


Craft
Tues. Jan. 20
Snowman



Urbana 50+ Community Center January 2026 Programs & Activities

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

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

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

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



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



*Winter Hat
Door Hanger
Tues. Jan. 6*

- **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**

Susan Hofstra, Supervisor

9020 Amelung Street, Urbana, MD 21704

301-600-7020; email: UrbanaSeniorCenter@FrederickCountyMD.gov

Facebook: [Urbana Senior Center – Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter-FrederickCountyMD)

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

Virtual Center: VirtualSeniorCenter@FrederickCountyMD.gov

Division of Aging and Independence: 301-600-1234



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.