





# September Programs & Activities Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>▶ Staying Fit: Exercise</li> <li>▶ Connecting with Others</li> <li>▶ Expanding Your Horizons</li> <li>▶ Staying Healthy</li> <li>▶ Other Programs</li> </ul>	<b>1</b> 9:00 Coffee & Conversation: <i>TED Talk</i> 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	<b>2</b> 9:00 Accessing Zoom 12:15 Zumba Gold 2:00 Coffee & Conversation: <i>Good News Only!</i> <i>"When life gives you pandemic..." with Mary</i>	<b>3</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: <i>Knit/Crochet</i> 1:00 Line Dance 3:30 Ukulele Jam Session	<b>4</b> 
<b>7</b> 	<b>8</b> 9:00 Coffee & Conversation: <i>TED Talk</i> 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	<b>9</b> 9:00 Nutrition with Thu: <i>Love Your Gut</i> 12:15 Zumba Gold	<b>10</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: <i>Knit/Crochet</i> 1:00 Line Dance 2:30 Good Stories Book Group: Topic: <i>Sherlock Holmes</i> 3:30 Ukulele Jam Session	<b>11</b> 10:00 Managing Caregiver Stress 1:30 Craft & Conversation: <i>Zen Garden with Dara</i> 
<b>14</b> 9:30 Coffee & Conversation: <i>Genealogy</i> 11:30 Qigong 1:00 Film Club: <i>Mansfield Park</i> 2:45 Floor Yoga	<b>15</b> 9:00 Coffee & Conversation: <i>TED Talk</i> 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class 5:30 The First Year of Grief	<b>16</b> 9:00 Accessing Zoom 12:15 Zumba Gold 2:00 Kitchen Kapers: <i>Simple Apple Dumplings with Linda</i>	<b>17</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: <i>Knit/Crochet</i> 1:00 Line Dance 3:30 Ukulele Jam Session	<b>18</b> 
<b>21</b> 9:30 Coffee & Conversation: <i>Genealogy</i> 11:30 Qigong 1:00 Film Club: <i>Love &amp; Friendship</i> 2:45 Floor Yoga	<b>22</b> 9:00 Coffee & Conversation: <i>TED Talk</i> 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	<b>23</b> 9:00 Accessing Zoom 12:15 Zumba Gold 2:00 Fun & Games	<b>24</b> 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: <i>Knit/Crochet</i> 1:00 Line Dance 3:30 Ukulele Jam Session	<b>25</b> 9:30 Telephone Help for the Hard of Hearing with Maryland Relay 1:00 Tenant Rights with Maryland Legal Aid
<b>28</b> 9:30 Coffee & Conversation: <i>Genealogy</i> 11:30 Qigong 1:00 Film Club: <i>Emma</i> 2:45 Floor Yoga	<b>29</b> 9:00 Coffee & Conversation: <i>TED Talk</i> 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	<b>30</b> 9:00 Accessing Zoom 12:15 Zumba Gold	Please consider making a donation to support these programs. This is not a requirement to take a class. Thank you! To donate visit our eStore <a href="http://frederickcountymd-gov.3dcartstores.com">http://frederickcountymd-gov.3dcartstores.com</a> choose "Donation Opportunities" & then "Virtual 50+ Community Center"	

## Staying Healthy

### Nutrition with Thu: Love Your Gut

Did you know that your gut health plays an important role in immunity and overall health? Learn why gut health is so important and discover foods you should add to your diet, pre- and probiotics, to improve your gut health.

*Presenter: Thu Huynh, RD, LDN, Giant*

### Managing Caregiver Stress

This one-time educational program is designed to provide support for caregivers. It is a sample of the type of content offered during the six-week evidence-based educational series *Powerful Tools for Caregivers* that will be offered later this year. *Presenters: Mary Collins and Mindy Lohman, Caregiver Program Coordinators*

### The First Year of Grief

Explore the challenges the bereaved face in today's society. Learn ways to cope with grief during the first year of loss.

*Presenter: Melissa Dolan, LCSW-C Bereavement Counselor, Carroll Hospice*

## Connecting with Others

**Craft & Conversation:** *Monthly craft and conversation*

### Coffee & Conversation

*Genealogy:* Share basic research strategies & resources

*Good News Only!* Incorporate positivity into your daily life

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

*TED Talk:* Watch a short video and discuss

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

**The Book Shelf Book Club:** Read the book & join the discussion  
(no meeting in September)

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

**Fun & Games:** Join us for some lively games.

**Kitchen Kapers:** Live from their personal kitchens, staff members share some favorite recipes.

## Expanding Your Horizons

### Telephone Help for the Hard of Hearing

Do you have trouble using a regular telephone because you cannot hear well or speak clearly? *Presented by Maryland Relay, a free, public service that helps people communicate while using the telephone.*

### Tenant Rights

This general presentation on tenant rights will include failure to pay rent, breach of lease, and rent escrow. *Presented by Maryland Legal Aid*

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

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

## Staying Fit: Exercise

**Starting Fall Quarter (Oct-Dec) there will be a charge for fitness classes. You may either buy an all access Fitness Pass or pay for a Single Fitness Class. Registration information, along with a list of new classes, will be available September 14.**

### 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 Rhineland*

### Morning Flow Yoga

Incorporating traditional & non-traditional yoga moves to energize & awaken 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*

## To register for Virtual 50+ Activities and Programs

**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 stay in the class.

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