



50+ Community Centers • Winter 2026

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

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	

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Day Trips

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

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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
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Being Creative

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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	
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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	
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Living Healthy

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Program	Date	Circle Location	Price	Total
Hope and Resilience: Healthy Minds Series Understanding Depression & the Aging Brain Presenter @ Frederick	Mon, Jan. 12, 11:00 a.m.	@ Frederick Virtual/Hybrid @ BSC, ESC, MSC, USC, VSC	Free	
Hope and Resilience: Healthy Minds Series Self-Care & Suicide Prevention in Older Adults Presenter @ Emmitsburg	Mon, Feb. 9, 11:00 a.m.	@ Emmitsburg Virtual/Hybrid: BSC, FSC, MSC, USC, VSC	Free	
Hope and Resilience: Healthy Minds Series Community Resources & Communication Strategies Presenter @ Middletown	Mon, Mar. 9, 11:00 a.m.	@ Middletown Virtual/Hybrid: BSC, ESC, FSC, USC, VSC	Free	
Blood Pressure Checks & Safety Presentations with Frederick County Fire & Rescue	Brunswick: 1st Tues, 11:00 a.m. Emmitsburg: 2nd Mon, 12:30 p.m. Frederick: 3rd Thurs, 11:15 a.m. Middletown: 3rd Wed, 10:30 a.m. Urbana: 2nd Thurs, 11:00 a.m.	Drop-in	Free	
Simple Wills with Maryland Legal Aid	Brunswick: Mar. 18, 1:00 p.m. Emmitsburg: Feb. 18, 1:00 p.m. Frederick: Mar. 23, 1:00 p.m. Middletown: Jan. 21, 1:00 p.m. Urbana: Feb. 23, 12:30 p.m.	Drop-in Pre-registration preferred	Free	
Intake Clinic with Maryland Legal Aid	Brunswick: Mar. 18, 2:00 p.m. Emmitsburg: Feb. 18, 2:00 p.m. Frederick: Jan. 12, 1:00 p.m. Frederick: Mar. 23, 2:00 p.m. Middletown: Jan. 21, 2:00 p.m. Urbana: Feb. 23, 1:30 p.m.	Drop-in no appointment or registration required	Free	
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Program	Date	Location	Price	Total
Weis Nutrition Talks 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.	Brunswick, Virtual	Free	
Whip It Up Wednesdays 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.	Emmitsburg	\$6 per session	
Cooking & Eating on a Budget	Tues, Mar. 17, 11:00 a.m.	Emmitsburg	Free	
Beating Back the Winter Blues: Resilience & Self-Care	Mon, Jan. 26, 11:00 a.m.	Frederick	Free	
Simple Cooking with Heart	Fri, Jan. 23, Feb. 27, Mar. 27 (3-wks) 10:30 a.m.-12:30 p.m.	Frederick	\$10	
Vitamin D & Sun	Thurs, Feb. 19, 11:00 a.m.	Frederick	Free	
Cooking & Eating on a Budget	Thurs, Mar. 19, 11:00 a.m.	Frederick	Free	
Healthy Snacks: Hands-on Cooking Experience	Tues, Mar. 3, 1:00 p.m.	Middletown	\$6	
Broth, Soups & Stews for Winter Wellness	Tues, Feb. 10, 11:30 a.m.	Middletown	Free	
Cranberry Cream Cheese Pinwheels	Tues, Feb. 3, 1:30-3:00 p.m.	Urbana	\$6	
Indoor Plants & Wellness	Tues, Feb. 24, 1:30-2:30 p.m.	Urbana	Free	
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Fitness Classes

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Fitness Classes	Date	Location	Price	Total
In-Person Only Fitness Classes (Attend in-person) All-Access Virtual Pass is not valid for these classes Virtual/Hybrid Fitness Classes: 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	
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Fitness Classes	Date	Circle Location	Price	Total
In-Person Only Fitness Classes (Attend in-person) All-Access Virtual Pass is not valid for these classes Virtual/Hybrid Fitness Classes: 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	
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