





Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			Closed for New Year's Day	Cards & Games
10a-Chair Yoga(video) 12.30p-Wii Bowling 1p-Rumikub 2.30p-Trivia with a Twist (virtual)	10a-Otago Fit 11:15a-Bridge Group	10a-Line Dance (\$) 11a-Pinochle 1p-Mah Jongg	9a-Chair Dance (video) 11a- Board Games 1p-Upcycle Crafts: Hand warmers from old socks or sweaters 	Closed for Staff Development Day
10a-Chair Yoga(video) 11a - Hope & Resilience with Estelle (virtual) 12:30p-Wii Bowling 1p-Rumikub 1p- Yarn Arts	10a-Otago Fit 11:15a-Bridge Group	10a-Line Dance (\$) 11a-Pinochle 1p-Mah Jongg	9a-Chair Dance (video) 11a- Board Games 10a-Coffee Hour w/guest 11a- Board Games	10a-Bound by Books 10a-Hand&Foot Cards 11a-Wii Bowling 1:30p-Tai Chi 2 2:30p-Tai Chi 1
 Closed for MLK Jr. Day	10a-Otago Fit 11.15a-Bridge Group	10a-Line Dance (\$) 10:30a- MFR-free BP check & info session 11a-Pinochle 1p-Mah Jongg	9a-Chair Dance (video) 11a-Board Games 12p-Trivia & Take Out (\$)	9a- Senior Center Feasibility Focus Group 10a-Hand&Foot Cards 11a-Wii Bowling 1:30p-Tai Chi 2 2:30p-Tai Chi 1
10a-Chair Yoga(video) 12:30p-Wii Bowling 1p-Rumikub 2p- Mystery Bingo	10a-Otago Fit 11:15a-Bridge Group 1p- UMMC Shock Trauma presentation on Falls Prevention	10a-Line Dance (\$) 11a-Pinochle 1p-Mah Jongg	9a- Chair Dance (video) 11a- Board Games Center closes @ 2p for staff mtg.	10a-Hand&Foot Cards 11a-Wii Bowling 1:30p-Tai Chi 2 2:30p-Tai Chi 1

Registration Information

Pre-registration is encouraged for all programs; pre-registration is required for paid programs.
Some programs may have limited space for in-person availability.
First time participants will need to complete an [Intake/Participation form](#) online or at a center.

Free Programs:

Registration must be received at least two business days before the program.
Email: MiddletownSeniorCenter@FrederickCountyMD.gov or call the center: 301-600-3613.
Please include:
Name, email address, phone number
Names and dates of classes and programs you would like to take.

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 the program.
Space is limited for in-person programs.
Payment must be included with registration and payment is non-refundable.

Credit/Debit Card: Online

Pay via our eStore: <https://frederickcountymd.gov.3dcartstores.com>
On the website, locate the "Category" box on the left side.
Click on the button for 50+ Community Programs.
Click on the program you want and add the selected program to your shopping cart.

Check: Drop-Off (It is recommended that you only mail a check if necessary.)

Make check payable to "Frederick County Treasurer"
Please include:
Name, email address, phone number
Names and dates of classes and programs you would like to take.

Confirmation

Once your registration is received, you will be contacted with more details about the program(s). Registration is not complete until you hear from us.

Please visit the website to view the [Winter 2026 Quarterly](#) Activity Guide.

Kimberly Quick, Supervisor
101 Prospect Street, Middletown, MD 21760
301-600-3613
Email: MiddletownSeniorCenter@frederickcountymd.gov

Division of Aging and Independence

Offering fitness, enrichment, & social opportunities for ages 50+

Middletown 50+ Community Center



Pre-registration is required for ALL paid programs.

Be Fit:

- Chair Yoga Video, Mondays @ 11am -Free
- Otago - Improve Balance & Strength , Tuesdays @ 10 am -Free
- Line Dancing with Mary Anne, Wednesday @ 10 a.m. \$
- Chair Fitness & Movement Videos, Thursdays, @ 9 am -Free
- Tai Chi 1 & 2 with Paul, Fridays @1:30 & 2:30 pm \$

Expand Your Knowledge

- Hope & Resilience with Estelle (virtual), Monday, January 12, 11am
- Fall Prevention Presentation with University of Maryland Medical System, Tuesday, January 27, 1pm

Be Creative

- Upcycle Crafts: Hand Warmers from Old Socks & Sweaters, Thursday, January 8, 1pm
- Yarn Arts, Monday, January 12, 1 pm

Socialize

Games & Trivia throughout the month.

- Bridge, Tuesdays @11:15 am
- Maj Jongg, Wednesdays @1pm
- Hand & oot, Fridays@10am

Your opinion matters!

Mark your calendar for the Senior Center Feasibility Focus Group on Friday, January 23rd at 9am.

(Other dates and times will be offered throughout the county)

