Frederick County *Virtual Senior Center February 2026* Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2 10:00 Great Decisions $ 11:10 M&M $ 12:00 Film Club (FSC) 12:15 Chair Yoga $ 2:30 Trivia Twist	**3** 8:00 Morn Flow Yoga $ 9:00 Strength & Stretch $ 10:15 Strength & Stretch $ 11:30 Chair Yoga $ 12:00 TED Talk (FSC) 2:30 Floor Yoga $ 4:00 Drawing Class	**4** 9:30 Joy of Movement $ 10:30 Writing Family History 10:45 Chair Yoga $	**5** 8:00 Inspirational Fitness $ 9:00 Strength & Stretch $ 10:15 Strength & Stretch $ 10:30 Stitching Post (USC) 11:30 Chair Yoga $ 1:00 Patsy Cline, Tribute (ESC) 4:30 Gentle Yoga $	**6** 8:00 Yin Yang Yoga $	**7**
9 10:00 Great Decisions $ 11:00 Self Care 11:10 M&M $ 12:00 Film Club (FSC) 12:15 Chair Yoga $ 2:30 Trivia Twist	**10** 8:00 Morn Flow Yoga $ 9:00 Strength & Stretch $ 10:15 Strength & Stretch $ 11:30 Chair Yoga $ 12:00 TED Talk (FSC) 2:30 Floor Yoga $ 4:00 Drawing Class	**11** 9:30 Joy of Movement $ 10:30 Writing Family History 10:45 Chair Yoga $	**12** 8:00 Inspirational Fitness $ 9:00 Strength & Stretch $ 10:15 Strength & Stretch $ 10:00 Frida Kahlo 10:30 Stitching Post (USC) 11:30 Chair Yoga $ 4:30 Gentle Yoga $	**13** 8:00 Yin Yang Yoga $	**14** 10:00 Documentary *The Secret Lives of Hummingbirds*
16 10:00 Great Decisions $ 11:10 M&M $ 11:30 Science Hour (USC) 12:00 Film Club 12:15 Chair Yoga $ 2:30 Trivia Twist	**17** 8:00 Morn Flow Yoga $ 9:00 Strength & Stretch $ 10:15 Strength & Stretch $ 11:30 Chair Yoga $ 12:00 TED Talk (FSC) 2:30 Floor Yoga $ 4:00 Drawing Class	**18** 9:30 Joy of Movement $ 10:30 Writing Family History 10:45 Chair Yoga $	**19** 8:00 Inspirational Fitness $ 9:00 Strength & Stretch $ 10:15 Strength & Stretch $ 10:30 Stitching Post (USC) 11:30 Chair Yoga $ 4:30 Gentle Yoga $	**20** 8:00 Yin Yang Yoga $ 12:00 *Groceries for Seniors*	**21**
23 10:00 Great Decisions $ 11:10 M&M $ 11:30 Book Club (USC) 12:00 Film Club (FSC) 12:15 Chair Yoga $ 2:30 Trivia Twist	**24** 8:00 Morn Flow Yoga $ 9:00 Strength & Stretch $ 10:15 Strength & Stretch $ 11:30 Chair Yoga $ 12:00 TED Talk (FSC) 1:00 Weis Nutrition (BSC) 2:30 Floor Yoga $ 4:00 Drawing Class	**25** 9:30 Joy of Movement $ 10:30 Writing Family History 10:45 Chair Yoga $ 1:00 Armchair Sicily (USC)	**26** 8:00 Inspirational Fitness $ 9:00 Strength & Stretch $ 10:15 Strength & Stretch $ 10:30 Stitching Post (USC) 11:30 Chair Yoga $ 4:30 Gentle Yoga $	**27** 8:00 Yin Yang Yoga $	**28** 10:00 Documentary *Your Brain: Perception Deception*

Registration Information

Pre-registration is required for all programs unless otherwise noted.

Free Programs

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

Email: VirtualSeniorCenter@FrederickCountyMD.gov Phone: 301-788-1075

Be sure to include:

Your Name, Phone Number, Email Address, and

Names, Locations & Dates of Classes and Programs You Want 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 program.

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!

Contact Information

Frederick County Division of Aging & Independence: 301-600-1234

Website: www.FrederickCountyMD.gov/vitual50

Virtual Center Phone 301-788-1075 (Mon-Fri, 9-4)

VirtualSeniorCenter@FrederickCountyMD.gov