



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <ul style="list-style-type: none"> ▶ Computer Lab ▶ Recreation ▶ Exercise ▶ Craft ▶ Presentations |  | 1 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 | 2 <p style="text-align: center;">CLOSED</p> | 3 12:30 – 2:30 Unrulies Pickleball |
| 6 10:00 DVD Exercise <i>Easy Does It</i> 11:00 DVD Exercise <i>Go4Life</i> 10:00 - 1:00 Cards/Games 1:00 Computer Lab | 7 9:15 DVD Exercise <i>Sitting Exercises</i> 10:00 - 1:00 Cards/Games 1:00 Computer Lab | 8 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 | 9 <p style="text-align: center;">CLOSED</p> | 10 10:00 – Noon: Document Shred Event @ Frederick Senior Center 12:30 – 2:30 Unrulies Pickleball |
| 13 Closed for Seniors in the Park – Kemptown Park | 14 9:15 DVD Exercise <i>Sitting Exercises</i> 10:00 - 1:00 Cards/Games 1:00 Computer Lab 1:30 Tissue Paper Painting Craft | 15 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  | 16 CLOSED – Senior Day at Frederick Keys  Free game ticket with buffet lunch included. You must call the center or see me to reserve your ticket! | 17 Noon: Groceries for Seniors @ Frederick Senior Center 12:30 – 2:30 Unrulies Pickleball |
| 20 <p style="text-align: center;">CLOSED</p>  | 21 9:15 DVD Exercise <i>Sitting Exercises</i> 10:00 - 1:00 Cards/Games Noon – Elder Fraud Presentation: Jason Shoemaker 1:00 Computer Lab  | 22 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 | 23 <p style="text-align: center;">CLOSED</p> | 24 12:30 – 2:30 Unrulies Pickleball |
| 27 10:00 DVD Exercise <i>Easy Does It</i> 11:00 DVD Exercise <i>Go4Life</i> 10:00 - 1:00 Cards/Games 1:00 Computer Lab | 28 9:15 DVD Exercise <i>Sitting Exercises</i> 10:00 - 1:00 Cards/Games 1:00 Computer Lab | 29 9:15 DVD Exercise <i>Easy Does It</i> 10:00 - 1:00 Cards/Games 1:00 Computer Lab No Pickleball Today | 30 <p style="text-align: center;">CLOSED</p> | July 1 <p style="text-align: center;">No Pickleball Today</p> |

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

Frederick County Senior Services Division

Emmitsburg 50+ Community Center

June 2022 Programs

Elder Fraud Awareness Presentation - June 21 @ Noon

Common scams include social security scams, phone scams, internet scams, and fake check scams. Through the many facets of your digital profile, you are a target for those who seek to profit from you through acquiring your personal identifying information, financial assets, or both. *Presenter: Jason Shoemaker*

Video Exercise

Mondays @ 10:00

Tuesday & Wednesday @ 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 – Tissue Paper Painting

Tuesday, June. 14 @ 1:30

For Virtual Senior Center Programming via Zoom, visit
www.Frederickcountymd.gov/Virtual50

Contact Information:

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301-600-6350

Ckirby@frederickcountymd.gov

<https://www.frederickcountymd.gov/1527/Emmitsburg-50-Community-Center>