



Emmitsburg 50+ Community Center • February 2026

Email: CKirby@FrederickCountyMD.gov

Phone: 301-600-6350

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15 Video Exercise 10:00 Stained-Glass Lab \$ 10:00 Game Time/ Open Gym 12:00 Lunch Bunch 1:00 Chair Yoga \$	3 9:15 Video Exercise 10:00 Game Time 10:00 Intermediate Pickleball	4 9:15 Video Exercise 10:00 Coffee & Game Time 10:00 Open Gym 1:00 Unrulies Pickleball	5 9:15 Video Exercise 10:00 SKC Groups 10:00 Game Time 1:00 Patsy Cline Tribute Free Concert 	6 10:00 Open Gym 1:00 Unrulies Pickleball
9 9:15 Video Exercise 10:00 Stained-Glass Lab \$ 10:00 Game Time/ Open Gym 11:00 Mental Health w/Estelle: Self-Care & Suicide Prevention 12:00 Lunch Bunch 1:00 Chair Yoga \$	10 9:15 Video Exercise 10:00 Game Time 10:00 Intermediate Pickleball 1:00 Wildlife Drawing Class \$15	11 9:15 Video Exercise 10:00 Coffee Chat & Let's Watch Olympic Highlights  10:00 Open Gym 11:00 Craft: Winter Tea Cups \$5 1:00 Unrulies Pickleball	12 9:15 Video Exercise 10:00 SKC Groups 10:00 Game Time 10:30-2:00 Medicare 101 Workshop 301-600-1234 to register 12:00 Intermediate Pickleball	13 10:00 Open Gym 11:00 Tea Tasting \$2 12:00 Valentine's Luncheon 1:00 Unrulies Pickleball 
16 9:15 Video Exercise 10:00 Stained-Glass Lab \$ 10:00 Game Time/ Open Gym 12:00 Lunch Bunch & Library Visit 1:00 Chair Yoga \$ <i>President's Day – We are open!</i>	17 9:15 Video Exercise 10:00 Game Time 10:00 Intermediate Pickleball 11:00 Dollar Craft Day \$1	18 No Open Gym Today 9:00 Intake Clinic: MD Legal Aid 9:15 Video Exercise 10:00 Coffee Chat & Let's Watch Olympic Highlights 11:00 Cooking: Stuffed Pepper \$6 1:00 Unrulies Pickleball	19 10:30 Hagerstown Culinary Trip \$10 9:15 Video Exercise 10:00 SKC Groups 10:00 Game Time 12:00 Intermediate Pickleball	20 Noon Groceries for Seniors @ Frederick Senior Center Center is Closed Except for: 10:00 Open Gym 1:00 Unrulies Pickleball
23 9:15 Video Exercise 10:00 Stained-Glass Lab \$ 10:00 Game Time/ Open Gym 12:00 Birthdays Lunch Bunch 1:00 Chair Yoga \$	24 9:15 Video Exercise 10:00 Game Time 10:00 Intermediate Pickleball	25 9:15 Video Exercise 10:00 Coffee & Game Time 10:00 Open Gym 1:00 Unrulies Pickleball	26 9:15 Video Exercise 10:00 SKC Groups 10:00 Game Time 12:00 Intermediate Pickleball 2:00 Closing for Staff Meeting	27 10:00 Open Gym 1:00 Unrulies Pickleball

Core hours: 9:00-3:00 p.m. unless otherwise indicated on calendar

Color Key:

Special Event Fitness (free) Fitness with fee Arts/Crafts
 Outside the Center Recreation Education Lunch Bunch

Frederick County Division of Aging & Independence Emmitsburg 50+ Community Center

Ongoing Programs

Exercise to Video: Monday – Thursday, 9:15 a.m.

Chair Yoga with Christina: Mondays, 1:00 – 2:00 p.m, \$4 drop-in

Open Gym: Monday, Wednesday, Friday, 10:00 – Noon

Play the game of your choice or walk laps in the gym.

Unrulies Pickleball: Wednesday & Friday, 1:00 – 3:00 p.m.

Intermediate Pickleball: Tuesdays at 10:00, Thursdays at Noon

Dollar Craft Day: 3rd Tuesdays, 11:00 a.m.

Stained Glass Lab: Mondays, 10:00-3:00 p.m.

Lunch Bunch: Mondays, Noon

Game Time: Offered Daily

Play your favorite board or card game with friends. If you are interested in forming a group to play a particular game let me know!

Register for Programs by contacting the Center at least 2 days before the Program.

For Programs with a Fee, you can pay via our eStore:

<http://frederickcountymd.gov.3dcartstores.com>

Or in-person via check (to Frederick County Treasurer) or cash.

Website: www.Frederickcountymd.gov/Virtual50

Frederick County Division of Aging & Independence Emmitsburg 50+ Community Center February 2026 Programs

Program Highlights

Patsy Cline Tribute Concert – Free, enjoy the music of Patsy Cline! Light refreshments available. Hybrid on Zoom if you can't make it in! Pre-register

Mental Health Education: Self-Care & Suicide Prevention -

Examine the barriers to recognizing, assessing, and treating mental health concerns in older adults. Learn how increased awareness can lead to better-informed decisions for oneself and loved ones. Led by Estelle Dupree, LCPC, FC Health Dept.

Art Class: Wildlife Drawing - \$15, pre-register, Learn to use pencil and toned paper to create a different effect. Instructor – Dorothea Barrick

Medicare Workshop – Free, pre-register by calling 301-600-1234. Learn Navigating the Medicare Maze & Medigap/Supplemental Insurance vs. Medicare Advantages

Valentine's Tea Tasting & Luncheon – Friday, Feb. 13. Register by Feb. 6

Hagerstown Culinary Trip – \$10 for transportation. Visit Puerto Rican Restaurant *Sofrito*. Then, we'll stop at the Dutch Market for treats.

Contact Information:

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www.facebook.com/emmitsburgseniorcenter/

