

# Frederick County 50+ Community Centers

## February 2026 Programs & Activities

### Programs offered every week

For program descriptions and more information, please visit our website [www.FrederickCountyMD.gov/virtual50](http://www.FrederickCountyMD.gov/virtual50)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Noon Lunch Bunch @ ESC	Noon Lunch Bunch @ BSC	Noon Lunch Bunch @ FSC	Noon Lunch Bunch @ USC		
9:00 \$ Men's Coffee @ Wegman's 10:00 \$ Stained-Glass Lab @ ESC 10:00 Game Time @ ESC, USC 10:00 Chinese Mah Jong @ FSC 10:00 \$ Great Decisions @FSC,VSC Noon Film Club @ FSC @ VSC 12:30 Wii Bowling @ MSC 12:30 Bridge @ USC 12:30 Movie Monday @ BSC 1:00 Rummikub @ MSC 1:15 Pinochle @ FSC 2:00 TOPS @ FSC 2:00 \$ Golden Tones @ FSC 2:30 Trivia w/ a Twist @ VSC 2:30 Knit/Crochet @ BSC	10:00 Game Time @ ESC, USC 10:00 Yarn Arts Group @ FSC 11:15 Bridge @ MSC (skip 2/10)  Noon TED Talk @ FSC @ VSC 1:00 Canasta @ FSC 1:00 American Mah Jong @ FSC 1:00 Board Games @ ESC, BSC 1:00 Game Time @ BSC 4:00 Drawing Class @ VSC	9:00 Bridge @ FSC 10:00 Game Time @ BSC, ESC, USC 10:00 Coffee & Chit-Chat @ ESC 10:30 Writing Family History II @ FSC, VSC 11:00 Pinochle @ MSC 12:30 Scrapbook Studio @ FSC	9:30 Quilting @ FSC 10:00 Cards/Games @ ESC, USC 10:00 Bingo @ BSC 10:00 Backgammon @ FSC 10:30 Knit/Crochet @ USC, VSC 11:00 Cards/Games @ MSC	10:00 Hand & Foot @ FSC, MSC 11:00 Wii Bowling @ MSC  1:00 Mexican Train @ FSC 2:00 Tech 101 @ FSC	Computer labs are available at each center. Contact your center for details.
8:30 Othello Park Walk @ BSC 9:00 Baker Park Walk @ FSC 9:15 Daily Exercise @ USC,ESC 10:00 Open Gym @ ESC 10:30 Daily Exercise @ USC 11:00 Chair Yoga @ MSC  10:00 \$ Line Dance @ BSC 11:10 \$ Meditation & Movement @ FSC, VSC 12:15 \$ Chair Yoga @ FSC, VSC 1:00 \$ Square Dance @ FSC 1:00 \$ Chair Yoga @ ESC	9:15 Daily Exercise @ USC, ESC 9:45 Chair Yoga @ USC 10:00 Int. Pickleball @ ESC 10:00 Otago @ MSC 10:30 Daily Exercise @ USC  8:00 \$ Flow Yoga @ VSC 9:00 \$ Strength/Stretch @ FSC @ *BSC @ VSC 10:15 \$ Strength/Stretch @ FSC, VSC 11:30 \$ Chair Yoga @ FSC, VSC 12:30 \$ Line Dance @ USC 12:45 \$ Fitness for All @ FSC 2:30 \$ Floor Yoga @ FSC, VSC	9:00 Pickleball @ BSC 9:15 Daily Exercise @ USC,ESC 10:00 Exercise to Video @ BSC 10:30 Daily Exercise @ USC 10:00 Open Gym @ ESC 12:30 Daily Exercise @ ESC 1:00 Pickleball @ ESC  9:30 \$ Joy of Movement @ FSC, VSC	9:15 Daily Exercise @ USC, ESC 9:45 Chair Yoga @ USC 10:30 Daily Exercise @ USC 12:00 Int. Pickleball @ ESC 1:00 Otago @ USC  8:00 \$ Inspirational Fitness @ VSC 9:00 \$ Strength/Stretch @ FSC @ *BSC @ VSC 10:00 \$ Line Dance @ MSC 10:45 \$ Chair Yoga @ FSC, VSC 11:30 \$ Chair Yoga @ USC 12:30 \$ Zumba Gold @ FSC 1:45 \$ Tai Chi Level 1 @ FSC 3:00 \$ Tai Chi Level 2 @ FSC	9:00 Walking @ MSC 10:00 Open Gym @ ESC 1:00 Pickleball @ ESC  8:00 \$ Yin Yang Yoga @ VSC 1:30 \$ Tai Chi 2 @ MSC 2:30 \$ Tai Chi 1 @ MSC	9:00 Pickleball @ BSC  8:00 \$ Yin Yang Yoga @ VSC 1:30 \$ Tai Chi 2 @ MSC 2:30 \$ Tai Chi 1 @ MSC  Bocce: Mon-Fri Open Court Time by reservation @ FSC
<p>BS: Brunswick Center    ESC: Emmitsburg Center    FSC: Frederick Center    MSC: Middletown Center    USC: Urbana Center    VSC: Virtual Center</p>					

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### Monthly Programs and Special Activities

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Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2 <b>10:00 \$ Great Decisions @ FSC, VSC (1 of 8)</b>	3 <b>10:00 Coloring Crafts @ BSC</b> <b>11:00 Fire Rescue/BP @ BSC</b> <b>1:00 \$ Upcycle Crafts @ MSC</b> <b>1:00 \$ Gallery Reception @ FSC</b> <b>1:30 \$ Pinwheel Appetizer @ USC</b>	4 <b>1:30 \$ Floral Decoration @ BSC</b> <b>1:00 Tech Troubleshooting @ FSC</b> <b>1:30 \$ Clothing Choices @ USC</b> <b>2:30 Cryptologic Museum @ VSC</b>	5 <b>1:00 Patsy Cline Concert @ ESC, VSC</b>	6 <b>11:30 Memory Café @ MSC</b>	7
9 <b>11:00 Healthy Mind Series @ ESC, VSC, hybrid all centers</b> <b>12:30 Fire Rescue/BP @ ESC</b> <b>1:00 Yarn Arts @ MSC</b> <b>1:00 Advisory Board Meeting</b>	10 <b>10:00 Coloring Crafts @ BSC</b> <b>10:00 \$ Tissue Heart @ BSC</b> <b>11:30 Broth, Soup, Stews @MSC</b> <b>12:30 Birthdays @ BSC</b> <b>1:00 \$ Wildlife Portrait @ ESC</b> <b>1:30 \$ Woodlawn Manor @ USC</b> <b>1:30 Chocolate Tasting @ FSC</b>	11 <b>10:00 \$ Paper Flowers @ FSC</b> <b>11:00 \$ Tea Cup Scene @ ESC</b> <b>1:30 Indonesian Language @ USC</b>	12 <b>10:30 Medicare Workshop@ ESC</b> <b>11:00 Fire Rescue/BP @ USC</b> <b>1:00 Book Club @ FSC</b> <b>2:00 \$ Dinner Dance @ BSC</b> <b>2:00 \$ Valentine Tea @ MSC</b> <b>2:30 Book Club @ FSC</b>	13 <b>10:00 Bound by Books @ MSC</b> <b>10:30 \$ Retro Valentines @ USC</b> <b>11:00 \$ Tea Tasting @ ESC</b> <b>12:00 Valentine's Luncheon @ BSC, ESC, FSC, USC</b> <b>1:00 \$ Making a Musical @ FSC</b>	14 <b>10:00 Documentary: Hummingbirds @ VSC</b>
16 <b>9:30 \$ Spring Acrylic @ FSC</b> <b>10:00 \$ Singing Basics 1/4 @ FSC</b> <b>11:30 Science Hour @ USC</b> <b>1:00 Yarn Arts @ MSC</b> <b>1:00 Legal Aid Intakes @ FSC</b> <b>1:30 \$ Needle Felting @ FSC</b>	17 <b>10:00 \$ Cork Heart @ BSC</b> <b>11:45 Short Stories @ BSC</b> <b>1:30 \$ Photo Holders @ USC</b>	18 <b>9:00 Legal Aid Intakes @ ESC</b> <b>10:30 Fire Rescue/BP @ MSC</b> <b>11:00 \$ Stuffed Peppers @ ESC</b> <b>12:00 Lunch Out @ BSC</b> <b>1:00 National Parks 1/6 @ USC</b> <b>1:00 Simple Wills @ ESC</b>	19 <b>10:00 \$ Culinary Trip to Hagerstown, bus leaves from ESC</b> <b>10:00 Coffee Hour @ MSC</b> <b>11:00 Vitamin D &amp; Sun @ FSC</b> <b>11:15 Fire Rescue/BP @ FSC</b> <b>1:00 \$ Rag Wreath @ BSC</b>	20 <b>12:00 Groceries for Seniors @ FSC</b>	21
23 <b>9:30 \$ Spring Acrylic @ FSC</b> <b>10:00 \$ Singing Basics 2/4 @ FSC</b> <b>11:30 Book Club @ USC</b> <b>12:30 Birthdays @ ESC</b> <b>12:30 Simple Wills @ USC</b> <b>1:30 Legal Aid Intake @ USC</b> <b>2:00 Mystery Bingo @ MSC</b>	24 <b>10:30 \$ Winter Landscape @ BSC</b> <b>11:00 \$ Dollar Craft Day @ ESC</b> <b>11:30 Trivia Tuesdays @ BSC</b> <b>1:00 Weis Nutrition @ BSC, VSC</b> <b>1:30 \$ Vent Snowman @ USC</b> <b>1:30 Plants/Wellness @ USC</b> <b>2:00 Book Club @ BSC</b>	25 <b>1:00 National Parks 2/6 @ USC</b>	26 <b>12:00 Trivia &amp; Take-Out @ MSC</b> <b>2:00 Closing for Staff Meeting: BSC, ESC, MSC, USC</b>	27 <b>8:30 \$ Day Trip: Rawlings Conservatory @ FSC</b> <b>10:30 \$ Cooking w/ Heart @ FSC</b> <b>11:00 Caregiver Support @ FSC</b> <b>1:00 Men's Club Movie @ FSC</b>	28 <b>10:00 Documentary: Your Brain @ VSC</b>

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](mailto:ADA@FrederickCountyMD.gov) as soon as possible and preferably 10 business days before the activity or event.

**Color Key**  
Connecting With Others  
Resources  
Bonus Luncheon  
Expanding Horizons

**Color Key**  
Being Creative  
Living Healthy