

Monday

Tuesday

Wednesday

Thursday

Friday

February 2026



2 11a-Chair Yoga (video) 1230p-Wii Bowling 1- Rumikub 2:30p-Trivia with a Twist (virtual)	3 10a - Otago Fitness 11:15am - Bridge 1p-Upcycled Crafts: Valentine Gumball Favors	4 10a-Line Dance (\$) 11a-Pinochle 1p-Mah Jong	5 10a-Chair Fitness (video) 11a-Card & Board Games Center closing @12pm.	6 10a-Hand & Foot Cards 11a-Wii Bowling 1:30p-Tai Chi Level 2 (\$) 2:30p-Tai Chi Level 1 (\$)
9 10a-Chair Yoga (video) -9 Time Change 11a-Hope&Resilience w/Estelle (virtual) 12:30p-Wii Bowling 1p-Rumikub 1p-Yarn Arts	10 10a - Otago Fitness 11:15a - Broth, Soups, & Stews for Winter Wellness w/Joi Vogin 1p- Trivia & Board Games	11 10a-Line Dance (\$) 11a-Pinochle 1p-Mah Jong	12 10a-Chair Fitness (video) 11a-Card & Board Games 2p-Valntine Tea (\$)	13 10a-Hand & Foot Cards 10a-Bound by Books 11a-Wii Bowling 1:30p-Tai Chi Level 2 (\$) 2:30p-Tai Chil Level 1 (\$)
16 11a-Chair Yoga (video) 12:30p-Wii Bowling 1p-Rumikub 1p-Yarn Arts	17 10a - Otago Fitness 11:15a - Bridge 1p - Trivia & Board Games	18 10a-Line Dance (\$) 10:30a-Fire/Rescue Blood Pressure & Info Session 11a-Pinochle 1p-Mah John	19 10a-Chair Fitness (video) 10a-Coffee & Conversation 11a-Card & Board Games	20 10a-Hand & Foot Cards 11a-Wii Bowling 1:30p-Tai Chi Level 2 (\$) 2:30p-Tai Chi Level 1 (\$)
23 11a-Chair Yoga (video) 12:30p-Wii Bowling 1p-Rumikub 2p-Mystery Bingo	24 10a - Otago Fitness 11:15a - Bridge 1p Trivia & Board Games	25 10a-Line Dance (\$) 11a-Pinochle 1p-Mah Jong	26 10a-Chair Fitness (video) 11a-Card & Board Games 12p-Trivia & Take Out (\$) Center closing @ 2pm.	27 10a-Hand & Foot Cards 11a-Wii Bowling 1:30p-Tai Chi Level 2 (\$) 2:30p-Tai Chi Level 1 (\$)

Frederick County Division of Aging and Independence Middletown 50+ Community Center

Registration Information

Pre-registration is encouraged for all programs; pre-registration is required for paid programs. Some programs may have limited space for in-person availability.

First time participants will need to complete an [Intake/Participation form](#) online or at a center.

Free Programs:

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

Email: MiddletownSeniorCenter@FrederickCountyMD.gov or call the center: 301-600-3613.

Please include:

Name, email address, phone number

Names and dates of classes and programs you would like 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 the program. Space is limited for in-person programs.

Payment must be included with registration and payment is non-refundable.

Credit/Debit Card: Online

Pay via our eStore: <https://frederickcountymd-gov.3dcartstores.com>

On the website, locate the "Category" box on the left side.

Click on the button for 50+ Community Programs.

Click on the program you want and add the selected program to your shopping cart.

Check: Drop-Off (It is recommended that you only mail a check if necessary.)

Make check payable to "Frederick County Treasurer"

Please include:

Name, email address, phone number

Names and dates of classes and programs you would like to take.

Confirmation: Once your registration is received, you will be contacted with more details about the program(s). Registration is not complete until you hear from us.

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FEBRUARY 2026 Program Highlights

Tuesday, February 3 @ 1pm – Upcycled Crafts: Valentine Gumball Favors - Don't throw away the disposable shot glasses from holiday parties, turn them into a valentine favor! Donation at the door, pre-registration preferred.

Monday, February 9 @ 11am – Hope & Resilience Series: Self Care & Suicide Prevention in Older Adults (virtual)

Tuesday, February 10 @ 11:15am – Broth, Soups, & Stews for Winter Wellness with Joi Bogin - There is something very comforting about a cup of broth or a bowl of soup or stew when the weather is cold. Joi will demonstrate some recipes for tasting and share how this winter staple can nourish our bodies and spirit. Free, please pre-register.

Thursday, February 12 @ 2pm – Valentine Tea (\$6) - Celebrate Valentine's Day with tea and tasty treats, conversation, and friends. Bring your favorite teacup and saucer and tell its story. Please register by February 5.

Monday, February 23 @ 2pm – Mystery Bingo - Do you have a gift item in "like new" condition that you no longer use or need? It happens to all of us. Mystery Bingo is a great way to share these items. Admission to the game is a gift concealed in a bag or plain wrapper (it's a surprise for the winner!). All prizes are placed on the bingo prize table. We'll play regular bingo until the prizes run out! Middletown Free with mystery gift, pre-register.

Contact Information:

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