

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.

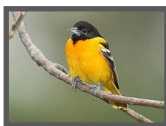


Audubon Society of MD

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

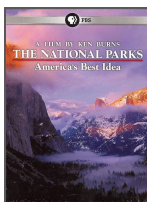
Frederick Free, pre-register
Tuesday, Mar. 17, 1:00-2:00 p.m.



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

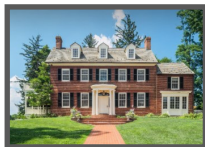
This program discusses the history of Woodlawn Manor Cultural Park as a location in continuous use since its founding over 200 years ago. From the site of a boarding school to a Quaker plantation with an enslaved population, and the current operations with Montgomery Parks, many different voices have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

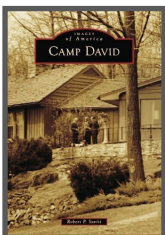


Expanding Your Horizons

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.

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 _____