Date	Time	Cost	Location
38541	F, 3/6	10-11:30 a.m.	Free	Sr. Ctr.

Medicare Q&A

Learn the basics of Medicare, eligibility and updates for this year. Meet one-on-one with the State Health Insurance Program representatives for 20 minutes to ask questions and get personalized guidance. Feel more confident navigating your Medicare options. **Call 240-314-8810 to make an appointment.**

Day, Date	Time	Cost	Location
F, 1/9	10 a.m.-12 p.m.	Free	Sr. Ctr.

Memory Cafe

Alzheimer’s Association Memory Cafe offers a fun and relaxed way for people living with early-stage memory loss to connect with one another through social events that promote interaction and companionship. Bring a bag lunch. Must contact representative Laura Byer at 301-233-6879 or lbbyer@alz.org prior to attending.

Course	Day, Date	Time	Cost	Location
38439	M, 1/19, 3/16	12-1 p.m.	Free	Sr. Ctr.

National Radon Action Month

Learn what radon is, why it can be a hidden health risk in homes and how it affects our well-being. Find out about simple testing methods and resources for reducing radon exposure.

Course	Day, Date	Time	Cost	Location
38536	W, 1/14	10-11 a.m.	Free	Hybrid

Protect Yourself

Gain practical, up-to-date tips for avoiding scams, including those that use the latest technology. This session also covers two additional safety areas for older adults: preventing falls at home and reducing the risk of break-ins. Leave with clear, useful strategies to enhance safety and build confidence. Includes time for a Q&A.

Course	Day, Date	Time	Cost	Location
39069	W, 2/11	10 a.m.-12 p.m.	Free	Sr Ctr.

Did You Know? We have online support and discussion groups. Questions, call 240-314-8810.

Positive Aging Program

Meet fellow seniors and chat about the day, current events or whatever you like. Make new friends and learn something new. Instructor: Paula Ohlandt. No class 1/1 and 1/2.

Brain Games

Keep your brain in top shape while having fun. Test memory, solve problems, improve attention to detail, increase processing speed and even multitask. Reap cognitive benefits while engaging in friendly competition. Meets second and fourth Tuesdays of each month.

Course	Day, Date	Time	Cost	Location
38440	Tu, 1/13-3/24	1-2:30 p.m.	Free	Online

Honest Aging

Join us for a thoughtful discussion series using “Honest Aging: An Insider’s Guide to the Second Half of Life.” Explore key themes from the book and spark thought-provoking group conversations. Share insights, experiences and strategies for navigating the second half of life with meaning and confidence. Meets first and third Tuesdays of each month.

Course	Day, Date	Time	Cost	Location
38529	Tu, 1/6-3/17	1-2:30 p.m.	Free	Online

Living and Learning

Join our monthly group featuring guest speakers and resources designed to support healthy, confident aging. Each session offers new insights to help you navigate and enjoy this stage of life. Meets second Thursday of each month.

Course	Day, Date	Time	Cost	Location
38531	Th, 1/8, 2/12, 3/12	1-2:30 p.m.	Free	Online

Managing Stress

Ongoing weekly support to counter isolation, anxiety, depression and loss brought on by various stressors. Participants bring their concerns to the group and learn coping skills from the facilitator and each other. Each session begins with a brief meditation. Meets every Friday.

Course	Day, Date	Time	Cost	Location
38441	F, 1/9-3/27	11 a.m.-12 p.m.	Free	Online

Positive Aging Alone

An ongoing group for seniors who live alone, perceive themselves to be alone or who anticipate being alone. An opportunity to socialize, help others and learn tips for positive senior living. Joys and challenges of living and being alone are the main topics, but other topics of interest may be suggested. Bring ideas for discussion. Meets first and third Thursdays of each month.

Course	Day, Date	Time	Cost	Location
38442	Th, 1/15-3/19	1-2:30 p.m.	Free	Online

Staying Social, Staying Strong: The Health Benefits of Connection

Staying socially connected is crucial to health, especially as we age. Explore the benefits of social engagement for mental, emotional and physical well-being. Presented by Suburban/ Johns Hopkins.

Course	Day, Date	Time	Cost	Location
38448	Th, 2/26	1-2 p.m.	Free	Online

Take Note

Gain practical tips for clearer communication with your doctor, including key words to use and questions to ask from JSSA. Build confidence and empower yourself to advocate for your needs during health care visits.

Course	Day, Date	Time	Cost	Location
38543	F, 3/20	10-11:30 a.m.	Free	Sr. Ctr.

What Did You Say?

Learn the key differences between over-the-counter and traditional hearing aids during this snack and learn with Sherrie Hunt from Yes Hearing. Enjoy a treat, get answers to your questions and gain insight to help make the best choice for hearing health.

Course	Day, Date	Time	Cost	Location
38542	Tu, 1/13	10-11:30 a.m.	Free	Sr. Ctr.



Supper Club Catered Dinner and Entertainment Tuesday, Feb 10

4:30-6:45 p.m. \$32M/\$42NM
Wine and Cheese
Happy Hour
Register #38231

Did You Know?

The Rockville Senior Center has a library with over 6,000 books, including best sellers, over 10 genres, a large print section and different languages.

Daily Lunch

Lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$7.99). Reservations required three days in advance: 240-314-8810.

Questions?

Call 240-314-8800 or email
seniorcenter@rockvillemd.gov



Senior Center Membership Benefits Include:

- Senior programs discounts
- Discounts on rentals
- DVD rentals
- Eligibility to join the fitness center and senior garden plots
- Early class registration
- Drop-in programs

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals to counseling for emergency food, clothing, finances, housing assistance and foreclosure are available.

Contact: **Mariella Correal, 240-314-8816**
or **Andrea Rogers, 240-314-8817**

Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the Senior Center or grocery store?

Monday to Friday:

Pick up: Approx. 9 a.m. and approx. 11 a.m.
Take home times: 1 p.m. and 3 p.m.

Bus is for Rockville residents aged 60 and older. Reservations required. Please see or call the transportation office for a reservation: 240-314-8810. Please call before 2 p.m. the day before and Friday for a Monday pickup.

Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships & classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- State durable medical equipment
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management
- Daily lunch at noon
- Chinese lunch
- Computer and technology
- ESOL (English for Speakers of Other Languages)
- Language classes
- Free notary services. Call to make appointment
- Emergency Assistance Program (REAP)

Call 240-314-8810 for information

General Information

Registration Begins:

- Member registration begins Tuesday, Dec. 2.
- Nonmember registration begins Thursday, Dec.4.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued. Cash and checks under the amount of \$15 for programs will be put onto the patrons account as a credit if classes are cancelled. *Refunds requested after 120 days will be refunded by check only.*
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- Senior Center memberships are refundable on a prorated basis with proper medical or other requested documentation.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs, \$15; swim, \$15.

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

Memberships:

- Senior Center Memberships are refundable on a prorated basis with proper medical or other requested information.

Most convenient method. seven days a week.

1. Online:

www.rockvillemd.gov/recreation

2. Fax to:

Rockville Senior Center: 240-314-8809

3. Mail to:

Rockville Senior Center
1150 Carnation Drive, MD 20850

4. Walk-In:

Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk-in registrations. Call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document, income documents are required and guidelines must be followed.

If you would like to contribute a tax deductible donation, you may send a check, “add up” on your registration form or donate online at www.rockvillemd.gov/registration.

Online Donation

\$10
\$25
\$50
\$75
\$100

Course #s

#2239
#2240
#2241
#2242
#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center

1150 Carnation Drive, Rockville, MD 20850

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That’s our Customer Satisfaction Guarantee to you.

*Required Info / Info Requerida

- ☐ Check here if this is a new address, phone number or email address. Please print. This form may be copied.

- ☐ Marque aquí si esta es una dirección nueva. teléfono o dirección de correo electrónico. Por favor imprima. Esta formulario puede ser reproducido.

Contact Information / Información del contacto

Last Name / Apellido*	First Name / Nombre*	Birthday / Fecha de nacimiento (mm/dd/yy)*	Email*
Address / Dirección*		City / Ciudad*	State / Estado* Zip / Código postal*
Home Phone / Teléfono de Casa*		Work Phone / Teléfono de Trabajo	Cell Phone / Celular

Emergency Contact / Contacto de Emergencia

Name / Nombre*	Relationship / Relación*	Phone / Teléfono*
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Participant's Name (Last, First) Apellido y Nombre del Participante	Activity Name Nombre de la Actividad	Course # Número	Fees* Costo*
Rec Fund / Fondo de rec.: \$ _____ Sr. Ctr. Mem. / Centro de Ancianos: \$ _____ Multi-Course Discount / Descuento por asistencia a varios cursos: _____	Contribution to Recreation Fund Youth Scholarship / Contribución adicional al Fondo de recreación: \$ _____		

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment / Pago

Name on Card / Nombre en la tarjeta	Credit Card Number / Número en la Tarjeta de Crédito	Security Code / Código de Seguridad	Expiration Date / Fecha de Expiración
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Payer Address (If different than above) / Dirección del Pagador (si es diferente que la de arriba)			
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City / Ciudad	State / Estado	Zip / Código Postal
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<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____	City / Ciudad	State / Estado	Zip / Código Postal
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Cardholder Signature / Firma del Dueño de la Tarjeta
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Release, Waiver, Assumption of Risk and Consent / Descargo y exención de responsabilidad, asunción de riesgos y consentimiento
The Department will act in compliance with the Americans with Disabilities Act ("ADA"). Participation in the program may be a hazardous activity, and some programs may require strenuous physical activity. Participant can participate in the program if participant is physically and medically able. All participants must be able to pass a medical clearance if necessary for the chosen activity. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of: traveling on public roads, accidents, illness, and the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers, and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant and the parent or guardian, on behalf of a minor child participant, grant permission for two separate actions: (1) the City's use of images, likeness, voice, etc. that include the participant for the purpose of promotions and (2) emergency medical treatment administered by a doctor or emergency medical technician. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.
El Departamento actuará de conformidad con la Ley de Estadounidenses con Discapacidades (ADA). La participación en el programa puede ser una actividad peligrosa y algunos programas pueden requerir actividad física extenuante. El participante puede participar en el programa si el participante es física y médicamente capaz. Todos los participantes deben poder pasar una autorización médica si es necesario para la actividad elegida. El participante (o el padre o tutor en nombre de un niño participante menor) asume todos los riesgos asociados con la participación en este programa, incluidos, entre otros, los asociados generalmente con este tipo de programa, los peligros de: viajar en vías públicas, accidentes, enfermedades y las fuerzas de la naturaleza. En consideración del derecho a participar en el programa y en consideración adicional del arreglo hecho para el participante por el Alcalde y el Concejo de Rockville a través de su Departamento de Recreación y Parques para alimentos, viajes y recreación, el participante, sus herederos, y albaceas, o un padre o tutor en nombre de un niño participante menor de edad, acuerda liberar e indemnizar al Alcalde y al Concejo de la Ciudad de Rockville y a todos sus agentes, funcionarios y empleados, de todos y cada uno de los reclamos por lesiones o pérdida de cualquier persona o propiedad que pueda surgir o resultar de la participación en el programa. El participante y el padre o tutor, en nombre de un niño menor participante, otorgan permiso para dos acciones separadas: (1) el uso por parte de la Ciudad de imágenes, semejanzas, voz, etc. que incluyan al participante con fines de promoción y (2) tratamiento médico de emergencia administrado por un médico o un técnico de emergencias médicas. Al proporcionar su dirección de correo electrónico, acepta suscribirse a la lista de correo de Rockville & Recreation and Parks para recibir actualizaciones por correo electrónico sobre nuestros programas. Toda la información recopilada se utilizará de acuerdo con la política de privacidad de la Ciudad de Rockville. Puede retirar su consentimiento en cualquier momento. Al participar en un programa del Departamento de Recreación y Parques de la Ciudad de Rockville y/o ingresar a una instalación, acepto seguir todas las reglas publicadas y/o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y/o suspensión de la instalación.
* Signature of Participant/Guardian / Firma del participante/tutor _____

Main Line | Línea principal: 240-314-8800 • www.rockvillemd.gov/seniorcenter • Fax: 240-314-8809 • Rockville Senior Center • 1150 Carnation Dr. , Rockville, MD 20850

Senior Center Happenings:

Rockville Seniors, Inc. Holiday Bazaar Saturday, Dec. 6, 9 a.m.-2 p.m.

Handmade crafts, book sale, raffle, bake sale, plant sale,
gift and thrift shop. Lunch available for purchase.

Free admission • Sr. Ctr.

New Year's Rock 'In Around the Senior Center Friday, Jan. 16, 1-3 p.m.

Visit rooms throughout the center and discover tasty appetizers,
drinks and desserts, culminating in a New Year's kickoff and other
festivities.

Course #38545 • Cost: \$12/\$15 • Sr. Ctr.

Supper Club Tuesday, Feb. 10, 4:30-6:45 p.m.

Wine and cheese happy hour, catered dinner and entertainment.

Course #38231 • Cost: \$32/\$42 • Sr. Ctr.

Country Line Dance Party Thursday, Feb. 19, 3:30-4:45 p.m.

Details on page 17.

Course #38492 • Cost: \$8/\$10 • Sr. Ctr.

Stories of the Underground Railroad Tuesday, Feb. 24, 10-11 a.m.

Details on page 9.

Course #38533 • Cost: \$7/\$10 • Sr. Ctr.

