

**Frederick County**  
**Division of Aging and Independence**

**50+ Community Centers**  
**Winter 2026**  
**Activity Guide**

**programs for ages 50+**  
**to help maintain**  
**wellness and independence**

**fitness classes**  
**enrichment programs**  
**social opportunities**  
**special events**

**Winter Quarter: January-March 2026**

**Registration opens 9:00 a.m. Friday, December 12, 2025**



FREDERICK COUNTY  
DIVISION OF  
**(Aging &  
Independence)**

**“Winter is the time for comfort, for good food and warmth,  
for the touch of a friendly hand and for a talk beside the fire:  
it is the time for home.” - Edith Sitwell**

## Greetings!

As I write this letter, the forecasters are warning of a significant snowfall overnight. Like many people, I sometimes just want to stay indoors and hibernate until winter passes, but that probably isn't the wisest choice – for lots of reasons.

The 50+ Community Centers (also known as Senior Centers) focus on providing older adults with the resources to successfully age well in the setting that best suits their needs. Going to the senior center, participating in activities, classes, and programs as well as sharing friendly conversations and perhaps a meal is much more beneficial for our physical and mental health. As you read through the Winter Activity Guide, I hope you find programs that are of interest, activities that are engaging and classes that will strengthen your body and mind. We appreciate your support of the current centers, but we know that as Frederick County residents continue to age, the existing services will not be enough.

With that in mind, the Division of Aging and Independence has engaged MGT, a national consulting firm, to help us identify locations and essential needs for future centers. In January you will be invited to attend a focus group at a current senior center or other location, including virtual options, to share your vision for 50+ Community Centers of the future. Following those meetings, a survey will be released for follow-up. Please plan to attend a meeting and complete a survey when you receive the invitation. Your thoughts and ideas are important! Your vision will guide the future of senior centers in Frederick County!

## See you at the centers!

*Kitty*

Kitty Devilbiss, Home & Community Connections, Director

Table of Contents	Page
<b>Code of Conduct</b>	<b>3</b>
<b>Special Events &amp; Programs</b>	<b>4</b>
<b>Connecting with Others</b> discussion groups, book clubs, games	<b>5-8</b>
<b>Being Creative</b> painting, crafts, drawing, writing, yarn arts, singing	<b>9-12</b>
<b>Expanding Your Horizons</b> speakers, history, travel, technology	<b>13-15</b>
<b>Living Healthy</b> cooking, health, wellness, nutrition	<b>16-18</b>
<b>Lunch Bunch</b> (including special meals)	<b>18</b>
<b>Day Trips</b>	<b>19-21</b>

Table of Contents - continued	Page
<b>Resources: Be Informed</b> Medicare, MAP, Caregivers	<b>22-23</b>
<b>Fitness Classes (fee-based)</b>	<b>24-26</b>
<b>Exercise Programs (free)</b>	<b>27</b>
<b>Fitness &amp; Exercise Schedule &amp; Fees</b>	<b>28-29</b>
<b>Meet the Fitness Instructors</b>	<b>30</b>
<b>Policies &amp; Procedures: All Programs</b>	<b>31</b>
<b>Policies &amp; Procedures: In-person Participation</b>	<b>32</b>
<b>Registration Information</b>	<b>33</b>
<b>Meet the Center Staff</b>	<b>34</b>
<b>Contact Us</b>	<b>34</b>
<b>Registration Forms</b>	<b>35-43</b>

## Frederick County 50+ Community Senior Center Code of Conduct

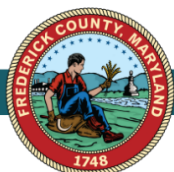
Frederick County Government supports Diversity, Equity, Inclusion and Belonging for all constituents. Frederick County 50+ Community Senior Centers support those principles to assure all participants have the opportunity to participate in activities, classes and programs in a safe and welcoming community, in a way that permits each person to be empowered, engaged and equipped to live their best life possible.

As a participant of a Frederick County 50+ Community Senior Center, individuals will uphold this code of conduct by the following actions.

- Be respectful of all participants, guests, staff, volunteers, and others.
- Will not harass, bully, or discriminate against participants, guests, volunteers, staff, other building users, and/or the general public based on race, ethnicity, gender, sexual orientation, age, national origin, religion, disability, or political affiliation.
- Will not engage in any activity that is disruptive to the legitimate use of center facilities.
- Will not engage in any activity that presents a danger to themselves or others.
- Will not use language or behavior that is obscene, abusive, loud, insulting, or hurtful to others.
- Will not engage in inappropriate or unwanted touching, or other physical contact.
- Will not gamble in any form in the center.
- Will not solicit or panhandle in the center.
- Will not participate in activities while under the influence of alcohol or illegal drugs.
- Will not participate in any illegal activity while at the center.
- Will not carry, display or use a weapon in the center.
- Will not destroy or steal real or personal property of others in the center.
- Will adhere to the guidelines, policies and procedures set forth in the Senior Center Participant Handbook as posted on the website and available in the senior center.

***A participant who abuses or violates the guidelines and/or agreement of participation, will be engaged in a progressive disciplinary plan which may include temporary or permanent suspension. Services and participation will be terminated immediately if the participant engages in illegal activity or presents a danger to self or others.***

Frederick County Division of Aging and Independence  
Department of Home & Community Connections  
1440 Taney Avenue | Frederick, MD 21702



## Special Events & Programs

### Valentine Special Events & Celebrations

#### Valentine Tea @ Middletown

Thursday, February 12  
2:00 p.m.

Celebrate Valentine's Day with tea and tasty treats, conversation and friends. Bring your favorite teacup and saucer and tell its story. \$6, register by Feb. 5



#### The Making of a Musical @ Frederick

Friday, February 13  
1:00-2:30 p.m.

THE ORIGINAL, ENTIRELY POSSIBLE ORIGIN OF THE CHOCOLATE CHIP COOKIE!

Scriptwriter Marilyn Bagel takes you on her delightful journey from page to stage as she discusses the process of bringing a family friendly musical to the stage. After a brief talk, we will view the one-hour recording of the workshop production done in the black box theatre at Hood College including some of the audience enthusiastic reactions - featuring 13 original songs by local composer/arranger Jordan Clawson. Of course, chocolate chip cookies AND cocoa will be served! \$1 per person, pay at the door, register by Feb. 5 Register separately Valentine's lunch at Noon.



#### Valentine's Tea Tasting @ Emmitsburg

Friday, February 13,  
11:00 a.m.

Join us for a tea tasting before the special Valentine's Lunch. Try a variety of teas, you may find your new favorite! Register separately for our Valentine's lunch at Noon. \$2 pay at the door, register by Feb. 5



#### Retro Valentine Celebration @ Urbana

Friday, February 13  
10:30 a.m.-Noon

Celebrate Valentine's Day with us! Enjoy making and then filling each other's paper mailboxes with our homemade Valentines. Register separately for our Valentine's lunch at Noon. We'll watch a movie after lunch. \$2 pay at the door, register by Feb. 5



#### Valentine's Day Luncheon

@ Brunswick, Emmitsburg, Frederick, Urbana  
Friday, February 13 @ Noon

Register by Thurs, Feb. 5 (see page 18 for details)  
Menu: Roast Beef, Mashed Potatoes,  
Harvard Beets, Roll, Pie

#### Monthly Dinner Dance @ Brunswick Eagles

Thurs, Jan. 8, 2:00-5:00 p.m.  
Thurs, Feb. 12, 2:00-5:00 p.m.  
Thurs, Mar. 12, 2:00-5:00 p.m.

Dancing @ 2:00 p.m. Meal @ 4:00 p.m.

Music provided by DJ

Meal provided by chef, Brunswick Eagles  
(Menu available upon request)

Hosted by the Brunswick Center

Cost: \$17.00 per person/per date

Paid reservations due 1 week in advance



#### Live in Concert! Live in Concert!

**Liz Ruffner**  
**Patsy Cline, Tribute Artist**

Thursday, February 5, 1:00 p.m.

Refreshments, Music, Fun

Free Event @ Emmitsburg Center

pre-registration required, limited seating  
Also, hybrid stream on Zoom



**"Life is better when you're surrounded  
by friends at a get-together."**



**Early America:  
Celebrating Maryland Day!**



**March 26 @ Rose Hill**  
Look for more information in  
late February/early March

## Connecting with Others

### Connecting over Coffee & Food

#### Men's Social Club

Join the guys for a coffee and lively conversation. Participants may purchase food and drinks from Wegmans.

**Wegmans Café** Bring money for coffee Mondays, 9:00-11:00 a.m., drop-in



#### Coffee & Chit-Chat

Enjoy a coffee or tea and some conversation to start your day.

**Emmitsburg** Free, drop-in Contributions towards drinks appreciated. Wednesdays, 10:00-11:00 a.m.



#### Coffee Hour & Conversation

Enjoy a social hour with light refreshments and excellent conversation. Guests from various agencies and organizations will attend to provide informal information and answer questions.

**Middletown** Free, drop-in Thursday, Jan. 15, 10:00 a.m.  
Thursday, Feb. 19, 10:00 a.m.  
Thursday, Mar. 19, 10:00 a.m.



#### Coffee with a Cop

Enjoy lunch and visit with a Brunswick City Police officer.

**Brunswick** pre-register for lunch Tuesday, Mar. 24, 11:00 a.m.-Noon

### Cabin Fever Day @ Brunswick

**Tuesday, Mar. 31**  
**10:00 a.m.-1:30 p.m.**



Join us for games, crafts, puzzles, food, and fun!

\$7 per person  
register by March 24  
Space is limited.

#### Birthday Celebrations

Gather with friends to celebrate everyone with a birthday that month. Enjoy light refreshments.



**Brunswick** Free, pre-register

Tuesday, Jan. 13, Feb. 10, Mar. 10, 12:30 p.m.  
(Noon: Optional Lunch with reservation)

**Emmitsburg** Free, pre-register

Monday, Jan. 26, Feb. 23, Mar. 30, 12:30 p.m.  
(Noon: Optional Lunch with reservation)

#### Lunch Out with Friends

Enjoy lunch out in the company of friends!

You may reserve transportation from the center for a nominal fee or meet us at the restaurant. Check with center for more details.

pre-register, bring money for lunch

**Brunswick** Monthly, Noon

Thurs, Jan. 22 @ Ginza  
Wed, Feb. 18 @ Chef Lin  
Thurs, Mar. 19 @ Paddy's

let's do  
lunch

### Special Luncheons

@ select centers

see p.18 for more details



### Winter/Cabin Fever Special

Thurs, Jan. 15, Noon

### Valentine's Day Luncheon

Fri, Feb. 13, Noon



### St. Patrick's Day Luncheon

Tues, Mar. 17, Noon

### Winter Quarter Holidays/Closings

Thurs, Jan. 1 • Fri, Jan. 9

Mon, Jan. 19



## Connecting with Others

### Connecting through books

#### Good Stories Book Club

Read the book and join the discussion. Book selections will be available to participants after registration.

**Frederick** Free, pre-register

Two Sections

2nd Thursday, 1:00-2:00 p.m.

2nd Thursday, 2:30-3:30 p.m.



#### Start a Conversation Book Club

Join us as we read the latest award-winning books! Read the book and join the discussion!

Held at the Brunswick Library.

**Brunswick** Free, pre-register

Tuesday, Jan. 27, 2:00 p.m.

*The Counterfeit Countess* by Elizabeth B. White

Tuesday, Feb. 24, 2:00 p.m.

*The Cyanide Canary* by Robert Dugoni

Tuesday, Mar. 31, 2:00 p.m.

*Ink and Shadows* by Ellery Adams



#### The Natural World Book Club

Join us to discuss books about the natural world. Participants should obtain a copy of the book and read it prior to the meeting. Copies of the books will also be available through the Urbana Regional Library.

Feel free to bring your lunch.

**Urbana, Virtual** Free, pre-register

Monday, Jan. 26, 11:30 a.m.

*The Feather Thief* by Kirk Wallace Johnson

Monday Feb. 23, 11:30 a.m.

*Entangled Life* by Merlin Sheldrake

Monday, Mar. 23, 11:30 a.m.

*Nature's Best Hope* by Douglas W. Tallamy



#### Bound by Books Book Club

Read the book and join the discussion!

Book titles will be available after registration.

Recommendations welcome.

**Middletown** Free, drop-in

Friday, Jan. 16, Feb. 13, Mar. 13, 10:00 a.m.

#### Short Stories Storytime

Read aloud selected short stories for the enjoyment of the group.

**Brunswick** Free, pre-register

Tuesday, Jan. 20, Feb. 17, Mar. 17, 11:45 a.m.



### Connecting through Trivia

#### Trivia with a Twist

Come participate or watch interactive reminiscing to Music, Movies, Film, Books, or History. Imagine Trivia, Name that Tune, Jeopardy, testing your skills...

*Lead by Michael Poist*

**Virtual** Free, pre-register

Mondays, 2:30-3:30 p.m.



#### Trivia Tuesdays

Test your knowledge! Learn something new! Have fun!

**Brunswick** Free, pre-register

Tues, Jan. 27, Feb. 24, Mar. 24, 11:30 a.m.



#### Trivia & Take-Out

Bring your lunch or purchase take-out from a local vendor as we test our knowledge of minutiae in a casual setting over lunch.

Beverages will be provided.

**Middletown** Free, pre-register

Thursday, Jan. 22, Noon

Thursday, Feb. 26, Noon

Thursday, Mar. 26, Noon



#### Pub Trivia

Test your knowledge and have fun as we engage in some friendly trivia competition created and presented by the Middletown Librarians.

**Middletown** Free, pre-registration requested, drop-in encouraged

Tuesday, Mar. 10, 1:30 p.m.



## Connecting with Others

### Connecting through Movies, Film, Video

#### Documentary Series

Explore a variety of topics. View the film together and discuss afterward. The film link will be sent out ahead of the scheduled viewing for participants who want to preview it prior to the session.



**Virtual** Free, pre-register

2nd & 4th Saturdays, 10:00-11:30 a.m.

Jan. 10: *Antarctica: Home at the End of the Earth*

Jan. 24: *Bonnie & Clyde,*

*The Story of: Love & Death*

Feb. 14: *The Secret Lives of Hummingbirds |*

*Narrated by David Attenborough*

Feb. 28: *Your Brain: Perception Deception | NOVA*

Mar. 14: *New Scientific Discoveries That Change*

*Everything About Plants*

Mar. 28: *Chip War | Microchips, Global Chaos |*

*The Hidden Tech Struggle*

#### Film Club

Do you like movies? Watch the film at home on your schedule and then join the discussion online or in-person. Film selections will be emailed to participants after registration.



**Frederick, Virtual** Free, pre-register  
Mondays, Noon-1:00 p.m.

#### TED Talk: A Contemporary Conversation Group

Watch a short video and join the discussion. Learn something new each week. Link to talks emailed weekly. Come in-person or join virtually.



**Frederick, Virtual** Free, pre-register  
Tuesdays, Noon-1:00 p.m.

#### Movie Mondays

Join us for a fun afternoon treat! Enjoy popcorn and a movie. Bring your own lunch at noon. For a list of movies please contact the senior center.



**Brunswick** Free, pre-register  
Mondays, 12:30-2:00 p.m.

**NEW**

#### Travel Documentary: Ireland by Train

Celebrate St. Patrick's Day with a virtual train ride throughout the country as you sip a cup of tea and nibble a biscuit.



**Middletown** Free, pre-registration preferred  
Tuesday, Mar. 17, 1:00 p.m.

#### Science Hour: How It's Made

Watch How It's Made YouTube videos produced by the Science Channel. After the videos there will be time for discussion. Feel free to bring your lunch.



**Urbana, Virtual** Free, pre-register  
Mon, Feb. 16, 11:30 a.m.-12:45 p.m.

"Man-Made Products from Natural Sources"

Mon, Mar. 16, 11:30 a.m.-12:45 p.m.

"Sleepy-time Essentials"

#### Friday Flicks with the Men's Social Club

Thrillers, Action-adventure, Westerns, films, join the guys for an afternoon in movieland.



**Frederick** Free, pre-register

Fri, Jan. 23, 1:00 p.m.: *The Great Escape*

Fri, Feb. 27, 1:00 p.m.: *Catch Me if You Can*

Fri, Mar. 27, 1:00 p.m.: *Oceans 11*

**"Movies have the power to transport us to different times and places, to experience thing we could never image."**

**- Martin Scorsese**

#### Virtual 50+ Open Forum

Join us to share your thoughts about how the Virtual 50+ Center is operating and changes you would like to see. All feedback is welcome, good and bad and whatever lies in between.

**Virtual** Free, pre-register

Wednesday, Jan. 7, 5:00-6:00 p.m.



## Connecting with Others

### Connecting through Fun & Games



#### Game Time

Get together with your friends for some fun and laughter while playing cards and board games. Free, Drop-in

#### Cards & Board Games (your choice)

Brunswick: Mon & Wed, 10:00 a.m.-Noon  
Brunswick: Tuesdays, 1:00-3:00 p.m.  
Emmitsburg: Mon-Thurs, 10:00 a.m.-3:00 p.m.  
Frederick: Thursdays, 1:00-3:30 p.m.  
Middletown: Thursdays, 11:00 am.  
Urbana: Mon-Thurs, 9:30 a.m.-12:30 p.m.

#### Backgammon

Frederick: Thursdays, 10:00-11:00 a.m.

#### Bridge

Frederick: Wednesdays, 9:00 a.m.-Noon  
Middletown, 11:15 a.m.-2:30 p.m.  
Urbana: Mondays, 12:30-3:30 p.m.

#### Canasta

Frederick: Tuesdays, 1:00-3:30 p.m.

#### Chess

Frederick: Mondays, 2:00-3:30 p.m.  
Urbana: Wednesdays, 1:00-3:00 p.m.

#### Hand, Knee, and Foot

Frederick: Fridays, 10:00 a.m.-2:00 p.m.  
Middletown: Fridays, 10:00 a.m.-Noon

#### Mah Jong: American (with card)

Frederick, Tuesdays, 1:00-3:30 p.m.

#### Mah Jong: Chinese

Frederick: Mondays, 10:00-11:30 a.m.  
Middletown: Wednesdays, 1:00-3:30 p.m.  
Urbana: Thursdays, 1:00-3:30 p.m.

#### Pinochle

Frederick: Mondays, 1:00-3:00 p.m.  
Middletown: Wednesdays, 11:00 a.m.-1:00 p.m.

#### Rummikub

Frederick: Wednesdays, 1:00-3:30 p.m.  
Middletown: Mondays, 1:00-3:00 p.m.

#### Mexican Train Dominos

Frederick: Fridays, 1:00-3:30 p.m.

### All Day Chinese Mah-Jong

Cheers to a New Year, 2026!

Friday, January 2

10:00 a.m.-3:00 p.m.

Bring your lunch and your favorite **store bought** snacks to share  
**@ Urbana 50+ Community Center**  
Free, pre-register



### Bingo! Bingo! Bingo!

#### Weekly Bingo

Spend the morning playing with your friends.

Bring a prize to share!

**Brunswick** Free, pre-register  
Thursdays, 10:00-11:30 a.m.



#### Mystery Bingo

Do you have a gift item in “like new” condition that you no longer use or need? It happens to all of us. Mystery Bingo is a great way to share these items. Admission to the game is a gift concealed in a bag or plain wrapper (it’s a surprise for the winner!). All prizes are placed on the bingo prize table. We’ll play regular bingo until the prizes run out!

**Middletown** Free with mystery gift, pre-register  
Monday, Jan. 26, 2:00 p.m.  
Monday, Feb. 23, 2:00 p.m.

### Bingo Fun @ The Brunswick Eagles



Join us for BINGO fun  
hosted by the Brunswick Center

Free Bingo followed by lunch

**Thursday, March 5, 10:00 a.m.-1:00 p.m.**  
\$10 (lunch cost), register by February 26

## Being Creative

Any supplies needed are provided unless otherwise noted.

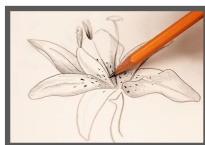
### Drawing & Ink Work

#### Drawing

Using a variety of drawing media, build your skills and explore various techniques. Beginners and returning students welcome.

*Instructor: Jeanne McDermott*

**Frederick** \$30, pre-register (3 weeks)  
Mondays, starting Jan 12, 9:30-11:30 a.m.



#### Asian Ink & Brushwork: An Overview

Many ancient techniques, such as the use of ink and brush for painting and calligraphy, are still practiced today and continue to influence modern art. In Asian art, the Four Gentlemen or Four Noble Ones, is a collective term referring to four plants: the plum blossom, the orchid, the bamboo, and the chrysanthemum. Uncha will share her knowledge and award-winning art in this presentation.

**Note:** this is a talk; join us on Wed, Jan. 28 for a hands-on experience.

*Presenter: Uncha Sprich*

**Urbana** Free, pre-register  
Tuesday, Jan. 13, 2:00-3:00 p.m.



#### Asian Ink & Brushwork: A Hands-on Experience

Enjoy a hands-on experience using ink and brush as we learn some basic Asian art techniques. We will be using ink, brushes, and rice paper.

*Instructor: Uncha Sprich*

**Urbana** \$5, pre-register  
Wednesday, Jan. 28, 1:00-3:00 p.m.



#### Wildlife Portrait in Colored Pencil

Use graphite and/or colored pencils on toned paper to draw a wildlife portrait. Learn how toned paper can give a different effect to highlights and shadows in your drawing. New and returning students welcome!

*Instructor: Dorothea Barrick*

**Emmitsburg** \$15, pre-register  
Tuesday, Feb. 10, 1:00-3:00 p.m.



#### Drawing/Illustration

Each session there will be a drawing with step-by-step instruction. Several mediums will be used. Join our group and have fun learning new skills, brush up on old techniques, and make some new friends.

*Instructor: Michael Poist*

**Virtual** Free, pre-register  
Tuesdays, 4:00-5:00 p.m.



### Seasonal Decor

#### Winter Hat Door Hanger

Create your own beautiful door hanging using greens, winter decorations, and a cozy knitted winter hat.

Tuesday, Jan. 6, 1:30 p.m.

**Urbana** \$12, pre-register  
All supplies will be provided.



#### Hearts & Bows Floral Decoration

Make and take miniature arrangement. All supplies are provided.

*Instructor: Sherri Duvall*

**Brunswick** \$5, pre-register  
Thursday, Feb. 5, 1:30 p.m.



**"Being creative is intelligence having fun."**

**- Albert Einstein**

#### Computer Labs

Each center has computers available for you to use. Limited usage time.

Tech help is NOT available

Free, drop-in

**Brunswick** Mon-Thurs, 10:00 a.m.-2:00 p.m.

**Emmitsburg** Mon-Thurs, 9:00 a.m.-3:30 p.m.

**Frederick** Mon-Fri, 9:00 a.m.-3:30 p.m.

**Middletown** Mon-Fri, 9:00 a.m.-3:00 p.m.

**Urbana** Mon-Thurs, 9:00 a.m.-3:30 p.m.



## Being Creative

Any supplies needed are provided unless otherwise noted.

### Painting: Acrylics & Watercolor

#### Cheeky Snowman: Acrylics

No skill required, there will be a prompt with step-by-step instruction. This class is for all skill levels. All supplies will be provided.

*Instructor: Michelle Moore*

**Brunswick** \$5, pre-register  
Wednesday, Jan. 14, 5:00 p.m.

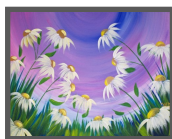


#### Spring Theme: Acrylics

Enjoy a fun two-part acrylic painting experience as we anticipate spring. Beginners and returning students are welcome.

*Instructor: Jeanne McDermott*

**Frederick** \$25, pre-register (2 weeks)  
Mondays, starting Feb. 16, 9:30 a.m.-11:30 a.m.



#### Winter Landscape: Watercolor

No skill required, there will be a prompt with step-by-step instruction. This class is for all skill levels. All supplies will be provided.

*Instructor: Michelle Moore*

**Brunswick** \$5, pre-register  
Tuesday, Feb. 24, 10:30 a.m.

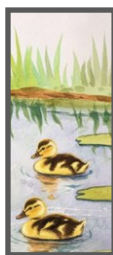


#### Seasonal Watercolor

Engage creatively with watercolor. A variety of techniques and displays will be used to explore the medium. Beginners and returning students welcome. You will be amazed at what you can do!

*Instructor: Jeanne McDermott*

**Frederick** \$40, pre-register (4 weeks)  
Mondays, starting Mar. 9, 9:30-11:30 a.m.



#### Spring Flowers in Watercolor

Use the early Spring blooms like daffodils, hyacinths, and tulips for inspiration for this still life watercolor. New and returning students welcome!

*Instructor: Dorothea Barrick*

**Emmitsburg** \$15, pre-register  
Tuesday, Mar. 24, 1:00-3:00 p.m.



### Creative Arts

#### NEW Music/Singing Classes

*Instructor: Kathy Gelles-Baxter*

##### Music Basics

Learn the staff notes, and rhythm and beat of music scores.

**Frederick** \$20, pre-register (4 weeks)  
Mondays, starts Jan. 5, 10:00-11:00 a.m.

##### Singing Basics

Explore tempo and mood. Practice singing in key.

**Frederick** \$20, pre-register (4 weeks)  
Mondays, starts Feb. 16, 10:00-11:00 a.m.

##### Choral Singing Basics

Focus on singing in harmony with strategies for following individual parts in a chorus setting.

**Frederick** \$20, pre-register (4 weeks)  
Mondays, starts Mar. 23, 10:00-11:00 a.m.



#### Golden Tones Chorus

Do you like to sing? The Golden Tones repertoire includes show tunes, popular standards, and familiar tunes that audiences remember from past years.

Join us in the exuberance of song. Spring Concert will be scheduled for May.

**Frederick** \$50, pre-register (11 weeks)  
Mondays, starting Jan. 5, 2:00-3:30 p.m.



#### Writing Family History I - Intro

Interested in writing your family history? Thinking about writing a memoir? Writing prompts are provided. Participants will write between sessions and are asked to read in the group setting.

*Lead by Dara Markowitz*

**Virtual** Free, pre-register (4 weeks)  
Tuesdays, starting Mar. 3, 10:00-11:00 a.m.



#### Writing Family History II

This ongoing group is for participants who have taken Writing Family History I. Writing prompts are provided.

Participants will be asked to read periodically in the group setting.

*Lead by Dara Markowitz*

**Virtual, Frederick** Free, pre-register  
Wednesdays, starting Jan. 7, 10:30-11:30 a.m.



## Being Creative

Any supplies needed are provided unless otherwise noted.



### Craft & Conversation

Make a craft while socializing with friends.  
\$5/session unless otherwise noted  
pre-register, all supplies are provided

#### Brunswick: Crafting with Cathy

Beaded Elastic Bracelet

Thurs, Jan. 15, 1:00 p.m.

Mini Rag Wreath

Thurs, Feb. 19, 1:00 p.m.

Beaded Key Chain

Thurs, Mar. 26, 1:00 p.m.



#### Emmitsburg

Gelatin Bird Feeders (\$2)

Wed, Jan. 14, 11:00 a.m.

Tea Cup Winter Scene

Wed, Feb. 11, 11:00 a.m.

Resin Earrings

Wed, Mar. 11, 11:00 a.m.



#### Frederick: Crafting with Lynne

Dream Journals

Wed, Jan. 14, 10:00 a.m.

Paper Flowers

Wed, Feb. 11, 10:00 a.m.

Bird House Decor

Wed, Mar. 11, 10:00 a.m.



#### Urbana

Snowman (dryer vent base)

Tues, Jan. 20, 1:30 p.m.

Wooden Block Photo Holders

Tues, Feb. 17, 1:30 p.m.

Vintage Seed Packet Planters

Tues, Mar. 24, 1:30 p.m.



### Coloring Crafts with Elaine

Come sit, relax, and socialize with us!

**Brunswick** Free, drop-in, 10:00 a.m.

Tues, Jan. 6, Feb. 3, Mar. 3



### Diamond Dot Fun

It's your choice! Lots of choices!

**Brunswick** \$2 per item, pre-register,  
pay at door, Wednesdays, 1:00-3:00 p.m.



### Crafts, Crafts, Crafts

#### Upcycle Crafts

Upcycle household and other items into creative and inexpensive decor and gifts.

**Middletown** pre-registration preferred,  
donation at the door

Fingerless Gloves (bring an old sweater  
or pair of heavy knit socks to upcycle)

Thurs, Jan. 8, 1:00 p.m.

Valentine Gumball Favors

Tues, Feb. 3, 1:00 p.m.

BOHO Flower Wall Hanging  
(bring 3 egg cartons)

Thurs, Mar. 12, 1:00 p.m.



#### Dollar Craft Day

Ever get tempted to do the craft kits  
you see at the dollar store? For a fun  
and easy make-and-take craft, try  
dollar craft day where we will  
complete a different kit each month.

**Emmitsburg** \$1 at the door, pre-register  
3rd Tuesday, 11:00 a.m.



#### Crafts with Michelle

All supplies are provided.

**Brunswick** pre-register

\$1 per session, pay at door

Snowman Decoration

Tues, Jan. 27, 10:30 a.m.

Cork Heart

Tues, Feb. 17, 10:00 a.m.

Beaded Windchime

Tues, Mar. 17, 10:30 a.m.



#### Group Crafts with Elaine

Come craft, socialize, open to all ages and abilities.

This is a time to socialize while being creative.

The craft will be displayed at center or donated.

*Instructor: Elaine Stine*

**Brunswick** Free, pre-register

Ribbon Bookmarks

Tues, Jan. 13, 10:00 a.m.

Tissue Heart Art Board

Tues, Feb. 10, 10:00 a.m.

Painted Hand Wall Hanging

Tues, Mar. 10, 10:00 a.m.



## Being Creative

### Fabric & Yarns Arts

#### Needle Felting

Using a simple felting needle and soft wool fleece, your instructor will guide you in painting or sculpting with wool. No previous experience required.

*Instructor: Ilene White Freedman*

**Frederick** \$10 per day, pre-register  
Penguins: Mon, Jan. 26, 1:30-3:30 p.m.  
Felted Charms for Necklace:  
Mon, Feb. 16, 1:30-3:30 p.m.  
Coasters: Mon, Mar. 16, 1:30-3:30 p.m.



#### Stitching Post: Yarn Arts Group

Come knit, crochet, cross-stitch, needlepoint, do other needlework, or just talk. This is a time to socialize while being creative. Bring your project or use our supplies.

**Brunswick** Free, pre-register  
Mondays, 2:30-3:30 p.m.  
(You may also make crochet for charity at Brunswick)

**Middletown** Free, pre-register  
2nd & 3rd Monday, 1:00-3:00 p.m.

**Urbana** Free, drop-in  
Thursdays, 10:30 a.m.-Noon

**Virtual** Free, pre-register  
Thursdays, 10:30 a.m.-Noon



#### Quilting

This is a time to socialize while working on projects. The center has sewing machines and some quilting supplies. Feel free to bring your own machine. This is not a learn to sew program.

**Frederick** Free, pre-register  
Thursdays, 9:30 a.m.-Noon



#### Untangled: A Yarn Arts Group

Are you a knitter? Love to crochet? Cross-stitch or embroidery your thing? All fiber/yarn arts welcome. Periodic opportunities to make items for community projects.

Bring your project or use our supplies.  
**Frederick** Free, pre-register  
Tuesdays, 10:00 a.m.-Noon



### Open Studios Arts & Crafts

#### Open Lab: Stained-Glass

The open lab is for working on your own stained-glass projects. All equipment will be provided but you will need to bring your own protective eyewear (mandatory) and thin work gloves (recommended). Bring your own glass or pay an additional fee to use our glass. Note: There is not an instructor.

**Emmitsburg** pre-register  
\$5 per day contribution, plus the cost of glass  
Mondays, 10:00 a.m.-3:00 p.m.



#### Open Studio: Scrapbooking

Space available to work on your scrapbooking projects. Bring your supplies for traditional scrapbooking or your laptop/tablet to work on digital projects. Spend time with others who share your interests. *Coordinator: Barb Schaberl*  
**Frederick** Free, pre-register  
Wednesdays, 12:30-3:30 p.m.



#### Open Studio: Painting/Drawing/Coloring

This is a time to socialize while working on independent projects. Adult coloring supplies are available. Feel free to bring personal supplies for painting/drawing activities.

**Frederick** Free, pre-register  
Thursdays, 1:00-3:30 p.m.



#### Yarn Arts: Community Outreach

An opportunity to gather with others to knit, crochet, needlepoint or do other needlework in the company of like-minded creators. Supplies for projects to be donated to community organizations are always available.

**Middletown** Free, pre-register  
2nd & 3rd Monday of each month, 1:00 p.m.

### Food, Cooking & Nutrition Programs

can be found in the Living Healthy section  
**pages 16-17**

## Expanding Your Horizons

### Travel & Nature

#### Armchair Travel: Sicily

Sicily is a wonderful place to visit Greek temples! And enjoy the wines and scenery. Besides being the home of Mt Etna, Europe's most active volcano, Sicily has a rich history of countries, cannoli and cathedrals. Join Lillet in an armchair adventure ... including a madcap drive in a classic Fiat.

*Presenter: Lillet Flynn*

**Urbana, Virtual** Free, pre-register  
Wednesday, Jan. 21, 1:00-2:30 p.m.

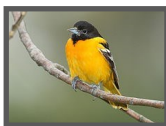


#### Audubon Society of MD

Enjoy learning about the local Audubon Sanctuaries and their mission. Gain insight into local bird migration patterns as well as the importance of maintaining our native plants & habitat.

*Presenters: Tom Rogers, Board Pres. & Deb Portnoy, Master Naturalist*

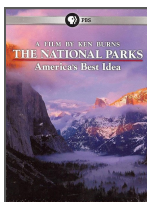
**Frederick** Free, pre-register  
Tuesday, Mar. 17, 1:00-2:00 p.m.



#### The National Parks: America's Best Idea

The National Parks: America's Best Idea is a six-episode series produced by Ken Burns and Dayton Duncan and written by Dayton Duncan. Filmed over the course of more than six years at some of nature's most spectacular locales – from Acadia to Yosemite, Yellowstone to the Grand Canyon, the Everglades of Florida to the Gates of the Arctic in Alaska. The National Parks: America's Best Idea is nonetheless a story of people: people from every conceivable background – rich and poor; famous and unknown; soldiers and scientists; natives and newcomers; idealists, artists and entrepreneurs; people who were willing to devote themselves to saving some precious portion of the land they loved, and in doing so reminded their fellow citizens of the full meaning of democracy.

**Urbana** Free, pre-register  
Wednesdays, starting Feb. 18, (6 weeks)  
1:00-3:00 p.m.



### Safety Programs

#### Assistive Devices: Setup and Safety

This interactive session will provide you with guidance on the proper setup and safe use of assistive devices, including walkers and canes. Learn tips for maintaining good balance, reducing fall risk, and maximizing independence. Those attending in person are encouraged to bring their own devices for Colbi Crane, PTA, to check, adjust, and provide hands on guidance.

*Presenter: Colbi Crane, PTA,*

*Red Canyon Physical Therapy*

**Urbana, Virtual** Free, pre-register  
Wednesday, Jan. 7, 1:30-2:30 p.m.



#### Falls Are Not Normal

Falls are the leading cause of admission to Shock Trauma, but they are NOT a normal part of aging. Taught by a Shock Trauma expert, the Shock Trauma Fall Prevention Class is a program covering the essentials of fall prevention: tips for talking to your doctor, ideas for home modifications, strategies for medication management, how to fall and recover, exercises, and more.

*Presenter: R Adams Cowley Shock Trauma Center*

**Middletown** Free, pre-register  
Tuesday, Jan. 27, 1:00 p.m.

**Emmitsburg** Free, pre-register  
Wednesday, Mar. 4, 10:30 a.m.



#### AARP: Driver Safety Program

In this classroom refresher course:

- Tune-up your driving skills;
- Learn safe driving strategies;
- Update your knowledge of the rules of the road;
- Learn about normal age-related physical changes, and how to adjust driving to allow for these changes.

#### Emmitsburg

Thursday, Mar. 26, 9:45 a.m.-3:00 p.m.

#### Frederick

Friday, Mar. 27, 9:45 a.m.-3:00 p.m.  
pre-register, \$20 AARP Member (with card),  
\$25 Non-member

Check or Money Order made payable to AARP due on day of class

Bring your lunch and your driver's license



## Expanding Your Horizons

### History & Government

#### Crossing the River: The Historical Significance of Montgomery County's Potomac Ferries

White's Ferry, until recently closed, was a living history example of a long tradition of Potomac River ferries tying together Montgomery County and northern Virginia. When the C&O Canal was operational for nearly 90 years, White's, along with Edwards and Spinks ferries upcountry, took on added importance.

*Speaker: Ralph Buglass, Montgomery History*

*Speakers Bureau*

**Urbana** \$5, pre-register

Wednesday, Jan. 14, 1:00-2:00 p.m.



#### Early Egyptian Solar Religion: What can we learn from ancient artists?

Travel back to circa 3500 BCE to the rock art site of Khor Abu Subeira, Egypt in this archeology talk. Using time lapse photography, examine the human modification of the landscape (rock art) that uniquely and purposefully interacts with the natural light and shadow to highlight key phases of the solar cycle, and create a stage for rituals of the time.

*Presenter: Lauren Lippiello, PHD, Assistant Professor of Global Studies, History and Anthropology, Frederick Community College*

**Frederick** Free, pre-register

Wednesday, Jan. 28, 1:00-2:00 p.m.



#### The Voices of Woodlawn Manor: A 200-Year-Old Cultural Site

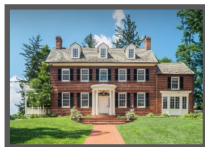
This program discusses the history of Woodlawn Manor Cultural Park as a location in continuous use since its founding over 200 years ago. From the site of a boarding school to a Quaker plantation with an enslaved population, and the current operations with Montgomery Parks, many different voices have echoed throughout the grounds.

*Speaker: Christian Murgia, Montgomery History*

*Speakers Bureau*

**Urbana** \$5, pre-register

Tuesday, Feb. 10, 1:30-2:30 p.m.



#### Colonial Taverns

Taverns in colonial times served many purposes. Alcohol was perhaps the main one, but they also provided food, sleep, news, gossip, and fellowship. Commonly the largest building in a town, a tavern might also serve as the courthouse, jail, stagecoach station, and community center. Learn the fascinating and complex history of Colonial Taverns.

*Speaker: James Johnston, Montgomery History*

*Speakers Bureau*

**Urbana** \$5, pre-register

Tuesday, Mar. 10, 1:30-2:30 p.m.



#### Great Decisions 2026

For decades, Great Decisions has been America's largest discussion program on world affairs. Foreign policy is made easier to understand in this course that offers background on issues facing America today. Topics are drawn from the 2026 Foreign Policy Association Briefing book and include topics such as: Trump Tariffs and the Future of the World Economy, Ukraine and the Future of European Security, the Future of Human Rights and International Law and more. Each class will begin with a short video on the topic being discussed. Discussions are moderated. Please register with sufficient time to order class book. Instructions provided at registration.

**Frederick** (In-person instructor), **Virtual**

\$5.00 plus the cost of 2026 Briefing book (\$35), pre-register (8 weeks)

Mondays, starting Feb. 2, 10:00-11:30 a.m.



#### Community Volunteer Opportunities

Check out community volunteer opportunities. Get information on programs and opportunities available through the Division of Aging & Independence (DAI) and in the wider Frederick area.

*Presenter: Julie Clark, DAI Volunteer Coordinator*

**Frederick** Free, pre-registration preferred

Wednesday, Jan. 21, 1:00 p.m.

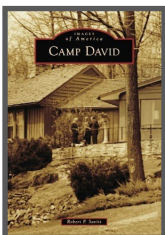


## Expanding Your Horizons

### Author & Art Talks

#### Author Talk: Camp David

Originally named Shangri-La by Franklin D. Roosevelt, Camp David was a well-guarded secret until its existence was revealed after World War II. A US Naval facility set on a mountaintop, Camp David's tight security has piqued the curiosity of Americans and foreigners. It has served as retreat for each succeeding president and, in addition to providing rest and relaxation, has been the setting of several historic meetings. Robert P. Savitt writes and lectures on a variety of historical subjects. He holds a doctoral degree from Georgetown University and served in the Departments of Defense and State.



Books available for signing & sale after the talk.

*Presenter: Bob Savitt, PHD, author*

**Frederick** Free, pre-register  
Thursday, Jan. 15, 1:00-2:00 p.m.

#### Macro Photography Gallery Talk & Artist's Reception

Enjoy the January-February art gallery display featuring amazing nature-Inspired macro photography by local artist Carolyn Thome. Join us for a reception and artist's talk.

*Artist: Carolyn Thome*

**Frederick** \$1 at door, pre-register  
Tuesday, Feb. 3, 1:00 p.m.



### Language & Stories

#### A Tasting: Telling Stories Through Chocolate

Open Book Chocolates is a small, Maryland-based, women-owned business specializing in handmade, bean-to-bar, fair trade, craft chocolate bars with literary-inspired flavors. Their signature flavors embody the stories, characters, and themes of our favorite classics! Hear their story and try some specialty chocolates. (\*Items will be available for purchase after the program.)



*Presenter: Geri Gallas, owner*

**Frederick** Free, pre-register  
Tuesday, Feb. 10, 1:30-2:30 p.m.

#### Intro to the Indonesian Language

Let's explore the beauty of the Indonesian language! Join us for a fun inter-active activity as we learn simple Indonesian words, phrases, and greetings!



*Presenter: Ingrid Sanders*

**Urbana** Free, pre-register  
Wednesday, Feb. 11, 1:30-3:00 p.m.

### Technology

#### Talk: Technology Troubleshooting

Join us for a talk on basic troubleshooting for computers and mobile devices. Simple fixes for common tech frustrations.



*Presenter: Vinny Avallone, Founder of SilverTech*

**Frederick** Free, pre-register  
Wednesday, Feb. 4, 1:00-2:00 p.m.

#### Tech 101

Bring your device and questions for a 1:1 and/or small group chat with our tech volunteer.

**Frederick** Free, drop in, first come, first served  
Fridays, 2:00-4:00 p.m.

#### Apple Tech Tutors

Personalized, friendly guidance for your iPhone or iPad questions and confidently use those features that have been puzzling you. Please specify your device and model when registering.

*Presenter: Monica Hauser and teen tech volunteers*

**Middletown** Free, pre-register for 1:1 help  
Check monthly calendar for dates and times.

#### Clothing Choices Just for You

Do you find it a challenge to shop for clothes? Do you know what styles, colors, and textures are most flattering based on your body's unique needs? Join us for an interactive discussion on how to purchase clothes that complement you! You are welcome to bring two pieces of clothing to be professionally assessed. We will be asking for volunteers to model!



*Presenter: Debra Tucci Twigg*

**Urbana** Donations at the door, pre-register  
Wednesday, Feb. 4, 1:30-3:00 p.m.

## Living Healthy

### Healthy Minds Series

#### Hope and Resilience: Healthy Minds Series

*Presenter: Estelle Dupree,  
LCPC, Frederick County  
Health Department*

**Free, pre-registration preferred,  
drop-in welcome**



#### Understanding Depression & the Aging Brain

**Monday, Jan. 12, 11:00 a.m.**

Learn about depression and its effects on the brain. Explore how mental health challenges evolve with age and discuss strategies for building resilience and managing emotional distress. Learn that depression is a treatable condition at any stage of life. The session will clarify the distinction between end-of-life contemplation and suicidal ideation, identify signs of depression in older adults, and outline both immediate and long-term interventions for seniors experiencing suicidal thoughts.

**Presenter in-person @ Frederick;  
Virtually/hybrid @ Virtual, Brunswick,  
Emmitsburg, Middletown, Urbana**

#### Self-Care & Suicide Prevention in Older Adults

**Monday, Feb. 9, 11:00 a.m.**

Focus on the unique challenges seniors face that may increase their risk for depression and suicide. Examine the barriers to recognizing, assessing, and treating mental health concerns in older adults. Learn how increased awareness can lead to better-informed decisions for oneself and loved ones. The session will highlight protective factors, foster resilience and hope, and encourage open conversations about grief, depression, and suicide.

**Presenter in-person @ Emmitsburg;  
Virtually/hybrid @ Virtual, Brunswick,  
Frederick, Middletown, Urbana**

### Community Resources & Communication Strategies

**Monday, March 9, 11:00 a.m.**

Learn about community education resources and effective strategies for discussing depression and suicidal thoughts. Emphasis will be placed on the importance of early intervention, reducing access to lethal means, and understanding the complex emotions that may arise when someone is struggling with suicidal thoughts or after a suicide has occurred. Learn how to respond appropriately and where to find support for themselves or others in crisis.

**Presenter in-person @ Middletown;  
Virtually/hybrid @ Virtual, Brunswick,  
Emmitsburg, Frederick, Urbana**

### Self-Care

#### Beating Back the Winter Blues: Resilience & Self-Care



Beating Back  
the Winter Blues  
Resilience & Self Care

What is resilience and why is self-care important, especially in the winter?

Let's explore tactics that increase resilience and identify strategies of self-care that may differ in the winter months and post holidays. Join us for a lively discussion as we focus on the importance of remaining connected to ourselves and others.

*Presenter: Estelle Dupree, LCPC, LC-ADAS,  
Frederick County Health Department*

**Frederick** Free, pre-register  
**Monday, Jan. 26, 11:00 a.m.**

#### Indoor Plants & Wellness

Having indoor plants just makes us feel better. Learn about the therapeutic benefits of houseplants. Identify plants that can make for a healthier indoor environment.

*Presenter: John Schlee, Therapeutic Horticulture  
Committee, Frederick County Master Gardener*

**Urbana** Free, pre-register  
**Tuesday, Feb. 24, 1:30-2:30 p.m.**



#### TOPS: Take off Pounds Sensibly

Support and education group for healthy weight loss and nutrition strategies.

**Frederick** free tryout, no food to buy  
**Mondays, 2:00 p.m., ongoing**



SELF CARE  
*is not*  
SELFISH

## Living Healthy

### Cooking

#### Simple Cooking with Heart\*

Join us for the first series of cooking classes designed by the American Heart Association (AHA). Each month prepare a meal to share as a group while honing the skills and knowledge associated with healthy cooking. Each class focuses on a different topic and recipes provided by AHA. This is a hands-on cooking experience.

*Instructor: Ginny Skelley, Licensed Dietitian*

**Frederick** \$10/series, pre-register, limited to 10  
4th Friday, 1/23, 2/27, 3/27, 10:30 a.m.-12:30 p.m.

\*FSC is not an allergen free environment.

Participants should exercise caution in using cooking equipment.



#### Whip It Up Wednesdays

Follow along with a cooking demonstration and learn new recipes. You will be making your own food to sample!

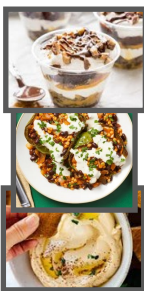
**Emmitsburg** \$6 per session,  
pre-register

Dessert Trifle: Wed, Jan. 21, 11:00 a.m.

Stuffed Peppers:

Wed, Feb. 18, 11:00 a.m.

Hummus: Wed, Mar. 18, 11:00 a.m.



#### Cranberry Pecan Cream Cheese Pinwheels

This make-and-take appetizer is sure to be a hit! It's simple to make, contains just a few ingredients and packs a ton of flavor that will leave you going back for seconds! Make them together then take a batch of them home!

**Urbana** \$6, pre-register

Tuesday, Feb. 3, 1:30-3:00 p.m.



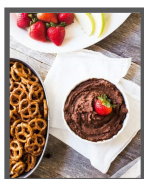
#### Healthy Snacks:

##### A Hands-on Cooking Experience

Snacks can be healthy. Make easy, healthy snacks that can be substituted for purchased foods that are high in calories, sugar and sodium. You will make your own food to sample and take home.

**Middletown** \$6, pre-register

Tuesday, Mar. 3, 1:00 p.m.



### Nutrition

**Programs with Joi Vogin,  
MS LDN, Frederick County  
Cooperative Extension  
Service educator**

UNIVERSITY OF  
MARYLAND  
EXTENSION

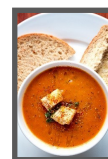


#### Broth, Soups & Stews for Winter Wellness

There is something very comforting about a cup of broth or a bowl of soup or stew when the weather is cold. Joi will demonstrate some recipes for tasting and share how this winter staple can nourish our bodies and spirits.

**Middletown** Free, pre-register

Tuesday, Feb. 10, 11:30 a.m.



#### Vitamin D & Sun Exposure: Healthy or Hazardous?

Learn how "smart" sun exposure increases overall wellness, including musculoskeletal, immune, and mental health.

**Frederick** Free, pre-register

Thursday, Feb. 19, 11:00 a.m.

#### Cooking and Eating on a Budget

Explore tips and tricks to stretch your food dollars to make healthy and affordable food choices.

**Emmitsburg** Free, pre-register

Tuesday, Mar. 17, 11:00 a.m.

**Frederick** Free, pre-register

Thursday, Mar. 19, 11:00 a.m.

#### Weis Market Nutrition Talks

Learn about nutrition and healthy eating patterns. Presentations followed by a recipe demonstration that in-person participants will be able to sample. If attending in-person please let us know if you have a food allergy.

*Presenter: Christina Pelletier, MS, RDN, LDN  
Regional Dietitian, Weis Markets*

**Brunswick, Virtual** Free, pre-register

Build a Better Breakfast: Tues, Jan. 27, 1:00 p.m.

Improve Cholesterol: Tues, Feb. 24, 1:00 p.m.

Brain Health: Tues, Mar. 31, 1:00 p.m.



## Living Healthy

### Blood Pressure Checks & Safety Presentations

Frederick County Fire and Rescue will provide free, monthly blood pressure checks. There will also be a presentation on a relevant safety topic.



#### Presentation topics:

##### January

Home Heating & Electrical Safety

##### February

Heart Health Month

##### March

Smoke Alarms & Escape Plans

Free, Drop-in!

<b>Brunswick</b>	1st Tuesday, 11:00 a.m.
<b>Emmitsburg</b>	2nd Monday, 12:30 p.m.
<b>Frederick</b>	3rd Thursday, 11:15 a.m.
<b>Middletown</b>	3rd Wednesday, 10:30 a.m.
<b>Urbana</b>	2nd Thursday, 11:00 a.m.

### Simple Wills

Come learn about simple wills. (The presentations will NOT include information on trusts and other options.)

<b>Brunswick</b>	Wed, Mar. 18, 1:00 p.m.
<b>Emmitsburg</b>	Wed, Feb. 18, 1:00 p.m.
<b>Frederick</b>	Mon, Mar. 23, 1:00 p.m.
<b>Middletown</b>	Wed, Jan. 21, 1:00 p.m.
<b>Urbana</b>	Mon, Feb. 23, 12:30 p.m.



### Intake Clinic with Legal Aid

Do you have questions about civil legal issues? Drop-in during the scheduled clinic hours to complete an intake. Follow-up will be provided at a later date as needed. Maryland Legal Aid and the Frederick County Division of Aging and Independence are partnering to offer this service. Free, drop-in

<b>Brunswick</b>	Wed, Mar. 18, 9:00 a.m.-Noon
<b>Emmitsburg</b>	Wed, Feb. 18, 9:00 a.m.-Noon
<b>Frederick</b>	Mon, Jan. 12, 1:00-4:00 p.m.
<b>Frederick</b>	Mon, Mar. 23, 2:00-4:00 p.m.
<b>Middletown</b>	Wed, Jan. 21, 9:00 a.m.-Noon
<b>Urbana</b>	Mon, Feb. 23, 1:30-4:00 p.m.



### Lunch Bunch @ Noon

Enjoy a tasty, predetermined menu in a friendly, casual setting.

<b>Mondays @ Emmitsburg</b>	<b>Wednesdays @ Frederick</b>
<b>Tuesdays @ Brunswick</b>	<b>Thursdays @ Urbana</b>

#### Winter/Cabin Fever Luncheon: Thurs, Jan. 15 @ Brunswick, Frederick, Urbana

**Menu:** Stuffed Chicken (broccoli/cheese), Mashed Potatoes, Green Bean Casserole, Pie

#### Valentine's Day Luncheon: Fri, Feb. 13 @ Brunswick, Emmitsburg, Frederick, Urbana

**Menu:** Roast Beef, Mashed Potatoes, Harvard Beets, Roll, Pie

#### St. Patrick's Day Luncheon: Tues, Mar. 17 @ Brunswick, Emmitsburg, Frederick, Urbana

**Menu:** Corned Beef, Red Skin Potatoes, Steamed Cabbage, Copper Pennies, Corn Muffin, Cake

**To Reserve a Meal:** Contact the senior center of your choice at least 3 business days in advance to guarantee your reservation. **For the special meals please reserve a week in advance.**

Same day reservations are available on a first come first serve basis.

Voluntary contributions toward meal cost are appreciated. The meal cost \$6.00.

**Eligibility:** Individuals age 60+, as well as the spouse or dependent disabled adult child of a qualified individual, are eligible to participate. Individuals under the age of 60 may reserve a meal and pay the full cost of \$6.00.

**The Division of Aging and Independence has engaged MGT, a national consulting firm, to help us identify locations and essential needs for future centers.**



In January you will be invited to attend a focus group at a current senior center or other location, including virtual options, to share your vision for 50+ Community Centers of the future. Following those meetings, a survey will be released for follow-up. Please plan to attend a meeting and complete a survey when you receive the invitation.

**Your thoughts and ideas are important!  
Your vision will guide the future of senior centers in Frederick County!**

## Day Trips

### Gettysburg: Dorothea's Gallery & Lunch

You may know art instructor, Dorothea Barrick, from her monthly classes at the Emmitsburg Center. We are invited to visit her art gallery in Gettysburg! Take a ride with us to see her gallery and have lunch at a Gettysburg restaurant.

**Date:** Wednesday, January 7

Inclement weather date: Wed. January 14

Register by Wednesday, December 31

**Time:** 10:30 a.m.-approximately 2:00 p.m.

**Cost:** \$5 per person

**Lunch:** Bring money for lunch

**Location:** Leave from Emmitsburg Senior Center



### Hagerstown: Culinary Trip

Expand your culinary horizons! We will dine at Sofrito, a restaurant serving authentic Puerto Rican cuisine, located in downtown Hagerstown. On the way home we will stop at the Pennsylvania Dutch Market for some treats.

**Date:** Thursday, February 19

Register by Thursday, February 5

**Time:** 10:00 a.m.-approximately 2:30 p.m.

**Cost:** \$10 per person

**Lunch:** Bring money for lunch & shopping

**Location:** Leave from Emmitsburg Senior Center



### Catoctin Mountain Park Nature Walk

Located in Thurmont, MD, Catoctin Mountain Park was created during the Great Depression as a place for people to reconnect with nature. The park has 25 miles of trails. We will join a park ranger on a nature walk around the Spicebush Trail, a semi-hard dirt surface, accessible trail 0.2 miles long.

**Date:** Thursday, March 19

Register by Thursday, March 5

**Time:** 10:30 a.m.-approximately 2:00 p.m.

**Cost:** \$5 per person

**Lunch:** Bring your lunch to eat in the picnic area

**Location:** Leave from Emmitsburg Senior Center



### Movie @ Warehouse Cinemas

Kick back in a recliner and enjoy watching a movie on the big screen. Ticket includes a snack pack.

(Movie TBD)

<https://www.warehousecinemas.com/home>

**Date:** Wednesday, March 18

Register by Wednesday, March 4

**Time:** 10:00 a.m.-approximately 2:00 p.m.

(time may vary slightly depending on showtime)

**Cost:** \$20 plus money for extra concessions

**Location:** Leave from Brunswick Senior Center or

**Location:** Leave from Emmitsburg Senior Center



## Day Trips

### Baltimore Museum of Art

Over 100 years ago, the Baltimore Museum of Art (BMA) was founded on the belief that access to art and ideas is integral to a vibrant and healthy civic life. This belief is at the heart of the BMA.

We have tickets for a 1:00 p.m. self-guided tour of the exhibit, Amy Sherald: American Sublime. This exhibition traces the artistic evolution of Amy Sherald, a defining voice of her generation who transformed American portraiture. The rest of the museum is yours to explore at your leisure.

<https://artbma.org>

**Date:** Friday, January 23

Register by Friday, January 9

**Time:** 8:30 a.m.-approximately 3:30 p.m.

**Cost:** \$40 per person

**Lunch:** Bring money for lunch

(options: Gertrude's located inside the museum or purchase food from the Gertrude's To-Go Kiosk

<https://gertrudesbaltimore.com/planyourvisit>) or bring your lunch and eat on the bus on the way home

**Location:** Leave from Frederick Senior Center



### Rock of Ages

#### @ Toby's Dinner Theatre

It's the 1980's in Hollywood and a "small town girl living in a lonely world" meets a "city boy, born and raised in South Detroit" on the Sunset Strip and they fall in love to the greatest hits of the era! Playing to packed houses on Broadway for over 5 years, Rock of Ages takes you back to the time of big bands, playing big guitar solos and sporting even bigger hair! Featuring: Don't Stop Believin', Wanted Dead or Alive, Here I Go Again, The Final Countdown, Can't Fight This Feeling, Hit Me With Your Best Shot, and many more great classic rock hits!

<https://tobysdinnertheatre.com/shows/rock-of-ages>

**Date:** Sunday, March 8

Register by Friday, February 20

**Time:** 9:30 a.m.- approximately 4:30 p.m.

**Cost:** \$105 per person

**Lunch:** Buffet lunch included

**Location:** Leave from Frederick Senior Center



### Rawlings Conservatory

Opened in 1888, the historic H.P. Rawlings Conservatory & Botanic Gardens is one of Baltimore's most important

architectural treasures. Featuring five distinct greenhouses, one 1/2-acre garden with many flower beds, and a kaleidoscope of colors all year round. These historic structures provide the ideal setting for plants from tropical, desert, and Mediterranean regions, creating immersive spaces that transport visitors to different corners of the world.

<https://rawlingsconservatory.org>

**Date:** Friday, February 27

Register by Friday, February 13

**Time:** 9:30 a.m.-approximately 3:30 p.m.

**Cost:** \$30 per person

**Lunch:** Bring money for lunch

**Location:** Leave from Frederick Senior Center



### Josiah Henson Museum & Park

Josiah Henson Museum and Park, North Bethesda, MD, seeks to educate the public about the life of Reverend Josiah Henson, including his challenges and accomplishments, slavery in Maryland, and the ongoing struggle for racial equality through its exhibits and programs. Henson's 1849 autobiography, *The Life of Josiah Henson, Formerly a Slave, Now an Inhabitant of Canada* inspired Harriet Beecher Stowe's landmark anti-slavery novel, *Uncle Tom's Cabin*.

<https://montgomeryparks.org/parks-and-trails/josiah-henson-museum-and-park>

**Date:** Friday, March 27

Register by Friday, March 13

**Time:** 8:30 a.m.-approximately 3:30 p.m.

**Cost:** \$30 per person

**Lunch:** Bring money for lunch

**Location:** Leave from Frederick Senior Center



**Day Trips fill fast!  
Don't wait to register!**

## Day Trip Registration Information

### **Trip Policies and Procedures, including Refunds**

**Registration opens Friday, December 12, 2025, 9:00 a.m.**

**Trips have limited space and fill fast!**

In-person registration: 9:00 a.m.-2:00 p.m. on days that the centers are open.  
You may register online 24/7 starting at 9:00 a.m. Friday, December 12, 2025.

Please refer to the **Senior Center Guidelines, Policies, and Procedures** for information about reservations, payments, refunds, and participation guidelines.

**It is the participant's responsibility to review this document.**

A copy of Senior Center Guidelines, Policies, and Procedures is available at any of the senior centers or on our website.

### **Registration and Payment**

Space is limited and available on a first come, first served basis.

Reservations must be paid in full to guarantee seating.

Registrations will not be accepted without payment (cash, check, or credit card).

Registrations may be made at any of the Frederick County senior centers.

Registrations may also be made online: <http://frederickcountymd-gov.3dcartstores.com>

### **Eligibility**

Participants must have a current, signed DAI intake form on file to register for trips.

Trip participants must function independently without one on one assistance or supervision from staff.

Individuals who need assistance or supervision may participate if they are accompanied by a companion or aide, who escorts them at all times; provides all personal assistance; abides by FCDAI guidelines, policies and procedures; and is at least 18 years of age or older. Companions/Aides must complete a DAI intake form and pay for the trip.

### **Transportation**

Unless indicated otherwise, transportation utilizing county owned or charter vehicles is included in the trip fee. Registered participants are expected to utilize the service for all portions of a trip. The purpose of providing transportation is to foster the social experience and to provide safe and efficient travel.

#### **Brief Summary of Refund Policy**

For **complete details** about this policy please refer to the 50+ Community Centers Guidelines, Policies, and Procedures.

**Refund requests must be made in writing before the "register by date" listed in the description for each trip. Cancellations after this date are nonrefundable.**

- You may find someone to take your spot.
- If the Division staff finds someone to take your spot you will receive a refund minus a \$20 service fee.
- If a substitute is not available a refund will not be issued.



## Resources: Be Informed

The Resource and Service Navigation team, part of the Frederick County Division of Aging and Independence, develops and administers programs and activities that support older adults and adults with disabilities.

### State Health Insurance Assistance Program (SHIP)

Trained SHIP staff help Medicare beneficiaries, family members and caregivers understand Medicare benefits, bills, and Medicare rights.

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

### Medicare Workshops

Free, pre-register, Lunch is included  
To register call 301-600-1234



#### • Morning Session:

#### Navigating the Medicare Maze

enrollment, parts of Medicare,  
timing, costs, coverage

#### • Afternoon Session:

#### Medigap/Supplemental Insurance vs. Medicare Advantages

The differences, timing, coverage, pros and cons

### Brunswick Library

Friday, January 9, 10:30 a.m.-2:00 p.m.

### Emmitsburg Senior Center

Thursday, February 12, 10:30 a.m.-2:00 p.m.

### Urbana Senior Center

Friday, March 20, 10:30 a.m.-2:00 p.m.



### Maryland Access Point (MAP)

Maryland Access Point of Frederick County (MAP) is a trusted source of information and assistance for Frederick County residents who need or want to plan for their immediate and future needs. MAP serves adults 50 years and older, adults 18 years and older with a disability, family members and other caregivers, and health or business professionals.

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

### Veterans Advisory Council (VAC)

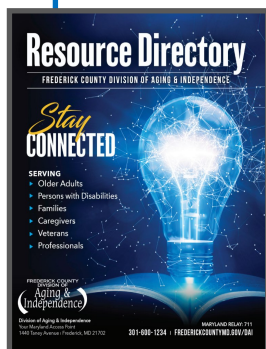
The Veterans Advisory Council (VAC) is a vital advocate Veterans and their families, advocating for legislation, services, and community support for Veterans.

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



### Resource Directory (Blue Book)

Frederick County Division of Aging and Independence publishes a resource guide for older adults, persons with disabilities, families, caregivers, baby boomers, and professionals.



An electronic copy is available  
on our website

[www.FrederickCountyMd.gov/DAI](http://www.FrederickCountyMd.gov/DAI)

### Groceries for Seniors

A free monthly distribution of seasonal produce, canned goods, and shelf stable products in a farmers market style setting.

Additional resources and information.

Don't forget your reusable shopping bag.

**3rd Friday of Every Month**  
**Noon - until all food is distributed**

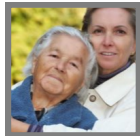
Frederick Senior Center  
1440 Taney Avenue, Frederick, MD

[DAI@FrederickCountyMD.gov](mailto:DAI@FrederickCountyMD.gov)  
or 301-600-1234 for more information

All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participate. Please bring a photo ID to register the first time.



## Resources: Be Informed



**Caregiver Support Program** The National Family Caregiver Support Program provides support programs to meet the needs of caregivers.

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

### Caregiver Support Groups

These support groups are for caregivers of people 60 years of age or older or with an early onset of dementia. Can't make our support groups? We are happy to provide a listing of other area groups.

*Facilitator: Daisy Lopez-Duke, LCPC*

Free, pre-register

#### In-person @ Frederick Senior Center

Last Friday, 11:00 a.m.-12:30 p.m.

You are invited to stay for lunch at 12:30 p.m.

#### Virtual on TEAMS

2nd Thursday, 6:00 p.m.

For more information call 301-600-6022 or email:

[CaregiverSupport@FrederickCountyMD.gov](mailto:CaregiverSupport@FrederickCountyMD.gov)

### Dementia Live Training

Dementia Live® is a simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Caregivers, professionals, and individuals will better understand the hardships and confusion that occurs for a person with dementia. These in-person trainings are open to the public. The trainings are facilitated by Frederick County Division of Aging and Independence and Daybreak Adult Day Services. Choose one of these trainings held at Daybreak Adult Day Services.



#### Daybreak Adult Day Services

Free, pre-register  
Thursday, Jan. 22, 10:00 a.m.

Wednesday, Feb. 25, 10:00 a.m.

Monday, Mar. 16, 1:00 p.m.

To register call 301-600-6022 or email:

[DementiaFriendlyFrederick@FrederickCountyMD.gov](mailto:DementiaFriendlyFrederick@FrederickCountyMD.gov)

### Circle of Friends Memory Café

Frederick County Division of Aging & Independence and the Alzheimer's Association Memory Café is a safe and relaxed place where people with early-stage memory loss, their families, and friends can come together for a unique blend of education and social interaction. Anyone affected by early-stage memory loss is welcome to attend.

Free, pre-register

#### Brunswick Library

Friday, Jan. 30, 11:30 a.m.-1:00 p.m.

Friday, Mar. 13, 11:30 a.m.-1:00 p.m.

#### Frederick Senior Center

Friday, Jan. 2, 11:30 a.m.-1:00 p.m.

Friday, Mar. 6, 11:30 a.m.-1:00 p.m.

#### Middletown Senior Center

Friday, Feb. 6, 11:30 a.m.-1:00 p.m.

#### Urbana Senior Center

Friday, Feb. 20, 11:30 a.m.-1:00 p.m.

To register call 301-600-6022 or email:

[CaregiverSupport@FrederickCountyMD.gov](mailto:CaregiverSupport@FrederickCountyMD.gov)

"Meeting other people with the diagnosis helps you feel like you're not alone."



### Inclement Weather Information

Please call any of the centers for early closure and delayed opening updates. Any updates will be recorded on our voice mail. Sign-up using the link below to receive alerts when Frederick County Government is closed.

<http://www.frederickcountymd.gov/ALERT>



### Senior Services Advisory Board

The Board advises the County Executive and the Division of Aging & Independence on all matters relating to development and administration of the area plan and operations conducted hereunder, and to be advocates for issues relating to aging.

**Meeting Schedule:** 2nd Monday, 1:00 p.m.  
Bourne Building, 355 Montevue Lane, Frederick

All are welcome to attend the meetings

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

## Fitness Classes with a Fee

Classes start the week of January 5 and end the week of March 16-20.  
Check monthly calendars for any updates.

### Yoga

#### Chair Yoga @ Frederick & Virtual

**Note:** Instructor days have changed

*Instructor: Catherine Randazzo (Mon & Wed)*

*Instructor: Debra Spotts (Tues & Thurs)*

Focus on stretching, flexibility, balance and a few targeted strength poses while seated. There will be opportunities to do some poses while standing and holding onto a chair. Modifications are offered to ensure that everyone can participate and benefit from the practice. The class style is relaxed, and filled with humor, support, and laughter.

**Frederick** \$35, pre-register

Mondays, 12:15-1:15 p.m.

**Virtual** \$35 (or virtual pass), pre-register

Mondays, 12:15-1:15 p.m.

**Frederick** \$35, pre-register

Tuesdays, 11:30-12:30 p.m.

**Virtual** \$35 (or virtual pass), pre-register

Tuesdays, 11:30-12:30 p.m.

**Frederick** \$35, pre-register

Wednesdays, 10:45-11:45 a.m.

**Virtual** \$35 (or virtual pass), pre-register

Wednesdays, 10:45-11:45 a.m.

**Frederick** \$35, pre-register

Thursdays, 11:30 a.m.-12:30 p.m.

**Virtual** \$35, (or virtual pass), pre-register

Thursdays, 11:30 a.m.-12:30 p.m.

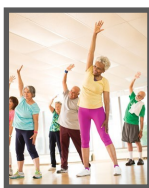
#### Morning Flow Yoga

*Instructor: Debra Spotts*

Traditional & non-traditional yoga moves to energize and waken the body. These will include standing and sitting (on the floor) asanas (postures).

**Virtual** \$35 (or virtual pass), pre-register

Tuesdays, 8:00-9:00 a.m.



#### Yin Yang Yoga

*Instructor: Joana Bragg*

Bring together the benefits of passively holding yoga poses with more active dynamic sequences and standing postures; work on the muscles and blood flow, building strength, stamina, and flexibility.

**Virtual** \$35 (or virtual pass), pre-register

Fridays, 8:00-9:00 a.m.

#### Chair Yoga @ Emmitsburg

*Instructor: Christina Green*

Chair yoga is a gentle, therapeutic, and inclusive variation of yoga.

Poses are done while seated or with the help of a chair. It is often recommended for those who find traditional yoga challenging. Chair yoga can help build strength, flexibility, and balance; and can also help reduce stress and depression.

**Emmitsburg** \$35, pre-register

Mondays, 1:00-2:00 p.m.



#### Chair Yoga @ Urbana

*Instructor: Debra Tucci Twigg*

This class is a safe and effective way to bring more activity, strength and stretching into your daily life.

These exercises can help maintain or increase physical mobility, functional independence including a reduced risk of falls, and enhanced overall quality of life. The use of a chair is an excellent way to build strength and increase flexibility without putting too much strain on the body.

**Urbana** \$35, pre-register

Wednesdays, 11:30 a.m.-12:30 p.m.



#### Floor Yoga: Gentle

*Instructor: Miyako Zeng (Tues)*

*Instructor: Deb Spotts (Thurs)*

*Instructor: Cheryl Glang (Thurs)*

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using both held and moving postures.

Modifications are offered.

**Frederick** \$35, pre-register

Tuesdays, 2:30-3:45 p.m.

**Virtual** \$35 (or virtual pass), pre-register

Tuesdays, 2:30-3:45 p.m.

**Frederick** \$35, pre-register

Thursdays, 4:30-5:30 p.m.

**Virtual** \$35 (or virtual pass), pre-register

Thursdays, 4:30-5:30 p.m.



#### Winter Quarter Holidays/Closings

Thurs, Jan. 1 • Fri, Jan. 9

Mon, Jan. 19

## Fitness Classes with a Fee

Classes start the week of January 5 and end the week of March 16-20.

Check monthly calendars for any updates.

### Movement

**NEW**

#### Fitness for All

*Instructor: Dessi Vandre*

Power up your potential with a full-body, low impact workout that is tailored for active older adults. This dynamic class is designed to energize your body and mind. We'll combine heart-pumping cardio with strength-building exercises to help you feel stronger, healthier, and more confident. No floor work.

**Frederick** \$35, pre-register

Tuesdays, 12:45-1:45 p.m.

**NEW**

#### Inspirational Fitness

*Instructor: Debra Tucci Twigg*

Stretching and movement to energize and motivate you to start your day. Includes standing and sitting to bring more activity, strength, and flexibility into your daily life.

**Virtual** \$35 (or virtual pass), pre-register

Thursdays, 8:00-9:00 a.m.

#### Functional Fitness: Joy of Movement

*Instructor: Nanette Tummers*

Improve how you “function” in everyday life through a program that improves your daily movement. Improve your cardiovascular fitness, muscle strength, balance, focus, and joint mobility. This class is done standing. Light handheld weights and resistance bands may be used. This is an Essentrics class with elements of Tai chi, yoga, and dynamic movement. Find your “joy of movement”!

**Frederick** \$35, pre-register

Wednesdays, 9:30-10:30 a.m.

**Virtual** \$35 (or virtual pass), pre-register

Wednesdays, 9:30-10:30 a.m.

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

*Instructor: Cain Yentzer*

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension through slow movement and deep breathing. Excellent for relaxation and sleep enhancement.

**Frederick** \$35, pre-register

Mondays, 11:10 a.m.-Noon

**Virtual** \$35 (or virtual pass), pre-register

Mondays, 11:10 a.m.-Noon

### Tai Chi

#### Tai Chi with Cain: Level 1 & 2

*Instructor: Cain Yentzer*



The program focuses on balance and flexibility using slow, rhythmic, and meditative body movements. It is designed to enhance relaxation and inner calm. You will be standing for the class.

##### Level 1:

**Frederick** \$35, pre-register

Wednesdays, 1:45-2:45 p.m.

**Level 2:** With instructor permission, this class is for students who have completed Level 1.

**Frederick** \$35, pre-register

Wednesdays, 3:00-4:00 p.m.

#### Tai Chi with Paul: Level 1 & 2

*Instructor: Paul Phillips*

End your week on a calming note to promote a peaceful weekend. This class is for adults of all ages and ability levels who want to improve balance and flexibility in a harmonious setting.

##### Level 1:

**Middletown** \$35, pre-register

Fridays, 2:30-3:30 p.m.

**Level 2:** With instructor permission, this class is for adults seeking a more advanced practice.

**Middletown** \$35, pre-register

Fridays, 1:30-2:30 p.m.



#### Inclement Weather Information

Please call any of the centers for early closure and delayed opening updates.



Any updates will be recorded on our voice mail. Sign-up using the link below to receive alerts when Frederick County Government is closed.

<http://www.frederickcountymd.gov/ALERT>

## Fitness Classes with a Fee

Classes start the week of January 5 and end the week of March 16-20.  
Check monthly calendars for any updates.

### Fitness, Strength & Stretch

#### Strength & Stretch

*Instructor: Nanette Tummers, in-person @ Frederick*



Join us for a strength & balance training, and gentle stretching class. Options for handheld weights, exercise bands, and being seated.

\*Hybrid classes meet in-person at the host center with the instructor joining via a video connection.

**Frederick** \$35, pre-register  
Tuesdays, 9:00-10:00 a.m.

**Brunswick** (\*hybrid) \$35 (or virtual pass), pre-register  
Tuesdays, 9:00-10:00 a.m.

**Virtual** \$35 (or virtual pass), pre-register  
Tuesdays, 9:00-10:00 a.m.

**Frederick** \$35, pre-register  
Tuesdays, 10:15-11:15 a.m.

**Virtual** \$35 (or virtual pass), pre-register  
Tuesdays, 10:15-11:15 a.m.

**Frederick** \$35, pre-register  
Thursdays, 9:00-10:00 a.m.

**Brunswick** (\*hybrid) \$35 (or virtual pass), pre-register  
Thursdays, 9:00-10:00 a.m.

**Virtual** \$35 (or virtual pass), pre-register  
Thursdays, 9:00-10:00 a.m.

**Frederick** \$35, pre-register  
Thursdays, 10:15-11:15 a.m.

**Virtual** \$35 (or virtual pass), pre-register  
Thursdays, 10:15-11:15 a.m.

### Dancing & Cardio

#### Line Dance

*Instructor: Mary Anne Williams*

Improve your balance, get moving, and have fun!

This class includes a review of the basic steps.



**Brunswick** (held at Brunswick City Park Building)  
\$35, pre-register

Mondays, 10:00-11:00 a.m.

**Urbana** \$35, pre-register  
Tuesdays, 12:30-1:30 p.m.

**Middletown** \$35, pre-register  
Wednesdays, 10:00-11:00 a.m.

**Frederick** \$35, pre-register  
Thursdays, 12:45-1:45 p.m.

#### Square Dancing

*Instructor: Robert Abdinoor*

Experience the fun and camaraderie. Basic calls and simple dance patterns are taught and reviewed.



**Frederick** \$35, pre-register  
Mondays, 1:00-2:00 p.m.

#### Zumba Gold

*Instructor: Becca Kennedy*

Active cardio, low impact dance moves and fun energizing music.



**Frederick** \$35, pre-register  
Wednesdays, 12:30-1:30 p.m.

### Otago: for Balance & Fall Prevention

The Otago Exercise Program is shown to reduce fall risk and improve balance for adults age 65 and older. The program focuses on improving strength, balance, and endurance through progressive exercises and at home practice.

Funding for this evidence-based program is provided by an Older Americans Act grant.

Note: this class is for the quarter, January-March

*Instructor: Nick Contardi, PT DPT*

**Middletown** Free, pre-register  
Tuesdays, starting Jan. 6, 10:00 a.m.

**Urbana** Free, pre-register  
Thursdays, starting Jan. 8, 1:00 p.m.



## Free Exercise Programs

### Daily Exercise

Exercises include stretching, strength, balance, mobility, and cardio. Follow along to the video. There is not an instructor.

*Get Moving!*

**Brunswick** Free, drop-in

Wednesdays, 10:00 a.m.

**Emmitsburg** Free, drop-in

*Low Intensity Exercise:* Mon-Thurs, 9:15 a.m.

**Urbana** Free, drop-in

*Moderate Intensity Exercise:* Mon-Thurs, 9:15 a.m.

*Low Intensity Exercise:* Mon-Thurs, 10:30 a.m.

### Chair Yoga (Video)

Stretching, flexibility, meditation!

This is chair yoga to a video.

There is not an instructor.

**Middletown** Free, drop-in

Mondays, 11:00 a.m.-Noon

**Urbana** Free, drop-in

Tuesdays, 9:45-10:15 a.m.

Thursdays, 9:45-10:15 a.m.



### Chair Dance

Enjoy oldies music during this seated exercise class.

This is a video program with no instructor on site.

Join your friends for a fun workout.

**Middletown** Free, drop-in

Thursdays, 9:30-10:00 a.m.

### Wii Bowling

Open play, drop-in!

**Brunswick** Free, drop-in

Tuesdays, 11:00 a.m.

Wednesdays, 1:00 p.m.

**Middletown** Free, drop-in

Mondays, 12:30 p.m.

Fridays, 11:00 a.m.



### Pickleball

Participants play for fun and exercise.

Loaner equipment is available.

**Brunswick City Park** Free, drop-in

Wednesdays, 9:00 a.m.

Saturdays, 9:00 a.m.

**Emmitsburg Gym** Free, drop-in, (no street shoes)

**Unrulies:** Beginner Friendly

Wednesdays, 1:00-3:00 p.m.

Fridays, 1:00-3:00 p.m.

**Intermediate:** Participants play by the rules

Tuesdays, 10:00-Noon

Thursdays, Noon-2:00 p.m.



### Open Gym

Drop in to walk laps, play badminton, cornhole, or basketball. You may bring your own gear and practice the game of your choice. Please be mindful of others using the gym (no street shoes).

**Emmitsburg Gym** Free, drop-in

Mon, Wed, Fri, 10:00 a.m.-Noon

### Bocce

Open play, drop-in!

Players must register at the center.

All equipment provided.

**Frederick** Free, pre-register



### Gentle Walk in Baker Park

Join us on Mondays for a walk around Baker Park.

**Meet Up @ "Skater House" at Culler Lake**

Free, pre-register @ Frederick

Mondays, ongoing, 9:00 a.m.

### Walking Group @ Brunswick

Meet the group at Othello Park for an easy stroll around the grounds. The Walking Group will meet near the restrooms to walk with others for company, support and safety. Routes vary based on participant preferences.

**Brunswick** Free, drop-in

Mondays, 8:30 a.m.

**"Aging is not lost youth but a new stage of opportunity and strength."**

**- Betty Friedan**

## Winter Fitness Classes Schedule

**Registration opens Friday, December 12, 9:00 a.m.**

**Classes with a fee start the week of January 5 and end the week of March 16-20.**

**Check monthly calendars for any updates.**

	Fitness Classes with a Fee	Free Exercise Programs
<b>MONDAYS</b>	10:00 <b>\$ Line Dance @ BSC</b> 11:10 <b>\$ M&amp;M @ FSC @ VSC</b> 12:15 <b>\$ Chair Yoga @ FSC @ VSC</b> 1:00 <b>\$ Square Dance @ FSC</b> 1:00 <b>\$ Chair Yoga @ ESC</b>	9-3 <b>Open Bocce @ FSC</b> 9:00 <b>Baker Park Walk @ FSC</b> 9:00 <b>Walking Group @ BSC</b> 9:15 <b>Daily Exercise @ ESC, USC</b> 10:30 <b>Daily Exercise @ USC</b> 10:00 <b>Open Gym @ ESC</b> 11:00 <b>Chair Yoga: Video @ MSC</b> 12:30 <b>Wii Bowling @ MSC</b>
<b>TUESDAYS</b>	8:00 <b>\$ Morning Flow Yoga @ VSC</b> 9:00 <b>\$ Strength/Stretch @ FSC @ VSC @ BSC (hybrid)</b> 10:15 <b>\$ Strength/Stretch @ FSC @ VSC</b> 11:30 <b>\$ Chair Yoga @ FSC @ VSC</b> 12:30 <b>\$ Line Dance @ USC</b> 12:45 <b>\$ Fitness for All @ FSC</b> 2:30 <b>\$ Floor Yoga: Gentle @ FSC @ VSC</b>	9-3 <b>Open Bocce @ FSC</b> 9:15 <b>Daily Exercise @ ESC, USC</b> 9:45 <b>Chair Yoga: Video @ USC</b> 10:00 <b>Pickleball: Intermediate @ ESC</b> 10:00 <b>Otago @ MSC</b> 10:30 <b>Daily Exercise @ USC</b>
<b>WEDNESDAYS</b>	9:30 <b>\$ Functional Fitness: Joy of Movement @ FSC @ VSC</b> 10:00 <b>\$ Line Dance @ MSC</b> 10:45 <b>\$ Chair Yoga @ FSC @ VSC</b> 11:30 <b>\$ Chair Yoga @ USC</b> 12:30 <b>\$ Zumba Gold @ FSC</b> 1:45 <b>\$ Tai Chi Level 1 @ FSC</b> 3:00 <b>\$ Tai Chi Level 2 @ FSC</b>	9-3 <b>Open Bocce @ FSC</b> 9:00 <b>Pickleball @ BSC</b> 9:15 <b>Daily Exercise @ ESC, USC</b> 10:00 <b>Daily Exercise @ BSC</b> 10:00 <b>Open Gym @ ESC</b> 10:30 <b>Daily Exercise @ USC</b> 1:00 <b>Pickleball: Unrulies @ ESC</b> 1:00 <b>Wii Bowling @ BSC</b>
<b>THURSDAYS</b>	8:00 <b>\$ Inspirational Fitness @ VSC</b> 9:00 <b>\$ Strength/Stretch @ FSC @ VSC @ BSC (hybrid)</b> 10:15 <b>\$ Strength/Stretch @ FSC @ VSC</b> 11:30 <b>\$ Chair Yoga @ FSC @ VSC</b> 12:45 <b>\$ Line Dance @ MSC</b> 4:30 <b>\$ Floor Yoga: Gentle @ FSC @ VSC</b>	9-3 <b>Open Bocce @ FSC</b> 9:15 <b>Daily Exercise @ ESC, USC</b> 9:30 <b>Chair Dance @ MSC</b> 9:45 <b>Chair Yoga: Video @ USC</b> 10:30 <b>Daily Exercise @ USC</b> Noon <b>Pickleball: Intermediate @ ESC</b> 1:00 <b>Otago @ USC</b>
<b>FRIDAYS</b>	8:00 <b>\$ Yin Yang Yoga @ VSC</b> 1:30 <b>\$ Tai Chi: Level 2 @ MSC</b> 2:30 <b>\$ Tai Chi: Level 1 @ MSC</b>	9-3 <b>Open Bocce @ FSC</b> 10:00 <b>Open Gym @ ESC</b> 11:00 <b>Wii Bowling @ MSC</b> 1:00 <b>Pickleball: Unrulies @ ESC</b>
<b>SATURDAYS</b>		9:00 <b>Pickleball @ BSC</b>
<b>@ BSC Brunswick @ ESC Emmitsburg @ FSC Frederick @ MSC Middletown @ USC Urbana @ VSC Virtual</b>		

**You must pre-register for all programs. Programs with an “\$” have a fee.**

Instructors will teach in-person at the centers listed unless it is a hybrid program.

Hybrid programs are virtual programs that are broadcast on a large screen.

## Quarterly Fees & Registration for Fitness Classes

**Registration opens Friday, December 12, 9:00 a.m.**

**Winter Fitness Classes (January-March) start the week of January 5, 2026 unless indicated.**

**Fees are not prorated for late starts/absences. Classes end the week of March 16-20.**

**Check monthly calendars for any updates.**

- Pre-registration is required for all programs. Limited space for in-person programs.
- Payment must be included with registration. Payment is non-refundable.
- Programs may be postponed or canceled.
- Registration must be received least two business days before program.
- Please contact us regarding modifications for fitness classes.

**Single Fitness Class** - Good for one fitness class for the quarter, \$35 per participant per class per quarter

### **Bonus!**

If the class(es) you registered for are also offered through the Virtual Center (VSC), and we have your email address, you will also be sent the zoom link for the class(es) you have register for so you can join from home if you would like. Zoom links are sent the morning of the class.

**Hybrid classes meet in-person at the host center with the instructor joining via video.**

Note: Brunswick Line Dance and Hybrid Strength & Stretch are held at the Brunswick City Park building.

### **All-Access Virtual Fitness Pass - Good for all virtual and hybrid fitness classes**

\$65 per pass per participant per quarter. The All-Access Virtual Fitness Pass is **NOT** valid for any classes where the instructor is teaching in-person. If you wish to attend a class where the instructor is teaching in-person, please pay for a "Single Fitness Class"

### **Credit/Debit Card: Online (you may pay with a check at one of the centers)**

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

- Once on the website, locate the "50+ Community Programs" near the top of the page.
- Click on the program you want and add the selected program to your shopping cart



### **Scholarship Information**

Scholarships are available to help pay for fitness classes. For more information:

visit [www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50) or email [DAI@FrederickCountyMD.gov](mailto:DAI@FrederickCountyMD.gov)

### **Free Programs**

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

Email: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov) or call one of the senior centers.

*If you need auxiliary aids and services for effective communication or a reasonable modification in programs, services or activities contact the ADA Coordinator at [ADA@FrederickCountyMD.gov](mailto:ADA@FrederickCountyMD.gov) as soon as possible and preferably 10 business days before the activity or event.*

## Meet Our Fitness Instructors

### **Becca Kennedy: Zumba Gold**

Becca loves to teach Zumba Gold because she gets to dance with so many fun people! She has her Group Fitness Instructor Certification from the Athletics and Fitness Association of America. Becca lives on a farm with her family.

### **Cain Yentzer: Tai Chi, Meditation & Movement**

Cain is an expert in the science and practice of Tai-Chi. He has spent decades trying to perfect and spread the art of Tai-Chi both in the West and Far-East. He enjoys seeing how Tai-Chi benefits his students' lives.

### **Catherine Randazzo: Chair Yoga @ FSC**

Catherine is a certified yoga instructor and has been teaching since 2013. Her goal is for each participant to leave class feeling better than when they arrived.

### **Cheryl Glang: Yoga @ FSC**

Cheryl, a certified yoga instructor (500RYT) and fitness enthusiast, infuses her classes with a passion for movement and a profound dedication to mobility. Her inclusive teaching style offers modifications for accessibility. She encourages the class to explore breath awareness, mobility, range of motion, strength, and flexibility.

### **Christina Green: Chair Yoga @ ESC**

Christiana is a 500-hour certified yoga instructor registered with Yoga Alliance (500RYT). Christina teaches all levels, from beginner to intermediate/advanced practitioners, and various styles.

### **Debra Spotts: Chair Yoga @ FSC, Morning Flow Yoga**

Debra is certified as an E-RYT 200 Registered Yoga Teacher. She is passionate about teaching and sharing her love of yoga for the past 24 years, working at Frederick Yoga studios and Fitness Centers, as well as teaching zoom yoga classes.

### **Debra Tucci Twigg: Chair Yoga @ USC, Inspirational Fitness**

Debra's passion is teaching chair and floor exercise to adults who have limited mobility or need a reintroduction to balance and coordination; insuring safety with the freedom of movement designed to suit each level of ability. Movement is essential to building and sustaining strength and independence in sickness and in health. Her teaching is based on the miracle of the body.

### **Dessi Vandre: Fitness for All**

Dessi, an Arizona native, has called Maryland home for the past 22 years. A mother of five daughters, she brings warmth, energy, and a love of community to her classes. She enjoys spending time outdoors and diving into a good book whenever she can.

### **Joana Bragg: Yin Yang Yoga**

Joana is a registered yoga teacher, a mom, and a volunteer. She teaches in a light-hearted style in settings suited for all abilities. Joana focuses on proper alignment, accessibility, and fun; offering modifications and use of props.

### **Mary Anne Williams: Line Dance**

Mary Anne shares her joy of dancing. Her background as an elementary school teacher gives her the love of teaching and sharing.

### **Miyako Zeng: Gentle Floor Yoga**

Miyako started yoga 28 years ago and became a yoga instructor in 2013. Participants will gain flexibility and build strength. Experience the joy, and the wonder of yoga with Miyako!

### **Nanette Tummers: Strength & Stretch, Functional Fitness: Joy of Movement**

Dr. Nanette Tummers has been inspired to teach, study, research, and practice physical activity for over 40 years especially for the Active Aging community. Nanette has a doctorate in Kinesiology and Health Promotion and is Professor Emeritus at Eastern Connecticut State University. Nanette is an Essentrics Level 2, EnerChi and Yoga Instructor.

### **Nick Contardi: Otago**

Dr. Nick, PT, DPT, is passionate about helping people realize their fullest potential and specializes in helping older adults increase their mobility and improve their balance to reduce the risk of falls.

### **Paul Phillips: Tai Chi with Paul**

Paul, a retired physical fitness teacher, has been practicing and teaching Tai Chi for over 20 years. He is firm believer that Tai Chi not only improves physical health but mental and emotional health as well.

### **Robert Abdinoor: Square Dance**

A long time Square Dancer, Robert led his first square dance activity for the FSC in 2017. His mantra is: "Give me eight able-bodied folks; a decent dance floor; and in 15 minutes, I will have them having the most FUN of their lives." Won't you come join us?

## Policies and Procedures: All Programs

### New Participant Information Form

If you have never participated in a program at one of the Frederick County Senior Centers or with the Virtual 50+ Center, you will need to complete an [Intake Form](#). You may complete and submit this form online. This is a requirement to participate in the programs.

You can find this form on our website [www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50) under the “Registration Information” tab.

### Waiver of Liability

By joining these 50+ Community Center programs, including fitness programs, you acknowledge that there are inherent risks and dangers associated with Frederick County Division of Aging and Independence programs and therefore, you hold Frederick County Government harmless from all claims for injuries, damage, or loss that may result from your participation in these programs.

### Guidelines, Policies, Procedures

By joining these 50+ Community Center programs, you acknowledge that you are aware of and agree to observe the 50 + Community Centers Guidelines, Policies, and Procedures, including the Code of Conduct, as posted in the centers and on the website. [Senior Center Guidelines, Policies & Procedures](#).

### Authorization for use of Photographic Likeness

By submitting your registration you are agreeing to allow Frederick County Division of Aging and Independence to take and utilize photos, slides, and video images for the purpose of promotion and publicizing of the Division’s programs, facilities, and/or events.

### ► Virtual Center Programs (VSC)

These live virtual programs/classes are taught using Zoom. If you need information on accessing Zoom please email: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

We will not be able to provide technical assistance during the programs.

### Internet Connectivity

We will not be able to accommodate anyone who is experiencing internet connectivity issues during a class or program; nor will we be able to issue a refund due to poor connectivity.

### Accessing the Virtual Programs by Phone

If you do not have internet access, you may still access some of our programs using your phone. Please call the Virtual Senior Center, 301-788-1075, for more information.

### Auxiliary Aids and Services

If you need auxiliary aids and services for effective communication or a reasonable modification in programs, services or activities contact the ADA Coordinator at [ADA@FrederickCountyMD.gov](mailto:ADA@FrederickCountyMD.gov) as soon as possible, preferably 10 business days before the activity or event.

### Did you know?

The Division has three “department/teams”.  
The 50+ Community Centers are part of  
Home and Community Connections.

Email us:

[VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)



## **Policies and Procedures: In-Person Participation**

50+ Centers are open for participants choosing to access in-person classes, activities, and services

### **Registration**

1. Participants must pre-register for classes, activities, and other services.
2. Please refer to the “Registration Information” on page 33.
3. Registration for in-person attendance may be limited based on available space.

### **Hours and Schedule of Programs and Activities**

1. The Virtual 50+ Center offers programs Monday through Saturday.
2. Each center will post hours of operation specific to that location.
3. All centers, including the VSC, may be closed on advertised days/dates for the purpose of special events and outdoor programs.
4. All activities/programs will be listed on one monthly calendar and in the quarterly guide.
5. In-person programs may be postponed or canceled without advanced notice.
6. Bonus programs will be announced on the monthly calendar. Please check for additions and changes to the schedule when the calendars are released.

### **While at the Center**

1. Participants are responsible for securing their own transportation to/from the center for activities.
2. Participants may provide their own beverages and snacks as appropriate. Beverages should be in a lidded container. Please report spills to center supervisor immediately.
3. A center may offer a box lunch or other meal in conjunction with a scheduled program. These ‘lunch and learn’ events may include options to participate without meal service or bring your own.
4. Please see page 18 for information about the Lunch Bunch program.
5. All existing senior center policies and procedures remain in effect. Any discrepancies will be reviewed and revised by Division’s management team.

### **Hybrid Programs (simultaneously in-person and virtual)**

1. Opportunities may be available for participants to view/participate in our Virtual programs on a large screen at one or more of the 50+ Centers. These hybrid programs will be listed on the monthly calendar of activities. All fees and VSC registrations are still applicable.
2. If a program is not offered at your local center, please discuss with the center supervisor. It may be possible to add the hybrid option.

### **Attendance and Fees**

1. Fees must be paid in full to complete registration.
2. Fees are not prorated for late registration.
3. There are no refunds for absences or cancellations for fee-based in-person, hybrid or virtual programs if a participant is unable to attend due to health, weather, postponement, cancellation or other causes.

## Registration Information

**Registration opens at 9:00 a.m. on Friday, December 12, 2025.**

**Classes and Programs begin the week of January 5. See program description for exact date.**

### ► Free Programs

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

Email: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov) or  
Call one of the centers (you may need to leave a message)

Be sure to include:

Your Name, Email Address (required, if you are registering for a virtual program)  
Phone Number, Names, Dates & Locations of Classes/Programs you want to attend

### 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

Registration must be received by the **“Register by” date**.

If there isn't a date listed, registration must be received at **least two business days** before program.

Payment must be included with registration (credit card or check).

Payment is non-refundable.

### Credit/Debit Card: Online

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

- Once on the website, locate the “50+ Community Programs”
- Then click on the program you want and add to your shopping cart.

### Check: Drop-Off

- Make check payable to “Frederick County Treasurer”
- Complete the registration forms on pages 35-43.  
Include: Your Name, Email Address, Phone Number, and  
the Names, Dates, & Locations of Classes/Programs you want to attend
- 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 entrance door)  
1440 Taney Avenue, Frederick, MD 21702 or at the Emmitsburg Senior Center  
(located inside the building in the hallway near the double doors to the center).



### ► Virtual Hybrid Programs

- Instructors are virtual. Classes are broadcast on a large screen at the center.
- Space is limited for in-person participation.  
Priority will be given to participants who do not have internet access at home.
- When registering, please indicate if you wish to attend the program in-person.
- There are no refunds for absences or cancellations for fee-based virtual hybrid programs if a participant is unable to attend in-person at a senior center due to weather conditions, postponement, cancellation, or other causes.

### Donations in Support of Free Programs

If you would like to make a monetary donation to support the free programs please visit our eStore:  
<http://frederickcountymd-gov.3dcartstores.com>

Once on the web page look near the top for  
“50+ Community Programs”

Click on the button  
“Donating to the Virtual Center”  
and add the dollar amount of your donation to  
your shopping cart.

## Meet the 50+ Community Center Staff & Contact Information

**Caitlyn Kirby** has been the Emmitsburg Supervisor since the beginning of 2022. She has a BS in Family & Human Services. Caitlyn enjoys spending time with her husband, son, and dogs.

**Cathy Barnes** has been the Brunswick Supervisor for over 34 years. She is a wife, proud mother of two, and grandmother of 3 boys. She has lived in Brunswick for most of her life. She enjoys crafts, needlework, sewing, and working in her flower gardens.

**Dara Markowitz** has been the Frederick Supervisor since 2016. She has a BA in Psychology and Masters in Social Work. She loves creative programming and building community through the exchange of ideas. Given half a chance, Dara will talk endlessly about genealogy, books, or her three children.

**Ingrid Sanders**, a Center Assistant, enjoys spending time with seniors. She graduated from Indonesian University of Education with a Bachelor of Education in English Education. Her hobbies include cooking, learning languages, and enjoying time with her husband and cat.

**Jackie Mayne**, a Center Assistant, has been working for Frederick County for over 3 years.

**Kimberly Quick** is the new Middletown Supervisor. She has a degree in education, and experience creating and leading recreation and educational programs. Kim values the wisdom and appreciation of older adults. She's a mom, a runner, reader, coach, life-long learner of random things, and a self-taught knitter!

**Lori Littrell**, a Senior Center Assistant, previously taught elementary school. Lori loves spending time with her daughter. She enjoys zumba, yoga, cooking and gardening. Lori appreciates and is impressed with the wonderful variety of activities the 50+ Community Centers offer.

**Lynne Fong Sam**, a Senior Center Assistant, has volunteered at the Frederick Center for over two years. She has two adult sons. She lives in Walkersville with her husband, Peter. Lynne enjoys doing all types of crafting, baking, reading and volunteering.

**Michael Poist**, the Virtual Senior Center Supervisor, is a dedicated activities professional. Holding a degree in Communications he combines his technical skills with a passion for service. Michael enjoys singing, being creative, and spending quality time with his wife and family.

**Richard Poole**, a Center Assistant, has worked in the human services field for over 30 years. He has a degree in psychology. Richard's hope is to provide assistance in a meaningful way. His favorite hobby continues to be his family.

**Susan Hofstra**, the Urbana Supervisor since the center opened in 2006, has a Masters in Recreation and Leisure Studies. Susan is happy to be part of a community of older adults who enjoy staying active and broadening their horizons. She enjoys spending time with her sons and their families, as well as being outdoors in nature.

### Brunswick Center (BSC)

**Cathy Barnes, Supervisor**

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

[CBarnes@FrederickCountyMD.gov](mailto:CBarnes@FrederickCountyMD.gov)

### Emmitsburg Center (ESC)

**Caitlyn Kirby, Supervisor**

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

[CKirby@FrederickCountyMD.gov](mailto:CKirby@FrederickCountyMD.gov)

### Frederick Center (FSC)

**Dara Markowitz, Supervisor**

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

[DMarkowitz@FrederickCountyMD.gov](mailto:DMarkowitz@FrederickCountyMD.gov)

Senior Center Assistants Desk  
301-600-6042

### Middletown Center (MSC)

**Kimberly Quick, Supervisor**

101 Prospect Street, Middletown, MD 21769  
301-600-3613

[MiddletownSeniorCenter@FrederickCountyMD.gov](mailto:MiddletownSeniorCenter@FrederickCountyMD.gov)

### Urbana Center (USC)

**Susan Hofstra, Supervisor**

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

[SHofstra@FrederickCountyMD.gov](mailto:SHofstra@FrederickCountyMD.gov)

### Virtual Center (VSC)

**Michael Poist, Supervisor**

301-788-1075

[VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

### Division of Aging & Independence

1440 Taney Avenue, Frederick, MD 21702  
301-600-1234

[DAI@FrederickCountyMD.gov](mailto:DAI@FrederickCountyMD.gov)

## Special Events & Special Lunch Bunch Meals

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

Use this form to pay by check: drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

To pay by credit card visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

To register for a free program email us: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

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

Email Address \_\_\_\_\_

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

Event	Date	Location	Price	Total
Pasty Cline, Tribute Artist	Thurs, Feb. 5, 1:00 p.m.	Emmitsburg	Free	
Valentine Tea @ Middletown	Thurs, Feb. 12, 2:00 p.m.	Middletown	\$6	
Making of a Musical @ Frederick	Fri, Feb. 13, 1:00 p.m.	Frederick	\$1 @ door	
Valentine Tea Tasting @ Emmitsburg	Fri, Feb. 13, 11:00 a.m.	Emmitsburg	\$2 @ door	
Retro Valentine Celebration @ Urbana	Fri, Feb. 13, 10:30 a.m.	Urbana	\$2 @ door	
Monthly Dinner Dance @ Brunswick Eagles	Thurs, Jan. 8, 2-5 p.m. Thurs, Feb. 12, 2-5 p.m. Thurs, Mar. 12, 2-5 p.m.	Hosted by Brunswick	\$17 per date	
Bingo Fun @ Brunswick Eagles	Thurs, Mar. 5, 10 a.m.-1 p.m.	Hosted by Brunswick	\$10 lunch cost	
Cabin Fever Day Event	Tues, Mar. 31, 10 a.m.-1:30 p.m.	Brunswick	\$7	
All Day Chinese Mah-Jong	Fri, Jan. 2, 10 a.m.-3 p.m.	Urbana	Free	
Winter/Cabin Fever Luncheon	Thurs, Jan. 15, Noon	BSC, FSC, USC	\$6 suggested donation	
Valentine's Luncheon	Fri, Feb. 13, Noon	BSC, ESC, FSC, USC	\$6 suggested donation	
St. Patrick's Luncheon	Tues, Mar. 17, Noon	BSC, ESC, FSC, USC	\$6 suggested donation	
Make checks payable to "Frederick County Treasurer"			Grand Total	

Office Use Only: Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Day Trips

**Registration opens Friday, Dec. 12, 9:00 a.m.**

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

**Use this form to pay by check:** drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

**To pay by credit card** visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

**To register for a free program** email us: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

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

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

Email Address \_\_\_\_\_

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

Trip	Date	Location	Price	Total
Trip: <b>Gettysburg: Dorothea's Gallery</b>	Wed, Jan. 7 10:30 a.m.-2:00 p.m.	Leave from <b>Emmitsburg</b>	\$5 Bring \$ for lunch	
Trip: <b>Hagerstown: Culinary Trip</b>	Thurs, Feb. 19 10:00 a.m.-2:30 p.m.	Leave from <b>Emmitsburg</b>	\$10 Bring \$ for lunch	
Trip: <b>Catoctin Mountain Park Nature Walk</b>	Thurs, Mar. 19 10:30 a.m.-2:00 p.m.	Leave from <b>Emmitsburg</b>	\$5 Bring your lunch	
Trip: <b>Movie: Warehouse Cinemas</b>	Wed, Mar. 18 10:00 a.m.-2:00 p.m.	<b>Circle One:</b> Leave from BSC Leave from ESC	\$20 Bring \$ for extra concessions	
Trip: <b>Baltimore Museum of Art</b>	Fri, Jan. 23 8:30 a.m.-3:30 p.m.	Leave from <b>Frederick</b>	\$40 Bring your lunch or \$ for lunch	
Trip: <b>Rawlings Conservatory</b>	Fri, Feb. 27 9:30 a.m.-3:30 p.m.	Leave from <b>Frederick</b>	\$30 Bring \$ for lunch	
Trip: <b>Rock of Ages: Toby's Dinner Theatre</b>	Sun, Mar. 8 9:30 a.m.-4:30 p.m.	Leave from <b>Frederick</b>	\$105 Lunch included	
Trip: <b>Josiah Henson Museum &amp; Park</b>	Fri, Mar. 27 8:30 a.m.-3:30 p.m.	Leave from <b>Frederick</b>	\$30 Bring \$ for lunch	
<b>Make checks payable to "Frederick County Treasurer"</b>			<b>Grand Total</b>	

**Office Use Only:** Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Being Creative

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the 50+ Community Senior Center Code of Conduct**

Use this form to pay by check: drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

To pay by credit card visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

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

Email Address \_\_\_\_\_

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

Classes/Programs	Date	Location	Price	Total
Landscape: Watercolor	Tues, Feb. 24, 10:30 a.m.	Brunswick	\$5	
Checky Snowman: Acrylics	Wed, Jan. 14, 5:00 p.m.	Brunswick	\$5	
Hearts & Bows Floral	Thurs, Feb. 5, 1:30 p.m.	Brunswick	\$5	
Wildlife Portrait: Pencil	Tues, Feb. 10, 1:00-3:00 p.m.	Emmitsburg	\$15	
Spring Flowers: Watercolor	Tues, Mar. 24, 1:00-3:00 p.m.	Emmitsburg	\$15	
Stained-Glass Open Lab	Mon, 10:00 a.m.-3:00 p.m.	Emmitsburg	\$5/day	
Drawing	Mon, Jan. 12 (3-wks), 9:30-11:30 a.m.	Frederick	\$30	
Spring Theme: Acrylics	Mon, Feb. 16 (2-wks), 9:30-11:30 a.m.	Frederick	\$25	
Seasonal Watercolor	Mon, Mar. 9 (4-wks), 9:30-11:30 a.m.	Frederick	\$40	
Needle Felting: Penguins	Mon, Jan. 26, 1:30-3:30 p.m.	Frederick	\$10	
Needle Felting: Charms	Mon, Feb. 16, 1:30-3:30 p.m.	Frederick	\$10	
Needle Felting: Coasters	Mon, Feb. 16, 1:30-3:30 p.m.	Frederick	\$10	
Asian Ink & Brushwork: An Overview	Tues, Jan. 13, 2:00-3:00 p.m.	Urbana	Free	
Asian Ink & Brushwork: A Hands-on Experience	Wed, Jan. 28, 1:00-3:00 p.m.	Urbana	\$5	
Winter Hat Door Hanger	Tues, Jan. 6, 1:30-3:00 p.m.	Urbana	\$12	
Drawing/Illustration Class	Tues, ongoing, 4:00-5:00 p.m.	Virtual	Free	
Golden Tones Chorus	Mon, Jan. 5 (11-wks), 2:00-3:30 p.m.	Frederick	\$50	
Music Basics	Mon, Jan. 5 (4-wks), 10:00-11:00 a.m.	Frederick	\$20	
Singing Basics	Mon, Feb. 16 (4-wks), 10:00-11:00 a.m.	Frederick	\$20	
Choral Singing Basics	Mon, Mar. 23 (4-wks), 10:00-11:00 a.m.	Frederick	\$20	
<b>Make checks payable to "Frederick County Treasurer"</b>			<b>Grand Total</b>	

**Office Use Only:** Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Being Creative

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the 50+ Community Senior Center Code of Conduct**

**Use this form to pay by check:** drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

**To pay by credit card** visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

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

Email Address \_\_\_\_\_

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

Event/Program	Date	Location	Price	Total
Writing Family History II	Wed (Jan-Mar), 10:30-11:30 a.m.	Frederick, Virtual	Free	
Writing Family History I - Intro	Tues, Mar 3 (4-wks), 10:00-11:00 a.m.	Virtual	Free	
Crafting with Cathy @ Brunswick	Beaded Bracelet: Thurs, Jan. 15, 1:00 p.m. Rag Wreath: Thurs, Feb. 19, 1:00 p.m. Key Chain: Thurs, Mar. 26, 1:00 p.m.	Brunswick	\$5 per session	
Craft & Conversation @ Emmitsburg	Bird Feeders: Wed, Jan. 14, 11:00 a.m. Tea Cup Scene: Wed, Feb. 11, 11:00 a.m. Resin Earrings: Wed, Mar. 11, 11:00 a.m.	Emmitsburg	\$2-Jan. 14 \$5-Feb. 11 \$5-Mar. 11	
Crafting with Lynne @ Frederick	Dream Journals: Wed, Jan. 14, 10:00 a.m. Paper Flowers: Wed, Feb. 11, 10:00 a.m. Bird House: Wed, Mar. 11, 10:00 a.m.	Frederick	\$5 per session	
Craft & Conversation @ Urbana	Snowmen: Tues, Jan. 20, 1:30 p.m. Photo Holders: Tues, Feb. 17, 1:30 p.m. Planters: Tues, Mar. 24, 1:30 p.m.	Urbana	\$5 per session	
Upcycle Crafts @ Middletown	Fingerless Gloves: Thurs, Jan. 8, 1:00 p.m. Valentine Favors: Tues, Feb. 3, 1:00 p.m. Wall Hanging: Thurs, Mar. 12, 1:00 p.m.	Middletown	Donation @ door	
Dollar Craft Day @ Emmitsburg	3rd Tuesday, 11:00 a.m.	Emmitsburg	\$1 @ door	
Diamond Dot Fun	Wednesdays, 1:00-3:00 p.m.	Brunswick	\$2 per item pay @ door	
Crafts with Michelle	Snowman: Tues, Jan. 27, 10:30 a.m. Cork Heart: Tues, Feb. 17, 10:30 a.m. Windchime: Tues, Mar. 17, 10:30 a.m.	Brunswick	\$1 per session pay @ door	
Make checks payable to "Frederick County Treasurer"			Grand Total	

**Office Use Only:** Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Expanding Your Horizons

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

**Use this form to pay by check:** drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

**To pay by credit card** visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

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

Email Address \_\_\_\_\_

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

Event/Program	Date	Location	Price	Total
Falls are Not Normal	Tues, Jan. 27, 1:00 p.m.	Middletown	Free	
Falls are Not Normal	Wed, Mar. 4, 1030 a.m.	Emmitsburg	Free	
Author Talk: Camp David	Thurs, Jan. 15, 1:00 p.m.	Frederick	Free	
Volunteer Opportunities	Wed, Jan. 21, 1:00 p.m.	Frederick	Free	
Egyptian Solar Religion	Wed, Jan. 28, 1:00 p.m.	Frederick	Free	
Great Decisions	Mon, Feb. 2 (8-wks), 10:00 a.m.	Frederick, Virtual	\$5 plus book	
Gallery Talk & Reception	Tues, Feb. 3, 1:00 p.m.	Frederick	\$1 @ door	
Tech Troubleshooting	Wed, Feb. 4, 1:00 p.m.	Frederick	Free	
Telling Stories: Chocolate	Tues, Feb. 10, 1:30 p.m.	Frederick	Free	
Audubon Society	Tues, Mar. 17, 1:00 p.m.	Frederick	Free	
Assistive Devices	Wed, Jan. 7, 1:30 p.m.	Urbana, Virtual	Free	
Potomac Ferries	Wed, Jan. 14, 1:00 p.m.	Urbana	\$5	
Armchair Travel: Sicily	Wed, Jan. 21, 1:00 p.m.	Urbana, Virtual	Free	
Clothing Choices	Wed, Feb. 4, 1:30 p.m.	Urbana	Donation @ Door	
Voices of Woodlawn	Tues, Feb. 10, 1:30 p.m.	Urbana	\$5	
Indonesian Language	Wed, Feb. 11, 1:30 p.m.	Urbana	Free	
Colonial Taverns	Tues, Mar. 10, 1:30 p.m.	Urbana	\$5	
NPS: America's Best Idea	Wed, Feb. 18 (6-wks), 1:00 p.m.	Urbana	Free	
AARP Driver Safety	Thurs, Mar. 26, 9:45 a.m.-3:00 p.m. Fri, Mar. 27, 9:45 a.m.-3:00 p.m.	3/26 Emmitsburg 3/27 Frederick	\$20-25	Pay at class
Make checks payable to "Frederick County Treasurer"			Grand Total	

Office Use Only: Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Living Healthy

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

**Use this form to pay by check:** drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

**To pay by credit card** visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

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

Email Address \_\_\_\_\_

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

Program	Date	Circle Location	Price	Total
Hope and Resilience: Healthy Minds Series <b>Understanding Depression &amp; the Aging Brain</b> Presenter @ Frederick	Mon, Jan. 12, 11:00 a.m.	@ Frederick Virtual/Hybrid @ BSC, ESC, MSC, USC, VSC	Free	
Hope and Resilience: Healthy Minds Series <b>Self-Care &amp; Suicide Prevention in Older Adults</b> Presenter @ Emmitsburg	Mon, Feb. 9, 11:00 a.m.	@ Emmitsburg Virtual/Hybrid: BSC, FSC, MSC, USC, VSC	Free	
Hope and Resilience: Healthy Minds Series <b>Community Resources &amp; Communication Strategies</b> Presenter @ Middletown	Mon, Mar. 9, 11:00 a.m.	@ Middletown Virtual/Hybrid: BSC, ESC, FSC, USC, VSC	Free	
<b>Blood Pressure Checks &amp; Safety Presentations</b> with Frederick County Fire & Rescue	<b>Brunswick:</b> 1st Tues, 11:00 a.m. <b>Emmitsburg:</b> 2nd Mon, 12:30 p.m. <b>Frederick:</b> 3rd Thurs, 11:15 a.m. <b>Middletown:</b> 3rd Wed, 10:30 a.m. <b>Urbana:</b> 2nd Thurs, 11:00 a.m.	Drop-in	Free	
<b>Simple Wills</b> with Maryland Legal Aid	<b>Brunswick:</b> Mar. 18, 1:00 p.m. <b>Emmitsburg:</b> Feb. 18, 1:00 p.m. <b>Frederick:</b> Mar. 23, 1:00 p.m. <b>Middletown:</b> Jan. 21, 1:00 p.m. <b>Urbana:</b> Feb. 23, 12:30 p.m.	Drop-in Pre-registration preferred	Free	
<b>Intake Clinic</b> with Maryland Legal Aid	<b>Brunswick:</b> Mar. 18, 2:00 p.m. <b>Emmitsburg:</b> Feb. 18, 2:00 p.m. <b>Frederick:</b> Jan. 12, 1:00 p.m. <b>Frederick:</b> Mar. 23, 2:00 p.m. <b>Middletown:</b> Jan. 21, 2:00 p.m. <b>Urbana:</b> Feb. 23, 1:30 p.m.	Drop-in no appointment or registration required	Free	
<b>Make checks payable to "Frederick County Treasurer"</b>			<b>Grand Total</b>	

**Office Use Only:** Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Living Healthy

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

**Use this form to pay by check:** drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

**To pay by credit card** visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

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

Email Address \_\_\_\_\_

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

Program	Date	Location	Price	Total
<b>Weis Nutrition Talks</b> Jan: Building a Better Breakfast Feb: Improve Cholesterol Mar: Brain Health	Tues, Jan. 27, 1:00 p.m. Tues, Feb. 24, 1:00 p.m. Tues, Mar. 31, 1:00 p.m.	<b>Brunswick, Virtual</b>	Free	
<b>Whip It Up Wednesdays</b> Jan: Dessert Trifle Feb: Stuffed Peppers Mar: Hummus	Wed, Jan. 21, 11:00 a.m. Wed, Feb. 18, 11:00 a.m. Wed, Mar. 18, 11:00 a.m.	<b>Emmitsburg</b>	\$6 per session	
<b>Cooking &amp; Eating on a Budget</b>	Tues, Mar. 17, 11:00 a.m.	<b>Emmitsburg</b>	Free	
<b>Beating Back the Winter Blues: Resilience &amp; Self-Care</b>	Mon, Jan. 26, 11:00 a.m.	<b>Frederick</b>	Free	
<b>Simple Cooking with Heart</b>	Fri, Jan. 23, Feb. 27, Mar. 27 (3-wks) 10:30 a.m.-12:30 p.m.	<b>Frederick</b>	\$10	
<b>Vitamin D &amp; Sun</b>	Thurs, Feb. 19, 11:00 a.m.	<b>Frederick</b>	Free	
<b>Cooking &amp; Eating on a Budget</b>	Thurs, Mar. 19, 11:00 a.m.	<b>Frederick</b>	Free	
<b>Healthy Snacks: Hands-on Cooking Experience</b>	Tues, Mar. 3, 1:00 p.m.	<b>Middletown</b>	\$6	
<b>Broth, Soups &amp; Stews for Winter Wellness</b>	Tues, Feb. 10, 11:30 a.m.	<b>Middletown</b>	Free	
<b>Cranberry Cream Cheese Pinwheels</b>	Tues, Feb. 3, 1:30-3:00 p.m.	<b>Urbana</b>	\$6	
<b>Indoor Plants &amp; Wellness</b>	Tues, Feb. 24, 1:30-2:30 p.m.	<b>Urbana</b>	Free	
<b>Make checks payable to "Frederick County Treasurer"</b>			<b>Grand Total</b>	

Office Use Only: Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Fitness Classes

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

**Use this form to pay by check:** drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

**To pay by credit card** visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

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

Email Address \_\_\_\_\_

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

Fitness Classes	Date	Location	Price	Total
<b>In-Person Only Fitness Classes</b> (Attend in-person) All-Access Virtual Pass is <b>not</b> valid for these classes <b>Virtual/Hybrid Fitness Classes:</b> classes are via Zoom @ home & *hybrid @ select centers				
Chair Yoga (Mon @ Frederick)	Mondays, 12:15 p.m.	Frederick	\$35	
Chair Yoga (Mon @ Virtual)	Mondays, 12:15 p.m.	Virtual only	\$35	
Chair Yoga (Wed @ Frederick)	Wednesday, 10:45 a.m.	Frederick	\$35	
Chair Yoga (Wed @ Virtual)	Wednesday, 10:45 a.m.	Virtual	\$35	
Chair Yoga (Tues @ Frederick)	Tuesdays, 11:30 a.m.	Frederick	\$35	
Chair Yoga (Tues @ Virtual)	Tuesdays, 11:30 a.m.	Virtual only	\$35	
Chair Yoga (Thurs @ Frederick)	Thursday, 11:30 a.m.	Frederick	\$35	
Chair Yoga (Thurs @ Virtual)	Thursday, 11:30 a.m.	Virtual only	\$35	
Chair Yoga @ Emmitsburg	Mondays, 1:00 p.m.	Emmitsburg	\$35	
Chair Yoga @ Urbana	Wednesdays, 11:30 a.m.	Urbana	\$35	
Floor Yoga: Gentle	Tuesdays, 2:30 p.m.	Frederick	\$35	
Floor Yoga: Gentle	Tuesdays, 2:30 p.m.	Virtual only	\$35	
Floor Yoga: Gentle	Thursdays, 4:30 p.m.	Frederick	\$35	
Floor Yoga: Gentle	Thursdays, 4:30 p.m.	Virtual only	\$35	
Morning Flow Yoga	Tuesdays, 8:00 a.m.	Virtual	\$35	
Yin Yang Yoga	Fridays, 8:00 a.m.	Virtual	\$35	
Inspirational Fitness	Thursdays, 8:00 a.m.	Virtual	\$35	
Meditation & Movement	Mondays, 11:10 a.m.	Frederick	\$35	
Meditation & Movement	Mondays, 11:10 a.m.	Virtual only	\$35	
Tai Chi with Cain: Level 1	Wednesdays, 1:45 p.m.	Frederick	\$35	
Tai Chi with Cain: Level 2	Wednesdays, 3:00 p.m.	Frederick	\$35	
Tai Chi with Paul: Level 1	Fridays, 2:30 p.m.	Middletown	\$35	
Tai Chi with Paul: Level 2	Fridays, 1:30 p.m.	Middletown	\$35	
<b>Make checks payable to "Frederick County Treasurer"</b>			<b>Grand Total</b>	

**Office Use Only:** Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Fitness Classes

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

**Use this form to pay by check:** drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

**To pay by credit card** visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

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

Email Address \_\_\_\_\_

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

Fitness Classes	Date	Circle Location	Price	Total
<b>In-Person Only Fitness Classes</b> (Attend in-person) All-Access Virtual Pass is <b>not</b> valid for these classes <b>Virtual/Hybrid Fitness Classes:</b> classes are via Zoom @ home & *hybrid @ select centers				
*All-Access Virtual Pass (valid for all virtual & hybrid classes)	January-March 2026	Virtual & *Hybrid	\$65	
Strength & Stretch	Tuesdays, 9:00 a.m.	Frederick	\$35	
Strength & Stretch	Tuesdays, 9:00 a.m.	Virtual only	\$35	
Strength & Stretch: Hybrid	Tuesdays, 9:00 a.m.	*Brunswick Hybrid	\$35	
Strength & Stretch	Tuesdays, 10:15 a.m.	Frederick	\$35	
Strength & Stretch	Tuesdays, 10:15 a.m.	Virtual only	\$35	
Strength & Stretch	Thursdays, 9:00 a.m.	Frederick	\$35	
Strength & Stretch	Thursdays, 9:00 a.m.	Virtual	\$35	
Strength & Stretch: Hybrid	Thursdays, 9:00 a.m.	*Brunswick Hybrid	\$35	
Strength & Stretch	Thursdays, 10:15 a.m.	Frederick	\$35	
Strength & Stretch	Thursdays, 10:15 a.m.	Virtual only	\$35	
Fitness for All	Tuesdays, 12:45 p.m.	Frederick	\$35	
Functional Fitness: Joy of Movement	Wednesdays, 9:30 a.m.	Frederick	\$35	
Functional Fitness: Joy of Movement	Wednesdays, 9:30 a.m.	Virtual only	\$35	
Line Dance @ Brunswick	Mondays, 10:00 a.m.	Brunswick	\$35	
Line Dance @ Urbana	Tuesdays, 12:30 p.m.	Urbana	\$35	
Line Dance @ Middletown	Wednesdays, 10:00 a.m.	Middletown	\$35	
Line Dance @ Frederick	Thursdays, 12:45 p.m.	Frederick	\$35	
Square Dance	Mondays, 1:00 p.m.	Frederick	\$35	
Zumba Gold	Wednesdays, 12:30 p.m.	Frederick	\$35	
Otago Balance/Fall Prevention	Tuesdays, 10:00 a.m.	Middletown	Free	
Otago Balance/Fall Prevention	Thursdays, 1:00 p.m.	Urbana	Free	
<b>Make checks payable to "Frederick County Treasurer"</b>			<b>Grand Total</b>	

**Office Use Only:** Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_