

Craft  
Tues. Jan. 20  
Snowman



# Urbana 50+ Community Center

## January 2026 Programs & Activities

Website: [www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50)  
Email: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Monday Fitness/Exercise</b> <b>9:15 Exercise: Moderate</b> <b>10:30 Exercise: Low Intensity</b>	<b>Tuesday Fitness/Exercise</b> <b>9:15 Exercise: Moderate</b> <b>9:45 Chair Yoga</b> <b>10:30 Exercise: Low Intensity</b> <b>12:30 \$ Line Dance</b>	<b>Wednesday Fitness/Exercise</b> <b>9:15 Exercise: Moderate</b> <b>10:30 Exercise: Low Intensity</b> <b>11:30 \$ Chair Yoga</b>	<b>Thursday Fitness/Exercise</b> <b>9:15 Exercise: Moderate</b> <b>9:45 Chair Yoga</b> <b>10:30 Exercise: Low Intensity</b> <b>1:00 Otago</b>	<b>Programs with a “\$” have a fee. Pre-registration is encouraged. Activities are subject to change.</b>
<b>Color Key</b> <b>Connecting With Others</b> <b>Being Creative</b> <b>Expanding Horizons</b>	<b>Color Key</b> <b>Exercise/Fitness</b> <b>Living Healthy</b> <b>Resources</b>		<b>1</b> Center is Closed	<b>2</b> <b>10:00 All Day Chinese Mah Jong</b>
<b>5</b> <b>12:30 Bridge: Open Play</b>	<b>6</b> <b>1:30 \$ Winter Hat Door Hanger</b>	<b>7</b> <b>1:00 Chess: Open Play</b> <b>1:30 Assistive Devices: “Setup and Safety”</b>	<b>8</b> <b>10:30 Stitching Post: Yarn Arts</b> <b>11:00 Blood Pressure Checks &amp; Safety Presentation</b> <b>Noon Lunch Bunch</b> <b>1:00 Chinese Mah Jong</b>	<b>9</b> Center is Closed  <b>Staff Development Day</b>
<b>12</b> <b>11:00 Healthy Mind Series: Understanding Depression &amp; the Aging Brain</b> <b>12:30 Bridge: Open Play</b>	<b>13</b> <b>2:00 Asian Ink &amp; Brushwork: “An Overview”</b>	<b>14</b> <b>1:00 Chess: Open Play</b> <b>1:30 \$ Montgomery County’s Potomac Ferries</b>	<b>15</b> <b>10:30 Stitching Post: Yarn Arts</b> <b>Noon Winter Lunch Special</b> <b>1:00 Chinese Mah Jong</b>	<b>16</b> Center is Closed  <b>Noon Groceries for Seniors @ Frederick Center</b>
<b>19</b> <b>Center is Closed</b> 	<b>20</b> <b>1:30 \$ Craft &amp; Conversation: “Snowman”</b>	<b>21</b> <b>1:00 Chess: Open Play</b> <b>1:00 Armchair Travel: “Sicily”</b> <b>3:00 Open to all - Focus Group: Regarding the Future of Senior Centers in Frederick County</b>	<b>22</b> <b>10:30 Stitching Post: Yarn Arts</b> <b>Noon Lunch Bunch</b> <b>1:00 Chinese Mah Jong</b>	<b>23</b> \$ Day Trip: <b>Baltimore Museum of Art</b> <b>Open for Drop-in cards, games, exercise, computers</b>
<b>26</b> <b>11:30 Book Club: The Feather Thief</b> <b>12:30 Bridge: Open Play</b>	<b>27</b> <b>2:00 Social for DAI Volunteers</b>	<b>28</b> <b>1:00 \$ Asian Ink &amp; Brushwork: “A Hands-on Experience”</b> <b>1:00 Chess: Open Play</b>	<b>29</b> <b>10:30 Stitching Post: Yarn Arts</b> <b>Noon Lunch Bunch</b> <b>1:00 Chinese Mah Jong</b>	<b>30</b> <b>Open for Drop-in cards, games, exercise, computers</b>

## Registration Information

Pre-registration is encouraged for all programs. Limited space for in-person programs.

If you are a first-time participant, you will need to complete an [Intake/Participant Information form.](#)

## Free Programs

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

Email: [UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov)

Call: 301-600-7020

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>

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

## More Programs

Please visit the website to view the  
Quarterly Activity Guide.

[www.FrederickCountyMD.gov/virtual50](http://www.FrederickCountyMD.gov/virtual50)



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.

## Frederick County Division of Aging and Independence

Offering fitness, enrichment & social opportunities for ages 50+

### Urbana 50+ Community Center

## January 2026 Calendar Programs & Activities

### Program Highlights

- **Armchair Travel: Sicily**
- **Book Club: The Feather Thief**
- **Craft: Snowman**
- **Assistive Devices: Setup and Safety**
- **Winter Hat Door Hanger**
- **Montgomery County’s Potomac Ferries**
- **Asian Ink & Brushwork: Overview**
- **Asian Ink & Brushworks: Hands-on Experience**



*Winter Hat  
Door Hanger  
Tues. Jan. 6*

### Susan Hofstra, Supervisor

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301-600-7020; email: [UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov)

Facebook: [Urbana Senior Center – Frederick County, MD](#)

For program descriptions and more information,  
please visit our website: [www.FrederickCountyMD.gov/virtual50](http://www.FrederickCountyMD.gov/virtual50)

Virtual Center: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)  
Division of Aging and Independence: 301-600-1234

