






MARCH 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

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) 7 of 12 10:15-11:15 Spin Cycling (114) 1 of 4 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) 2:15 – 3:15 Walk Your Belly Flat (119A) dvd</p>
<p>49-Con't. Beg. Spanish* 2 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* 12 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 * 12 of 12 12:30-1:30 Beginner Sign Language 1:30-2:30 NEW *Con't Beg. Sign Lan. 12 – 2:00 Pastels *\$ 9 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 (2 of 12) All Sign Language Classes (1 of 8)</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) 10:30-12:00 NEW Beginner Square Dancing (The Basics) (1 of 12) 12:30-1:30 Spanish II * 12:30-1:30 Arth. Chair Exercise 115 1:00-2:00 Diabetes Prevention Program 1:30-3:30 Exercise DVD's 115 2:00 – 3:00 Strength Training (119A) 10:00 Grandparents Support (Conf. Rm) Spanish Class (4 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 * \$11 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 (7 of 12) All Music classes(11 of 12)</p>	<p>7 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 MARDI GRAS SOCIAL (CAFÉ/MULTIPURPOSE 119A) 11:45-12:45 Tai Chi (119A) NO CLASS 12:30-1:30 * Spanish II 10:00 Presentation Elder Abuse w/Jay Keshi TBA 1-3:00 Acrylic *\$ 3 of 12 1 –3:00 Table Tennis And CornHole (119A) Spanish Class (5 of 12)</p>	<p>8 9:30 – 11:00 Computer Instruction 10:00-12:00 Stepping On (1 of 7) 117 10:00 500 Cards 10:00-11:00 \$ Voice Lesson Class (119A) 8 of 12 10:15-11:15 Spin Cycling (114) 2 of 4 10-12:00 Watercolor * \$ 12 of 12 (115) 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>

MARCH.....TO THE BEAT OF YOUR OWN DRUM

<p>11 9- Con't. Beg. Spanish* 3 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* 1 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 * 1 of 12 12:30-1:30 Beginner *Sign Language 1:30-2:30 NEW *Con't Beg. Sign Lan 12 – 2:00 Pastels *\$ 10 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 (3 of 12) All Sign Language Classes (2 of 8)</p>	<p>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) 10:30-12:00 NEW Beginner Square Dancing (The Basics) (2 of 12) 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 (5 of 12)</p>	<p>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 * \$ 12 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 (8 of 12) All Music Classes (12 of 12)</p>	<p>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 1-3:00 Acrylic *\$ 4 of 12 1 –3:00 Table Tennis And CornHole (119A) Spanish Classes (6 of 12)</p>	<p>15 9:30 – 11:00 Computer Instruction 10:00-12:00 Stepping On (2 of 7) 117 10:00 500 Cards 10:00-11:00 \$ Voice Lesson Class (119A) 9 of 12 11:00-Drum Circle (119A) 10:15-11:15 Spin Cycling (114) 3 of 4 10-12:00 Watercolor *\$ 1 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)</p>
<p>18- Con't. Beg. Spanish* 4 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* 2 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 * 2 of 12 12:30-1:30 Beg. Sign Language * 1:30-2:30 NEW Con't Beg. Sign Lan.* 12 – 2:00 Pastels *\$ 11 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 (4 of 12) All Sign Language Classes (3 of 8)</p>	<p>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) 10:30-12:00 NEW Beginner Square Dancing (The Basics) (3 of 12) 12:30-1:30 Spanish II* (107) 12:30-1:30 Arthritis Chair Exercise 115 1:00-2:00 Diabetes Prevention Program 1:30-3:30 Exercise DVD's 115 2:00 – 3:00 Strength Training (119A) Spanish Class (6 of 12) 10:00 Family Caregivers (Conf. Rm.)</p>	<p>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 *\$ 1 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 (9 of 12) All Music classes (1 of 12)</p>	<p>21 9:15 – 10:15 Aerobics (119A) 9:15 – 12:00 Craft Group (115) 10-12:00 Computer Support (107) 10:00 Presentataion Reflexology w/ Lisa Calzarette (Café) 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 *\$ 5 of 12 1 –3:00 Table Tennis And CornHole (119A) Spanish Class (7 of 12)</p>	<p>22 9:30 – 11:00 Computer Instruction 10:00-12:00 Stepping On (3 of 7) 117 10:00 500 Cards 10:00-11:00 \$ Voice Lesson Class (119A) 10 of 12 10:15-11:15 Spin Cycling (114) 4 of 4 10-12:00 Watercolor *\$ 2 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)</p>
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