

Craft
Tues. Feb. 17
Wooden Block
Photo Holder



Urbana 50+ Community Center February 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	Friday Fitness/Exercise (when center is open) 9:15 Exercise: Moderate 10:30 Exercise: Low Intensity
2 12:30 Bridge: Open Play	3 1:30 \$ Cranberry Pecan Cream Cheese Pinwheels	4 1:00 Chess: Open Play 1:30 Clothing Choices Just for You	5 10:30 Stitching Post: Yarn Arts Noon Lunch Bunch 1:00 Chinese Mah Jong	6 Open for Drop-in cards, games, exercise, computers
9 11:00 Healthy Mind Series: Self-Care & Suicide Prevention 12:30 Bridge: Open Play	10 1:30 \$ The Voice of Woodlawn Manor: A 200-Year-Old Cultural Site	11 1:00 Chess: Open Play 1:30 Intro to the Indonesian Language	12 10:30 Stitching Post: Yarn Arts 11:00 Blood Pressure Checks & Safety Presentation Noon Lunch Bunch 1:00 Chinese Mah Jong	13 10:30 \$ Retro Valentine Celebration Noon Valentine's Day Lunch
16 11:30 Science Hour: "Man-Made Products from Natural Sources" 12:30 Bridge: Open Play	17 1:30 \$ Craft & Conversation: "Wooden Block Photo Holder"	18 1:00 Chess: Open Play 1:00 The National Parks: America's Best Idea (1 of 6)	19 10:30 Stitching Post: Yarn Arts Noon Lunch Bunch 1:00 Chinese Mah Jong	20 Center closed except for 11:30 Memory Café Noon Groceries for Seniors @ Frederick Center
23 11:30 Book Club: Entangled Life 12:30 Bridge: Open Play 12:30 Simple Wills 1:30 Intake Clinic Legal Aid	24 1:30 Indoor Plants & Wellness	25 1:00 Chess: Open Play 1:00 The National Parks: America's Best Idea (2 of 6)	26 10:30 Stitching Post: Yarn Arts Noon Lunch Bunch 1:00 Chinese Mah Jong	27 \$ Day Trip: Rawling Conservatory Open for Drop-in cards, games, exercise, computers
	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

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



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.

Frederick County Division of Aging and Independence

Offering fitness, enrichment & social opportunities for ages 50+

Urbana 50+ Community Center

February 2026 Calendar Programs & Activities

Program Highlights



*Indoor Plants
and Wellness
Tues. Feb. 24*

- **Healthy Mind Series: Self-Care**
- **The Voice of Woodlawn Manor**
- **Book Club: Entangled Life**
- **Craft: Wooden Block Photo Holder**
- **Intro to the Indonesian Language**
- **Indoor Plants and Wellness**
- **The National Parks: America's Best Idea**
- **Cranberry Pecan Cream Cheese Pinwheels**

Susan Hofstra, Supervisor

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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

