



FREDERICK COUNTY GOVERNMENT

DIVISION OF SENIOR SERVICES

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County Executive

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News Release

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Centers to Offer Live Online Classes, Activities

FREDERICK, MD - Older adults in Frederick County can stay engaged and connected, even as in-person public gatherings are on hold, through new online offerings from the Frederick County Senior Services Division's 50+ Community Centers. Beginning Monday, April 20, enhanced virtual lessons and activities will be available from the Virtual 50+ Community Center at www.FrederickCountyMD.gov/virtual50.

Through the Virtual 50+ Community Center, Frederick County residents can visit museums and other locales via virtual tours, engage in fitness activities, access the latest information on COVID-19, get instructions to make a face mask, pursue stimulating games, as well as explore other creative and education opportunities.

Fitness instructors will offer a variety of activities such as yoga, tai chi, Zumba, meditation and line dance, with at least one class daily. In addition, discussion groups, theatre workshops, book clubs, ukulele jam sessions, and other educational programs are scheduled. All classes are free, but registration is required. Voluntary donations to support the program can be made at www.FrederickCountyMD.gov/virtual50.

Senior Service Division staff launched the enhanced offerings as a way to help adults stay engaged, equipped and empowered while following Maryland's statewide stay-at-home order. They looked for ways to help center participants stay connected, fit and entertained.

A copy of the April program schedule and information on registering can be found at www.FrederickCountyMD.gov/virtual50 or by emailing VirtualSeniorCenter@FrederickCountyMD.gov.

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