



JANUARY 2019 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>1</p>  <p>SENIOR ACTIVITIES CENTER WILL BE CLOSED</p>	<p>2 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 4 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 *\$ 2 of 12 2:15 – 3:15 Gentle Yoga (119A) Spanish Classes (10 of 12) All Music classes (2 of 12) 2019 REGISTRATION RENEWAL BEGINS!!</p>	<p>3 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) 1-3:00 Acrylic *\$ 10 of 12 (115) 1 –3:00 Table Tennis And CornHole (119A) Spanish Class (8 of 12)</p>	<p>4 9:30 – 11:00 Computer Instruction 10:00 500 Cards 10:00-11:00 \$ Voice Lesson Class (119A) 11 of 12 10-12:00 Watercolor *\$ 3 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>7 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) 10:00 Elder Abuse w/ Jay Kelsh TBA 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 Sign Language * 6 of 12 12 – 2:00 Pastels *\$ 3 of 12 1 – 2:00 Strength Training (119A) 1 – 3:30 Living Well * (107) 2:15 – 3:15 Gentle Yoga (119A) 2:30-3:30 Walk With Ease (Café) All Music Classes (8 of 12)</p>	<p>8 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 3 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 1:00-3:00 Stepping On (1 of 7) 117 2:00 – 3:00 Strength Training (119A) Spanish Class (8 of 12)</p>	<p>9 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>10 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 * Spanish II 1-3:00 Acrylic *\$ 11 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 (9 of 12)</p>	<p>11 9:30 – 11:00 Computer Instruction 10:00 500 Cards 10:00-11:00 \$ Voice Lesson Class (119A) 12 of 12 10-12:00 Watercolor *\$ 4 of 12 (115) 12:00-1:00 Spin Cycling (114) 2 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>

HAPPY NEW YEAR... "Remember The Time Is Always Right" to do the Right thing!

14 9- 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 o 12
 12:30-1:30 Sign Language * 7 of 12
 12 – 2:00 Pastels * \$ 4 of 12
 1 – 2:00 Strength Training (119A)
 1 – 3:30 Living Well * (107)
 2:15 – 3:15 Gentle Yoga (119A)
 2:30-3:30 Walk With Ease (Café)
All Music Classes (9 of 12)

15 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 4 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
 1:00-3:00 Stepping On (2 of 7) 117
 2:00 – 3:00 Strength Training (119A)
Spanish Class (9 of 12)
10:00 Family Caregivers (Conf. Rm.)

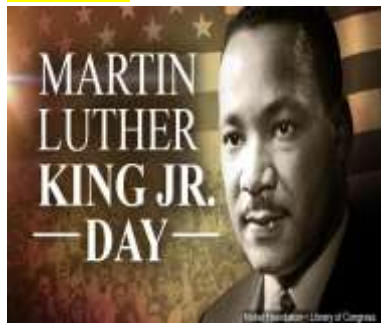
16 9:00-10:00 Piano * \$ (115)
 9:15 – 11:15 Intro & Line Dancing
 9:15-Spanish I *Con't. beginner
 10:30-11:30 Spanish I *Basic beginner
 10:30 -11:30 Book Group (117)
 10:15-11:15 *Spin Cycling 2 of 4
 10:15 – 11:15 Piano * \$ (115)
 10:30 – 12:30 Chess Group (112)
 11-12:00 FREE Blood Pressure (108)
 11:30-12:30 Guitar * \$ (Rm 115)
 12:30 – 3:30 Mah Jongg (AD, RZ) 107
 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)

17 9:15 – 10:15 Aerobics (119A)
 9:15 – 12:00 Craft Group (115)
 10-12:00 Computer Support (107)
10:00 Reflexology Session (Café)
 10 – 12:00 Pinochle (112)
 12:30-1:30 * Spanish II
1:00 Presentation: Money Smart for Older Adults w/ Jay Kelsh
 1-3:00 Acrylic * \$ 12 of 12
 1 –3:00 Table Tennis And CornHole (119A)

Spanish Classes (10 of 12)

18
 9:30 – 11:00 Computer Instruction
 10:00 500 Cards
 10:00-11:00 * \$ Voice Lesson Class (119A) 1 of 12
 10-12:00 Watercolor * \$ 5 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)

21
SENIOR ACTIVITIES CENTER WILL BE CLOSED



22 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 5 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
 1:00-3:00 Stepping On (3 of 7) 117
 2:00 – 3:00 Strength Training (119A)
Spanish Class (10 of 12)

23 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 Spanish I * Basic beg.
 10:30 – 12:30 Chess Group (112)
 12:30 – 3:30 Mah Jongg, Adult
 Coloring and Reading Zone (107)
 1-3:00 Acrylic * \$ 5 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 (1 of 12)
All Music classes (5 of 12)

24
 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 * \$ 1 of 12
 1 –3:00 Table Tennis And CornHole (119A)

Spanish Class (11 of 12)

25
 9:30 – 11:00 Computer Instruction
 10:00 500 Cards
 10:00-11:00 * \$ Voice Lesson Class (119A) 2 of 12
 10-12:00 Watercolor * \$ 6 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)

28 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
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 11:00am Exercise Equipment Intro
 11-12:00 Guitar Instruction * \$ (115)
 11 – 12:00 Spanish Conv. I * 8 o 12
 12:30-1:30 Sign Language * 8 of 12
 12 – 2:00 Pastels * \$ 5 of 12
 1 – 2:00 Strength Training (119A)
 1 – 3:30 Living Well * (107)
 2:15 – 3:15 Gentle Yoga (119A)
 2:30-3:30 Walk With Ease (Café)
All Music Classes (10 of 12)
1-2:00 Monthly DPP 117

29 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 * (107)
 12:30-1:30 Arthritis Chair Exercise 115
 1:30-3:30 Exercise DVD's 115
 1:00-3:00 Stepping On (1 of 7) 117
 2:00 – 3:00 Strength Training (119A)
Spanish Class (11 of 12)

30 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 4 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 (AD,RZ)
 1 – 2:00 Strength Training (119A)
 1 - 3:00 Acrylic Painting * \$ 6 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 (2 of 12)
All Music classes(6 of 12)

31 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 * \$ 2 of 12
 1 –3:00 Table Tennis And CornHole (119A)

2:00 Financial Elder Abuse w/Jay Kelsh

Spanish Class (12 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

