



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games	4 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games Noon – M&M \$ 1:00 – Tai Chi Level 1 \$ 2:30 – 4:00 FHH Grief Support Group	5 9:15 Video Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 – 3:00 Unrulies Pickleball	6 9:15 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games	7 10:00 Seniors in the Park @ Gaver Farm, Mt. Airy 12:30 – 2:30 Unrulies Pickleball 
10 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games	11 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games Noon – M&M \$ 1:00 – Tai Chi Level 1 \$ 2:30 – 4:00 FHH Grief Support Group	12 9:15 Video Exercise <i>Easy Does It</i> 10:00 Blood Pressure Check 10:00 – 12:00 Drawing Workshop \$ 10:00 – 1:00 Cards/Games 1:00 – 3:00 Unrulies Pickleball 2:00 VSC Zoom Stream: Southeast AZ National Parks	13 9:15 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games 1:00 Craft: Pony Bead Pumpkin	14 12:30 – 2:30 Unrulies Pickleball
17 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games	18 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games Noon – M&M \$ 1:00 – Tai Chi Level 1 \$ 2:30 – 4:00 FHH Grief Support Group	19 9:15 Video Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 – 3:00 Unrulies Pickleball	20 9:15 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games	21 Noon: Groceries for Seniors Drive Thru @ Frederick Senior Center 12:30 – 2:30 Unrulies Pickleball
24 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games	25 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games Noon – M&M \$ 1:00 – Tai Chi Level 1 \$ 2:30 – 4:00 FHH Grief Support Group	26 9:15 Video Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 – 3:00 Unrulies Pickleball	27 9:15 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games 3:00 “Crafters for Ukraine” Organizational Meeting	28 12:30 – 2:30 Unrulies Pickleball
31 10:00 Video Exercise <i>Easy Does It</i> 11:00 Video Exercise <i>Go4Life</i> 10:00 – 1:00 Cards/Games		<ul style="list-style-type: none"> • Bring your own drink or snack • Masks are strongly recommended • The Lab Computers are available M-Th afternoons from 1:00 – 3:00 • Medicare Open Enrollment begins Oct. 15. Medicare Counseling is available by appointment only. Call 301-600-1234 starting Oct. 3 to book an appointment. 		<ul style="list-style-type: none"> ➤ Fitness, Free ➤ Fitness, Paid \$ ➤ Recreation ➤ Craft ➤ Craft, Paid \$ ➤ Health ➤ VSC Zoom Stream ➤ FCSSD Event

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 October 2022 Programs

Tai Chi Level 1 and Meditation & Movement (M&M) \$

M&M – Tuesdays @ Noon, *Cost - \$30*

Tai Chi 1 – Tuesdays @ 1:00, *Cost - \$30*

Grief Support Group

Tuesdays, 2:30 – 4:00

Craft – Pony Bead Pumpkin

Thursday, Oct. 13 @ 1:00

"Crafters for Ukraine"

This will be the first organizational meeting to finalize a Crafter's Hour every week. The goal is to produce hobby work for sale at holiday craft fairs to raise funds for Emmitsburg's Sister City of Lutsk, Ukraine.

Thursday, Oct. 27 @ 3:00

Virtual Senior Center Zoom Stream: SE Arizona National Parks

Come explore the unique rock formations of Chiricahua National Monument! Watch the Presentation on the big TV.

Wednesday, Oct 12 @ 2:00

For Virtual Senior Center Programming via Zoom, visit

www.Frederickcountymd.gov/Virtual50

Contact Information:

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

