

FEBRUARY 2019

9:00 am – 3:30pm

REVISED: FEBRUARY 1, 2019

55 years old and above - SENIOR ACTIVITIES CENTER PROGRAM CALENDAR

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





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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>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</p>  <p>Hot and Cold Sandwiches, Soups, Salads, Desserts and Beverages</p>				<p>1 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) 1 of 4 10-12:00 Watercolor * \$ 7 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</p>
<p>4 9-Con't. Beg. Spanish* 11 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* 9 of 12 10:15-11:15 Spin Cycling (114) 2 of 4 11:00-12:00 Presentation "SNOW SAFE" Lgr. Conf. Rm. 11:00am Exercise Equipment Intro 11-12:00 Guitar Instruction* \$ (115) 11 – 12:00 Spanish Conv. I * 9 o 12 12:30-1:30 Sign Language * 9 of 12 12 – 2:00 Pastels * \$ 6 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 (11 of 12)</p>	<p>5 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) 12:30-1:30 Spanish II * 12:30-1:30 Arth. Chair Exercise 115 1:30-3:30 Exercise DVD's 115 1:00-3:00 Stepping On (2 of 7) 117 2:00 – 3:00 Strength Training (119A) 10:00 Grandparents Support (Conf. Rm) Spanish Class (12 of 12)</p>	<p>6 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 * \$ 7 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 (3 of 12) All Music classes(7 of 12)</p>	<p>7 9:15 – 10:15 Aerobics (119A) NO CLASS 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) NO CLASS 11:45-12:45 Tai Chi (119A) NO CLASS 12:30-1:30 * Spanish II 1-3:00 Acrylic * \$ 3 of 12 1 –3:00 Table Tennis And CornHole (119A) Spanish Class (1 of 12) (NEW) 10:00- VALENTINE CARD MAKING W/ RUTH WARD FOR OUR MEALS ON WHEELS FRIENDS (CAFÉ)</p>	<p>8 9:30 – 11:00 Computer Instruction 10:00 500 Cards 10:00-11:00 \$ Voice Lesson Class (119A) 4 of 12 10:15-11:15 Spin Cycling (114) 2 of 4 10-12:00 Watercolor * \$ 8 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>

It is LOVE alone.... That gives worth to ALL THINGS!

11 9- Con't. Beg. Spanish* 12 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* 10 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 † 10 of 12
 12:30-1:30 Sign Language * 10 of 12
 12 – 2:00 Pastels †\$ 7 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 (12 of 12)

12 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)
 12:30-1:30 Spanish II † (107)
 12:30-1:30 Arthritis Chair Exercise 115
 1:30-3:30 Exercise DVD's 115
 1:00-3:00 Stepping On (3 of 7) 117
 2:00 – 3:00 Strength Training (119A)
Spanish Class (1 of 12)

13 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 2 of 4
 10:15 – 11:15 Piano. † \$ (115)
 10:30 – 12:30 Chess Group (112)
 11:30-12:30 Guitar †\$ (Rm 115)
 12:30 – 3:30 Mah Jongg (AD, RZ) 107
 1 – 2:00 Strength Training (119A)
 1 - 3:00 Acrylic Painting † \$ 8 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 (4 of 12)
All Music Classes (8 of 12)

14 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
 1-2:00 Monthly DPP 117
 1-3:00 Acrylic †\$ 4 of 12
 1 –3:00 Table Tennis And CornHole (119A)
Spanish Classes (2 of 12)

15
 9:30 – 11:00 Computer Instruction
 10:00 500 Cards
 10:00-11:00 † Voice Lesson Class (119A) 5 of 12
 10:15-11:15 Spin Cycling (114) 3 of 4
 10-12:00 Watercolor †\$ 9 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
 2:30-3:30 Walk With Ease (Café)

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SENIOR ACTIVITIES
CENTER IS CLOSED



19 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)
 12:30-1:30 Spanish II † (107)
 12:30-1:30 Arthritis Chair Exercise 115
 1:30-3:30 Exercise DVD's 115
 1:00-3:00 Stepping On (4 of 7) 117
 2:00 – 3:00 Strength Training (119A)
Spanish Class (2 of 12)
10:00 Family Caregivers (Conf. Rm.)

20 9:00-10:00 Piano † \$ (115)
 9:15 – 11:15 Intro & Line Dancing
 9:15- Spanish I † Con't Beginner
 10:15-11:15 Spin Cycling 3 of 4
 10:30 -11:30 Book Group (117)
 10:30-11:30 Spanish I † Basic beg.
 10:30 – 12:30 Chess Group (112)
 11-12:00 FREE Blood Pressure (108)
 12:30 –3:30Mah Jongg, AC, RZ (107)
 1-3:00 Acrylic †\$ 9 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)
 2:30-3:30 Walk With Ease (Café)
Spanish classes (5 of 12)
All Music classes (9 of 12)

21 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) (NO CLASS)
11:00-12:30 VALENTINE SOCIAL (Café and 119A)
 11:45-12:45 Tai Chi (119A) (NO CLASS)
 12:30-1:30 † Spanish II
 1-3:00 Acrylic †\$ 5 of 12
 1 –3:00 Table Tennis And CornHole (119A)
Spanish Class (3 of 12)

22
 9:30 – 11:00 Computer Instruction
 10:00 500 Cards
 10:00-11:00 † Voice Lesson Class (119A) 6 of 12
 10:15-11:15 Spin Cycling (114) 4 of 4
 10-12:00 Watercolor †\$ 10 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
 2:30-3:30 Walk With Ease (Café)

25 9- Con't. Beg. Spanish* 1 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* 11 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 † 11 of 12
 12:30-1:30 Sign Language * 11 of 12
 12 – 2:00 Pastels †\$ 8 of 12
 1-2:00 Monthly DPP 117
 1 – 2:00 Strength Training (119A)
 2:15 – 3:15 Gentle Yoga (119A)
 2:30-3:30 Walk With Ease (Café)
All Music Classes (1 of 12)

26 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)
 12:30-1:30 Spanish II † (107)
 12:30-1:30 Arthritis Chair Exercise 115
 1:30-3:30 Exercise DVD's 115
 1:00-3:00 Stepping On (5 of 7) 117
 2:00 – 3:00 Strength Training (119A)
Spanish Class (3 of 12)

27 9:00-10:00 Piano † \$ (115)
 9:15 – 11:15 Intro & Line Dancing
 9:15 Spanish I *Con't. beginner
 10-11:00 PER4M (117)
 10:30-12:30 Chess Group (112)
 10:30-11:30 Spanish I † Basic beg.
 10:15-11:15 Spin Cycling 4 of 4
 10:15 – 11:15 Piano. † \$ (115)
 11:30-12:30 Guitar † \$ (115)
 12:30 – 3:30 Mah Jongg (AD,RZ)
 1 – 2:00 Strength Training (119A)
 1 - 3:00 Acrylic Painting † \$ 10 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 (6 of 12)
All Music classes(10 of 12)

28 9:15 – 10:15 Aerobics (119A)
 9:15 – 12:00 Craft Group (115)
10:00 PRESENTATION: INTERNET AND PERSONAL SAFETY (Café) Officer Morris and Walt Kerr
 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 †\$ 6 of 12
 1 –3:00 Table Tennis And CornHole (119A)
Spanish Class (4 of 12)

