

DECEMBER 2018 9:00 am – 3:30pm

55 years old and above - SENIOR ACTIVITIES CENTER PROGRAM CALENDAR
 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
 Jeremy Brown, Senior Activities Center Assistant Program Manager, Ext. 246 jbrown@w

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>3 9-Con't. Beg. Spanish* 5 of 12 9:00 Elder Abuse w/ Jay Kelsh 9:15 – 11:15 Intro & Line Dancing 9:30 – 10:30 Piano.* \$ (115) 9:00-12:00 Bridge (112) 10 - 11:00 Spanish Conv. II* 3 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* 3 o 12 12:30-1:30 Sign Language * 3 of 12 12 – 2:00 Pastels *\$ 12 of 12 1 – 2:00 Strength Training (119A) 2:15 – 3:15 Gentle Yoga (119A) All Music Classes (5 of 12)</p>	<p>4 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 Square Dancing Mainstream Level 6 of 6 10:30 – 12:30 Chess Group (112) 12:30-1:30 Spanish II* 12:30-1:30 Arthritis Chair Exercise 115 1:30-3:30 Exercise DVD's 115 1:00-2:00 Diabetes Prevention Prog. 2:00 – 3:00 Strength Training (119A) Spanish Class (5 of 12)</p>	<p>5 9:00-10:00 Piano *\$ (115) 9:15 – 11:15 Intro & Line Dancing 9:15 Spanish I *Con't. beginner 9:30 Presentation: Writing to Publication w/ Linda Rondeau Cafe 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 (107) 1 – 2:00 Strength Training (119A) 1 - 3:00 Acrylic Painting *\$ 10 of 12 2:15 – 3:15 Gentle Yoga (119A) Spanish Classes (6 of 12) All Music classes (10 of 12)</p>	<p>6 9:15 – 10:15 Aerobics (119A) 9:15 – 12:00 Craft Group (115) 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 * (107) 12:30-1:30 Active Living Everyday (10 of 12) 117 1-3:00 Acrylic *\$ 6 of 12 (115) 1 –3:00 Table Tennis And CornHole (119A) Spanish Class (4 of 12)</p>	<p>7 9:30 – 11:00 Computer Instruction 10:00 500 Cards 10:00-11:00 Voice Lesson Class (119A) 7 of 12 10-12:00 Watercolor *\$ 11 of 12 (115) 12:00-1:00 Spin Cycling (114) 1 of 4 1-3:00 Embroidery* (115) 1 – 2:00 Strength Training (119A) 2-3:00 Healthy Eating Everyday (14 of 14) 107 2:15 – 3:15 Walk Your Belly Flat (119A) dvd</p>
<p>10 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 o 12 12:30-1:30 Sign Language * 4 of 12 12 – 2:00 Pastels *\$ 1 of 12 1 – 2:00 Strength Training (119A) 2:15 – 3:15 Gentle Yoga (119A) All Music Classes (6 of 12)</p>	<p>11 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 Square Dancing Mainstream Level 1 of 6 10:30 – 12:30 Chess Group (112) 12:30-1:30 Spanish II* 12:30-1:30 Arthritis Chair Exercise 115 1:30-3:30 Exercise DVD's 115 1:00-2:00 Diabetes Prevention Prog. 2:00 – 3:00 Strength Training (119A) Spanish Class (6 of 12)</p>	<p>12 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) 11:45 – 2:30 RESERVED (107) Standing Committee Meeting 12:30 – 3:30 Mah Jongg Adult Coloring and Reading Zone (117) 1 – 2:00 Strength Training (119A) 1 - 3:00 Acrylic Painting *\$ 11 of 12 2:15 – 3:15 Gentle Yoga (119A) Spanish Classes (7 of 12) All Music classes(11 of 12)</p>	<p>13 9:15 – 10:15 Aerobics (119A) 9:15 – 12:00 Craft Group (115) 10-12:00 Computer Support (107) 10 – 12:00 Pinochle (112) 10:00 Grandparents Support (Conf. Rm) 10:30 – 11:30 Tai Chi (119A) 11:45-12:45 Tai Chi (119A) 12:30-1:30 Active Living Everyday (11 of 12) 117 12:30-1:30 * Spanish II 1-3:00 Acrylic *\$ 7 of 12 1 –3:00 Table Tennis And CornHole (119A) 2:00 Financial Elder Abuse w/Jay Kelsh 2:00-3:00 Monthly DPP 117 Spanish Class (5 of 12)</p>	<p>14 9:30 – 11:00 Computer Instruction 10:00 500 Cards 10:00-11:00 Voice Lesson Class (119A) 8 of 12 11:00 Drum Circle (119A) 10-12:00 Watercolor *\$ 12 of 12 (115) Time Change 11:00-12:00 *Spin Cycling (114) 2 of 4 SENIOR ACTIVITIES CENTER CLOSSES AT 12:30PM CAFÉ CLOSED</p>

“MERRY EVERYTHING AND HAPPY ALWAYS”

17 9- Con't. Beg. Spanish* 7 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 *\$ 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 Sign Language * 5 of 12
 12 – 2:00 Pastels *\$ 2 of 12
 1 – 2:00 Strength Training (119A)
 2:15 – 3:15 Gentle Yoga (119A)
All Music Classes (7 of 12)

18 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 Square Dancing Mainstream
 Level 2 of 6
 10:30 – 12:30 Chess Group (112)
 12:30-1:30 Spanish II *\$ (107)
 12:30-1:30 Arthritis Chair Exercise 115
 1:30-3:30 Exercise DVD's 115
 1:00-2:00 Diabetes Prevention Prog.
 2:00 – 3:00 Strength Training (119A)
Spanish Class (7 of 12)
10:00 Family Caregivers (Conf. Rm.)

19 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
 10:30 -11:30 Book Group (117)
 10:15-11:15 *Spin Cycling 2 of 4
 10:15 – 11:15 Piano.*\$ (115)
 10:30 – 12:30 Chess Group (112)
 11-12:00 FREE Blood Pressure (108)
 11:30-12:30 Guitar *\$ (Rm 115)
 12:30 – 3:30 Mah Jongg, Adult
 Coloring and Reading Zone (107)
 1 – 2:00 Strength Training (119A)
 1 - 3:00 Acrylic Painting *\$ 12 of 12
 2:15 – 3:15 Gentle Yoga (119A)
Spanish Classes (8 of 12)
All Music Classes (12 of 12)

20
 9:15 – 10:15 Aerobics (119A)
 9:15 – 12:00 Craft Group (115)
 10-12:00 Computer Support (107)
 10 – 12:00 Pinochle (112)
10:30-12pm WINTER SOCIAL
(CAFÉ/119A)
 12:30-1:30 Active Living Everyday (12
 of 12) 117
 12:30-1:30 * Spanish II
 1-3:00 Acrylic *\$ 8 of 121 –3:00 Table
 Tennis And CornHole (119A)
Spanish Classes (6 of 12)

21
 9:30 – 11:00 Computer Instruction
 10:00 500 Cards
 10:00-11:00 Voice Lesson Class
 (119A) 9 of 12
 10-12:00 Watercolor *\$ 1 of 12 (115)
 12:00-1:00 *Spin Cycling (114) 3 of 4
 1 – 2:00 Strength Training (119A)
SENIOR ACTIVITIES CENTER
CLOSES AT 2PM

24
SENIOR ACTIVITIES
CENTER WILL BE
CLOSED FOR WINTER
BREAK

25
SENIOR ACTIVITIES
CENTER WILL BE
CLOSED FOR WINTER
BREAK

26 9:00-10:00 Piano* \$ (115)
 9:15 – 11:15 **NO** Intro & Line
 Dancing
 9:15- Spanish I* Con't Beginner
 10:15-11:15 Spin Cycling 3 of 4
 10:30-11:30 Spanish I* Basic beg.
 10:30 – 12:30 Chess Group (112)
 11-12:00 FREE Blood Pressure 108
 12:30 – 3:30 Mah Jongg, Adult
 Coloring and Reading Zone (107)
 1-3:00 Acrylic *\$ 1 of 12
 1:30-3:30 Exercise DVD's 115
 1:00-2:00 Strength Training (119A)
 2:15-3:15 Gentle Yoga (119A)
Spanish classes (9 of 12)
All Music classes (1 of 12)

27
 9:15 – 10:15 Aerobics (119A)
 9:15 – 12:00 Craft Group (115)
 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 *\$ 9 of 12
 1 –3:00 Table Tennis And CornHole
 (119A)
Spanish Class (7 of 12)

28
 9:30 – 11:00 Computer Instruction
 10:00 500 Cards
 10:00-11:00 Voice Lesson Class
 (119A) 10 of 12
 10-12:00 Watercolor *\$ 2 of 12 (115)
 12:00-1:00 * Spin Cycling (114) 4 of
 4
 1 – 2:00 Strength Training (119A)
 2:15 – 3:15 Walk Your Belly Flat
 (119A) **dvd**

31
SENIOR ACTIVITIES
CENTER WILL BE
CLOSED FOR WINTER
BREAK



PLEASE
DONATE
TO OUR ANNUAL
CAMPAIGN
(ASK US HOW)
10/2018-12//31/2018

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

