



## ROCKVILLE SENIORS

### The Center's Monthly Highlights

February 2026

## FEATURED PROGRAMS & EVENTS

### Mindful Moments: A Wellness Experience

Thursday, Feb. 12 • 10 a.m.-1 p.m.

#38535 • Free • Senior Center

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.

### Country Line Dance Party

Thursday, Feb. 19 • 3:30-4:45 p.m. •

Course #38492 • \$8/\$10 • Senior Center

Saddle up, folks! Get ready to kick up some dust and dance the afternoon away. Whether you're a seasoned line dancer or just starting out, there's a place for everyone on our dance floor! Country western attire optional. Snacks will be provided.

### February is Heart Health Month

Thursday, Feb. 12 • 1-2:30 p.m. •

Course #38452 • Free • Senior Center

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.

**Feb. 13 • 12:30-1:30 p.m.**

Come to the front desk to celebrate Valentine's Day with a cookie and hot cocoa.

### Spring Registration

Mar. 3- Senior Center member/City of Rockville Residents

Mar. 5- General

### AARP Tax-Aide

Your trusted Rockville Senior Center AARP Tax-Aide team is still here to help!

Must make an appointment\*

• Schedule your appointment by calling us at 240-777-2577 during our operating hours: Monday-Friday, 9 am to 4 pm

• Schedule online: [www.taxaidemc.info](http://www.taxaidemc.info)

## ANNOUNCEMENTS

### Center Closure Alert

The center will be closed on Monday, Feb. 16 in observance of Presidents Day.

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

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

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

## FITNESS PROGRAMS

### Fitness Workshop-Female Pelvic Floor

#### Health: Level 2

Tuesday, Feb. 24-March 31 • 12:15-1 p.m. • Course #38408 • \$60/\$72 • Senior Center  
This women-only class is designed as a follow-up to the initial pelvic floor workshop and includes a combination of guided discussion, shared experience and continued exercise with a focus on pelvic floor and core strengthening. Prerequisite: Completion of the Fitness Workshop-Pelvic Floor Health. Instructor: Lori Newman

### Broadway Dance Party

Friday, Mar. 20 • 1-2:15 p.m. • Course #38493 • \$8/\$10 • Senior Center  
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.

## TECH CLASSES

### AI ChatGPT

Monday & Tuesday, Mar. 23 & 24 • 1-2 p.m. Course #38485 • \$24/\$36 • Senior Center  
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.

### AI Copilot

Monday & Tuesday, Mar. 16 & 17 • 1-2 p.m. Course #38482 • \$24/\$36 • Senior Center  
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.

## IN-PERSON MOVIE MATINEES

### 'Wicked: For Good'

(2025, Musical/Fantasy) Thursday, Feb. 5 • 1-3:20 p.m. • #40002

Friday, Feb. 6 • 1-3:20 p.m. • #40003

Elphaba, the future Wicked Witch of the West and her relationship with Glinda, the Good Witch of the North. The second of a two-part feature film adaptation of the Broadway musical. Rated PG for action/violence, some suggestive material and thematic material.

### 'One Battle After the Another'

(2025, Comedy/Drama)

Thursday, Feb. 26 • 1-3:45 p.m. • #40004

Friday, Feb. 27 • 1-3:45 p.m. • #40005

When their evil enemy resurfaces after 16 years, a group of ex-revolutionaries reunite to rescue the daughter of one of their own. Rated R for pervasive language, violence, sexual content, and drug use.

### 'Summer of Soul (...Or, When the Revolution Could Not Be Televised)'

(2021, Documentary/Musical)

Friday, Feb. 13 • 1-3 p.m. • #40006

Documentary about the legendary 1969 Harlem Cultural Festival which celebrated African-American music and culture and promoted Black pride and unity. Rated PG-13 for some disturbing images, smoking and brief drug material.

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

### Talking Sports

Thursday, Feb. 5-26 • 10-11 a.m. •

Course #38271 • Free • Senior Center

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.

### Chocolate: From Treasure to Treat

Monday, Feb. 9 • 1-2 p.m. •

Course #38317 • \$7/\$10 • Virtual

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.

### Marine Mammal Rescue and Rehabilitation

Tuesday, Feb. 10 • 1-2 p.m. •

Course #38312 • \$7/\$10 • Virtual

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.

### Supper Club

Tuesday, Feb. 10 • 4:30-6:45 p.m. •

Course #38231 • \$32/\$42 • Senior Center

A wine and cheese happy hour with event partner Brightview West End will be followed by a catered dinner. Entertainment by Orleans Express caps the evening. Register by Feb. 2 (no refunds after that date). Transportation is available for Rockville residents — call 240-314-8810 by Feb. 2.

### Underground Railroad

Tuesday, Feb. 24 • 10-11 a.m. •

Course #38533 • \$7/\$10 • Senior Center

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.

### Storytelling with Erin: Memory Shmemory

Tuesday, Feb. 24 • 10-11 a.m. •

Course #38274 • \$7/\$10 • Virtual

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.

## 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 – Feb. 19

Willing 3C's – Feb. 20

Red Hat – Feb. 25

## SUPPORT & WELLNESS PROGRAMS

### Memory Screenings

Wednesday, Feb. 4 • 10:30 a.m.-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.

### Intentional Dialect

Friday, Feb. 13 • 10-11:30 a.m. •

Course #38537 • Free • Senior Center

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.

### Protect Yourself

Wednesday, Feb. 11 • 10 a.m.-12 p.m. •

Course #39069 • Free • Senior Center

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.

### Awakening Joy

Thursday, Feb. 12-Apr. 16 • 10-11 a.m. •

Course #38540 • Free • Senior Center

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.

### Healthy Hacks

Tuesday, Feb. 17 • 1-2 p.m. •

Course #38532 • Free • Senior Center

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.

### Better Breathers Club

Thursday, Feb. 19 • 1:30-2:30 p.m. •

Course #38444 • 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.

### Interventional Pain Management

Tuesday, Feb. 25 • 1-2:30 p.m. •

Course #38528 • Free • Senior Center

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.

### Staying Social, Staying Strong: The Health Benefits of Connection

Thursday, Feb. 26 • 1-2 p.m. •

Course #38528 • Free • Online

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.