

# MAY 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](http://www.wccoaging.org)

Stefanie Nelson, Senior Activities Center Program Manager, Ext. 243 [snelson@wccoaging.org](mailto: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>Please join us for some excellent presentations for planned throughout the month. Older Americans Month Presentations in <b>RED</b></p>	<p><b>LUNCH AT THE CAFE</b> Monday, Tuesday, Wednesday and Friday 11:30 – 1:30 – Room 119B <i>Hot and Cold Sandwiches, Soups, Salads, Dessert and Beverages</i> <i>Please Note: Sales are Cash Only</i></p>  <p><i>Hot and Cold Sandwiches, Soups, Salads, Desserts and Beverages</i></p>	<p><b>1</b> 9:00-10:00 Piano *\$ (115) 9:15 – 11:15 Intro &amp; 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) 11:30-12:30 Guitar * \$ (115) 12:30 – 3:30 Mah Jongg 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) <b>All Music classes(3 of 12)</b></p>	<p><b>2</b> 9:15 – 10:15 Aerobics (119A) 9:15 – 12:00 Craft Group (115) 9:30-10:30 Active Living Everyday 117 10-12:00 Computer Support (107) 10 – 12:00 Pinochle (112) <b>10-Presentation – "Beauty is Ageless" Cafe</b> 10:30 – 11:30 Tai Chi (119A) 11:45-12:45 Tai Chi (119A) 12:30-1:30 * Spanish II 1-3:00 Acrylic *\$ <b>NO CLASS</b> <b>1:00 Reflexology Presentation and Demo - Cafe</b> 1 –3:00 Table Tennis And CornHole (119A)  <b>Spanish Class (9 of 12)</b></p>	<p><b>3</b> 9:30 – 11:00 Computer Instruction 10:00 500 Cards 10:00-12:00 Stepping On (5 of 7) 117 10:00-11:00 \$ Voice Lesson Class (119A) 12 of 12 10:15-11:15 Spin Cycling (114) 1 of 4 10-12:00 Watercolor * \$ 4 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) <b>dvd</b> 2:30-3:30 Walk With Ease (Café)</p>
<p><b>6</b> 9-Con't. Beg. Spanish* 7of 12 9:15 – 11:15 Intro &amp; 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) 12:30-1:30 Sign Language 1:30-2:30 NEW *Con't Beg. Sign Lan. 12 – 2:00 Pastels *\$ 2 of 12 1 – 2:00 Strength Training (119A) 2:15 – 3:15 Gentle Yoga (119A) 2:30-3:30 Walk With Ease (Café)  <b>Music Classes (7 of 12)</b> <b>All Sign Language Classes (6 of 8)</b></p>	<p><b>7</b> 9:15 – 10:15 Tai Chi (119A) 9:30 – 11:30 Mah Jongg (112) <b>10-Presentation – "Elder Abuse "Q &amp; A"</b> 10-12:00 Sewing Group (115) 10:10-12:10 Computer Support 107 10:30 – 12:30 Chess Group (112) 10:30-12:00 Beginner Square Dancing (The Basics) (6 of 12) NEW 12:00-1:00 Spin Cycling 1 of 4 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)</p>	<p><b>8</b> 9:00-10:00 Piano *\$ (115) 9:15 – 11:15 Intro &amp; Line Dancing 9:15 Spanish I *Con't. beginner 10:30-11:30 Spanish I* Basic beg. 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 * \$ (115) 12:30 – 3:30 Mah Jongg Adult Coloring and Reading Zone (117) 1 – 2:00 Strength Training (119A) 1 - 3:00 Acrylic Painting <b>No Class</b> 1-3:30 Living Well 117 2:15 – 3:15 Gentle Yoga (119A) 2:30-3:30 Walk With Ease (Café)  <b>Spanish Classes (12 of 12)</b> <b>All Music classes( 4 of 12)</b></p>	<p><b>9</b> 9:15 – 10:15 Aerobics (119A) 9:15 – 12:00 Craft Group (115) 9:30-10:30 Active Living Everyday 117 <b>10-Presentation: Derma Scan</b> 10-12:00 Computer Support (107) 10 – 12:00 Pinochle (112) 10:00 Derma Scan 10:30 – 11:30 Tai Chi (119A) 11:45-12:45 Tai Chi (119A) 12:30-1:30 * Spanish II 1-3:00 Acrylic *\$ <b>NO CLASS</b> 1 –3:00 Table Tennis And CornHole <b>Spanish Class (10 of 12)</b></p>	<p><b>10</b> 9:30 – 11:00 Computer Instruction 10:00-12:00 Stepping On (6 of 7) 117 10:00 500 Cards 10:00-11:00 \$ Voice Lesson Class (119A) 1 of 12 10:15-11:15 Spin Cycling (114) 2 of 4 10-12:00 Watercolor * \$ 5 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) <b>dvd</b> 2:30-3:30 Walk With Ease (Café)</p>

**13** 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 - 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 – 2:00 Pastels \*\$ 3 of 12  
 1 – 2:00 Strength Training (119A)  
 2:15 – 3:15 Gentle Yoga (119A)  
**All Music Classes (8 of 12)**  
**All Sign Language Classes (7 of 8)**

**14** 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)  
 NEW 10:15-11:15 Spin Cycling 1 of 4  
 10:30 – 12:30 Chess Group (112)  
 10:30-12:00 NEW Beginner Square  
 Dancing (The Basics) (7 of 12)  
 NEW 12:00-1:00 Spin Cycling 1 of 4  
 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 (9 of 12)**

**15** 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 3 of 4  
 10:15 – 11:15 Piano.\* \$ (115)  
 10:30 -11:30 Book Group (117)  
 10:30 – 12:30 Chess Group (112)  
 11-12:00 FREE Blood Pressure (108)  
 11:30-12:30 Guitar \*\$ (Rm 115)  
 NEW 12:00-1:00 Spin Cycling 1 of 4  
 12:30 – 3:30 Mah Jongg (AD, RZ) 107  
 1 – 2:00 Strength Training (119A)  
 1 - 3:00 Acrylic Painting \* \$ 5 of 12  
 1-3:30 Living Well 117  
 2:15 – 3:15 Gentle Yoga (119A)  
**Spanish Classes (1 of 12)**  
**All Music Classes (5 of 12)**

**16** 9:15 – 10:15 Aerobics (119A)  
 9:15 – 12:00 Craft Group (115)  
 9:30-10:30 Active Living Everyday 117  
 10-12:00 Computer Support (107)  
 10 – 12:00 Pinochle (112)  
 NEW 10:15-11:15 Spin Cycling 1 of 4  
 10:30 – 11:30 Tai Chi (119A)  
 11:45-12:45 Tai Chi (119A)  
 NEW 12:00-1:00 Spin Cycling 1 of 4  
 12:30-1:30 \* Spanish II  
**1:30 Hydrate for your Health - Cafe**  
 1-3:00 Acrylic \*\$ **NO CLASS**  
 1 –3:00 Table Tennis And CornHole  
 (119A)  
**Spanish Classes (11 of 12)**

**17**  
 9:30 – 11:00 Computer Instruction  
 10:00-12:00 Stepping On (7 of 7) 117  
 10:00 500 Cards  
 10:00-11:00 \$ Voice Lesson Class  
 (119A) 2 of 12  
 10:15-11:15 Spin Cycling (114) 3 of 4  
 10-12:00 Watercolor \*\$ 6 of 12 (115)  
 12:00-1:00 \*Spin Cycling (114) 3 of 4  
 11:00-1:00pm “Special” Café Hours  
**1:30 pm You are ALL invited to the  
 Annual Washington County  
 Commission on Aging meeting.  
 Multipurpose Room 119 A & B**

**20**- 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 of 12  
 12:30-1:30 Sign Language \*  
 12 – 2:00 Pastels \*\$ 4 of 12  
 1 – 2:00 Strength Training (119A)  
 2:15 – 3:15 Gentle Yoga (119A)  
**All Music Classes (9 of 12)**  
**All Sign Language Classes (8 of 8)**

**21** 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)  
 NEW 10:15-11:15 Spin Cycling 2 of 4  
 10:30 – 12:30 Chess Group (112)  
 10:30-12:00 NEW Beginner Square  
 Dancing (The Basics) (8 of 12)  
 NEW 12:00-1:00 Spin Cycling 2 of 4  
 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 (10 of 12)**  
**10:00 Family Caregivers (Conf.  
 Rm.)**

**22** 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 4 of 4  
 10:30-11:30 Spanish I \* Basic beg.  
 10:30 – 12:30 Chess Group (112)  
 NEW 12:00-1:00 Spin Cycling 2 of 4  
 12:30 –3:30 Mah Jongg, AC, RZ (107)  
 1-3:00 Acrylic \*\$ 6 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)  
**Spanish classes ( 2 of 12)**  
**All Music classes (6 of 12)**

**23** 9:15 – 10:15 Aerobics (119A)  
 9:15 – 12:00 Craft Group (115)  
 9:30-10:30 Active Living Everyday 117  
 10-12:00 Computer Support (107)  
 10 – 12:00 Pinochle (112)  
 10:15-11:15 Spin Cycling **CANCELLED**  
 10:30 – 11:30 Tai Chi (119A)  
 11:45-12:45 Tai Chi (119A)  
 NEW 12:00-1:00 Spin Cycling 2 of 4  
 12:30-1:30 \* Spanish II  
 1-3:00 Acrylic \*\$ 10 of 12  
 1 –3:00 Table Tennis And CornHole  
**1:30-Elder Abuse “Q & A” Cafe**  
**Spanish Classes (12 of 12)**  
**Spanish Class (7 of 12)**

**24**  
 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) 4 of 4  
 10-12:00 Watercolor \*\$ 7 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**

**27**



**Commission of Aging &  
 Senior Activity Center  
 CLOSED**

**28** 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)  
 NEW 10:15-11:15 Spin Cycling 3 of 4  
 10:30 – 12:30 Chess Group (112)  
 10:30-12:00 NEW Beginner Square  
 Dancing (The Basics) (9 of 12)  
 NEW 12:00-1:00 Spin Cycling 3 of 4  
 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 (11 of 12)**

**29** 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 3 of 4  
 10:15 – 11:15 Piano.\* \$ (115)  
 10:30 -11:30 Book Group (117)  
 10:30 – 12:30 Chess Group (112)  
 11-12:00 FREE Blood Pressure (108)  
 11:30-12:30 Guitar \*\$ (Rm 115)  
 NEW 12:00-1:00 Spin Cycling 1 of 4  
 12:30 – 3:30 Mah Jongg (AD, RZ) 107  
 1 – 2:00 Strength Training (119A)  
 1 - 3:00 Acrylic Painting \* \$ 5 of 12  
 1-3:30 Living Well 117  
 2:15 – 3:15 Gentle Yoga (119A)  
**Spanish Classes (1 of 12)**  
**All Music Classes (5 of 12)**

**30** 9:15 – 10:15 Aerobics (119A)  
**9-12 Let's Get Growing “Raised Beds  
 planting” – Gazebo out back**  
 9:15 – 12:00 Craft Group (115)  
 9:30-10:30 Active Living Everyday 117  
**10:00 MD Poison Control - Cafe**  
 10-12:00 Computer Support (107)  
 10 – 12:00 Pinochle (112)  
 NEW 10:15-11:15 Spin Cycling 1 of 4  
 10:30 – 11:30 Tai Chi (119A)  
 11:45-12:45 Tai Chi (119A)  
 NEW 12:00-1:00 Spin Cycling 1 of 4  
 12:30-1:30 \* Spanish II  
 1-3:00 Acrylic \*\$ 9 of 12  
 1 –3:00 Table Tennis And CornHole  
 (119A)

**31**  
 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) 4 of 4  
**11:00 Karaoke – Café**  
 10-12:00 Watercolor \*\$ 7 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**

