

Mondays 9-3

Tuesdays 9-3

Wednesdays 9-3

Thursdays 9-3

January 2026

Brunswick 50+ Center

1 Closed – Happy New Year!



Happy New Year!

2

Pickleball

Wed. & Sat. 9:00am
Brunswick City Park

Computer Labs

Mon.-Thur. 10am-2pm

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

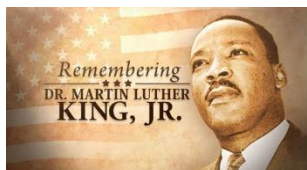
9am **\$ Strength & Stretch**
10am Bingo
*Bring a prize to share
Noon **Special Luncheon**
Winter/Cabin Fever
1pm **\$ Craft: Beaded Elastic Bracelet**

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 12th 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

