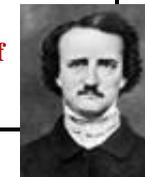


# Virtual 50+ Community Center October Programs & Activities Calendar

[www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>▶ <b>Staying Healthy</b>            ▶ <b>Being Creative</b>            ▶ <b>Accessing Zoom</b></p>			<p>▶ <b>Connecting with Others</b>            ▶ <b>Expanding Your Horizons</b>            ▶ <b>Staying Fit: Exercise \$ (Registration Fee)</b></p>		
			<p><b>1</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            10:30 Knit/Crochet            1:00 Line Dance \$</p>	<p><b>2</b>            9:00 Zumba Gold \$</p>	<p><b>3</b>            No Yin Yang Yoga            It starts next week</p>
<p><b>5</b>            9:30 Genealogy            10:30 Medicare Part D:  <i>Do It Yourself Seminar</i>            12:30 Film Club: <i>East Side Sushi</i>            1:30 Line Dance \$            2:30 Book Shelf Book Club:  <i>This Tender Land</i>            by William Ken Krueger            2:45 Floor Yoga \$</p>	<p><b>6</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            11:00 TED Talk            1:30 Zumba Gold \$            3:00 Drawing Class            3:00 Medicare Part D:  <i>Do It Yourself Seminar</i></p>	<p><b>7</b>            9:00 Accessing Zoom            10:30 Medicare Part D:  <i>Do It Yourself Seminar</i>            12:15 Zumba Gold \$            12:30 Good News Only!  <i>RX: Daily Dose of Positivity</i>            2:00 Women and the Vote            3:00 M&amp;M \$            4:30 SPARK! \$            7:00 Yoga Nidra \$</p>	<p><b>8</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            10:30 Knit/Crochet            1:00 Line Dance \$            2:30 Good Stories Book Club: <i>The Island of Sea Woman</i> by Lisa See            3:00 Ukulele Jam Session</p>	<p><b>9</b>            9:00 Zumba Gold \$            9:30 Medicare Part D:  <i>Do It Yourself Seminar</i>            1:00 Maryland Legal Aid:  <i>An Overview</i></p>	<p><b>10</b>            10:30 Yin Yang Yoga \$</p>
<p><b>12</b>            9:30 Genealogy            12:30 Film Club: <i>Mostly Martha</i>            1:30 Line Dance \$            2:45 Floor Yoga \$</p>	<p><b>13</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            11:00 TED Talk            1:30 Zumba Gold \$            3:00 Drawing Class            6:30 Kitchen Kapers: <i>Blueberry Cobbler &amp; Hot Chocolate</i></p>	<p><b>14</b>            9:00 Nutrition with Thu:  <i>Plant-Based Eating</i>            12:15 Zumba Gold \$            2:00 Women and the Vote            3:00 M&amp;M \$            4:30 SPARK! \$            7:00 Yoga Nidra \$</p>	<p><b>15</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            10:30 Knit/Crochet            1:00 Line Dance \$            2:30 MAP: An Overview            7:00 Medicare Part D:  <i>Do It Yourself Seminar</i></p>	<p><b>16</b>            9:00 Zumba Gold \$</p>	<p><b>17</b>            10:30 Yin Yang Yoga \$</p>
<p><b>19</b>            9:30 Genealogy            12:30 Film Club: <i>Sweet Bean</i>            1:30 Line Dance \$            2:45 Floor Yoga \$</p>	<p><b>20</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            11:00 TED Talk            1:30 Zumba Gold \$            3:00 Drawing Class            5:30 Coping with the Death            of a Friend</p>	<p><b>21</b>            9:00 Accessing Zoom            12:15 Zumba Gold \$            2:00 Women and the Vote            3:00 M&amp;M \$            4:30 SPARK! \$            7:00 Yoga Nidra \$</p>	<p><b>22</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            10:30 Knit/Crochet            1:00 Line Dance \$</p>	<p><b>23</b>            9:00 Zumba Gold \$            1:30 Craft &amp; Conversation:  <i>Pumpkin Painting with Dara</i></p>	<p><b>24</b>            10:30 Yin Yang Yoga \$            10:30 Medicare Part D:  <i>Do It Yourself Seminar</i></p>
<p><b>26</b>            9:30 Genealogy            12:30 Film Club:  <i>Eat Drink Man Woman</i>            1:30 Line Dance \$            2:00 Medicare Part D Seminar            2:45 Floor Yoga \$</p>	<p><b>27</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            11:00 TED Talk            1:30 Zumba Gold \$            3:00 Drawing Class            7:00 Fun and Games</p>	<p><b>28</b>            9:00 Accessing Zoom            12:15 Zumba Gold \$            2:00 Women and the Vote            3:00 M&amp;M \$            4:30 SPARK! \$            7:00 Yoga Nidra \$</p>	<p><b>29</b>            9:00 Strength Training/Stretch \$            10:30 Morning Flow Yoga \$            10:30 Knit/Crochet            1:00 Halloween Dance Party            Move to a fun, pop soundtrack            This is a free event!</p>	<p><b>30</b>            9:00 Zumba Gold \$            1:00 The Life and            Literary Legacy of            Edgar Allen Poe</p>	<p><b>31</b>            10:30 Yin Yang Yoga \$</p>



**The programs on this page are “free” programs.**  
*This is the start of a new quarter so everyone must register!*

*These are ongoing weekly or monthly programs.  
If you register for one of these programs, you are on that roster for the quarter, Oct-Dec. If you can't attend, you may ignore the email invite.*

### Connecting with Others

**Film Club:** Do you like movies? Watch the film & join the discussion.

**The Book Shelf Book Club:** Read the book & join the discussion

**Good Stories Book Club:** One Maryland, One Book Month

**Fun & Games:** Join us for some lively games.

### Coffee & Conversation

*Genealogy:* Share basic research strategies & resources

*Good News Only!* Incorporate positivity into your daily life

*Knit/Crochet:* Socialize while working on your projects.

*TED Talk:* Watch a short video and discuss

### Being Creative

**Drawing Class:** Led by high school students, Amanda and Gigi

**Ukulele Jam Session:** Led by high school student, Amanda

**Craft & Conversation:** Enjoy making a new craft each month.

**Kitchen Kapers:** Live from their personal kitchens, staff members share some favorite recipes. *This month's program is led by Susan*

### Registration information for these FREE Programs

(see next page regarding fitness classes)

*This is the start of a new quarter. Everyone must register!*

#### How to Register for “Free Programs”

- Registration must be received at least two business days before program
- Please send an email to [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)
- Be sure to include: Your Name, Email Address, Phone Number, Names & Dates of the Program(s) You Want to Take

**Confirmation:** Once we receive your request, we will email you more details about the programs including how to access them.

**Accessing Zoom:** Our virtual classes are offered via Zoom. Register for an “Accessing Zoom” class if you need help.

### Staying Healthy

#### Nutrition with Thu: Plant-Based Eating

No matter your nutritional goals, adding plant-based foods to your diet is a great way to improve your long-term health. What does it mean to be plant-based? Whether you are an omnivore, vegetarian or vegan, we have tips and suggestions on how to add more plants to you plate.

*Presenter: Thu Huynh, RD, LDN, Giant*

#### Coping with the Death of a Friend

An opportunity to explore and gain understanding into the unique grief that surrounds the death of a friend: The special nature of friendship, why losing a friend can be isolating and ways to care for yourself. *Presenter: Melissa Dolan, LCSW-C Bereavement Counselor, Carroll Hospice*

### Expanding Your Horizons

#### Women and the Vote (this is a 4-week program)

The Nineteenth Amendment became part of the U.S. Constitution on August 18, 1920. It states, “The right of citizens of the United States to vote shall not be denied or abridged by the United States or any State on account of sex.” Join us for a review of the women’s suffrage movement and a discussion on what it means today.

Offered in partnership with FCC Institute for Learning in Retirement, underwritten by the Shirley Wolfe Crukshank bequest. *Presenters: Mary Mannix & Teri Bisceglia*

#### The Life and Literary Legacy of Edgar Allan Poe (this is a one-day special program)

Experience the mysterious life and literary legacy of Edgar Allan Poe. Learn about Poe’s personal life and family, his writings, and his mysterious death in Baltimore in 1849. View unique artifacts from Poe’s life including manuscripts, letters, and personal items.

*Presenter: Eben Dennis, Special Collections Manager, Enoch Pratt Free Library*

#### Maryland Legal Aid: An Overview

Maryland Legal Aid provides a full range of free civil legal services to financially eligible individuals. Learn more about what services they provide. *Presented by Maryland Legal Aid*

#### Maryland Access Point (MAP): An Overview

MAP is a door that opens pathways to services in the community for anyone ages 55 and older or anyone age 18 and older with a disability. MAP assists residents in obtaining services to remain independent in the community. *Presenters: Joy Rowe & Cindy Hock*

#### Medicare Part D: Open Enrollment Do It Yourself Seminar

Do you have questions about your Medicare Part D plan? Is your current plan the best for you? Do you need to find a new Medicare Part D Plan? Join us for a virtual do it yourself seminar.

*Presenters: Ian Zile & Elly Williams*

#### If you would like to make a donation:

Visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

## Staying Fit: Exercise Classes (Fall Quarter, Oct-Dec)

To participate in these classes you must buy a subscription:  
either a Fitness Pass Subscription or a Single Fitness Class Subscription

### Fees for Fitness Classes

**Option 1: Fitness Pass Subscription - \$60 per pass per participant**

This all-access Fitness Pass allows you to participate in any and all virtual fitness classes during the fall quarter. Each day you will receive an email with the Zoom link for the fitness classes offered that day. Simply click on the link at the start of the class/classes you want to take that day. You can ignore the Zoom link if you don't want to participate that day.

**Option 2: Single Fitness Class Subscription - \$30 per class per participant**

The Single Class Subscription allows you to participate in just the class you register for @ \$30.00 for the quarter. For example, if you only want to take strength training on Tuesdays, you pay \$30 for the Tuesday strength training class. You will **NOT** be enrolled in the Thursday strength training class or be able to participate into any other fitness classes. On the day of the class, you will receive an email with the Zoom link for that particular class.

**Scholarship Information**

Scholarships for fitness classes are available.

For more information visit [www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50) or email [SeniorServices@FrederickCountyMD.gov](mailto:SeniorServices@FrederickCountyMD.gov)

### Accessing Fitness Programs

**Confirmation:** Once we receive your registration, we will email you more details about the programs including how to access them.

**Accessing Zoom:** Our live virtual classes are offered via Zoom. Register for an “Accessing Zoom” class if you need help.

### How to Register for Fitness Programs

*Registration must be received at least two business days before program.*

**1. Online: using a Credit/Debit Card for payment**

Register via our eStore: <http://frederickcountymd-gov.3dcartstores.com>

**2. By Mail or Drop-Off: using a Check for payment**

a. Make check payable to “Frederick County Treasurer”

b. Registration information must include:

Your Name, Mailing Address, Email Address, Phone Number

*Indicate:* 1. Fitness Pass Subscription (\$60 per person) or  
2. Single Class Subscription (\$30 per class) *and*  
the Name & Day of the Class

c. **Mail Check & Registration Form to:**

Frederick County Senior Services Division

Attn: Virtual 50+Center

1440 Taney Avenue

Frederick, MD 21702

d. **Drop-off** the addressed envelope containing the Check & Registration Form in the lock box at the address above (box is located to the left of the handicapped entrance door)

### Registration Form for Mail-in or Drop-Off

*Checks Payable to “Frederick County Treasurer”*

Name \_\_\_\_\_ Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Option 1		Option 2: Single Fitness Class		
Fitness Pass	\$60.00	Class Name	Day of Week	\$30.00

## Staying Fit: Exercise Classes Schedule and Descriptions (Fall Quarter, Oct-Dec)

To participate in these fitness classes you must buy either a:

**Fitness Pass  
Subscription**

or

**Single Fitness Class  
Subscription**

*see previous page for  
registration information*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1:30</b> <b>Line Dance</b> Nanine Rhinelander	<b>9:00</b> <b>Strength Training (without weights)</b> <b>Strength Training (with weights)</b> Nanette Tummers	<b>12:15</b> <b>Zumba Gold</b> Rebecca Kennedy	<b>9:00</b> <b>Strength Training (without weights)</b> <b>Strength Training (with weights)</b> Nanette Tummers	<b>9:00</b> <b>Zumba Gold</b> Mary Ellen Brady	<b>10:30</b> <b>Yin Yang Yoga</b> Joana Bragg
<b>2:45</b> <b>Floor Yoga</b> Miyako Zeng	<b>10:30</b> <b>Morning Flow Yoga</b> Joana Bragg	<b>3:00</b> <b>Meditation &amp; Movement (M&amp;M)</b> Cain Yentzer	<b>10:30</b> <b>Morning Flow Yoga</b> Joana Bragg	<b>Green = Gentle Fitness</b> <b>Blue = Moderate Fitness</b> <b>Red = Active Fitness</b>	
	<b>1:30</b> <b>Zumba Gold</b> Mary Ellen Brady	<b>4:30</b> <b>SPARK!</b> Nanette Tummers	<b>1:00</b> <b>Line Dance</b> Mary Ann Williams		
		<b>7:00</b> <b>Yoga Nidra</b> Joana Bragg			

### Gentle Fitness

#### Meditation and Movement (M&M)

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension in the body through slow movement and deep breathing.

*Led by Cain Yentzer*

#### Strength Training with Gentle Stretching

Join us for a strength training and gentle stretching class. (use of light weights is optional) *Led by Nanette Tummers*

#### Yin Yang Yoga

Brings together the benefits of passively holding yoga poses with more active dynamic sequences and standing postures; working on the muscles and blood flow, building strength, stamina and flexibility. *Led by Joana Bragg*

#### Yoga Nidra (aka yogic sleep)

Yoga Nidra helps induce a conscious meditative state between waking and sleeping. The practice reduces stress and improves sleep. You may lay on the floor, bed, or recliner. Key is comfort. *Led by Joana Bragg*

### Moderate Fitness

#### Floor Yoga

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using both held and moving postures. Modifications are offered. *Led by Miyako Zeng*

#### Morning Flow Yoga

Incorporating traditional & non-traditional yoga moves to energize & waken the body. These will include standing & sitting (on the floor) asanas (postures). *Led by Joana Bragg*

#### SPARK!

Strength training mixed with simple cardiovascular movement and stretching. Focus on how your body is designed to move. Functional fitness with the emphasis on fun! Using body weight and light hand held weights. Class is primarily standing and a chair for some activity. No floor up and down! *Led by Nanette Tummers*

#### Strength Training with Gentle Stretching

Using light weights join us for a strength training and gentle stretching class. *Led by Nanette Tummers*

### Active Fitness

#### Line Dance

Improve your balance, get moving, and have fun!

*Monday class led by Nanine Rhinelander  
Thursday class led by Mary Anne Williams*

#### Zumba Gold

Active cardio low impact dance moves and fun energizing music.

*Tuesday class led by Mary Ellen Brady  
Wednesday class led by Rebecca Kennedy  
Friday class led by Mary Ellen Brady*

*As with any exercise activity, please do only what you are comfortable doing. It is fine to take a break and resume participating when you feel ready.*