

April 2024

Washington County Senior Activities Center
 535 E. Franklin St., Hagerstown, MD 21740
 301-790-0275 ext. 243 or 246 for Abby or Maria

Pre-registration required for all . Online registration available by going to www.copilotcommunity.com

You will need a badge number and valid email to create a Copilot account.

Blue=Prepaid Class Purple = Series Class

Version: 4/5/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:15-10:15 Str. Tr. AFEP 1 9:30-12:00 Crochet & Knitting 9:30-12:30 Hand & Foot (Cards) 10:00-11:00 Grandparents Support Group 10:30-12:00 Social Square Dancing 12:00-3:00 CareWear 12:30-3:00 Mahjongg 12:30-1:30 Str. Tr. AFEP 2 2:00-3:00 Chair Yoga Video</p>	<p>2</p> <p>9:15-10:15 Guitar Instruction 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beginner Watercolor Instruction 12:00-1:00 Strength Training (1 of 6) 12:30-2:30 Advanced Watercolor 1:00-3:30 Bridge 2:00-3:00 Bingocize (9 of 20)</p>	<p>3</p> <p>9:30-10:15 Next Level Strength Training Class 10:30-12:00 Chess & Checkers 10:45-11:15 Chair Dancing 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids (Cards) 1:30-2:30 Active Living Class (5 of 12) 2:00-3:00 Floor Yoga</p>	<p>4 9:15-9:55 Presentation: Holistic Living 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 Social Bingo 1:00-3:30 Cornhole & Table Tennis 2:30-3:30 Stepping Into Wellness (1 of 3)</p>	<p>5</p> <p>9:30-11:00 Computer Instruction 10:00-10:30 Power Up Strength Training with Resistance Bands 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda 2:00-3:00 Bingocize (10 of 20)</p>
<p>8</p> <p>9:15-10:15 Str. Tr. AFEP 1 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand & Foot (Cards) 10:30-12:00 Social Square Dancing 12:30-3:00 Mahjongg 12:30-1:30 Str. Tr. AFEP 2 12:30-3:30 Sewing Circle 1:30-2:30 Basic Sign Language **NEW** 2:00-3:00 Chair Yoga Video</p>	<p>9</p> <p>9:15-10:15 Guitar Instruction 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beginner Watercolor Instruction 12:00-1:00 Strength Training (2 of 6) 12:30-2:30 Advanced Watercolor 1:00-3:30 Bridge 2:00-3:00 Bingocize (11 of 20)</p>	<p>10</p> <p>9:30-10:15 Next Level Strength Training Class 10:30-12:00 Chess & Checkers 10:45-11:15 Chair Dancing 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids (Cards) 1:30-2:30 Active Living Class (6 of 12) 2:00-3:00 Floor Yoga</p>	<p>11</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 (4 of 6) 1:00-3:00 Social Bingo 1:00-3:30 Cornhole & Table Tennis 2:30-3:30 Stepping Into Wellness (2 of 3)</p>	<p>12</p> <p>9:15 Craft Group– Summer Wooden Door Hanger \$10 9:30-11:00 Computer Instruction NO POWER UP CLASS 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda 2:00-3:00 Bingocize (12 of 20)</p>

<p>15 9:15-10:15 Str. Tr. AFEP 1 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand & Foot (Cards) 10:30-12:00 Social Square Dancing 12:30-3:00 Mahjongg 12:30-1:30 Str. Tr. AFEP 2 12:30-3:30 Sewing Circle 1:30-2:30 Basic Sign Language 2:00-3:00 Chair Yoga Video</p>	<p>16 9:15-10:15 Guitar Instruction 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beginner Watercolor Instruction 12:00-1:00 Strength Training (3 of 6) 12:30-2:30 Advanced Watercolor 1:00-3:30 Bridge 2:00-3:00 Bingocize(13of 20)</p>	<p>17 9:30-10:15 Next Level Strength Training Class 10:00 Paper Flower Crafting **STARTING AGAIN** 10:30-12:00 Chess & Checkers 10:30-11:00 Chair Dancing (new time) 11:00-12:00 Book Club 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids (Cards) 1:30-2:30 Active Living Class (7 of 12) 2:00-3:00 Floor Yoga</p>	<p>18 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 Social Bingo 1:00-3:30 Cornhole & Table Tennis 2:30-3:30 Stepping Into Wellness (3 of 3)</p>	<p>19 9:30-11:00 Computer Instruction 10:00-10:30 Power Up Strength Training with Resistance Bands 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda 2:00-3:00 Bingocize (14 of 20)</p>
<p>22 9:15-10:15 Str. Tr. AFEP 1 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand & Foot (Cards) 10:00-11:00 Caregivers Support Group 10:30-12:00 Social Square Dancing 12:30-3:00 Mahjongg 12:30-1:30 Str. Tr. AFEP 2 12:30-3:30 Sewing Circle 1:30-2:30 Basic Sign Language 2:00-3:00 Chair Yoga Video</p>	<p>23 9:15-10:15 Guitar Instruction 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beginner Watercolor Instruction 12:00-1:00 Strength Training (4 of 6) 12:30-2:30 Advanced Watercolor 1:00-3:30 Bridge 2:00-3:00 Bingocize(15 of 20)</p>	<p>24 9:30-10:15 Next Level Strength Training Class 10:00-11:30 Acrylic Paint Class (NEW) 10:30-12:00 Chess & Checkers 10:30-11:00 Chair Dancing 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids (Cards) 1:30-2:30 Active Living Class (8 of 12) 2:00-3:00 Floor Yoga</p>	<p>25 10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on Video 10:30-12:00 Card Making 11:00-12:00 Strength Training (6 of 6) WCCOA OFFICES, SENIOR CENTER & SENIOR FIT WILL BE CLOSING AT NOON. (NO BINGO, CORN HOLE OR TABLE TENNIS)</p>	<p>26 9:30-11:00 Computer Instruction 10:00-10:30 Power Up Strength Training with Resistance Bands 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda 2:00-3:00 Bingocize (16 of 20)</p>
<p>29 9:15-10:15 Str. Tr. AFEP 1 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand & Foot (Cards) 10:30-12:00 Social Square Dancing 12:30-3:00 Mahjongg 12:30-1:30 Str. Tr. AFEP 2 12:30-3:30 Sewing Circle 1:30-2:30 Basic Sign Language 2:00-3:00 Chair Yoga Video</p>	<p>30 9:15-10:15 Guitar Instruct. 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beg. Watercolor 12:00-1:00 Strength Training (5 of 6) 12:30-2:30 Advanced Watercolor 1:00-3:30 Bridge 2:00-3:00 Bingocize(17 of 20)</p>	<p>*The Senior Activity Center hours are Monday-Friday 9:00am-3:30pm. *You must be a member to participate in SAC programs. *Membership is free and open to active, independent persons age 55+.</p> 		