



September 2019 Senior Activities Center Program Calendar

Activities for 55+ Years Old

9:00-3:30pm

535 E. Franklin Street, Hagerstown, MD 21740

301-790-0275

** = Pre-registration Required


\$5 = \$5 per class

To use equipment, all members must attend Exercise Equipment Intro.





Michael Guessford, Ext. 243

mguessford@wccoaging.org

Website: www.wccoaging.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>SENIOR ACTIVITIES CENTER CLOSED</p>	<p>3 9:15-10:15 Tai Chi 9:30-11:30 Mah Jongg 10:00-12:00 Grandparent Support Grp 10:00-12:00 Sewing Group 10:00-12:00 Computer Support 12:30-1:30 Spanish II (1 of 12) 12:30-1:30 Walk Your Belly Flat DVD 2:00-3:00 Strength Training</p>	<p>4 9:00-10:00 Beg.Piano (11 of 12) \$5 9:15-10:30 Spanish I (5 of 12) 9:15-11:15 Line Dance Cancelled 10:15-11:15 Adv. Piano (11 of 12) \$5 10:30-11:30 Basic Spanish (8 of 12) 11:30-12:30 Adv. Guitar (11 of 12) \$5 12:30-3:30 Mah Jongg 1:00-2:00 Strength Training 1:00-3:00 Acrylic (1 of 12) \$5 1:00-3:30 Living Well w/Diabetes (1 of 6) 2:15-3:15 Gentle Yoga</p>	<p>5 9:15-10:15 Aerobics 9:15-12:00 Craft Group 10:00-12:00 Computer Support 10:00-12:00 Pinochle 10:30-11:30 Tai Chi 11:00-12:30 Let's Get Growing 12:30-1:30 Spanish II (5 of 12) 1:00-3:00 Acrylic (2 of 12) \$5 1:00-3:00 Table Tennis & Corn Hole 1:30 Presentation: Reflexology w/Lisa Calzarette Cafe 1:30-2:30 Basic Spanish (6 of 12) 2:00 Fresh Conversation - Nutrition Education</p>	<p>6 9:30-11:00 Computer Instruction 10:00-11:00 Voice Lessons (9 of 12) \$5 10:00- 500 Bid Cards 10:00-12:00 Stepping On (1 of 7) 10:00-12:00 Water Color (6 of 12) 1:00-2:00 Strength Training (dvd w/Candice) 1:00-3:00 Embroidery 2:00-3:00 Active Living Everyday (1 of 12)</p>
<p>9 9:00-10:00 Spanish I (4 of 12) 9:00-12:00 Bridge 9:15-11:15 Intro & Line Dance 9:30-10:30 Adv. Piano (3 of 12) \$5 10:00-11:00 Span. Conv. II (5 of 12) 11:00-12:00 Exercise Equipment Intro 11:00-12:00 Basic Guitar (2 of 12) \$5 11:00-12:00 Span. Conv. I (5 of 12) 12:00-2:00 Pastels (5 of 12) 12:30-1:30 Cont. Beg. Sign Language 1:30-2:30 Beg. Sign Language 1:00-2:00 Strength Training 1:00-2:00 NEW Beginner Spanish (1 of 12) 2:15-3:15 Gentle Yoga 2:30-3:30 Walk with Ease (1 of 18)</p>	<p>10 9:30-11:30 Mah Jongg 10:00-12:00 Sewing Group 10:00-12:00 Computer Support 12:30-1:30 Spanish II (2 of 12)</p> <p>VIDEO UNVEILING RED CARPET EVENT 1:30PM</p> <p>SENIOR CENTER SPECIAL APPRECIATION EVENT (TBA)</p> <p>ALL CLASSES CANCELLED IN MULTIPURPOSE RMS.119A & B</p>	<p>11 9:00-10:00 Beg.Piano (12 of 12) \$5 9:15-10:30 Spanish I (6 of 12) 9:15-11:15 Intro & Line Dance 10:15-11:15 Adv. Piano (12 of 12) \$5 10:30-11:30 Basic Spanish (9 of 12) 11:30-12:30 Adv. Guitar (12 of 12) \$5 12:30-03:30 Mah Jongg 1:00-2:00 Strength Training 1:00-3:00 Acrylic (2 of 12) \$5 1:00-3:30 Living Well w/Diabetes (2 of 6) 2:15-3:15 Gentle Yoga 2:30-3:30 Walk with Ease (2 of 18)</p>	<p>12 9:15-10:15 Aerobics 9:15-12:00 Craft Group 10:00-12:00 Computer Support 10:00-12:00 Pinochle 10:30-11:30 Tai Chi 11:00-12:30 Let's Get Growing 12:30-1:30 Spanish II (6 of 12) 1:00-3:00 Acrylic (3 of 12) \$5 1:00-3:00 Table Tennis & Corn Hole 1:30-2:30 Basic Spanish (7 of 12)</p> <p>2:00 Fresh Conversation - Nutrition Education</p>	<p>13 9:30-11:00 Computer Instruction 10:00-11:00 Voice Lessons (10 of 12) \$5 10:00- 500 Bid Cards 10:00-12:00 Stepping On (2 of 7) 10:00-12:00 Water Color (7 of 12) 11:00- 12:00 Drum Circle 1:00-2:00 Strength Training (dvd w/Candice) 2:00-3:00 Active Living Everyday (2 of 12) 2:30-3:30 Walk with Ease (3 of 18)</p>
<p>Room 107- All Spanish, All Computer Room 112- 500 Bid Cards, Bridge, Mah Jongg, Pinochle Room 108- Sign Language</p>	<p>Room 113- Exercise Equipment Intro Room 115- Diabetes Prev. All Arts, Crafts, Sewing, Music and Embroidery</p>	<p>Room 117- Book Group, Stepping On</p>	<p>Café- Walk with Ease, Facts About Falls and Fitness, Brain Fit Gazebo- Let's Get Growing</p>	<p>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</p>

IT'S NICE TO BE IMPORTANT..... BUT IT'S IMPORTANT TO BE NICE!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16 9:00-10:00 Spanish I (5 of 12) 9:00-12:00 Bridge 9:15-11:15 Intro & Line Dance 9:30-10:30 Adv. Piano (4 of 12) \$5 10:00-11:00 Span.Conv. II (6 of 12) 11:00-12:00 Exercise Equipment Intro 11:00-12:00 Basic Guitar (3 of 12) \$5 11:00-12:00 Span. Conv. I (6 of 12) 12:00-2:00 Pastels (6 of 12) 1:00-2:00 Strength Training 1:00-2:00 NEW Beginner Spanish 2:15-3:15 Gentle Yoga 2:30-3:30 Walk with Ease (4 of 18)</p>	<p>17 9:15-10:15 Tai Chi 9:30-11:30 Mah Jongg 10:00-12:00 Caregiver Support Group 10:00-12:00 Sewing Group 10:00-12:00 Computer Support 10:30-12:00 Square Dancing (1 of 8) 12:30-1:30 Spanish II (3 of 12) 12:30-1:30 Walk Your Belly Flat DVD 2:00-3:00 Strength Training 2:00-3:30 Diabetes Prevention (1 of 16)</p>	<p>18 9:00-10:00 Beg.Piano (1 of 12) \$5 9:15-10:30 Spanish I (7 of 12) 9:15-11:15 Intro & Line Dance 10:15-11:15 Adv. Piano (1 of 12) \$5 10:30-11:30 Basic Spanish (10 of 12) 10:30-11:30 Book Group 11:00-12:00 FREE BLOOD PRESSURE (108) 11:30-12:30 Adv. Guitar (1 of 12) \$5 12:30-3:30 Mah Jongg 1:00-2:00 Strength Training 1:00-3:00 Acrylic (3 of 12) \$5 1:00-3:30 Living Well w/Diabetes (3 of 6) 2:15-3:15 Gentle Yoga 2:30-3:30 Walk with Ease (5 of 18)</p>	<p>19 9:15-10:15 Aerobics 09:15-12:00 Craft Group 10:00-12:00 Computer Support 10:00-12:00 Pinochle 10:30-11:30 Tai Chi 11:00-12:30 Let's Get Growing 12:30-1:30 Spanish II (7 of 12) 1:00-3:00 Acrylic (4 of 12) \$5 1:00-3:00 Table Tennis & Corn Hole 1:30-2:30 Basic Spanish (8 of 12)</p>	<p>20 9:30-11:00 Computer Instruction 10:00-11:00 Voice Lessons (11 of 12) \$5 10:00- 500 Bid Cards 10:00-12:00 Stepping On (3 of 7) 10:00-12:00 Water Color (8 of 12) 1:00-2:00 Strength Training (dvd w/Candice) 2:00-3:00 Active Living Everyday (3 of 12) 2:30-3:30 Walk with Ease (6 of 18)</p>
<p>23 9:00-10:00 Spanish I (6 of 12) 9:00-12:00 Bridge 9:15-11:15 Intro & Line Dance 9:30-10:30 Adv. Piano (5 of 12) \$5 10:00-11:00 Span. Conv. II (7 of 12) 11:00-12:00 Exercise Equipment Intro 11:00-12:00 Basic Guitar (4 of 12) \$5 11:00-12:00 Span.Conv.. I (7 of 12) 12:00-2:00 Pastels (7 of 12) 12:30-1:30 Con't Beg.Sign Language 1:30-2:30 Beg. Sign Language 1:00-2:00 Strength Training 1:00-2:00 NEW Beginner Spanish 2:15-3:15 Gentle Yoga 2:30-3:30 Walk with Ease (7 of 18)</p>	<p>24 9:15-10:15 Tai Chi DVD 9:30-11:30 Mah Jongg 10:00-12:00 Sewing Group 10:00-12:00 Computer Support 10:30-12:00 Square Dancing (2 of 8) 12:30-01:30 Spanish II (4 of 12) 12:30-1:30 Walk Your Belly Flat DVD 2:00-3:00 Strength Training 2:00-3:30 Diabetes Prevention (2 of 16)</p>	<p>25 9:00-10:00 Beg.Piano (2 of 12) \$5 9:15-10:30 Spanish I (8 of 12) 9:15-11:15 Intro & Line Dance 10:15-11:15 Adv. Piano (2 of 12) \$5 10:30-11:30 Basic Spanish (11 of 12) 11:30-12:30 Adv. Guitar (2 of 12) \$5 12:30-3:30 Mah Jongg 1:00-2:00 Strength Training 1:00-3:00 Acrylic (4 of 12) \$5 1:00-3:30 Living Well w/Diabetes (4 of 6) 2:15-3:15 Gentle Yoga 2:30-3:30 Walk with Ease (8 of 18)</p>	<p>26 9:15-10:15 Aerobics 9:15-12:00 Craft Group 10:00-12:00 Computer Support 10:00-12:00 Pinochle 10:30-11:30 Tai Chi 11:00-12:30 Let's Get Growing 12:30-1:30 Spanish II (8 of 12) 1:00-3:00 Acrylic (5 of 12) \$5 1:00-3:00 Table Tennis & Corn Hole 1:30-2:30 Basic Spanish (9 of 12)</p>	<p>27 9:30-11:00 Computer Instruction 10:00-11:00 Voice Lessons (12 of 12) \$5 10:00- 500 Bid Cards 10:00-12:00 Stepping On (4 of 7) 10:00-12:00 Water Color (9 of 12) 1:00-2:00 Strength Training (dvd w/Candice) 2:00-3:00 Active Living Everyday (4 of 12) 2:30-3:30 Walk with Ease (9 of 18)</p>
<p>30 9:00-10:00 Spanish I (7 of 12) 9:00-12:00 Bridge 9:15-11:15 Intro & Line Dance 9:30-10:30 Adv. Piano (6 of 12) \$5 10:00-11:00 Span. Conv. II (8 of 12) 11:00-12:00 Exercise Equipment Intro 11:00-12:00 Basic Guitar (5 of 12) \$5 11:00-12:00 Span.Conv...I (8 of 12) 12:00-2:00 Pastels (8 of 12) 1:00-2:00 Strength Training 1:00-2:00 NEW Beginner Spanish 2:15-3:15 Gentle Yoga 2:30-3:30 Walk with Ease (10 of 18)</p>		<p>LUNCH AT THE CAFE</p> <p>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>www.shutterstock.com • 4530958</p>	
<p>Room 107- All Spanish, All Sign Language, All Computer Gazebo- Lets Get Growing</p>	<p>Room 112 500 Bid Cards, Bridge, Mah Jongg, Pinochle Room 113- Exercise Equipment Intro</p>	<p>Room 115 All Arts, Crafts, Sewing, Embroidery and Music Room 117- Book Group, Stepping On</p>	<p>Café- Walk with Ease, Reflexology Room119A Table Tennis, Corn Hole, Tai Chi, Voice Lessons, Walk Your Belly Flat</p>	<p>Room119A- Aerobics, Drum Circle, Gentle Yoga, Intro & Line Dancing, Strength Training, Square Dancing</p>

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