



ROCKVILLE SENIORS

The Center's Monthly Highlights

January 2026

FEATURED PROGRAMS & EVENTS

New Year's Rock 'In Around the Senior Center

Friday, Jan. 16 • 1-3 p.m. •
Course #38545 • \$12/\$15

In this progressive appetizer event, visit rooms throughout the center and discover tasty appetizers, drinks, and desserts with local partners, culminating New Year's kickoff and other festivities.

Painting with Cathy: Snowman Mug

Tue, Jan. 27 • 10:30 a.m.- 12 p.m.
Course #38276 • \$13/\$16 • Senior Center
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.

Birthday Party

Tuesday, Jan. 13 • 1:30-3 p.m.
Course# 38230 • \$3/\$5 • Senior Center

Honors December, January, 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.

CLUB NEWS

Club News: If you are not a current club member of the Young in Heart, Willing 3C's or Red Hat, please email seniorrecreation@rockvillemd.gov. Current club members will be emailed details about upcoming meetings.

No club meetings in January.

ANNOUNCEMENTS

Center Closure Alert

The center and fitness room will be closed at 4 p.m. on December 31 for New Year's Eve.

The center and fitness room will be closed on January 1 for New Year's Day.

The center and fitness room will be closed on January 19 for Martin Luther King Jr. day.

DONATIONS

We are gladly accepting donations of yarn for our Tuesday Knitting group. Donations may be dropped off at the front desk during regular business hours, 8:30 a.m.-5 p.m. Monday-Friday and 9 a.m.-3 p.m. Saturdays.

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

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

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

FITNESS PROGRAMS

The Winter 2026 fitness session will begin the week of Monday, January 12. Don't forget to register for classes!

Fitness Workshops:

Balanced Joy

Wednesday, Jan. 7 • 1:30-2:30 p.m.
Course #38334 • \$15/\$18 • Senior Center

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

Basic Self Defense and Safety

Tuesday, Jan. 6 • 3:00-4:15 p.m.
Course #38520 • \$15/\$18 • Senior Center

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.

Embracing Winter Meditation

Thursday, Jan. 8 • 1:00-2:15 p.m.
Course #38333 • \$15/\$18 • Senior Center

Ease tension and relax with gentle meditation. 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.

Female Pelvic Floor Health

Tuesday, Jan. 20-Feb. 3 • 12:15-1:15pm
Course #38382 • \$45/\$60 • Senior Center

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.

Male Pelvic Floor Health

Thursday, Jan. 15-Jan. 29 • 12:30-1:30 p.m.
Course #38491 • \$45/\$60 • Senior Center

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.

Winter Fall Prevention Strategies

Thursday, Jan. 15 • 2:00-3:15pm
Course #38335 • \$15/\$18 • Senior Center

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.

Trainer Spotlight: Maggie Prokop

Hi everyone! My name is Maggie, and I am excited to introduce myself as a NASM certified personal trainer. My background as a D1 athlete and having over 4 years of experience working in high volume physical therapy settings has led to my enthusiasm of creating a welcoming space to help you build and maintain functionality. I am eager to help you focus on the quality of movements that can translate into your everyday life! I will be available on Saturday's at the Rockville Senior Center.



RECREATION PROGRAMS

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

Tuesday, Jan. 6 • 10-11 a.m.

Course #38281 • \$7/\$10 • Senior Center

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.

Wintry Worlds

Tuesday, Jan. 13 • 11 a.m.-12 p.m.

Course #38314 • \$7/\$10 • Virtual via Zoom

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.

Introduction to Card Magic Workshop

Thursday, Jan. 15 • 10-11 a.m.

Course #38284 • \$7/\$10 • Senior Center

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). Presented by the School of Magic Arts.

Pressed Flower Frame

Tuesday, Jan. 20 • 1-3 p.m.

Course #38286 • \$30/\$40 • Senior Center

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

Montgomery County Schools Named for Famous People: Thomas S. Wooten

Monday, Jan. 26 • 10:30-11:30 a.m.

Course #38264 • \$7/\$10 • Virtual via Zoom

Thomas S. Wootton was the first speaker of the Maryland House of Delegates. 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. Instructor: Joan Adams

Storytelling with Erin: Roasty Toasty Winter Treats

Tuesday, Jan. 27 • 10-11 a.m.

Course #38273 • \$7/\$10 • Virtual via Zoom

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.

IN-PERSON MOVIE MATINEES

Note: Film screenings are for members of the Rockville Senior Center.

'The Roses' (Comedy/Drama, 2025)

Thursday, Jan. 8 • 1-3 p.m. • #39718

Friday, Jan. 9 • 1-3 p.m. • #39719

Life seems easy for picture-perfect couple but competition is ignited when professional dreams come crashing down Rated R for language throughout, sexual content, and drug content.

'Good Fortune' (Comedy, 2025)

Thursday, Jan. 22 • 1-3 p.m. • #39819

Friday, Jan. 23 • 1-3 p.m. • #39720

A well-meaning angel named Gabriel meddles in the lives of a gig worker and a capitalist. Rated R for language and some drug use.

SUPPORT & WELLNESS PROGRAMS

National Radon Action Month

Wednesday, Jan. 14 • 10-11 a.m.

Course #38536 • Free • Hybrid

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.

English

Strengthen your English skills at the Rockville Senior Center! Beginning mid-January.

English 1 Beginning • Course #38307

English 2 High Beginning • Course # 38308

English 3 Intermediate • Course # 38309

English 4 Advanced • Course #38310

Advanced English Conversation •
Course #38311

Better Breathers Club

Thursday, Jan. 15 • 1:30-2:30 p.m.

#38444 • Free • Senior Center

Tips for respiratory issues and for maintaining good health.

Honey Can You Hear Me?

Thursday, Jan. 22 • 1-2:30 p.m.

#38450 • Free • Senior Center

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 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 Coia, HAD, from the Mendelson Group.

Memory Screenings

Wednesday, Jan. 7 • 10:30-12 p.m.

Free • Senior Center

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.

Stay Steady, Stay Active

Thursday, Jan. 29 • 10-11:30 a.m.

#39070 • Free • Senior Center

Safe, effective exercises designed to reduce the risk of falls to stay independent. Presented by Re-Envision Physical Therapy. This session emphasizes the role of regular movement in improving balance, flexibility and confidence in daily activities.

POSITIVEAGINGPROGRAMSTHISMONTH

Registration is required for all Positive Aging Programs.

Managing Stress

Friday, Jan. 9-Jan. 30 • 11 a.m.-noon

#37343 • Free • Virtual via Zoom

Honest Aging

Tuesday, Jan. 6 & 20 • 1-2:30 pm.

#38529 • Free • Virtual via Zoom

Brain Games

Tuesday, Jan. 13 & 27 • 1-2:30 p.m.

#37344 • Free • Virtual via Zoom

Positive Aging Alone

Thursday, Jan. 15 • 1-2:30 p.m.

#37346 • Free • Virtual via Zoom

Living and Learning

Tuesday, Jan. 6 & 20 • 1-2:30 pm.

#38529 • Free • Virtual via Zoom