



Frederick 50+ Senior Community Center

Jan 2026 Programs & Activities



Website: www.FrederickCountyMD.gov/Virtual50
 Email: VirtualSeniorCenter@FrederickCountyMD.gov

Monday 8:30 - 4:00	Tuesday 8:30 - 4:00	Wednesday 8:30- 4:00	Thursday 8:30- 4:00	Friday 8:30- 4:00
Every Monday Fitness	Every Tuesday Fitness	Every Wednesday Fitness	Every Thursday Fitness	Every Friday Fitness
Open Court Bocce Daily 9:00 Baker Park Walk 11:10 \$ Movement & Meditation 12:15 \$ Chair Yoga with Catherine 1:00 \$ Square Dancing	Open Court Bocce Daily 9:00 \$ Strength & Stretch 10:15 \$ Strength & Stretch 11:45 \$ Chair Yoga with Debra 12:45 \$ Fitness for All 2:30 \$ Gentle Floor Yoga	Open Court Bocce Daily 9:30 \$ Joy of Movement 10:45 \$ Chair Yoga with Catherine 12:30 \$ Zumba Gold 1:45 \$ Tai Chi Level 1 3:00 \$ Tai Chi Level 2	Open Court Bocce Daily 9:00 \$ Strength & Stretch 10:15 \$ Strength & Stretch 11:30 \$ Chair Yoga with Debra 12:45 \$ Line Dance 4:30 \$ Gentle Yoga	Virtual Fitness Only 8:00 \$ Yin Yang Yoga
Every Monday Games 10:00 Chinese Mahjong 1:00 Pinochle 2:00 Chess	Every Tuesday Games 1:00 American Mahjong 1:00 Canasta	Every Wednesday Games 9:00 Bridge 1:00 Rummikub	Every Thursday Games 10:00 Backgammon 1:00 Board Games	Every Friday Games 10:00 Hand, Knee & Foot 1:00 Mexican Train Dominos

Discussion Groups/Classes & January One-Time Specials @ Frederick 50+

Computer Labs Computers are available for you to use. Limited usage time.	<ul style="list-style-type: none"> ◆ You must register for all programs ◆ Programs with an “\$” have a fee ◆ Activities are subject to change 		Closed - Happy New Year!	1 All-Day Open Studio 11:30 Memory Cafe	2				
5	10:00 \$ Music Class 12:00 Film Club 2:00 TOPS 2:00 \$ Golden Tones Chorus	6	10:30 Writing Family History II Noon \$ Lunch Bunch 12:30 Scrapbooking Open Studio	7	9:30 Quilting 1:00 Open Studio - Paint/Draw/Color 1:00 Good Stories Book Club II 2:30 Good Stories Book Club I (2nd TH)	8	Closed - Staff Development	9	
12	9:30 \$ Drawing 10:00 \$ Music Class 11:00 Talk: Depression & the Aging Brain 12:00 Film Club 2:00 TOPS 2:00 \$ Golden Tones Chorus 1-4 pm Legal Aid walk-in clinic	13	10:00 Untangled: A Yarn Arts group Noon Ted Talks	14	10:00 \$ Craft: Dream Journal (2nd W) 10:30 Writing Family History II Noon \$ Lunch Bunch 12:30 Scrapbooking Open Studio	15		16	
19	Closed — Martin Luther King, Jr. Day		20	10:30 Writing Family History II Noon \$ Lunch Bunch 12:30 Scrapbooking Open Studio 1:00 Talk: Volunteer Opportunities	21	9:30 Quilting 1:00 Open Studio - Paint/Draw/Color 1:30 SRC Book Club (4th TH)	22	\$ Day Trip: - Balt. Museum of Art —See Flyer Open Studio \$ Cooking with Heart Hand, Knee & Foot Mexican Train Dominos Friday Flicks w/ Men's Club Tech 101	23
26	9:30 \$ Drawing 10:00 \$ Music Class 11:00 Talk: Beating Back the Winter Blues Noon Film Club 1:30 \$ Needle Felting: Penguins 2:00 TOPS 2:00 \$ Golden Tones Chorus		27	10:30 Writing Family History II Noon \$ Lunch Bunch 12:30 Scrapbooking Open Studio 1:00 Talk: Egyptian Solar Religions 1:00 Rummikub	28	9:30 Quilting 1:00 Open Studio - Paint/Draw/Color	29		
30	All-Day Open Studio 11:00 Caregiver Support Grp (last F) 2:00 Tech 101								

Registration Information

Pre-registration is required for all programs. Programs may be postponed or canceled.

Free Programs

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

Email: VirtualSeniorCenter@FrederickCountyMD.gov or
Call the center: 301-600-3525

Be sure to include:

Your Name, Phone Number, Email Address, and
Names & Dates of Classes and Programs You Want to Take

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 "Registration closes" date.

If there is not a date listed, registration must be received at least two business days before program. **Space is limited for in-person programs.**

Payment must be included with registration. Payment is non-refundable.

Credit/Debit Card: Online

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

Once on the website, located the "Category" box on the left side.

Click on the button for the 50+ Community Programs

Click on the program you want and add the selected program to your shopping cart

Check: Drop-Off (we recommend that you only mail a check if necessary)

Make check payable to "Frederick County Treasurer"

Include: Your Name, Email Address, Phone Number, and

the Names & Dates of Classes and Programs You Want to Take

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!

Virtual Center

Please visit the website to view the Quarterly Activity Guide.

www.FrederickCountyMD.gov/virtual50



Frederick County
Division of Aging & Independence
Offering fitness, enrichment & social opportunities for ages 50+



Frederick 50+ Community Center

January 2026 - Programs & Activities

Highlights

Pre-registration is required for ALL programs.

- Class: Music (4 wks) - Starts 1/5
- Class: Drawing (3 wks) - Starts 1/12
- Talk: Depression and the Aging Brain - 1/12
- Craft: Dream Journal - 1/14
- Winter Special Luncheon - 1/15
- Author Talk: *Camp David* - 1/15
- Volunteer Opportunities - 1/21
- Class: Cooking with Heart - Starts 1/23
- Talk: Beating Back the Winter Blues - 1/26
- Needle Felting: *Penguins* - 1/26
- Archeology Talk: Egyptian Solar Religions - 1/28
- Check Flyers for Day Trips

Dara Markowitz, Supervisor

1440 Taney Avenue Frederick, MD 21702

301-600-3525 or Email: DMarkowitz@FrederickCountyMD.gov

For program descriptions and more information, please visit our website:

Website: www.FrederickCountyMD.gov/virtual50

Registration box: VirtualSeniorCenter@FrederickCountyMD.gov

Follow us on Facebook: [Frederick Senior Center – Frederick County, MD](https://www.facebook.com/FrederickSeniorCenter)

Main Division of Aging & Independence line for Resource Concerns
(i.e Housing, Medicare, Groceries, etc.)

301-600-1234



FREDERICK COUNTY
DIVISION OF
Aging &
Independence