

Mondays 9-3

Tuesdays 9-3

Wednesdays 9-3

Thursdays 9-3

January 2026

Brunswick 50+ Center

5 8:30am Walking Group @ Othello Park 10am Cards/Games 10am \$ Line Dance 12:30pm Movie Monday 2:30pm Yarn Arts Group	6 9am \$ Strength & Stretch 10am Coloring Crafts 11am Blood Pressure & Lunch and Learn with F&R 11am Wii Bowling Noon - Lunch 1pm Game Time	7 9am Pickleball 10am Cards/Games 10am Daily Exercise 1pm Wii Bowling Fun 1pm \$ Diamond Dot	8 9am \$ Strength & Stretch 10am Bingo *Bring a prize to share 2pm \$ Dinner & Dance	9 Senior Center Closed for Staff Development
12 8:30am Walking Group 10am Cards/Games 10am \$ Line Dance 11am Presentation: Depression & Aging Brain 12:30pm Movie Monday 2:30pm Yarn Arts Group	13 9am \$ Strength & Stretch 10am Craft: Ribbon Bookmarks 11am Wii Bowling Noon – Lunch 12:30pm Jan. B-Day Party 1pm Game Time	14 9am Pickleball 10am Daily Exercise 10am Cards/Games 1pm \$ Diamond Dot 1pm Wii Bowling Fun 5pm \$ Acrylic Cheeky Snowman	15 9am \$ Strength & Stretch 10am Bingo *Bring a prize to share Noon Special Luncheon Winter/Cabin Fever 1pm \$ Craft: Beaded Elastic Bracelet	16 Groceries for Seniors 1440 Taney Avenue Noon – til gone
19 Closed for Holiday 	20 9am \$ Strength & Stretch 11am Wii Bowling 11:45 Short Stories Noon – Lunch 1pm Game Time 4:30pm Focus Group for County Expansion	21 9am Pickleball 10am Daily Exercise 10am Cards/Games 1pm \$ Diamond Dot 1pm Wii Bowling Fun	22 9am \$ Strength & Stretch 10am Bingo *Bring a prize to share Noon \$ Lunch out with Friends @ Ginza	23 Day Trip \$ Baltimore Museum of Art 8:30am – approx. 3:30pm \$40. Leaving from Frederick See flyer for details
26 8:30am Walking Group 10am Cards/Games 10am \$ Line Dance 12:30pm Movie Monday 2:30pm Yarn Arts Group	27 9am \$ Strength & Stretch 10:30am \$ Snowman Decor 11:30am Trivia Noon – Lunch 1pm Game Time 1pm – Weis Presentation 2pm Book Club	28 9am Pickleball 10am Cards/Games 10am Daily Exercise 1pm Wii Bowling Fun 1pm \$ Diamond Dot	29 9am \$ Strength & Stretch 10am Bingo *Bring a prize to share	30 Health Department Presentation Monday, January 12 th 11am Understanding Depression & the Aging Brain FREE. Pre-register by calling 301-834-8115

Registration Information

Pre-registration is required for all paid programs.

Limited space for in-person programs.

Masks are strongly recommended. Programs may be postponed or canceled.

Free Programs

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

Email: BrunswickSeniorCenter@FrederickCountyMD.gov or
Call the center: 301-834-8115

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 Winter 2026 Quarterly Activity Guide.

www.FrederickCountyMD.gov/virtual50

Division of Aging & Independence

Offering fitness, enrichment & social opportunities for ages 50+



Brunswick 50+ Center January 2026

Programs & Activities

Pre-registration is required for ALL Paid Programs.

Program Highlights

Be Fit -

- Strength & Stretch \$ Every Tuesday & Thursday 9am
- NEW! Walking Group at Othello Park Every Monday 8:30am
- Line Dancing w/ Mary Anne, \$ Mondays 10am @ City Park
- Pickleball, Wednesday and Saturdays at 9am Brunswick City Park
- Daily Exercise, Wednesdays 10am

Be Creative-

- Diamond Dot: \$ Every Wednesday at 1pm
- Crafts with Elaine: Ribbon Bookmarks Tues., Jan. 13th 10am
- Crafts with Cathy: \$ Beaded Elastic Bracelet Thurs., Jan 15th 1pm
- Crafts with Michelle: \$ Snowman Decor Tues., Jan. 27th 10:30am
- Acrylic Cheeky Snowman \$ Wed., Jan. 14th 5pm

Expand Your Knowledge and Community Gathering-

- Blood Pressure & Lunch and Learn with Fire Dept. Tues., Jan 6th 11am
- Dinner & Dance at Eagles Club \$ Thurs., Jan. 8th 2pm
- Presentation.: Depression and the Aging Brain Mon., Jan. 12th 11am
- Winter/Cabin Fever Luncheon Thurs., Jan. 15th Noon
- Lunch out with Friends at Ginza \$ Thurs., Jan. 22nd Noon
- Weis Presentation: Build a Better Breakfast Tues., Jan. 27th 1pm

Cathy Barnes, Supervisor

12 East “A” Street, Brunswick, MD 21716 301-834-8115

or Email: BrunswickSeniorCenter@FrederickCountyMD.gov

Website: www.FrederickCountyMD.gov/virtual50

Virtual Center: VirtualSeniorCenter@FrederickCountyMD.gov

Division of Aging and Independence: 301-600-1234

For program descriptions and more information, please visit our website

www.FrederickCountyMD.gov/virtual50

