



## ROCKVILLE SENIORS

### The Center's Monthly Highlights

December 2025

## FEATURED PROGRAMS & EVENTS

### Holiday Fit Jamboree

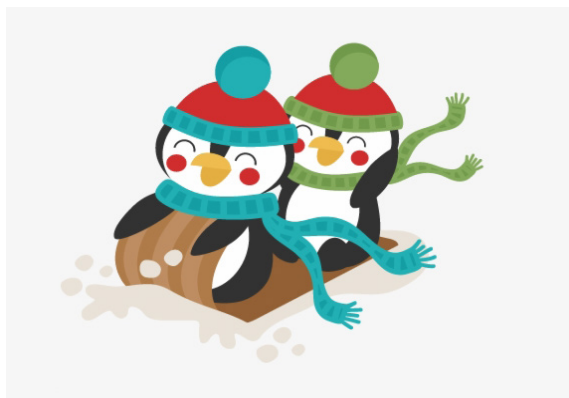
Thursday, Dec. 4 • 1:30-3 p.m. •  
Course #37318 • \$12/\$15

Get ready to move and groove at the Holiday Fit Jamboree, a festive fitness celebration just for seniors! Join us for fun activities like Santa's Stretch and Balance, the Snowman Shuffle Dance Party, and Elf Training: Core & More. It's the perfect way to stay active, spread holiday cheer, and celebrate the season with friends and laughter!

### Shopping Trip to Boscovs and Golden Corral

Wednesday, Dec. 10 • 10 am-2 pm  
\$18 cash only

If you would like to attend please contact 240-314-8810 or sign up at the Transportation Office no later than Monday, Dec. 8, 2025.



This season, you can make a difference right here at the Rockville Senior Center by giving in one of the following ways:

#### Gift Cards

Donate \$5–\$25 gift cards to local grocery stores to help seniors with essential needs.

#### Pantry Donations

Give shelf-stable food items to support our in-house pantry.

#### Program Assistance Fund

Contribute to help seniors access memberships and classes that promote wellness and engagement.

#### Pete Sante Fund

Support our mission to help older adults age in place safely and comfortably.

## ANNOUNCEMENTS

### Center Closure Alert

The center will be closed on Dec. 25 for Christmas day.

### Annual Holiday Bazaar

Mark your calendars for the Holiday Bazaar on Saturday, Dec. 6 from 9 a.m.-2 p.m.!

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

Rockville Senior Center  
1150 Carnation Drive  
Rockville, MD 20850  
240-314-8800  
[seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)  
[rockvillemd.gov/seniorcenter](http://rockvillemd.gov/seniorcenter)

Fitness Center Hours  
Monday-Thursday, 7 a.m.-7 p.m.  
Friday, 7 a.m.-5 p.m.  
Saturday, 9 a.m.-3 p.m.

## FITNESS PROGRAMS

### New Mini Session Classes!

#### LaBlast Dance Fitness

Wednesday, Dec. 3-Dec. 17 • 5-5:45pm  
Course #37191 • \$22/\$27 • Senior Center  
Course #37205 • \$20/\$27 • Online  
Megan Cooperman

#### LaBlast Dance Fitness

Saturday, Dec. 13-Dec. 20 • 10-10:45am  
Course #37187 • \$22/\$27 • Senior Center  
Course #37203 • \$20/\$27 •  
Megan Cooperman

#### Standing Strength and Balance

Saturday, Dec. 13-Dec. 20 • 11-11:45am  
Course #39633 • \$22/\$27 • Senior Center  
Course #39634 • \$20/\$27 • Online  
Megan Cooperman

#### On Demand-Winter Break

Classes are offered as a prerecorded class only. Receive a link to one recording, with unlimited access during the dates from Dec. 22-Jan 11. Each recorded program costs \$10. Please refer to page 20 of the Fall 2025 Adults 60+ Recreation Guide for a full list of On Demand-Winter Break classes.

#### Next Step Fitness: Beyond Rehab

Ten, one-hour sessions • \$495 • #36846  
Twenty, 30-minute session • \$495 • #36847  
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.

Must have a Fitness Club membership and have completed the one time machine-training orientation. Registration required. For more information, please refer to page

21 of the Fall 2025 Adults 60+ Recreation Guide.

#### Fitness Club & Personal Training

Whether you have a specific goal in mind or don't know where to start, a nationally certified personal trainer can design a program tailored to your needs. For more information see pages 16 and 19 of the Fall 2025 Adults 60+ Recreation Guide. Rockville Senior Center and Fitness Center memberships are required to participate in our Personal Training program.

## IN-PERSON MOVIE MATINEES

#### 'Christmas Vacation' (1989, Comedy)

Friday, Dec. 5 • 1-3 p.m. • #39624  
Thursday, Dec. 11 • 1-3 p.m. • #39625  
It's Christmas time and the Griswolds are preparing a big family celebration, but things never run smoothly for Clark, his wife Ellen and their two kids. Rated PG-13 for combination of coarse language, slapstick and some violence, and crude sexual references and innuendo.

#### 'Eleanor the Great' (2025, Drama)

Thursday, Dec. 18 • 1-3 p.m. • #39626  
Friday, Dec. 19 • 1-3 p.m. • #39627  
After the death of her oldest friend, 94-year-old Eleanor Morgenstein moves from Florida to New York City for a fresh start. Wandering into a support group for Holocaust survivors, she tells a tale that takes on a dangerous life of its own. Rated PG-13 for thematic elements, some language and suggestive references.

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

### **1970s TV Through the Lens of Norman Lear**

Monday, Dec. 1 • 10:30-11:30 a.m. •  
Course #37058 • \$7/\$10 • Virtual via Zoom

Lear was at the forefront of producing groundbreaking and cutting-edge sitcoms dealing with real-life issues that combined political and social themes. Instructor: Joan Adams.

### **1970s Movies Based on True Stories**

Monday, Dec. 8 • 10:30-11:30 a.m. •  
Course #37059 • \$7/\$10 • Virtual via Zoom

Stories of real people from the world of sports, entertainment, law enforcement and politics were brought to the big screen in the 1970s, such as "The Great White Hope," "Funny Lady" and "Serpico" to name a few. Instructor: Joan Adams.

### **Charles Dickens: "A Christmas Carol"**

Monday, Dec. 8 • 1-2 p.m. •  
Course #38530 • \$7/\$10 • Virtual via Zoom

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.

### **Sing Along with Connie Hughes**

Tuesday, Dec. 9 • 11 a.m.-12 p.m. •  
Course #38272 • \$4/\$6 • Senior Center

Warm your heart and lift your voice at a festive holiday sing-along! Words provided.

### **Survivors: 1945 Liberation of Concentration Camps (Part II)**

Monday, Dec. 15 • 10:30-11:30 a.m. •  
Course #37056 • \$7/\$10 • Virtual via Zoom

Otto Frank, Henri Kichka, Simon Wiesenthal, Simone Veil and Dr. Ruth: What were their lives like in the camps? What did they do after the liberation? Instructor: Joan Adams.

### **Painting with Cathy: Holiday Glass Ball Ornament**

Monday, Dec. 15 • 10:30 a.m.-12 p.m. •  
Course #38275 • \$13/\$16 • Senior Center

Paint whimsical winter trees with snow falling on glass ball ornaments as beautiful, winter decor. Instructor: Cathy Pasquariello.

### **Capitol Carolers**

Tuesday, Dec. 16 • 10-11 a.m. •  
Course #38534 • \$3/\$5 • Senior Center

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

## CLUB NEWS

Club News: If you are not a current member and would like to join one of the clubs below, please email [seniorrecreation@rockvillemd.gov](mailto:seniorrecreation@rockvillemd.gov). Current club members will be emailed details about upcoming meetings.

Young in Heart – Thu, Dec. 11  
Willing 3C's – Fri, Dec. 12  
Red Hat – Wed, Dec. 17

## SUPPORT & WELLNESS PROGRAMS

### **Healthy Living for Your Brain and Body: Tips from Latest Research**

Tuesday, Dec. 2 • 1-2pm

Course #37287 • Free • Hybrid

Learn how the latest research provides insights into making lifestyle choices to keep your brain and body healthy as you age. Presented by Alzheimer's Association.

### **No More Worries: Let Go of Stress**

Thursday, Dec. 4 • 1-2:30pm

Course #38078 • Free • Senior Center

Chronic stress wrecks havoc on mind and body. Identify areas in your life that cause you the most stress and manage it through simple changes. Presented by Leah Vicente, Humana

### **Breathe Easy, Hear Clearly and Live Comfortably**

Thursday, Dec. 11 • 1-2pm

Course #37293 • Free • Virtual via Zoom

A webinar designed for older adults who want to better understand common age-related ear, nose and throat problems, and Practical ways to manage them. Presented by Suburban/Johns Hopkins.

### **Better Breathers Club**

Thursday, Dec. 18 • 1:30-2:30 p.m.

Course #38066 • Free • Senior Center

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

## POSITIVE AGING PROGRAMS THIS MONTH

### **Managing Stress**

Friday, Dec. 5, 12, 19 • 11 a.m.-noon

Course #37343 • Free • Virtual via Zoom

An ongoing weekly support group to counter a variety of stressors common in older adults. Meets every Friday. Registration required.

### **Would You Rather?**

Tuesday, Dec. 2 & 16 • 1-2:30 pm.

Course #38072 • Free • Virtual via Zoom

A fun and engaging spin-off of 'Brain Games' that uses questions to spark conversation, self-reflection and laughter. Meets first and third Tuesday of the month. Registration required.

### **Brain Games**

Tuesday, Dec. 9 & 23 • 1-2:30 p.m.

Course #37344 • Free • Virtual via Zoom

Test your memory, solve problems and improve your attention to detail while engaging in friendly competition. Meets second and fourth Tuesday of the month. Registration required.

### **Positive Aging Alone**

Thursday, Dec. 4 & 18 • 1-2:30 p.m.

Course #37346 • Free • Virtual via Zoom

An ongoing support group for seniors who live alone, perceive themselves to be alone or who anticipate being alone. Meets first and third Thursday of the month. Registration required.