



Frederick 50+ Senior Community Center

February 2026 Programs & Activities



Website: www.FrederickCountyMD.gov/Virtual50
Email: VirtualSeniorCenter@FrederickCountyMD.gov

Monday 8:30 - 4:00	Tuesday 8:30 - 4:00	Wednesday 8:30- 4:00	Thursday 8:30- 4:00	Friday 8:30- 4:00
Every Monday Fitness	Every Tuesday Fitness	Every Wednesday Fitness	Every Thursday Fitness	Every Friday Fitness
Open Court Bocce Daily 9:00 Baker Park Walk 11:10 \$ Movement & Meditation 12:15 \$ Chair Yoga with Catherine 1:00 \$ Square Dancing	Open Court Bocce Daily 9:00 \$ Strength & Stretch 10:15 \$ Strength & Stretch 11:30 \$ Chair Yoga with Debra 12:45 \$ Fitness for All 2:30 \$ Gentle Floor Yoga	Open Court Bocce Daily 9:30 \$ Joy of Movement 10:45 \$ Chair Yoga with Catherine 12:30 \$ Zumba Gold 1:45 \$ Tai Chi Level 1 3:00 \$ Tai Chi Level 2	Open Court Bocce Daily 9:00 \$ Strength & Stretch 10:15 \$ Strength & Stretch 11:30 \$ Chair Yoga with Debra 12:45 \$ Line Dance 4:30 \$ Gentle Yoga	Virtual Fitness Only 8:00 \$ Yin Yang Yoga
Every Monday Games	Every Tuesday Games	Every Wednesday Games	Every Thursday Games	Every Friday Games
10:00 Chinese Mah jongg 1:00 Pinochle 2:00 Chess	1:00 American Mah jongg 1:00 Canasta	9:00 Bridge 1:00 Rummikub	10:00 Backgammon 1:00 Board Games	10:00 Hand, Knee & Foot 1:00 Mexican Train Dominos
February Classes & One-Time Specials @ Frederick 50+				
2 9:30 \$ Drawing 10:00 \$ Music Class 1 10:00 \$ Great Decisions 12:00 Film Club 1:30 \$ Needle Felting: Penguin (RS) 2:00 TOPS	3 10:00 Untangled: A Yarn Arts group Noon Ted Talks 1:00 \$ Artist Talk: Carolyn Thome	4 11:00 Writing Family History II Noon \$ Lunch Bunch 1:00 Talk: Troubleshooting Tech	5 9:30 Quilting 1:00 Open Studio - Paint/Draw/Color	6 All-Day Open Studio 2:00 Tech 101
9 10:00 \$ Great Decisions 11:00 Self Care & Suicide Prevention 1:00 Film Club 2:00 TOPS	10 10:00 Untangled: A Yarn Arts group Noon Ted Talks 1:30 Chocolate Talk & Tasting	11 10:00 \$ Craft: Paper Flowers (2nd W) 10:30 Writing Family History II Noon \$ Lunch Bunch	12 9:30 Quilting 1:00 Open Studio - Paint/Draw/Color 1:00 Good Stories Book Club II 2:30 Good Stories Book Club I (2nd TH)	13 All-Day Open Studio Noon \$ Valentine's Lunch 1:00 \$ Valentine's Day Special Making of a Musical @FSC 2:00 Tech 101
16 9:30 \$ Spring Acrylic 10:00 \$ Music Class 2 10:00 \$ Great Decisions 12:00 Film Club 1:30 \$ Needle Felting: Felted Charms 2:00 TOPS 2:00 \$ Golden Tones Chorus	17 10:00 Untangled: A Yarn Arts group Noon Ted Talks	18 10:30 Writing Family History II Noon \$ Lunch Bunch 1:00 Rummikub	19 9:30 Quilting 11:00 Vitamin D & Sun Exposure Healthy or Hazardous? 11:15 Meet & Greet Fire & Rescue Blood Pressure Checks (3rd TH) 1:00 Open Studio - Paint/Draw/Color	20 All-Day Open Studio Noon Groceries for Seniors 2:00 Tech 101
23 9:30 \$ Spring Acrylic 10:00 \$ Music Class 2 10:00 \$ Great Decisions 12:00 Film Club 1:00 Legal Aid 2:00 TOPS 2:00 \$ Golden Tones Chorus	24 10:00 Untangled: A Yarn Arts group Noon Ted Talks <div><ul style="list-style-type: none">You must register for all programsPrograms with an "\$" have a feeActivities are subject to change</div>	25 10:30 Writing Family History II Noon \$ Lunch Bunch	26 9:30 Quilting 1:00 Open Studio - Paint/Draw/Color 1:30 SRC Book Club	27 9:30 \$ Day Trip: Rawlings Conservatory—See Flyer All-Day Open Studio 10:30 \$ Cooking with Heart 11:00 Caregiver Support Grp (last F) 1:00 Friday Flicks w/ Men's Club (4th F) 2:00 Tech 101

Registration Information

Pre-registration is required for all programs. Programs may be postponed or canceled.

Free Programs

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

Email: VirtualSeniorCenter@FrederickCountyMD.gov or
Call the center: 301-600-3525

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>

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!

Virtual Center

Please visit the website to view the Quarterly Activity Guide.

www.FrederickCountyMD.gov/virtual50



Frederick County Division of Aging & Independence

Offering fitness, enrichment & social opportunities for ages 50+

Frederick 50+ Community Center

February 2025 - Programs & Activities

Highlights

Pre-registration is required for ALL programs.

- **Class: Great Decisions (8 wks) - Starts 2/2**
- **Chocolate Talk & Tasting -2/10**
- **Paper Flowers Craft — 2/11**
- **Valentine’s Day Lunch 2/13**
- **Valentine Event —The Making of a Musical - 2/13**
- **Class: Music (4 wks) - Starts 2/16**
- **Acrylic Painting (2 wks) - starts 2/16**
- **Needle Felting: Felted Charms - 2/16**
- **Talk: Vitamin D & Sun Exposure - Healthy or Hazardous? - 2/19**
- **Day Trip: Rowlings Conservatory - 2/27**

Dara Markowitz, Supervisor

1440 Taney Avenue Frederick, MD 21702

301-600-3525 or Email: DMarkowitz@FrederickCountyMD.gov

For program descriptions and more information, please visit our website:

Website: www.FrederickCountyMD.gov/virtual50

Registration box: VirtualSeniorCenter@FrederickCountyMD.gov

Follow us on Facebook: [Frederick Senior Center – Frederick County, MD](https://www.facebook.com/FrederickSeniorCenter)

Main Division of Aging and Independence line for Resource Concerns

(i.e Housing, Medicare, Groceries, etc.)

301-600-1234



FREDERICK COUNTY
DIVISION OF
Aging &
Independence