



# Virtual 50+ Community Center July Programs & Activities Calendar

[www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 29</b> 11:30 Qigong 1:00 Theater Discussion 2:45 Floor Yoga	<b>June 30</b> 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	<b>July 1</b> 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold	<b>July 2</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 3:00 Ukulele Jam Session	<b>July 3</b>  <b>No classes today</b>
<b>July 6</b> 11:30 Qigong <b>1:15 Book Shelf Book Club:</b> <i>"The Yellow Bird Sings"</i> <i>by Jennifer Rosner</i> 2:45 Floor Yoga	<b>July 7</b> 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	<b>July 8</b> 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold <b>2:00 Coping in Today's            Environment</b> <b>5:30 Stress Management</b>	<b>July 9</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance <b>2:30 Good Stories Book Group</b> <i>Topic: Spies</i> 3:00 Ukulele Jam Session	<b>July 10</b>  <b>No classes today</b>
<b>July 13</b> <b>9:30 Coffee &amp; Conversation:</b> <b>Genealogy</b> 11:30 Qigong <b>1:00 Film Club:</b> <i>A Man Called Ove</i> 2:45 Floor Yoga	<b>July 14</b> 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	<b>July 15</b> 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold	<b>July 16</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 3:00 Ukulele Jam Session	<b>July 17</b> <b>11:00 Craft &amp; Conversation</b> <i>Mandalas</i> <b>1:00 The Art of Marriage</b>
<b>July 20</b> <b>9:30 Coffee &amp; Conversation:</b> <b>Genealogy</b> 11:30 Qigong <b>1:00 Film Club:</b> <i>The 100 Year            Old Man Who Climbed Out...</i> 2:45 Floor Yoga	<b>July 21</b> 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	<b>July 22</b> 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold <b>2:00 Fit to a T</b> <b>5:30 Vibrant Sexuality in            Middle &amp; Late Adulthood</b>	<b>July 23</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 3:00 Ukulele Jam Session	<b>July 24</b> <b>1:00 Back Injury            Prevention &amp; Treatment</b>
<b>July 27</b> <b>9:30 Coffee &amp; Conversation:</b> <b>Genealogy</b> 11:30 Qigong <b>1:00 Film Club:</b> <i>Robot and Frank</i> 2:45 Floor Yoga	<b>July 28</b> 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class <b>6:00 Behaviors in Dementia</b>	<b>July 29</b> 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold <b>5:30 Heart Disease</b>	<b>July 30</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 3:00 Ukulele Jam Session	<b>July 31</b> <b>1:00 Maryland on Vacation</b>

If you are taking a class, please consider making a donation to support these programs. This is not a requirement to take a class. Thank you!  
**To Donate:** <http://frederickcountymd-gov.3dcartstores.com> choose "Donation Opportunities" & then choose "Virtual 50+ Community Center"

## Frederick County Senior Services Division

# Virtual 50+ Health & Wellness Programs for July

These programs are in partnership with Frederick Community College's Institute for Learning in Retirement and the Frederick County Division of Parks and Recreation. **To register email: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)**

### Stress Management

**Wednesday, July 8, 5:30-7:00 p.m.**

Become more aware of the dangers of chronic stress to one's physical and mental health. Learn how lifestyle factors (relationships, exercise, diet, etc.) contribute to chronic stress. Learn a variety of stress management techniques to implement in your daily life to reduce your daily stress.

### Vibrant Sexuality in Middle & Late Adulthood: Achieve It!

**Wednesday, July 22, 5:30-7:00 p.m.**

This course provides the latest empirical research findings from the most well respected human sexuality researchers in an attempt to challenge the common misconceptions that middle-aged and older adults experience a sharp decline in both their desire for sex and their ability to engage in it. It also explores and identifies legitimate biological and psychological problems related to the aging process, which can sometimes impact an individual's or a couple's sexual performance.

### Gender Differences in Heart Disease

**Wednesday, July 29, 5:30-7:00 p.m.**

Learn the major differences that exist between women and men who have heart disease, including risk factors for developing it and different symptomologies. The differences can directly affect the types of medical diagnostic tests and treatment approaches they require. Finally, early detection and prevention strategies focusing primarily on lifestyle behaviors will be emphasized as the goal of both men and women.

*Presenter:* Terry Leitma has a master's degree in Human Development Education from the University of Maryland. She also completed all of the necessary coursework toward her Ph.D. in Health Education at UMD. She considers herself to be a passionate and dedicated psychologist/health educator who wants to motivate and empower people to have the highest quality of health (both mental and physical) as they age.

### The Art of Marriage

**Friday, July 17, 1:00-2:30 p.m.**

Marriage is a precious gift that must be cared for and nurtured during the course of time. This class provides practical small group insight to assist couples to refresh, retain and restore the beauty of the gift of marriage. *Presenter:* Chris Bugher, former Executive Director of the The Marriage Resource Center

### Back Injury Prevention & Treatment

**Friday, July 24, 1:00-2:30 p.m.**

Learn how to care for your spine and avoid episodes of back pain. Learn treatment options for common causes of back pain. *Presenter:* Dr. Carol Hamilton Zehnacker, D.P.T., ("Dr. Z") is a physical therapist with over 30 years of experience, including as director of rehabilitation at Frederick Memorial Hospital, owner of a private practice, & lecturer and consultant to the Arthritis Foundation and the American Running Assoc.

### Understanding Behaviors in Dementia

**Tuesday, July 28, 6:00-7:30 p.m.**

This class will include understanding a person's history as well as important factors and key points that can affect behaviors. Learn strategies and examples for being proactive in your response to behaviors.

*Presenter:* Thea Uhlig-Ruff, R.N., M.G.A. is retired from an extensive career in the health care industry. She has spoken locally, state-wide and nationally on health related topics specializing in mental health issues and gerontology including dementia care, issues in long term care and hospice care. Ms. Ruff brings a unique perspective, as she has also been a family caregiver for both her parents and her husband of 25 years.

## Special Programs

### Coping in Today's Environment

Coping through a pandemic is harder than anyone could imagine. Join us as we talk about ways to care for ourselves. *Presenter: Ellie Bentz, LCSW-C, Mental Health Association of Frederick County*

### Fit to a T: developed by the U.S. Bone and Joint Initiative

Learn more about bone health, as well as the prevention, early detection, diagnosis, and treatment of osteoporosis.

*Presenter: Donna Kurek, Director, Quality and Patient Safety OrthoVirginia*

### Maryland on Vacation: Unwinding in the Free State, 1875-1952

Using postcards, steamboat & train schedules, resort brochures, and photographs, this program explores how Marylanders from diverse racial and social backgrounds began to take breaks from work routines. The program also examines the social mores that shaped these vacations.

*Presenter: Lisa Greenhouse, Enoch Pratt Free Library*

## Recreation & Education Programs

### Coffee & Conversation Hours

*Genealogy:* Learn basic research strategies & resources for a 3-4 generation family tree.

*TED Talk:* Watch a short video and discuss

*Knit/Crochet:* Socialize while working on your projects

*Ukulele Jam Session:* Led by high school student, Amanda

*Drawing Class:* Led by high school students, Amanda and Gigi

*Film Club:* Do you like movies? Watch the film & join the discussion.

Instructions for watching the movies will be emailed.

### Craft & Conversation

*Mandalas:* Create a mandala from items you have at home

## Fitness Classes

### Chair Yoga/Meditation

This class combines gentle chair yoga movement and meditation.  
*Led by Larisa Harrington*

### Floor Yoga

Suggested accommodations for yoga props will be emailed to each participant. *Led by Miyako Zeng*

### Line Dance

Improve your balance, get moving, and have fun!  
*Led by Mary Anne Williams & Nanine Rhinelander*

### Morning Flow Yoga

Incorporating traditional & non-traditional yoga moves to energize & waken the body. These will include standing & sitting asanas (postures). *Led by Joana Bragg*

### Qigong: A Healing Art

This healing art helps us balance from within ourselves. The constant movement helps rhythmically circulate your energy for optimum health. *Led by Claudia Olson*

### Strength Training/Gentle Stretching

Using light weights (soup cans & water bottles will work) join us for a strength training and gentle stretching class.

*Led by Nanette Tummers*

### Zumba Gold

Active cardio low impact dance moves and fun energizing music.

*Tuesday class led by Mary Ellen Brady*

*Wednesday class led by Rebecca Kennedy*

## Book Clubs

**The Book Shelf:** Read the book & join the discussion

**Good Stories:** Read a book on an assigned topic & share

To register, email [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

**Emails should include** Your Name, Email Address, Phone Number, and Program(s) Name

Please send request at least **two business days** before program.

**Current Participants:** If you are currently in an ongoing class, you are automatically enrolled in the same class for this month.

Please send us an email if you DO NOT want to be in the class.

**Accessing Zoom:** Our virtual classes are offered via Zoom. Register for an “Accessing Zoom” class if you need help.