



Emmitsburg 50+ Community Center • August 2022

Email: CKirby@FrederickCountyMD.gov

Phone: 301-600-6350

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	2 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab <hr/> 6:00 Town Event: National Night Out @ Myers Community Park	3 9:15 DVD Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab No Pickleball Today	4 CLOSED	5 No Pickleball Today
8 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	9 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	10 9:15 DVD Exercise <i>Easy Does It</i> 10:00 Blood Pressure Check 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:00 – 3:00 Unrulies Pickleball	11 CLOSED	12 12:30 – 2:30 Unrulies Pickleball
15 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	16 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:30 Craft – “Hoop it Up” Wreath	17 9:15 DVD Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:00 – 3:00 Unrulies Pickleball	18 CLOSED	19 Noon: Groceries for Seniors @ Frederick Senior Center 12:30 – 2:30 Unrulies Pickleball
22 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	23 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	24 9:15 DVD Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:00 – 3:00 Unrulies Pickleball	25 CLOSED	26 Seniors in the Park - Mt. Tabor Park, Rocky Ridge 12:30 – 2:30 Unrulies Pickleball
29 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	30 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	31 9:15 DVD Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:00 – 3:00 Unrulies Pickleball	<ul style="list-style-type: none"> • Bring your own drink or snack • Masks are strongly recommended • Medicare counseling is available on Mondays <i>by appointment only</i>. Call 301-600-1234 to book an appointment. 	

Registration Information

Pre-registration is required, limited space for in-person programs.
Programs may be postponed or canceled per county guidance.

Free Programs (In-Person)

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

Email: ckirby@FrederickCountyMD.gov or

Call the center 301-600-6350 (you may need to leave a message)

Be sure to include:

Your Name, Phone Number, Email Address, and

Names, Dates, & Location of Classes and Programs You Want to Take

Programs with a Fee (In-Person)

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.

Refunds will not be issued for programs missed due to centers closing.

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 the category you want
- Click on the program you want and add the selected program to your shopping cart

Check: Drop-Off

- Make check payable to “Frederick County Treasurer” Include: Your Name, Email Address, Phone Number, and the Names, Dates, & Location of Classes and Programs You Want to Take

Confirmation for All Programs

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



Emmitsburg 50+ Community Center

August 2022 Programs

Blood Pressure Screening

2nd Wednesday @ 10:00

Fire and Rescue will be outside providing free blood pressure checks. No registration required!

Video Exercise

Mondays @ 10:00 & 11:00

Tuesdays & Wednesdays @ 9:15

UnRulies Pickleball

Wednesdays @ 1:00 – 3:00

Fridays @ 12:30 – 2:30

Cards and Games

Mondays, Tuesdays & Wednesdays @ 10:00 – 1:00

Craft – “Hoop it Up” Wreath

Tuesday, August. 16 @ 1:30

Register by August 12



For Virtual Senior Center Programming via Zoom, visit

www.Frederickcountymd.gov/Virtual50

Contact Information:

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Emmitsburg, MD 21727

301-600-6350

Ckirby@frederickcountymd.gov

<https://www.facebook.com/Emmitsburg-Senior-Center-101371482512466>