



Virtual 50+ Community Center February 2022 Programs & Activities

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

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	
Fitness	1:30 Line Dance @ VSC \$ 2:45 Floor Yoga @ VSC \$	9:00 Strength/Stretch @ VSC \$ 10:30 Flow Yoga @ VSC \$ 1:30 Zumba Gold @ VSC \$	9:00 Joy of Movement @ VSC \$ 12:15 Zumba Gold @ VSC \$ 3:00 M&M @ VSC \$ 7:00 Yoga Nidra (2nd Wed Only) @ VSC \$	9:00 Strength/Stretch @ VSC \$ 10:30 Flow Yoga @ VSC \$ 1:00 Line Dance @ VSC \$	9:15 Zumba Gold @ VSC \$ 10:30 Yin Yang Yoga @ VSC \$	
Additional Programs & Activities	Jan. 31 12:15 Film Club: Philadelphia	1 11:00 TED Talk 3:30 Drawing Class 7:00 Fun & Games	2 9:30 The Silk Road: History 10:30 Writing Family History II 12:30 Good News Only 1:30 Writing Family History I	3 10:30 Knit/Crochet 2:30 World War II Museum: American Indians in WWII \$	4 2:00 The Harlem Renaissance	
	7 10:30 Great Decisions \$ 12:15 Film Club: Crazy Rich Asians 2:30 Bookshelf Book Club: Authenticity Project by Clare Pooley	8 11:00 TED Talk 3:30 Drawing Class 7:00 Six Word Stories	9 9:00 Nutrition with Giant: Love your heart 10:30 Writing Family History II 1:30 Sleep Your Way to Better Brain Health 7:00 Yoga Nidra @ VSC \$	10 10:30 Knit/Crochet 2:30 Good Stories Book Club: The Henna Artist by Alka Joshi	Fri. 11 12:30 Jewelry Making: Bracelets 2:00 Glacier Bay National Park & Preserve	Sat. 12 11:00 New to Medicare
	14 10:00 Supportive Services 10:30 Great Decisions \$ 12:15 Film Club: Moonstruck	15 11:00 TED Talk 3:30 Drawing Class 7:00 Science Hour: Chocolate	16 9:30 The Silk Road: Art 10:30 Writing Family History II 1:30 Sleep Your Way to Better Brain Health	17 10:30 Knit/Crochet 3:00 Kitchen Kapers: Red Velvet Cake Truffles with Cathy	18 Noon Groceries for Seniors @ FSC New Date (moved from Feb. 17) 2:30 World War II Museum: African Americans in WWII \$	
	21 10:30 Great Decisions \$ 12:15 Film Club: Monsoon Wedding	22 11:00 TED Talk 3:30 Drawing Class	23 9:30 The Silk Road: Art 10:30 Writing Family History II 1:30 Sleep Your Way to Better Brain Health	24 10:30 Knit/Crochet 1:00 New to Medicare	25 Noon Coloring & Conversation	
	28 10:30 Great Decisions \$ 12:15 Film Club: Tel Aviv on Fire	▶ Connecting with Others ▶ Being Creative ▶ Staying Healthy ▶ Expanding Your Horizons ▶ Virtual Field Trips ▶ Resources: Be Informed ▶ Staying Fit: Exercise			You must pre-register for all programs. Programs with an "\$" have a fee. Programs are subject to change.	

Registration Information

Pre-registration is required. Programs are offered via Zoom.

Free Programs

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

Email: VirtualSeniorCenter@FrederickCountyMD.gov

Be sure to include:

Your Name, Phone Number, Email Address, 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!

Programs with a Fee

Registration must be received by the “Registration closes” date. If there is not a date listed, registration must be received least two business days before program. 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” boxes on the left side
- Click on the button for “50+ Community Programs”
- Then click on the sub-category you want
- Select and add the program you want to your shopping cart

Check: Drop-Off (we recommend that you only mail a check if absolutely 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
- 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 accessible door – at the top of the ramp)
Frederick County Senior Services Division
Attn: Virtual 50+Center, 1440 Taney Avenue, Frederick, MD 21702

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!



Frederick County Senior Services Division

Virtual 50+ Community Center

Offering fitness, enrichment & social opportunities for ages 50+

February 2022 Programs & Activities

A Few of the February Special Programs

The Harlem Renaissance

Great Decisions

Sleep Your Way to Better Brain Health

Glacier Bay National Park & Preserve

The Silk Road: Art

Kitchen Kapers: Red Velvet Cake Truffles with Cathy

American Indians in WWII

African Americans in WWII

Pre-registration is required for ALL programs.

Virtual Center (VSC)

Email Us: VirtualSeniorCenter@FrederickCountyMD.gov

For program descriptions and more information, please visit our website
www.FrederickCountyMD.gov/virtual50