



June 2019 Senior Activities Center Program Calendar Revised 6.6.19

Activities for 55+ Years Old 9:00-3:30pm 535 E. Franklin Street, Hagerstown, MD 21740 301-790-0275
**** = Pre-registration Required \$= Per Class Fee To use equipment, all members must attend Exercise Equipment Intro.**

Monday	Tuesday	Wednesday	Thursday	Friday
3 09:00-10:00 Spanish I (3 of 12) ** 09:00-12:00 Bridge 09:15-11:15 Intro & Line Dance 09:30-10:30 Adv. Piano (3 of 12) \$** 10:00-11:00 Span. Conv. II (11 of 12)** 10:15-11:15 Spin Cycling (1 of 4) ** 11:00-12:00 Exercise Equipment Intro 11:00-12:00 Basic Guitar (1 of 12) \$** 11:00-12:00 Span. Conv. I (10 of 12)** 12:00-02:00 Pastels (9 of 12) \$** 12:30-01:30 Sign Lang. (3 of 12)** 01:00-02:00 Strength Training 02:15-03:15 Gentle Yoga 02:30-03:30 Walk With Ease (1 of 18)**	4 09:15-10:15 Tai Chi 09:30-11:30 Mah Jongg 10:00-12:00 Grandparent Support Grp 10:00-12:00 Sewing Group 10:00-12:00 Computer Support 10:15-11:15 Spin Cycling 10:30-12:00 Beginner Square Dancing (The Basics) (1 of 12) 12:00-01:00 Grand Opening OuterLoop 12:00-01:00 Spin Cycling-Canceled 12:30-01:30 Spanish II (12 of 12) 12:30-01:30 Walk Your Belly Flat DVD 01:00-03:00 Stepping On (1 of 7)** 02:00-03:00 Strength Training	5 09:00-10:00 Beg.Piano (10 of 12)\$** 09:15-10:30 Spanish I (9 of 12)** 09:15-11:15 Intro & Line Dance 10:15-11:15 Spin Cycling (1 of 4)** 10:15-11:15 Adv. Piano (11 of 12) \$** 10:30-11:30 Basic Span. (8 of 12)** 11:15-12:00 Exercise Equipment Intro 11:30-12:30 Adv. Guitar (11 of 12) \$** 12:00-01:00 Spin Cycling (1 of 4)** 12:30-03:30 Mah Jongg 01:00-02:00 Strength Training 01:00-03:00 Acrylic (12 of 12) \$*** 01:00-03:30 Living Well (3 of 6)** 02:15-03:15 Gentle Yoga 02:30-03:30 Walk With Ease (2 of 18)**	6 09:00-10:00 Beginner's Spin Cycling 09:15-10:15 Aerobics 09:15-12:00 Craft Group 10:00-11:00 Know Your Brain: Brain Fit 10:00-12:00 Computer Support 10:00-12:00 Pinochle 10:15-11:15 Spin Cycling (1 of 4)** 11:00-12:30 Let's Get Growing 10:30-11:30 Tai Chi 12:00-01:00 Spin Cycling (1 of 4)** 12:30-01:30 Spanish II (6 of 12)** 01:00-03:00 Acrylic (3 of 12) \$** 01:00-03:00 Table Tennis & Corn Hole 01:30-02:30 Basic Spanish (6 of 12) **	7 09:00-10:00 Introduction to Spin Cycling 09:30-11:00 Computer Instruction: Word Processing 10:00-11:00 Voice Lessons (8 of 12) \$** 10:00-12:00 Watercolor (1 of 3) \$** 10:00-03:00 500 Bid Cards 10:15-11:15 Spin Cycling (1 of 4)** 12:00-01:00 Spin Cycling (1 of 4)** 01:00-02:00 Strength Training 01:00-03:00 Embroidery 02:30-03:30 Walk With Ease (3 of 18)**
10 09:00-10:00 Introduction to Spin Cycling 09:00-10:00 Spanish I (4 of 12) ** 09:00-12:00 Bridge 09:15-11:15 Intro & Line Dance 09:30-10:30 Adv. Piano (4 of 12) \$** 10:00-11:00 Span. Conv. II (12 of 12) ** 10:15-11:15 Spin Cycling (2 of 4) ** 11:00-12:00 Exercise Equipment Intro 11:00-12:00 Basic Guitar (2 of 12) \$** 11:00-12:00 Span. Conv. I (11 of 12)** 12:00-02:00 Pastels (10 of 12) \$** 01:00-02:00 Strength Training 02:15-03:15 Gentle Yoga 02:30-03:30 Walk With Ease (4 of 18)**	11 09:00-10:00 Beginner's Spin Cycling 09:15-10:15 Tai Chi 09:30-11:30 Mah Jongg 10:00-12:00 Sewing Group 10:00-12:00 Computer Support 10:15-11:15 Spin Cycling (2 of 4) ** 10:30-12:00 Beginner Square Dancing (The Basics) (2 of 12) 12:00-01:00 Spin Cycling (2 of 4) ** 12:30-01:30 Spanish II (1 of 12) 12:30-01:30 Walk Your Belly Flat DVD 01:00-03:00 Stepping On (2 of 7) ** 02:00-03:00 Strength Training	12 09:00-10:00 Beg.Piano (11 of 12) \$** 09:15-10:30 Spanish I (10 of 12) ** 09:15-11:15 Intro & Line Dance 10:15-11:15 Spin Cycling (2 of 4) ** 10:15-11:15 Adv. Piano (12 of 12) \$** 10:30-11:30 Basic Span. (9 of 12)** 11:15-12:00 Exercise Equipment Intro 11:30-12:30 Adv. Guitar (12 of 12) \$** 12:00-01:00 Spin Cycling (2 of 4) ** 12:30-03:30 Mah Jongg 01:00-02:00 Strength Training 01:00-03:00 Acrylic (1 of 12) \$** 01:00-03:30 Living Well (4 of 6)** 02:15-03:15 Gentle Yoga 02:30-03:30 Walk With Ease (5 of 18)**	13 09:15-10:15 Aerobics 09:15-11:30 World Elder Abuse Awareness Day Event 09:15-12:00 Craft Group 10:00-12:00 Computer Support 10:00-12:00 Pinochle 10:15-11:15 Spin Cycling-Canceled 10:30-11:30 Tai Chi 12:00-01:00 Spin Cycling-Canceled 12:30-01:30 Spanish II (7 of 12) ** 01:00-03:00 Acrylic (4 of 12) \$** 01:00-03:00 Table Tennis & Corn Hole 01:30-02:30 Basic Spanish (7 of 12) ** 01:30-02:00 VA Benefit Presentation	14 09:30-11:00 Computer Instruction: Word Processing 10:00-11:00 Voice Lessons (9 of 12) \$** 10:00-12:00 Watercolor (2 of 3) \$** 10:00-03:00 500 Bid Cards 10:15-11:15 Spin Cycling-Canceled 11:00- end Drum Circle – See Back! 12:00-01:00 Spin Cycling-Canceled 01:00-02:00 Strength Training 02:30-03:30 Walk With Ease (6 of 18)**
Room 107- All Spanish, All Sign Language, All Computer	Room 112- 500 Bid Cards, Bridge, Mah Jongg, Pinochle Room 113/114- Spin Cycling, Exercise Equipment Intro	Room 115- All Arts, All Craft, All Sewing, Embroidery, All Music Room 117- Book Group, Living Well, Active Living, Stepping On	Café- Walk with Ease, VA Benefit Presentation Gazebo- Let's Get Growing	Room 119A- Aerobics, Drum Circle, Gentle Yoga, Intro & Line Dancing, Strength Training, Square Dancing Table Tennis and Corn Hole, Tai Chi, Voice Lessons, Walk your Belly Flat

Monday	Tuesday	Wednesday	Thursday	Friday
17 09:00-10:00 Spanish I (5 of 12) ** 09:00-12:00 Bridge 09:15-11:15 Intro & Line Dance 09:30-10:30 Adv. Piano (5 of 12) \$** 10:00-11:00 NEWSpan.Conv.II(1of12)** 10:15-11:15 Spin Cycling Canceled 11:00-12:00 Exercise Equipment Intro 11:00-12:00 Basic Guitar (3 of 12) \$** 11:00-12:00 Span. Conv. I (12 of 12)** 12:00-02:00 Pastels (11 of 12) \$** 12:30-01:30 Sign Lang. (4 of 12) ** 01:00-02:00 Strength Training 02:15-03:15 Gentle Yoga 02:30-03:30 Walk With Ease (7 of 18)**	18 09:00-10:00 Beginner's Spin Cycling 09:15-10:15 Tai Chi 09:30-11:30 Mah Jongg 10:00-12:00 Caregiver Support Group Top 10 Signs of Dementia 10:00-12:00 Sewing Group 10:00-12:00 Computer Support 10:15-11:15 Spin Cycling (3 of 4) ** 10:30-12:00 Beginner Square Dancing (The Basics) (3 of 12) 12:00-01:00 Spin Cycling (3 of 4) ** 12:30-01:30 Spanish II (2 of 12) 12:30-01:30 Walk Your Belly Flat DVD 01:00-03:00 Stepping On (3 of 7) ** 02:00-03:00 Strength Training	19 09:00-10:00 Beg.Piano (12 of 12) \$** 09:15-10:30 Spanish I (11 of 12) ** 09:15-11:15 Intro & Line Dance 10:15-11:15 Spin Cycling (3 of 4) ** 10:15-11:15 Adv. Piano (1 of 12) \$** 10:30-11:30 BasicSpan. (10 of 12) ** 10:30-11:30 Book Group 11:15-12:00 Exercise Equipment Intro 11:30-12:30 Adv. Guitar (1 of 12) \$** 12:00-01:00 Spin Cycling (3 of 4) ** 12:30-03:30 Mah Jongg 01:00-02:00 Strength Training 01:00-03:00 Acrylic (2 of 12) \$** 01:00-03:30 Living Well (5 of 6) ** 02:15-03:15 Gentle Yoga 02:30-03:30 Walk With Ease (8 of 18)**	20 09:00-10:00 Beginner's Spin Cycling 09:15-10:15 Aerobics 09:15-12:00 Craft Group 10:00-11:00 Know Your Brain: Brain Fit 10:00-12:00 Computer Support 10:00-12:00 Pinochle 10:15-11:15 Spin Cycling (3 of 4) ** 10:30-11:30 Tai Chi 11:00-12:30 Let's Get Growing 12:00-01:00 Spin Cycling (3 of 4) ** 12:30-01:30 Spanish II (8 of 12) ** 01:00-03:00 Acrylic NO CLASS 01:00-03:00 Table Tennis & Corn Hole 01:30-02:30 Basic Spanish (8 of 12) **	21 09:00-10:00 Introduction to SpinCycling 09:30-11:00 Computer Instruction: Word Processing 10:00-11:00 Voice Lessons (10of12)\$** 10:00-12:00 Watercolor (3 of 3) \$** 10:00-03:00 500 Bid Cards 10:15-11:15 Spin Cycling (3 of 4) ** 12:00-01:00 Spin Cycling (3 of 4) ** 01:00-02:00 Strength Training 02:30-03:30 Walk With Ease (9 of 18)**
24 09:00-10:00 Introduction to Spin Cycling 09:00-10:00 Spanish I (6 of 12)** 09:00-12:00 Bridge 09:15-11:15 Intro & Line Dance 09:30-10:30 Adv. Piano (6 of 12) \$** 10:00-11:00 Span. Conv. I (2 of 12)** 10:15-11:15 Spin Cycling (4 of 4) ** 11:00-12:00 Exercise Equipment Intro 11:00-12:00 Basic Guitar (4 of 12) \$** 11:00-12:00 NEWSpan.Conv.II(1of12)** 12:00-02:00 Pastels (12 of 12) \$** 01:00-02:00 Strength Training 02:15-03:15 Gentle Yoga 02:30-03:30 Walk With Ease (10of18) **	25 09:00-10:00 Beginner's Spin Cycling 09:15-10:15 Tai Chi 09:30-11:30 Mah Jongg 10:00-12:00 Sewing Group 10:00-12:00 Computer Support 10:15-11:15 Spin Cycling (4 of 4) ** 10:30-12:00 Beginner Square Dancing (The Basics) Canceled 12:00-01:00 Spin Cycling (4 of 4) ** 12:30-01:30 Spanish II (3 of 12) 12:30-01:30 Walk Your Belly Flat DVD 01:00-03:00 Stepping On (4 of 7) ** 02:00-03:00 Strength Training	26 09:00-10:00 Beg.Piano (1 of 12) \$** 09:15-10:30 Spanish I (12 of 12) ** 09:15-11:15 Intro & Line Dance 10:00-11:00 How's My Weight with Kim 10:15-11:15 Spin Cycling (4 of 4) ** 10:15-11:15 Adv. Piano (2 of 12) \$** 10:30-11:30 BasicSpan. (11 of 12) ** 11:15-12:00 Exercise Equipment Intro 11:30-12:30 Adv. Guitar (2 of 12) \$** 12:00-01:00 Spin Cycling (4 of 4) ** 12:30-03:30 Mah Jongg 01:00-02:00 Strength Training 01:00-03:00 Acrylic (3 of 12) \$** 01:00-03:30 Living Well (6 of 6) ** 02:15-03:15 Gentle Yoga 02:30-03:30 Walk With Ease (11of18) **	27 09:00-10:00 Beginner's Spin Cycling 09:15-10:15 Aerobics 09:15-12:00 Craft Swap 10:00-12:00 Computer Support 10:00-12:00 Pinochle 10:00- end Golf Outing** See Below 10:00-12:00 Senior Safety with S.A.L.T. 10:15-11:15 Spin Cycling (4 of 4) ** 10:30-11:30 Tai Chi 11:00-12:30 Let's Get Growing 12:00-01:00 Spin Cycling (4 of 4) ** 12:30-01:30 Spanish II (8 of 12) ** 01:30-03:00 Senior Center Recipe Book and Exchange – See below 01:00-03:00 Acrylic (5 of 12) \$** 01:00-03:00 Table Tennis & Corn Hole 01:30-02:30 Basic Spanish (9 of 12) **	28 09:00-10:00 Introduction to SpinCycling 09:30-11:00 Computer Instruction: Word Processing 10:00-11:00 Voice Lessons (11of12)\$** 10:00-12:00 Watercolor Canceled 10:00-03:00 500 Bid Cards 10:15-11:15 Spin Cycling (4 of 4) ** 12:00-01:00 Spin Cycling (4 of 4) ** 01:00-02:00 Strength Training 02:30-03:30 Walk With Ease (12of18)**
Room 107- All Spanish, All Sign Language, All Computer, Mah Jongg, Coloring and Reading	Room 112- 500 Bid Cards, Bridge, Chess, Mah Jongg (Tues), Pinochle Room 113/114- Spin Cycling, Exercise Equipment Intro	Room 115- All Arts, All Craft, All Sewing, Embroidery, All Music Room 117- Book Group, Living Well, Active Living, Stepping On	Café- Walk with Ease, VA Benefit Presentation Gazebo- Let's Get Growing	Room119A- Aerobics, Drum Circle, Gentle Yoga, Intro & Line Dancing, Strength Training, Square Dancing Table Tennis and Corn Hole, Tai Chi, Voice Lessons, Walk your Belly Flat
Grand Opening "Outer Loop" June 4th at Noon Join us on the outdoor walking Path here at the Senior Center. The first 50 people to complete the loop will receive a gift! Rain or Shine! Bring an umbrella, just in case!	Drum Circle June 13th at 11 am Join us at the Pavilion at the top of the hill (or room 119A in poor weather) for a communal music experience! Wellness benefits include: happiness, relaxation, aiding pain, boosting immune system, connectedness, align mind and body with nature, release negative feelings, mindfulness and personal transformation. https://www.drnorthrup.com/health-benefits-drumming/	FREE Golf June 27th at 10 am Bring your Senior Activity Center Badge to Yinglings Golf Center for a Free Golf Outing with Dave Grier. Must bring badge to attend for free. Sign up at the Senior Activity Center. 20220 Jefferson Blvd. Hagerstown, MD 21742	Craft Swap June 27th at 9:15-10:15 Bring all your unused craft supplies and exchange with friends. Discuss with the group which crafts you would like to engage in and plan a day to start!	Recipe Book and Exchange June 27th at 1:30 pm Join us with your favorite recipes to create a Senior Center Recipe Book! Submit your recipe early for printing to bgldhill@wccoaging.org or bring a recipe to be copied. All recipes exchanged will be combined to create our Senior Center Cook Book.