

Frederick County 50+ Community Centers

January 2026 Programs & Activities

Programs offered every week

For program descriptions and more information, please visit our website www.FrederickCountyMD.gov/virtual50

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Noon Lunch Bunch @ ESC 9:00 \$ Men's Coffee @ Wegman's 10:00 \$ Stained-Glass Lab @ ESC 10:00 Game Time @ ESC, USC 10:00 Chinese Mah Jong @ FSC Noon Film Club @ FSC @ VSC 12:30 Wii Bowling @ MSC 12:30 Bridge @ USC 12:30 Movie Monday @ BSC 1:00 Rummikub @ MSC 1:00 Board Games @ USC 1:15 Pinochle @ FSC 2:00 TOPS @ FSC 2:00 \$ Golden Tones @ FSC 2:30 Trivia w/ a Twist @ VSC 2:30 Knit/Crochet @ BSC	Noon Lunch Bunch @ BSC 10:00 Game Time @ ESC, USC 10:00 Yarn Arts Group @ FSC Noon TED Talk @ FSC @ VSC 1:00 Canasta @ FSC 1:00 American Mah Jong @ FSC 1:00 Board Games @ ESC, BSC 1:00 Coloring @ ESC 1:00 Game Time @ BSC 4:00 Drawing Class @ VSC	Noon Lunch Bunch @ FSC 9:00 Bridge @ FSC 10:00 Game Time @ BSC, ESC 10:00 Coffee & Chit-Chat @ ESC 10:30 Writing Family History II @ FSC, VSC 11:00 Pinochle @ MSC 12:30 Chinese Mah Jong @ MSC 12:30 Scrapbook Studio @ FSC 1:00 Rummikub @ FSC 1:00 Chess: Open Play @ USC 1:00 \$ Diamond Dot Fun @ BSC 1:00 Open Wii Bowling @ BSC 2:00 Cards @ BSC	Noon Lunch Bunch @ USC 9:30 Quilting @ FSC 10:00 Cards/Games @ ESC, USC 10:00 Bingo @ BSC 10:00 Backgammon @ FSC 10:30 Knit/Crochet @ USC, VSC 11:00 Cards/Games @ MSC 1:00 Board Games @ FSC 1:00 Open Art Studio @ FSC 1:00 Chinese Mah Jong @ USC	 10:00 Hand & Foot @ FSC, MSC 11:00 Wii Bowling @ MSC 1:00 Mexican Train @ FSC 2:00 Tech 101 @ FSC	 Computer labs are available at each center. Contact your center for details. Centers may be open for drop-in activities. Centers may be closed for special events and activities. Please contact the centers for details.
8:30 Othello Park Walk @ BSC 9:00 Baker Park Walk @ FSC 9:15 Daily Exercise @ USC, ESC 10:00 Open Gym @ ESC 10:30 Daily Exercise @ USC 11:00 Chair Yoga @ MSC 10:00 \$ Line Dance @ BSC 11:10 \$ Meditation & Movement @ FSC, VSC 12:15 \$ Chair Yoga @ FSC, VSC 1:00 \$ Square Dance @ FSC 1:00 \$ Chair Yoga @ ESC	9:15 Daily Exercise @ USC, ESC 9:45 Chair Yoga @ USC 10:00 Int. Pickleball @ ESC 10:00 Otago @ MSC 10:30 Daily Exercise @ USC 8:00 \$ Flow Yoga @ VSC 9:00 \$ Strength/Stretch @ FSC @ *BSC @ VSC 10:15 \$ Strength/Stretch @ FSC, VSC 11:30 \$ Chair Yoga @ FSC, VSC 12:30 \$ Line Dance @ USC 12:45 \$ Fitness for All @ FSC 2:30 \$ Floor Yoga @ FSC, VSC	9:00 Pickleball @ BSC 9:15 Daily Exercise @ USC, ESC 10:00 Exercise to Video @ BSC 10:30 Daily Exercise @ USC 10:00 Open Gym @ ESC 12:30 Daily Exercise @ ESC 1:00 Pickleball @ ESC	9:15 Daily Exercise @ USC, ESC 9:45 Chair Yoga @ USC 10:30 Daily Exercise @ USC 12:00 Int. Pickleball @ ESC 1:00 Otago @ USC 8:00 \$ Joy of Movement @ FSC, VSC 10:00 \$ Line Dance @ MSC 10:45 \$ Chair Yoga @ FSC, VSC 11:30 \$ Chair Yoga @ USC 12:30 \$ Zumba Gold @ FSC 1:45 \$ Tai Chi Level 1 @ FSC 3:00 \$ Tai Chi Level 2 @ FSC	9:00 Walking @ MSC 10:00 Open Gym @ ESC 1:00 Pickleball @ ESC 8:00 \$ Yin Yang Yoga @ VSC 1:30 \$ Tai Chi 2 @ MSC 2:30 \$ Tai Chi 1 @ MSC	9:00 Pickleball @ BSC Bocce: Mon-Fri Open Court Time by reservation @ FSC

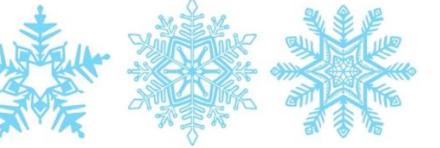
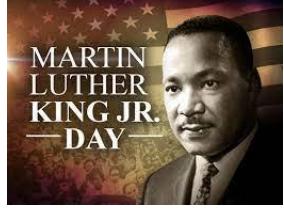
BSC: Brunswick Center ESC: Emmitsburg Center FSC: Frederick Center MSC: Middletown Center USC: Urbana Center VSC: Virtual Center

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Monthly Programs and Special Activities

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Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Color Key Living Healthy Resources Bonus Luncheon	Color Key Connecting With Others Being Creative Expanding Horizons		1 All Centers Closed <i>New Year</i>	2 10:00 All Day Mah-Jong @ USC 11:30 Memory Café @ FSC	3
5 10:00 \$ Music Basics 1/4 @ FSC	6 10:00 Coloring Crafts @ BSC 11:00 Fire Rescue/BP @ BSC 1:30 \$ Winter Door Décor @ USC	7 10:30 \$ Trip: Gettysburg/Gallery Leave from ESC 1:30 Assistive Devices @ USC, VSC 5:00 Open Forum @ VSC	8 11:00 Fire Rescue/BP @ USC 1:00 Book Club @ FSC 1:00 \$ Upcycle Crafts @ MSC 2:00 \$ Dinner Dance @ BSC 2:30 Book Club @ FSC	9 All Centers Closed Staff Development Day 10:30 Medicare Workshop @ Brunswick Library 301-600-1234 to register	10 10:00 Documentary: Antarctica @ VSC
12 9:30 \$ Drawing 1/3 @ FSC 10:00 \$ Music Basics 2/4 @ FSC 11:00 Depression & Aging @ FSC & Hybrid All Centers 12:30 Fire Rescue/BP @ ESC 1:00 Yarn Arts @ MSC 1:00 Legal Aid Intakes @ FSC	13 10:00 \$ Ribbon Bookmark @ BSC 12:30 Birthdays @ BSC 2:00 Asian Ink Overview @ USC	14 10:00 \$ Dream Journal @ FSC 11:00 \$ Bird Feeders @ ESC 1:00 \$ Crossing the River @ USC 5:00 \$ Snowman Acrylic @ BSC	15 10:00 Coffee Hour @ MSC 12:00 Cabin Fever Luncheon @ FSC, USC, BSC 1:00 \$ Beaded Bracelet @ BSC 1:00 Camp David Talk @ FSC	16 10:00 Book Club @ MSC Noon Groceries for Seniors @ FSC	17
19 All Centers Closed 	20 11:00 \$ Dollar Craft Day @ ESC 1:30 \$ Vent Snowman @ USC 1:30 Focus Group @ FSC 4:30 Focus Group @ BSC	21 9:00 Legal Aid Intakes @ MSC 9:00 Focus Group @ Health Dept 10:30 Fire Rescue/BP @ MSC 11:00 \$ Dessert Trifle @ ESC 12:00 Focus Group @ ESC 1:00 Armchair Travel @ USC, VSC 1:00 Vol. Opportunities @ FSC 1:00 Simple Wills @ MSC 3:00 Focus Group @ USC 6:00 Focus Group @ VSC	22 9:00 Focus Group @ New Market Methodist Church 11:15 Fire Rescue/BP @ FSC 12:00 Lunch Out @ BSC 12:00 Trivia & Take-Out @ MSC 12:30 Focus Group @ Walkersville Library 3:00 Focus Group @ VSC 6:00 Focus Group @ Thurmont Library	23 8:30 \$ Day Trip: Baltimore Museum of Art @ FSC 9:00 Focus Group @ MSC 10:30 \$ Cooking w/ Heart @ FSC 11:00 Caregiver Support @ FSC 1:30 Men's Club Movie @ FSC	24 10:00 Documentary: Bonnie & Clyde @ VSC
26 9:30 \$ Drawing 2/3 @ FSC 10:00 \$ Music Basics 3/4 @ FSC 11:00 Beat Winter Blues @ FSC 11:30 Book Club @ USC 12:30 Birthdays @ ESC 1:30 \$ Felting: Penguin @ FSC 2:00 Mystery Bingo @ MSC	27 10:30 \$ Craft w Michelle @ BSC 11:30 Trivia @ BSC 1:00 Falls Aren't Normal @ MSC 1:00 Weis Nutrition @ BSC, VSC 2:00 Book Club @ BSC	28 1:00 \$ Asian Ink/Brushwork: Hands-on @ USC 1:00 Early Egyptian @ FSC	29 2:00 ESC, BSC, USC, MSC Closing for Staff Meeting	30 8:30 \$ Day Trip: Baltimore Museum of Art (2 nd date) @ FSC 11:30 Memory Café @ BSC	31

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 as soon as possible and preferably 10 business days before the activity or event.

You are invited to attend a focus group with MGT this month to share your vision for 50+ Community Centers of the future. Your thoughts are important to guide future senior centers in Frederick County!