

March 2020 Senior Activities Center Program Calendar

Activities for individuals 55+ Years Old 9:00-3:30pm 535 E. Franklin Street, Hagerstown, MD 21740 (301)790-0275 Website: www.wccoaging.org

Jackie Mayne, Senior Activity Center Program Manager Ext. 243 jmayne@wccoaging.org
 Desiree Myers, Senior Activities Center Assistant Program Manager Ext. 246 dmyers@wccoaging.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>**9:00-10:00 Inter. Spanish 9:00-12:00 Bridge 9:15-9:45 Beg. Line Dance</p> <p>**9:30-10:30 Introduction to Fitness for Seniors (1/6)</p> <p>9:30-10:30 Adv. Piano (\$5) 9:45-11:15 Inter. Line Dance **10:00-11:00 Adv. Spanish Conversation</p> <p>11:00-12:00 Basic Guitar (\$5) **11:00-12:00 Inter. Spanish Conversation **11:00-12:00 Exercise Equipment Training 12:00-2:00 Pastels (\$5) **1:00-2:00 Strength Training (\$) (4/6)</p> <p>**1:00-2:00 Beg. Spanish Conversation 2:15-3:15 Gentle Yoga</p>	<p>3</p> <p>9:15-10:15 Tai Chi 9:30-11:30 Mah Jongg 10:00-12:00 Sewing Circle 10:00-12:00 Computer/ Phone Support</p> <p>**10:00-11:00 Grandparent Support Group</p> <p>**10:30-12:00 Square Dancing (5/16) **12:30-1:30 Adv. Spanish 12:30-1:30 Walk Your Belly Flat DVD **1:30-2:30 Beg. Spanish **2:00-3:00 Strength Training (\$) (5/6)</p>	<p>4</p> <p>9:00-10:00 Beg. Piano Lessons (\$5) **9:15-10:15 Inter. Spanish 9:15-9:45 Beg. Line Dance 9:45-11:15 Inter. Line Dance 10:15-11:15 Adv. Piano Lessons (\$5)</p> <p>**10:30-11:30 Introduction to Fitness for Seniors (1/6)</p> <p>11:30-12:30 Adv. Guitar (\$5) 12:30-3:30 Mah Jongg **1:00-2:00 Strength Training (\$) (5/6) 1:00-3:00 Acrylic Painting 2:15-3:15</p>	<p>5</p> <p>9:15-10:15 Aerobics 9:15-10:15 Craft Group 10:00-12:00 Computer/ Phone Support 10:00-12:00 Pinochle 10:30-11:30 Tai Chi **11:30-12:30 Exercise Equipment Training **12:30-1:30 Adv. Spanish 1:00-3:00 Acrylic Painting (\$5) 1:00-2:00</p>	<p>6</p> <p>**9:00-11:00 St. Patty's Day Card Making</p> <p>9:30-11:00 Computer Instruction 10:00-12:00 500 Bid Cards 10:00-12:00 Watercolor (\$5) 10:00-11:00 Voice Lessons (\$5) 12:00-1:00 Fitness Gold 1:00-3:00 Embroidery 1:15-2:15 Strength Training DVD with Candace</p>
<p>9</p> <p>**9:00-10:00 Inter. Spanish 9:00-12:00 Bridge 9:15-9:45 Beg. Line Dance</p> <p>**9:30-10:30 Introduction to Fitness for Seniors (2/6)</p> <p>9:30-10:30 Adv. Piano (\$5) 9:45-11:15 Inter. Line Dance **10:00-11:00 Adv. Spanish Conversation 11:00-12:00 Basic Guitar (\$5) **11:00-12:00 Inter. Spanish Conversation **11:00-12:00 Exercise Equipment Training 12:00-2:00 Pastels (\$5) **1:00-2:00 Strength Training (\$) (5/6) **1:00-2:00 Beg. Spanish Conversation 2:15-3:15 Gentle Yoga</p>	<p>10</p> <p>9:15-10:15 Tai Chi 9:30-11:30 Mah Jongg 10:00-12:00 Sp 10:00-12:00</p>	<p>11</p> <p>11:30-12:30 Adv. Guitar (\$5) 12:30-3:30 Dominoes **1:00-2:00 Strength Training (\$) (6/6) 1:00-3:00 Acrylic Painting (\$5) **1:00-3:30 Living Well (1/6) 2:15-3:15 Gentle Yoga</p>	<p>12</p> <p>9:15-10:15 Aerobics 9:15-10:15 Craft Group 10:00-12:00 Computer/ Phone Support 10:00-12:00 Pinochle 10:30-11:30 Tai Chi **12:30-1:30 Adv. Spanish 1:00-3:00 Acrylic Painting (\$5) 1:00-3:00 Table Tennis and Corn Hole **1:30-2:30 Beg. Spanish</p>	<p>13</p> <p>9:15-10:15 Voice Lessons (\$5) 9:30-11:00 Computer Instruction 10:00-12:00 500 Bid Cards 10:00-12:00 Watercolor (\$5) 10:45-11:45 Drum Circle 12:00-1:00 Fitness Gold **12:00-1:00 A Novel Group 1:15-2:15 Strength Training DVD with Candace</p>

Temporary Closure due to the Governor's Direction