



April 2023

Washington County Senior Activities Center

Created
3/17/23

535 E. Franklin Street, Hagerstown, MD 21740

301-790-0275 ext. 243 or 246

Pre-registration required for all classes. Online Registration available by going to www.copilotcommunity.com you will need a badge # and valid email.

Red = Zoom Classes PP=Prepaid Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand and Foot 10:00-11:00 Grandparents Support Group 10:30-12:00 Social Square Dancing 11:00-12:00 Knitting Instruction for Beginners 12:00-3:30 CareWear 12:30-3:00 Mahjonn 12:30-1:30 Strength Training Video 2:00-3:00 Chair Yoga (1 of 6)</p>	<p>4</p> <p>9:15-10:15 Guitar 10:30-11:45 Tai Chi Video+ 11:00-12:00 Beginner Watercolor 11:30-1:30 Bridge 12:00-1:00 Strength Training (2 of 6) 12:30-2:30 Advanced Watercolor</p>	<p>5</p> <p>10:30-12:00 Chess & Checker 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids 12:30-1:30 Drum Circle 1:15-1:45 Guided Meditation 2:00-3:00 Floor Yoga (1 of 6) 2:15 Wednesday Walkers</p>	<p>6</p> <p>10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on Video 10:30-12:15 Card Making 11:00-12:00 Strength Training (2 of 6) 1:00-3:00 Bingo 1:00-3:30 Cornhole/Table Tennis</p>	<p>7</p> <p>9:30-11:00 Computer Instruction 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 1:00-3:00 Embroidery 1:00-2:00 Strength Training Video</p>
<p>10</p> <p>9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand and Foot 10:30-12:00 Square Dancing 11:00-12:00 Knitting Instruction (Ribbing Variations) 12:30-3:00 Mahjonn 12:30-1:30 Strength Training Video 12:30-3:30 Sewing Circle 12:30-1:30 Sewing Instruction 2:00-3:00 Chair Yoga (2 of 6)</p>	<p>11</p> <p>9:15-10:15 Guitar 10:30-11:45 Tai Chi Video+ 11:00-12:00 Beginner Watercolor 11:30-1:30 Bridge 12:00-1:00 Strength Training (3 of 6) 12:30-2:30 Advanced Watercolor</p>	<p>12</p> <p>10:30-12:00 Chess & Checker 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids 2:00-3:00 Floor Yoga (2 of 6) 2:15 Wednesday Walkers</p>	<p>13</p> <p>10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on Video 10:30-12:15 Card Making 11:00-12:00 Strength Training (3 of 6) 1:00-3:00 Bingo 1:00-3:30 Cornhole/Table Tennis</p>	<p>14</p> <p>9:30-11:00 Computer Instruction 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 1:00-2:00 Strength Training Video 2:30-3:30 Adult Coloring</p>

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9:30-12:00 Crocheting & Knitting
9:30-12:30 Hand and Foot
10:30-12:00 Social Square Dancing
12:30-3:00 Mahjongg
12:30-1:30 Strength Training Video
12:30-3:30 Sewing Circle
2:00-3:00 Chair Yoga (3 of 6)

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9:15-10:15 Guitar
10:30-11:45 Tai Chi Video+
11:00-12:00 Beginner Watercolor
11:30-1:30 Bridge
12:00-1:00 Strength Training (4 of 6)
12:30-2:30 Advanced Watercolor

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10:30-12:00 Chess & Checker
11:00-12:00 Book Club
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids
2:00-3:00 Floor Yoga (3 of 6)
2:15 Wednesday Walkers

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10:00-12:00 Computer/ Phone/ Tablet Support
10:00-10:45 Tai Chi on Video
10:30-12:15 Card Making
11:00-12:00 Strength Training (4 of 6)
1:00-3:00 Bingo
1:00-3:30 Cornhole/Table Tennis

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9:30-11:00 Computer Instruction
11:00-12:00 Fitness Gold
1:00-2:00 Strength Training Video
12:30-3:30 Pinochle
2:30-3:30 Adult Coloring

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9:30-12:00 Crocheting & Knitting
9:30-12:30 Hand and Foot
10:00-11:00 Caregivers Support
10:30-12:00 Social Square Dancing
11:00-12:00 Knitting
12:30-3:00 Mahjongg
12:30-1:30 Strength Training Video
1:00-3:30 Sewing
2:00-3:00 Diabetes Prevention Program (20 of 25)
2:00-3:00 Chair Yoga (4 of 6)

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9:15-10:15 Guitar
10:30-11:45 Tai Chi Video+
11:00-12:00 Beginner Watercolor
11:30-1:30 Bridge
12:00-1:00 Strength Training (5 of 6)
12:30-2:30 Advanced Watercolor

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10:30-12:00 Chess & Checker
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids
2:00-3:00 Floor Yoga (4 of 6)
2:15 Wednesday Walkers

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10:00-12:00 Computer/ Phone/ Tablet Support
10:00-10:45 Tai Chi on Video
10:30-12:15 Card Making
11:00-12:00 Strength Training (5 of 6)
1:00-3:00 Bingo
1:00-3:30 Cornhole/Table Tennis

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Arbor Day

9:30-11:00 Computer Instruction
11:00-12:00 Fitness Gold
12:30-3:30 Pinochle
1:00-2:00 Strength Training Video
2:30-3:30 Adult Coloring

**Please be sure to preregister for activities so we know you're coming.
Looking forward to seeing YOU at the SAC!**

**Activities for
55+ Years Old
Hours: 9:00am-3:30pm
Monday-Friday**

