

APRIL 2019 9:00 am – 3:30pm

55 years old and above - SENIOR ACTIVITIES CENTER PROGRAM CALENDAR

REVISED: APRIL 4, 2019

535 East Franklin Street, Hagerstown, MD 21740 301-790-0275 Website: www.wccoaging.org

Stefanie Nelson, Senior Activities Center Program Manager, Ext. 243 snelson@wccoaging.org

PLEASE NOTE: If class or event is marked with an asterisk * you must pre-register for that class or event.

A dollar sign (\$) indicates that the class has a "per class" fee payable each time you come

All Members must attend Exercise Equipment Intro before using the equipment: **Mondays-11am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9-Con't. Beg. Spanish* 6 of 12 9:15 – 11:15 Intro & Line Dance 9:30 – 10:30 Piano. * \$ (115) 9:00-12:00 Bridge (112) 10 - 11:00 Spanish Conv. II * 4 of 12 10:15-11:15 Spin Cycling (114) 1 of 4 11:00am Exercise Equipment Intro 11-12:00 Guitar Instruction* \$ (115) 11 – 12:00 Spanish Conv. I * 4 of 12 12:30-1:30 Beginner Sign Language 1:30-2:30 NEW *Con't Beg. Sign Lan. 12 – 2:00 Pastels *\$ 1 of 12 1 – 2:00 Strength Training (119A) 2:15 – 3:15 Gentle Yoga (119A) 2:30-3:30 Walk With Ease (Café) All Music Classes (6 of 12) All Sign Language Classes (5 of 8)</p>	<p>2 9:15 – 10:15 Tai Chi (119A) 9:30 – 11:30 Mah Jongg (112) 10–12:00 Sewing Group (115) 10:10-12:10 Computer Support (107) 10:30 – 12:30 Chess Group (112) 10:30-12:00 Beginner Square Dancing (The Basics) (5 of 12) 12:30-1:30 Spanish II * 12:30-1:30 Arth. Chair Exercise 115 1:30-3:30 Exercise DVD's 115 2:00 – 3:00 Strength Training (119A) 10:00 Grandparents Support (Conf. Rm) Spanish Class (8 of 12)</p>	<p>3 9:00-10:00 Piano *\$ (115) 9:15 – 11:15 Intro & Line Dancing 9:15 Spanish I *Con't. beginner 10:30-11:30 Spanish I* Basic beg. 10:15-11:15 Spin Cycling 1 of 4 10:15 – 11:15 Piano * \$ (115) 10:30 – 12:30 Chess Group (112) 11:30-12:30 Guitar * \$ (115) 12:30 – 3:30 Mah Jongg Adult Coloring and Reading Zone (117) 1 – 2:00 Strength Training (119A) 1 - 3:00 Acrylic Painting * \$3 of 12 1-3:30 Living Well 117 2:15 – 3:15 Gentle Yoga (119A) 2:30-3:30 Walk With Ease (Café) Spanish Classes (11 of 12) All Music classes(3 of 12)</p>	<p>4 9:15 – 10:15 Aerobics (119A) 9:15 – 12:00 Craft Group (115) 9:30-10:30 Active Living Everyday 117 10-12:00 Computer Support (107) 10 – 12:00 Pinochle (112) 10:30 – 11:30 Tai Chi (119A) 11:45-12:45 Tai Chi (119A) 12:30-1:30 * Spanish II 1-3:00 Acrylic *\$ 7 of 12 1 –3:00 Table Tennis And CornHole (119A) Spanish Class (9 of 12)</p>	<p>5 9:30 – 11:00 Computer Instruction 10:00 500 Cards 10:00-12:00 Stepping On (5 of 7) 117 10:00-11:00 \$ Voice Lesson Class (119A) 12 of 12 10:15-11:15 Spin Cycling (114) 1 of 4 10-12:00 Watercolor * \$ 4 of 12 (115) 12:00-1:00 Spin Cycling (114) 1 of 4 1-3:00 Embroidery* (115) 1 – 2:00 Strength Training (119A) 2:15 – 3:15 Walk Your Belly Flat (119A) dvd 2:30-3:30 Walk With Ease (Café)</p>
<p>8 9-Con't. Beg. Spanish* 7of 12 9:15 – 11:15 Intro & Line Dance 9:30 – 10:30 Piano. * \$ (115) 9:00-12:00 Bridge (112) 10 - 11:00 Spanish Conv. II * 5 of 12 10:15-11:15 Spin Cycling (114) 2 of 4 11:00am Exercise Equipment Intro 11-12:00 Guitar Instruction* \$ (115) 11 – 12:00 Spanish Conv. I * 5 of 12 12:30-1:30 Beginner Sign Language 1:30-2:30 NEW *Con't Beg. Sign Lan. 12 – 2:00 Pastels *\$ 2 of 12 1 – 2:00 Strength Training (119A) 2:15 – 3:15 Gentle Yoga (119A) 2:30-3:30 Walk With Ease (Café) Music Classes (7 of 12) All Sign Language Classes (6 of 8)</p>	<p>9 9:15 – 10:15 Tai Chi (119A) 9:30 – 11:30 Mah Jongg (112) 10–12:00 Sewing Group (115) 10:10-12:10 Computer Support 107 10:30 – 12:30 Chess Group (112) 10:30-12:00 Beginner Square Dancing (The Basics) (6 of 12) SENIOR ACTIVITIES CENTER CLOSSES AT 12:30pm</p>	<p>10 9:00-10:00 Piano *\$ (115) 9:15 – 11:15 Intro & Line Dancing 9:15 Spanish I *Con't. beginner 10:30-11:30 Spanish I* Basic beg. 10:15-11:15 Spin Cycling 2 of 4 10:15 – 11:15 Piano * \$ (115) 10:30 – 12:30 Chess Group (112) 11:30-12:30 Guitar * \$ (115) 12:30 – 3:30 Mah Jongg Adult Coloring and Reading Zone (117) 1 – 2:00 Strength Training (119A) 1 - 3:00 Acrylic Painting * \$4 of 12 1-3:30 Living Well 117 2:15 – 3:15 Gentle Yoga (119A) 2:30-3:30 Walk With Ease (Café) Spanish Classes (12 of 12) All Music classes(4 of 12)</p>	<p>11 9:15 – 10:15 Aerobics (119A) 9:15 – 12:00 Craft Group (115) 9:30-10:30 Active Living Everyday 117 10-Presentation: 2020 US Census Information and Education 10-12:00 Computer Support (107) 10 – 12:00 Pinochle (112) 10:00 SPRING AND EASTER CARD MAKING W/ RUTH WARD (CAFÉ) 10:30 – 11:30 Tai Chi (119A) 11:45-12:45 Tai Chi (119A) 12:30-1:30 * Spanish II 1-3:00 Acrylic *\$ 8 of 12 1 –3:00 Table Tennis And CornHole Spanish Class (10 of 12)</p>	<p>12 9:30 – 11:00 Computer Instruction 10:00-12:00 Stepping On (6 of 7) 117 10:00 500 Cards 10:00-11:00 \$ Voice Lesson Class (119A) 1 of 12 10:15-11:15 Spin Cycling (114) 2 of 4 10-12:00 Watercolor * \$ 5 of 12 (115) 11:00-Drum Circle (119A) 12:00-1:00 Spin Cycling (114) 2 of 4 1 – 2:00 Strength Training (119A) 2:15-3:15 Walk Your Belly Flat (119A) dvd 2:30-3:30 Walk With Ease (Café)</p>

APRIL SHOWERS.....BRING MAY FLOWERS!!

15 9- Con't. Beg. Spanish* 8 of 12
 9:15 – 11:15 Intro & Line Dance
 9:30 – 10:30 Piano. * \$ (115)
 9:00-12:00 Bridge (112)
 10 - 11:00 Spanish Conv. II* 6 of 12
 10:15-11:15 Spin Cycling (114) 3 of 4
 11:00am Exercise Equipment Intro
 11-12:00 Guitar Instruction* \$ (115)
 11 – 12:00 Spanish Conv. I * 6 of 12
 12:30-1:30 Beginner *Sign Language
 1:30-2:30 *Con't Beg. Sign Lan
 12 – 2:00 Pastels *\$ 3 of 12
 1 – 2:00 Strength Training (119A)
 2:15 – 3:15 Gentle Yoga (119A)
All Music Classes (8 of 12)
All Sign Language Classes (7 of 8)

16 9:15 – 10:15 Tai Chi (119A)
 9:30 – 11:30 Mah Jongg (112)
 10–12:00 Sewing Group (115)
 10:10-12:10 Computer Support (107)
NEW 10:15-11:15 Spin Cycling 1 of 4
 10:30 – 12:30 Chess Group (112)
 10:30-12:00 NEW Beginner Square
 Dancing (The Basics) (7 of 12)
NEW 12:00-1:00 Spin Cycling 1 of 4
 12:30-1:30 Spanish II* (107)
 12:30-1:30 Arthritis Chair Exercise 115
 1:30-3:30 Exercise DVD's 115
 2:00 – 3:00 Strength Training (119A)
Spanish Class (9 of 12)

17 9:00-10:00 Piano* \$ (115)
 9:15 – 11:15 Intro & Line Dancing
 9:15-Spanish I *Con't. beginner
 10:30-11:30 Spanish I *Basic beginner
 10:15-11:15 *Spin Cycling 3 of 4
 10:15 – 11:15 Piano.* \$ (115)
 10:30 -11:30 Book Group (117)
 10:30 – 12:30 Chess Group (112)
 11-12:00 FREE Blood Pressure (108)
 11:30-12:30 Guitar *\$ (Rm 115)
NEW 12:00-1:00 Spin Cycling 1 of 4
 12:30 – 3:30 Mah Jongg (AD, RZ) 107
 1 – 2:00 Strength Training (119A)
 1 - 3:00 Acrylic Painting * \$ 5 of 12
 1-3:30 Living Well 117
 2:15 – 3:15 Gentle Yoga (119A)
Spanish Classes (1 of 12)
All Music Classes (5 of 12)

18 9:15 – 10:15 Aerobics (119A)
 9:15 – 12:00 Craft Group (115)
 9:30-10:30 Active Living Everyday 117
 10-12:00 Computer Support (107)
 10 – 12:00 Pinochle (112)
NEW 10:15-11:15 Spin Cycling 1 of 4
 10:30 – 11:30 Tai Chi (119A)
 11:45-12:45 Tai Chi (119A)
NEW 12:00-1:00 Spin Cycling 1 of 4
 12:30-1:30 * Spanish II
 1-3:00 Acrylic *\$ 9 of 12
 1 –3:00 Table Tennis And CornHole
 (119A)
Spanish Classes (11 of 12)

19
 9:30 – 11:00 Computer Instruction
 10:00-12:00 Stepping On (7 of 7) 117
 10:00 500 Cards
 10:00-11:00 \$ Voice Lesson Class
 (119A) 2 of 12
 10:15-11:15 Spin Cycling (114) 3 of 4
 10-12:00 Watercolor *\$ 6 of 12 (115)
 12:00-1:00 *Spin Cycling (114) 3 of 4
 1 – 2:00 Strength Training (119A)
 2:15 – 3:15 Walk Your Belly Flat
 (119A) dvd

22- Con't. Beg. Spanish* 9 of 12
 9:15 – 11:15 Intro & Line Dance
 9:30 – 10:30 Piano.* \$ (115)
 9:00-12:00 Bridge (112)
 10 - 11:00 Spanish Conv. II* 7 of 12
 10:15-11:15 Spin Cycling (114) 4 of 4
 11:00am Exercise Equipment Intro
 11-12:00 Guitar Instruction* \$ (115)
 11 – 12:00 Spanish Conv. I * 7 of 12
 12:30-1:30 Beg. Sign Language *
 1:30-2:30 Con't Beg. Sign Lan.*
 12 – 2:00 Pastels *\$ 4 of 12
 1 – 2:00 Strength Training (119A)
 2:15 – 3:15 Gentle Yoga (119A)
All Music Classes (9 of 12)
All Sign Language Classes (8 of 8)

23 9:15 – 10:15 Tai Chi (119A)
 9:30 – 11:30 Mah Jongg (112)
 10–12:00 Sewing Group (115)
 10:10-12:10 Computer Support (107)
NEW 10:15-11:15 Spin Cycling 2 of 4
 10:30 – 12:30 Chess Group (112)
 10:30-12:00 NEW Beginner Square
 Dancing (The Basics) (8 of 12)
NEW 12:00-1:00 Spin Cycling 2 of 4
 12:30-1:30 Spanish II* (107)
 12:30-1:30 Arthritis Chair Exercise 115
 1:30-3:30 Exercise DVD's 115
 2:00 – 3:00 Strength Training (119A)
Spanish Class (10 of 12)
10:00 Family Caregivers (Conf. Rm.)

24 9:00-10:00 Piano* \$ (115)
 9:15 – 11:15 Intro & Line Dancing
 9:15- Spanish I * Con't Beginner
10-11 PER4M Kim's Coffee Chat- Lets Breathe (pulse/oxygen checks)
 10:15-11:15 Spin Cycling 4 of 4
 10:30-11:30 Spanish I* Basic beg.
 10:30 – 12:30 Chess Group (112)
NEW 12:00-1:00 Spin Cycling 2 of 4
 12:30 – 3:30 Mah Jongg, AC, RZ (107)
 1-3:00 Acrylic *\$ 6 of 12
 1:30-3:30 Exercise DVD's 115
 1:00-2:00 Strength Training (119A)
 1-3:30 Living Well 117
 2:15-3:15 Gentle Yoga (119A)
Spanish classes (2 of 12)
All Music classes (6 of 12)

25 9:15 – 10:15 Aerobics (119A)
 9:15 – 12:00 Craft Group (115)
 9:30-10:30 Active Living Everyday 117
 10-12:00 Computer Support (107)
10-3:00 Dig and Divide w/ Ruth Ward FREE PLANT SWAP (Café patio area)
 10 – 12:00 Pinochle (112)
10- Presentation: Coffee w/ Michael Reyka: Health Care Experiences
NEW 10:15-11:15 Spin Cycling 1 of 4
 10:30 – 11:30 Tai Chi (119A)
 11:45-12:45 Tai Chi (119A)
NEW 12:00-1:00 Spin Cycling 2 of 4
 12:30-1:30 * Spanish II
 1-3:00 Acrylic *\$ 10 of 12
 1 –3:00 Table Tennis And CornHole
1:30-Presentation: Arthritis and the Benefits of walking
Spanish Classes (12 of 12)

26
 9:30 – 11:00 Computer Instruction
 10:00 500 Cards
 10:00-11:00 \$ Voice Lesson Class
 (119A) 3 of 12
 10:15-11:15 Spin Cycling (114) 4 of 4
 10-12:00 Watercolor *\$ 7 of 12 (115)
 12:00-1:00 * Spin Cycling 4 of 4
 1 – 2:00 Strength Training (119A)
 2:15 – 3:15 Walk Your Belly Flat
 (119A) dvd
RAIN DATE FOR FREE PLANT SWOPE 10-3PM

29 9- Con't. Beg. Spanish* 10 of 12
 9:15 – 11:15 Intro & Line Dance
 9:30 – 10:30 Piano.* \$ (115)
 9:00-12:00 Bridge (112)
 10 - 11:00 Spanish Conv. II* 8 of 12
 10:15-11:15 Spin Cycling (114) 1 of 4
 11:00am Exercise Equipment Intro
 11-12:00 Guitar Instruction* \$ (115)
 11 – 12:00 Spanish Conv. I * 8 of 12
 12 – 2:00 Pastels *\$ 5 of 12
 1 – 2:00 Strength Training (119A)
 2:15 – 3:15 Gentle Yoga (119A)
All Music Classes (10 of 12)

30 9:15 – 10:15 Tai Chi (119A)
 9:30 – 11:30 Mah Jongg (112)
 10–12:00 Sewing Group (115)
 10:10-12:10 Computer Support (107)
NEW 10:15-11:15 Spin Cycling 3 of 4
 10:30 – 12:30 Chess Group (112)
 10:30-12:00 NEW Beginner Square
 Dancing (The Basics) (9 of 12)
NEW 12:00-1:00 Spin Cycling 3 of 4
 12:30-1:30 Spanish II* (107)
 12:30-1:30 Arthritis Chair Exercise 115
 1:30-3:30 Exercise DVD's 115
 2:00 – 3:00 Strength Training (119A)
Spanish Class (11 of 12)

LUNCH AT THE CAFE
 Monday, Tuesday,
 Wednesday and Friday
 11:30 – 1:30 – Room 119B
**Hot and Cold Sandwiches,
 Soups, Salads, Dessert and
 Beverages**
Please Note: Sales are Cash Only



**Hot and Cold Sandwiches, Soups,
 Salads, Desserts
 and Beverages**

Benefits of walking
Spanish Classes (12 of 12)



