


50+ Community Centers May 2022 Programs & Activities

	Mondays FSC & BSC Closed to the public	Tuesdays USC Closed to the public	Wednesdays BSC Closed to the public	Thursdays ESC Closed to the public	Fridays All Centers Closed to the Public
Fitness Activities	1:30 \$ Line Dance @ VSC 2:45 \$ Floor Yoga @ VSC @ ESC 10:00 Video Exercise @ ESC 11:45 Video Exercise @ USC	9:00 \$ Strength/Stretch @ VSC @ BSC @ ESC @ FSC 10:30 \$ Flow Yoga @ VSC 1:30 \$ Zumba Gold @ VSC @ BSC @ FSC 9:15 Video Exercise @ ESC	9:00 \$ Joy of Movement @ VSC @ ESC 12:15 \$ Zumba Gold @ VSC 1:45 \$ Tai Chi Level 1 @ FSC 3:00 \$ M&M @ VSC @ FSC 9:15 Video Exercise @ ESC @ USC 10:00 Pickleball @ BSC 11:45 Video Exercise @ USC 1:00 Pickleball @ ESC	9:00 \$ Strength/Stretch @ VSC @ BSC @ FSC 10:30 \$ Flow Yoga @ VSC 1:00 \$ Line Dance @ VSC @ FSC 2:45 \$ Square Dancing @ FSC 9:15 Video Exercise @ USC	9:15 \$ Zumba Gold @ VSC 10:30 \$ Yin Yang Yoga @ VSC 12:45 Pickleball @ ESC Saturdays 10:00 Pickleball @ BSC
Weekly Programs	10:00 Cards/Games @ ESC 12:15 Film Club @ VSC 1:00 Computer Lab @ ESC 1:00 Bridge @ USC	10:15 Computer Lab @ FSC 10:00 Cards/Games @ ESC 11:00 TED Talk @ VSC @ FSC 11:00 Game Time @ BSC 1:00 Computer Lab @ ESC 1:00 Game Time @ FSC 3:30 Drawing Class @ VSC	9:30 Computer Lab @ USC 10:00 Cards/Games @ ESC 10:15 Computer Lab @ FSC 10:30 Writing Family History II @ VSC 1:00 Computer Lab @ ESC 1:00 Game Time @ USC	9:30 Computer Lab @ USC 9:30 Quilting @ FSC 10:30 Knit/Crochet @ VSC @ USC 11:00 BINGO @ BSC 1:00 Game Time @ USC 1:00 Knit/Crochet @ BSC 1:30 Computer Lab @ FSC	 OLDER AMERICANS MONTH AGE MY WAY: MAY 2022
Monthly Programs & Special Activities	2 9:30 Intro to Pickleball @ USC 11:00 Caregiving 101 @ VSC 2:30 Bookshelf Book Club @ VSC	3 7:00 Fun & Games @ VSC	4 9:00 Nutrition: Food Fighters @ VSC @ FSC @ USC 10:30 Gateway Arch National Park @ VSC @ FSC @ USC 12:30 Good News Only @ VSC	5 1:00 Knit/Crochet @ FSC	6
	9 9:30 Intro to Pickleball @ USC	10 7:00 Six Word Stories @ VSC	11 2:00 New to Medicare @ VSC 7:00 Yoga Nidra \$ @ VSC	12 2:30 Good Stories Book Club @ VSC @ FSC	13 1:30 Craft & Conversation @ VSC
	16 All Centers are Closed Seniors in the Parks Event Off to the Races: Celebrating Older Americans Month @ Utica District Park	17 1:00 Medigap/Supplemental vs Advantage Plans @ VSC 1:30 Craft & Conversation @ ESC 7:00 Science Hour @ VSC <i>Flowers, Pollen</i>	18 10:00 Tech Talk @ FSC 1:45 Kitchen Kapers @ VSC @ USC	19 1:00 Knit/Crochet @ FSC 2:30 Little Rock Central High School National Historic Site @ VSC @ FSC @ USC	20 Noon Groceries for Seniors @ FSC 1:00 Historic St. Joseph's House @ VSC
	23 9:30 Intro to Pickleball @ USC	24	25 1:45 Craft & Conversation @ VSC @ USC	26	27 Noon Coloring & Conversation @ VSC
	30 All Centers Closed Memorial Day				

You must pre-register for all programs. Masks are strongly recommended for all in-person programs. Programs with an "\$" have a fee.

Registration Information

Pre-registration is required for all programs. Limited space for in-person programs.
Masks are strongly recommended. Programs may be postponed or canceled.

Free Programs (Virtual, Hybrid, and In-Person Only)

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

Email: VirtualSeniorCenter@FrederickCountyMD.gov or
Call one of the centers center

Be sure to include:

Your Name, Phone Number, Email Address, and
Names & Dates of Classes and Programs You Want to Take

Confirmation

Once we receive your registration, we will contact you more details about the programs. Your registration is not complete until you hear from us!

Programs with a Fee (Virtual, Hybrid, and In-Person Only)

Registration must be received by the "Registration closes" date.

If there is not a date listed, registration must be received least two business days before program. **Space is limited for in-person programs.**

Payment must be included with registration. Payment is non-refundable.

Credit/Debit Card: Online

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

- Once on the website, located the "Category" boxes on the left side.
- Click on the button for the category you want
- Click on the program you want and add the selected program to your shopping cart

Check: Drop-Off (we recommend that you only mail a check if absolutely necessary)

- Make check payable to "Frederick County Treasurer"
Include: Your Name, Email Address, Phone Number, and
the Names & Dates of Classes and Programs You Want to Take
- Place the addressed envelope containing the *Check & Registration Information* in the lock box at the Senior Services Division (box is located to the left of the accessible door – at the top of the ramp)
Frederick County Senior Services Division
Attn: Virtual 50+Center, 1440 Taney Avenue, Frederick, MD 21702

Confirmation

Once we receive your registration, we will contact you with more details about the programs. Your registration is not complete until you hear from us!

Frederick County Senior Services Division 50+ Community Centers

Offering fitness, enrichment & social opportunities for ages 50+

May 2022 Programs & Activities

**Pre-registration is required for ALL programs.
Masks are strongly recommended.**

A Few of the Special Programs (see Spring Activity Guide for details)

Caregiving 101

Seniors in the Parks: Off to the Races

Gateway Arch National Park

Little Rock Central High School National Historic Site

Historic St. Joseph's House

Brunswick Center (BSC)

Cathy Barnes

12 E. A Street
Brunswick, MD 21716
301-834-8115

Emmitsburg Center (ESC)

Caitlyn Kirby

300 S. Seton Avenue
Emmitsburg, MD 21727
301-600-6350

Frederick Center (FSC)

Dara Markowitz

1440 Taney Avenue
Frederick, MD 21702
301-600-3525

Urbana Center (USC)

Susan Hofstra

9020 Amelung Street
Urbana, MD 21704
301-600-7020

Virtual Center (VSC)

VirtualSeniorCenter@FrederickCountyMD.gov

Senior Services Division

301-600-1234

For program descriptions and more
information, please visit our website
www.FrederickCountyMD.gov/virtual50