

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Bring your own drink or snack</li> <li>Masks are strongly recommended</li> <li>Medicare Counseling and Service Navigation available <i>by appointment only</i>. Call 301-600-1234 to book an appointment.</li> </ul>		September is Senior Center Month!	1  <b>Center is Closed</b>	2  12:30 – 2:30 Unrulies Pickleball
5  <b>Center is Closed</b>  	6 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	7 9:15 Video Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:00 – 3:00 Unrulies Pickleball	8  <b>Center is Closed</b>	9  12:30 – 2:30 Unrulies Pickleball
12  <b>Center is Closed</b>	13  <b>Center is Closed</b>	14 <b>Center is Closed except for:</b> 10:00 Blood Pressure Check by Fire & Rescue Services 1:00 – 3:00 Unrulies Pickleball	15  <b>Center is Closed</b>	16 <b>Noon: Groceries for Seniors @ Frederick Senior Center</b> 12:30 – 2:30 Unrulies Pickleball
19 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  <i>Registration for Fall Quarter Begins</i>	20 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:30 Craft – Paper Plate Animals	21 9:15 Video Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:00 – 3:00 Unrulies Pickleball	22  <b>Center is Closed</b>	23 <b>10:00 Seniors in the Park: Walkersville Train Excursion</b> <b><i>This Event is Full</i></b>  12:30 – 2:30 Unrulies Pickleball
26 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	27 9:15 Video Exercise <i>Sitting Exercises</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab	28 9:15 Video Exercise <i>Easy Does It</i> 10:00 – 1:00 Cards/Games 1:00 Computer Lab 1:00 – 3:00 Unrulies Pickleball	29  <b>Center is Closed</b>	30  12:30 – 2:30 Unrulies Pickleball

## 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](mailto: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

## September 2022 Programs

### Blood Pressure Screening

2<sup>nd</sup> Wednesday, Sept. 14 @ 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

### Computer Lab

Mondays, Tuesdays, Wednesdays @ 1:00

### Craft – Paper Plate Animals

Tuesday, Sept. 20 @ 1:30

For Virtual Senior Center Programming via Zoom, visit  
[www.Frederickcountymd.gov/Virtual50](http://www.Frederickcountymd.gov/Virtual50)



### Contact Information:

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301-600-6350

[Ckirby@frederickcountymd.gov](mailto:Ckirby@frederickcountymd.gov)

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