



FREDERICK COUNTY GOVERNMENT
OFFICE OF THE COUNTY EXECUTIVE

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County Executive

News Release

FOR IMMEDIATE RELEASE:
November 6, 2025

Division of Aging and Independence Partners with AARP for Driver Safety

Classes Enhance Driving Skills for Seniors

FREDERICK, Md. – Frederick County seniors, families, and caregivers are invited to attend upcoming programs to help enhance driver safety. In partnership with AARP, the Frederick County Division of Aging and Independence is holding two “Safe Driver Program” classes and a “We Need to Talk” seminar.

Safe Driver Program

This class will enhance driving skills, teach safe driving strategies, and update participants on current road rules. Attendees will learn about normal age-related physical changes and how to adjust their driving habits accordingly.

“The AARP Smart Driver course is an invaluable resource for drivers aged 50 and older. It equips participants with research-based safe driving strategies, helps them understand the effects of medication on driving, and teaches preventive measures to reduce distractions,” said Nina Uzick, Driver Safety Program Instructor with AARP. “Our goal is to offer strategies that, when implemented, will foster better driving habits and a renewed sense of safety.”

Research has shown that drivers who take the AARP Safe Driver Program classes are generally safer because they are more focused on their driving and are more aware of the changes to their bodies, their cars, the roads, and the laws. Some insurance companies in Maryland will provide a discount on rates for drivers who complete this class.

People interested in attending a class may choose from two different locations. Each class will include the same content. The classes will be held on the following days:

- **Wednesday, November 12** from 9:45 a.m. to 3:00 p.m. at the Brunswick Senior Center, 12 East A Street, Brunswick, MD 21716. Call 301-834-8115 to register.
- **Thursday, November 13** from 9:45 a.m. to 3:00 p.m. at Bell Court Apartments Community Room, 690 Bell Court, Woodsboro, MD 21798. Call 301-600-6350 to register.

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Registration Details

- Registration is required. Call the numbers listed above to register.
- The cost is \$20 for AARP members (with card) and \$25 for non-members.
- Payment by check or cash is due on the day of the class.
- Bring your driver's license.
- Free box lunch included with registration.

We Need to Talk Seminar

“We Need to Talk” is designed to start a conversation about the options older adults have when it comes to driving. This free seminar offers practical advice about the meaning of driving, observing driving skills, planning conversations, and finding alternatives to driving.

The seminar is free to attend and will take place on **Wednesday, November 12** at the Brunswick Senior Center, 12 East A Street, Brunswick, MD 21716. A light supper will be served from 5:00 p.m. to 5:45 p.m. and the seminar will begin at 6:00 p.m. To RSVP, please email VirtualSeniorCenter@FrederickCountyMD.gov or call 301-834-8115 or 301-600-1234.

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