


Emmitsburg 50+ Community Center • January 2026

Email: CKirby@FrederickCountyMD.gov

Phone: 301-600-6350

Monday	Tuesday	Wednesday	Thursday	Friday
Core Hours- 9:00-3:00 p.m. unless otherwise indicated on calendar			1 Closed Happy New Year!	2 10:00 Open Gym 1:00 Pickleball
5 9:15 Video Exercise 10:00 Stained-Glass Lab \$ 10:00 Game Time/ Open Gym 12:00 Lunch Bunch 1:00 Chair Yoga \$35/\$4	6 9:15 Video Exercise 10:00 Game Time 10:00 Intermediate Pickleball	7 10:30 Gallery/Gettysburg Trip \$5 9:15 Video Exercise 10:00 Coffee & Game Time 10:00 Open Gym 1:00 Unrulies Pickleball	8 9:15 Video Exercise 10:00 SKC Groups 10:00 Game Time 12:00 Intermediate Pickleball	9 Closed Staff Training Day
12 9:15 Video Exercise 10:00 Stained-Glass Lab \$ 10:00 Game Time/ Open Gym 11:00 Zoom: Mental Health 12:00 Cabin Fever Lunch Bunch & Library Visit 1:00 Chair Yoga \$35/\$4	13 9:15 Video Exercise 10:00 Game Time 10:00 Intermediate Pickleball	14 9:15 Video Exercise 10:00 Coffee & Game Time 10:00 Open Gym 11:00 Craft: Bird Feeders \$2 1:00 Unrulies Pickleball	15 9:15 Video Exercise 10:00 SKC Groups 10:00 Game Time 12:00 Intermediate Pickleball	16 Noon Groceries for Seniors @ Frederick Senior Center Center is Closed Except for: 10:00 Open Gym 1:00 Unrulies Pickleball
19 Closed Martin Luther King Jr. Day	20 9:15 Video Exercise 10:00 Game Time 10:00 Intermediate Pickleball 11:00 Dollar Craft Day \$1	21 9:15 Video Exercise 10:00 Coffee & Game Time 10:00 Open Gym 11:00 Cooking: Mini Trifle \$6 12:00 MGT Consulting Focus Group 1:00 Unrulies Pickleball	22 9:15 Video Exercise 10:00 SKC Groups 10:00 Game Time 12:00 Intermediate Pickleball	23 10:00 Open Gym 1:00 Unrulies Pickleball
26 9:15 Video Exercise 10:00 Stained-Glass Lab \$ 10:00 Game Time/ Open Gym 12:00 Birthdays Lunch Bunch 1:00 Chair Yoga \$35/\$4	27 9:15 Video Exercise 10:00 Game Time 10:00 Intermediate Pickleball	28 9:15 Video Exercise 10:00 Coffee & Game Time 10:00 Open Gym 1:00 Unrulies Pickleball	29 9:15 Video Exercise 10:00 SKC Groups 10:00 Game Time 12:00 Intermediate Pickleball 2:00 Closing for Staff Meeting	30 10:00 Open Gym 1:00 Unrulies Pickleball 

Frederick County Division of Aging & Independence Emmitsburg 50+ Community Center

Ongoing Programs

Exercise to Video: Monday – Thursday, 9:15 a.m.

Chair Yoga with Christina: Mondays, 1:00 – 2:00 p.m, \$4 drop-in

Open Gym: Monday, Wednesday, Friday, 10:00 – Noon

Play the game of your choice or walk laps in the gym.

Unrulies Pickleball: Wednesday & Friday, 1:00 – 3:00 p.m.

Intermediate Pickleball: Tuesdays at 10, Thursdays at Noon

Dollar Craft Day: 3rd Tuesdays, 11:00 a.m.

Stained Glass Lab: Mondays, 10:00-3:00 p.m.

Lunch Bunch: Mondays, Noon

Game Time: Offered Daily

Play your favorite board or card game with friends. If you are interested in forming a group to play a particular game let me know!

Register for Programs by contacting the Center at least 2 days before the Program.

For Programs with a Fee, you can pay via our eStore:

<http://frederickcountymd.gov.3dcartstores.com>

Or in-person via check (to Frederick County Treasurer) or cash.

Frederick County Division of Aging & Independence Emmitsburg 50+ Community Center January 2026 Program Highlights

January 7: Gettysburg & Gallery Trip – We'll go to lunch then visit our instructor Dorothea's Gallery in Gettysburg. \$5 if you are riding with us or free if you drive yourself. *Register by January 2.*

January 12: Cabin Fever Lunch Bunch – Enjoy the perfect comfort food, vegetarian chili, made fresh by us. A Librarian will also be here with boredom fighting books and movies for you to check out!

January 14: Craft: Bird Feeders – Make bird feeders with gelatin and bird seed.

January 21: Cooking: Mini Trifle – Follow along and make your own trifle dessert.

Winter Weather: Senior center closures and delays will be posted to our Facebook page and the voicemail will be updated.

Our Website: www.FrederickCountyMD.Gov/Virtual50

Contact Information:

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www.facebook.com/emmitsburgseniorcenter/

