


50+ Community Centers June 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 1:00 Game Time @ USC 1:00 Knit/Crochet @ FSC 1:30 Computer Lab @ FSC	
Monthly Programs & Special Activities			1 12:30 Good News Only @ VSC 1:30 Fraud & Scams @ VSC @ USC	2 11:00 BINGO @ BSC	3
	6 9:30 Pickleball @ USC 9:30 Independence National Historical Park @ VSC 2:30 Bookshelf Book Club @ VSC	7 9:00 NO Strength/Stretch 7:00 Fun & Games @ VSC	8 9:00 NO Joy of Movement 9:00 Nutrition: Try Something New @ VSC @ FSC @ USC 7:00 Yoga Nidra \$ @ VSC	9 9:00 NO Strength/Stretch 11:00 BINGO @ BSC 1:00 Knit/Crochet @ BSC 2:30 Good Stories Book Club @ VSC @ FSC	10 10:00 Shred Event @ FSC
	13 All Centers Closed Seniors in the Parks Event @ Kempton Park	14 Brunswick Closed 1:30 Craft & Conversation @ ESC 7:00 Six Word Stories @ VSC	15 10:00 Tech Talk @ FSC 11:00 New to Medicare @ VSC	16 All Centers Closed 11:00 Senior Day @ Frederick Keys	17 Noon Groceries for Seniors @ FSC
	20 All Centers Closed for Juneteenth	21 Noon Fraud & Scams @ VSC @ ESC 7:00 Science Hour @ VSC	22 1:45 Craft & Conversation @ VSC @ USC	23 11:00 BSC Outdoors	24 Noon Coloring & Conversation @ VSC
	27 Urbana closed 10:00 Adult Protective Services Overview @ VSC	28 3:00 Fraud & Scams @ VSC @ FSC	29 Urbana closed	30 Urbana closed 11:00 Coloring & Crafts @ BSC	July 1

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 senior centers

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 with 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+

June 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)

[Fraud & Abuse Targeting Older Adults](#)

[Adult Protective Services Overview](#)

[Shred Event](#)

[Seniors in the Park @ Kemptown Park](#)

[Senior Day @ Frederick Keys](#)

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