

Virtual 50+ Community Center • August 2021 Programs & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Problem Gambling</p> <p>12:30 Film Club: <i>Catch Me If You Can</i></p> <p>1:30 Line Dance \$</p> <p>2:45 Floor Yoga \$</p>	<p>3</p> <p>9:00 Strength & Stretch \$</p> <p>10:30 Morning Flow Yoga \$</p> <p>11:00 TED Talk</p> <p>1:30 Zumba Gold \$</p> <p>2:30 Drawing Class</p> <p>7:00 Fun & Games</p>	<p>4</p> <p>10:30 Writing Family History II</p> <p>12:15 Zumba Gold \$</p> <p>12:30 Good News Only!</p> <p>2:00 Virtual Field Trip \$ <i>Fallingwater Highlights Tour</i></p> <p>3:00 M&M \$</p>	<p>5</p> <p>9:00 Joy of Movement \$</p> <p>10:30 Gentle Yoga \$</p> <p>10:30 Knit/Crochet Group</p> <p>1:00 Line Dance \$</p> <p>6:00 SHIP: <i>New to Medicare</i></p>	<p>6</p> <p>9:15 Zumba Gold \$</p> <p>10:30 Yin Yang Yoga \$</p>
<p>9</p> <p>10:00 SHIP: <i>New to Medicare</i></p> <p>10:30 Middle East Travels</p> <p>12:30 Film Club: <i>Trumbo</i></p> <p>1:30 Line Dance \$</p> <p>2:30 Bookshelf Book Club: <i>Sooley</i> by John Grisham</p> <p>2:45 Floor Yoga \$</p>	<p>10</p> <p>9:00 Strength & Stretch \$</p> <p>10:30 Morning Flow Yoga \$</p> <p>11:00 TED Talk</p> <p>1:30 Zumba Gold \$</p> <p>6:00 New to Caregiving</p> <p>7:00 Six Word Stories</p>	<p>11</p> <p>9:00 Nutrition with Giant: <i>Spice Up Your Life</i></p> <p>10:30 Writing Family History II</p> <p>12:15 Zumba Gold \$</p> <p>1:30 Coloring & Conversation</p> <p>3:00 M&M \$</p>	<p>12</p> <p>9:00 Joy of Movement \$</p> <p>10:30 Gentle Yoga \$</p> <p>10:30 Knit/Crochet Group</p> <p>1:00 Line Dance \$</p> <p>2:30 Good Stories Book Club: <i>The Lost Apothecary</i> by Sarah Penner</p>	<p>13</p> <p>9:15 Zumba Gold \$</p> <p>10:30 Yin Yang Yoga \$</p> <p>12:30 Virtual Field Trip \$ <i>The Museum of Flight</i></p>
<p>16</p> <p>10:30 Middle East Travels</p> <p>12:30 Film Club: <i>Tall Blond Man with One Black Shoe</i></p> <p>1:30 Line Dance \$</p> <p>2:45 Floor Yoga</p>	<p>17</p> <p>9:00 Strength & Stretch \$</p> <p>10:30 Morning Flow Yoga \$</p> <p>11:00 TED Talk</p> <p>1:30 Zumba Gold \$</p> <p>2:30 Drawing Class</p> <p>7:00 Fun & Games</p>	<p>18</p> <p>10:00 Dementia Live</p> <p>10:30 Writing Family History II</p> <p>12:15 Zumba Gold \$</p> <p>1:30 Craft & Conversation: <i>Tissue Paper Flowers</i> with Caitlyn</p> <p>3:00 M&M \$</p>	<p>19</p> <p>9:00 Joy of Movement \$</p> <p>10:30 Gentle Yoga \$</p> <p>10:30 Knit/Crochet Group</p> <p>1:00 Line Dance \$</p> <p>2:00 MAP: <i>Religious Coalition</i></p> <p>3:00 Midwest Archeological Center: <i>Tour through Time</i></p>	<p>20</p> <p>9:15 Zumba Gold \$</p> <p>10:30 Yin Yang Yoga \$</p>
<p>23</p> <p>10:30 Middle East Travels</p> <p>12:30 Film Club: <i>Tootsie</i></p> <p>1:30 Line Dance \$</p> <p>2:45 Floor Yoga</p>	<p>24</p> <p>9:00 Strength & Stretch \$</p> <p>10:30 Morning Flow Yoga \$</p> <p>11:00 TED Talk</p> <p>1:30 Zumba Gold \$</p> <p>3:00 SHIP: <i>Medigap Workshop</i></p> <p>7:00 Science Hour: <i>The Seven Seas</i></p>	<p>25</p> <p>10:30 Writing Family History II</p> <p>12:15 Zumba Gold \$</p> <p>1:30 Kitchen Kapers: <i>Lemony Chicken Pasta & Tomato-Basil Zucchini</i> with Cathy</p> <p>3:00 M&M \$</p>	<p>26</p> <p>9:00 Joy of Movement \$</p> <p>10:30 Gentle Yoga \$</p> <p>10:30 Knit/Crochet Group</p> <p>1:00 Line Dance \$</p>	<p>27</p> <p>9:15 Zumba Gold \$</p> <p>10:30 Yin Yang Yoga \$</p>
<p>30</p> <p>10:30 Middle East Travels</p> <p>12:30 Film Club: <i>North by Northwest</i></p> <p>1:30 Line Dance \$</p> <p>2:45 Floor Yoga</p>	<p>31</p> <p>9:00 Strength & Stretch \$</p> <p>10:30 Morning Flow Yoga \$</p> <p>11:00 TED Talk</p> <p>1:30 Zumba Gold \$</p>	<p>▶ Expanding Your Horizons ▶ Being Creative ▶ Resources: Be Informed</p> <p>▶ Connecting with Others ▶ Staying Healthy</p> <p>▶ Staying Fit: Exercise \$ (Registration Fee) ▶ Virtual Field Trips \$ (Registration Fee)</p>		

General Registration information

Please visit our website for Class/Programs descriptions and more information www.FrederickCountyMD.gov/Virtual50

Confirmation

Once we receive your registration, we will email you more details about the programs including how to access them.

Zoom

These live virtual programs/classes are taught using Zoom.

If you need information on accessing Zoom please email us:

VirtualSeniorCenter@FrederickCountyMD.gov

Please ask for assistance at least two business days prior to the program. We will not be able to provide technical assistance during the program.

Accessing the Virtual Programs by Phone

If you do not have internet access, you may still access some of our programs using your phone. Please call 301-600-1234 for details.

Participant Information Form

If you have **never** participated in a program at the Frederick County Senior Centers or with the Virtual 50+ Center, you will need to complete a Participant Information Form.

You may complete the [form online](#).

This is a requirement to attend the virtual programs.

If you have questions, please email us

VirtualSeniorCenter@FrederickCountyMD.gov

How to Register for “Free Programs”

Please visit our website for Class/Programs descriptions and more information www.FrederickCountyMD.gov/Virtual50

Registration must be received at least two business days before program

Please send an email to VirtualSeniorCenter@FrederickCountyMD.gov

Be sure to include:

Your Name, Email Address, Phone Number

Names & Dates of the Program(s) You Want to Take

How to Register for Fitness Classes, Programs with a Fee & Virtual Field Trips

Please visit our website for Class/Programs descriptions & more information www.FrederickCountyMD.gov/Virtual50

Fitness Classes

Registration must be received at least two business days before program

Programs with a Fee

Registration must be received by the “Registration closes” date.

Payment must be include with registration (credit card or check).

Payment is non-refundable.

Credit/Debit Card: Online

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

1. Once on the website, click on “Virtual 50+ Programs”, located in the “Category” box on the left hand side of the webpage.
2. Click on the button on the website for the program you want and add the program/trip to your shopping cart.

All-Access
Fitness Pass

Single Fitness
Class Subscription

Virtual
Classes

Virtual
Field Trips

Check: Drop-Off

(due to the USPS delivery issues only mail check if absolutely necessary)

1. Make check payable to “Frederick County Treasurer”
2. Registration information must include your name, email address, phone number and class/program(s)
3. Place the addressed envelope containing the *Check & Registration Information* in the lock box at the Senior Services Division
(box is located to the left of the handicapped entrance)

Frederick County Senior Services Division

Attn: Virtual 50+Center

1440 Taney Avenue, Frederick, MD 21702