

August 2022

Washington County Senior Activities Center

535 E. Franklin Street, Hagerstown, MD 21740

301-790-0275

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

Red = Zoom Classes

PP=Prepaid Class

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:30-10:30 Gym</p> <p>9:30-10:30 Crochet 9:30-12:30 Hand & Foot Cards 10:00-10:45 Grandparent Support 10:30-12:00 Square Dancing 11:00-12:00 Knitting 11:00-1:00 Exercise Equipment Training 12:00-2:00 CareWear 1:00-2:00 Gym 2:00-3:00 Gentle Yoga (1 of 8) 2:30-3:30 Gym</p>	<p>2 9:30-10:30 Gym</p> <p>9:30-10:30 Gym 10:30-11:15 Tai Chi on DVD 11:00-12:00 Hypnosis 11:30-12:30 Gym 12:00-1:00 Strength Training 12:30-2:30 Watercolor 1:00-2:00 Gym 2:30-3:30 Gym</p>	<p>3 9:30-10:30 Gym</p> <p>9:30-10:30 Gym 10:30-12:00 Chess & Checker 11:30-12:30 Gym 12:00-2:00 Basic Art Class 12:00-1:00Walking 2 Wellness 12:30 – 1:30 Drum Circle 1:00-3:30 500 Bids 1:00-2:00 Gym 2:00-3:00 Guided Meditation 2:00-3:00 Gentle Yoga (1 of 8) 2:30-3:30 Gym</p>	<p>4 9:30-10:30 Gym</p> <p>10:00-12:00 Computer/ Phone/ Tablet Support 11:00-12:00 Strength Training 11:30-12:30 Gym 12:00-1:00 Wellness for Your Brain & Body 1:00-2:00 Gym 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis 2:30-3:30 Gym</p>	<p>5 9:30-10:30 Gym</p> <p>9:30-11:00 Computer Instruction 10:00-12:00 VFF Produce Mobile Farmer's Market 11:30-12:30 Gym 1:00-2:00 Strength Training on DVD 1:00-3:30 Pinochle 1:00-2:00 Gym 1:00-3:00 Embroidery 2:30-3:30 Gym</p>
<p>8 9:30-10:30 Gym</p> <p>9:30-10:30 Crochet 9:30-12:30 Hand & Foot Cards 10:30-12:00 Square Dancing 11:00-12:00 Knitting 11:00-1:00 Exercise Equipment Training 1:00-2:00 Gym 2:00-3:00 Gentle Yoga (2 of 8) 2:30-3:30 Gym</p>	<p>9 9:30-10:30 Gym</p> <p>9:30-10:30 Gym 10:00-11:00 The Warning Signs of Alzheimer's 10:30-11:15 Tai Chi on DVD 11:30-12:30 Gym 12:00-1:00 Strength Training 12:30-2:30 Watercolor 1:00-2:00 Gym 2:30-3:30 Gym</p>	<p>10 9:30-10:30 Gym</p> <p>9:30-10:30 Gym 10:30-12:00 Chess & Checker 11:30-12:30 Gym 12:00-2:00 Basic Art Class 12:00-1:00Walking 2 Wellness 12:30-3:00 Mahjongg 1:00-3:30 500 Bids 1:00-2:00 Gym 1:00 New to Medicare Workshop 2:00-3:00 Guided Meditation 2:00-3:00 Gentle Yoga (2 of 8) 2:30-3:30 Gym</p>	<p>11 9:30-10:30 Gym</p> <p>10:00-11:00 Understanding Dementia 10:00-12:00 Computer/ Phone/ Tablet Support 11:00-12:00 Strength Training 11:00-12:30 Creatrics Senior © Week 1 of 4 11:30-12:30 Gym 1:00-2:00 Gym 1:00-3:00 Bingo 1:30-3:00 Cornhole/Pingpong 2:30-3:30 Gym</p>	<p>12 Senior Center Closed</p> <p>2nd Annual Golf Tournament</p>

<p>15 9:30-10:30 Gym 9:30-10:30 Crochet 9:30-12:30 Hand and Foot Card Game 10:30-12:00 Square Dancing 11:00-12:00 Knitting 11:00-1:00 Exercise Equipment Training 12:00-2:00 CareWear 1:00-2:00 Gym 2:00-3:00 Gentle Yoga (3 of 8) 2:00-3:00 Prediabetes Class 2:30-3:30 Gym</p>	<p>16 9:30-10:30 Gym 10:30-11:15 Tai Chi on DVD 11:30-12:30 Gym 12:00-1:00 Effective Communication: Decoding Verbal & Behavioral Mess. 12:00-1:00 Strength Training 12:30-2:30 Watercolor 1:00-2:00 Gym 2:30-3:30 Gym</p>	<p>17 9:30-10:30 Gym 10:30-12:00 Chess and Checkers 11:00-12:00 Book Club 11:30-12:30 Gym 12:00-1:00 Walking 2 Wellness Wednesday 12:00-2:00 Basic Art Class 1:00-3:30 500 Bids 1:00-2:00 Gym 2:00-3:00 Guided Meditation 2:00-3:00 Gentle Yoga (3 of 8) 2:30-3:30 Gym</p>	<p>18 9:30-10:30 Gym 10:00-11:00 Dementia Conversations 10:00-12:00 Computer/ Phone/ Tablet Support 11:00-12:00 Strength Training 11:00-12:30 Creatrics Senior © Week 2 of 4 11:30-12:30 Gym 1:00-2:00 Gym 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis 2:30-3:30 Gym</p>	<p>19 9:30-10:30 Gym 9:30-11:00 Computer Instruction 10:00-12:00 VFF Produce Mobile Farmer's Market 11:30-12:30 Gym 1:00-3:30 Pinochle 1:00-2:00 Gym 1:00-2:00 Strength Training on DVD 2:30-3:30 Adult Coloring 2:30-3:30 Gym</p>
<p>22 9:30-10:30 Gym 9:30-10:30 Crochet 9:30-12:30 Hand and Foot Card Game 10:00-10:45 Caregiver Support 10:30-12:00 Square Dancing 11:00-12:00 Knitting 11:00-1:00 Exercise Equipment Training 12:00-1:00 Understanding & Responding to Dementia 1:00-2:00 Gym 2:00-3:00 Gentle Yoga (4 of 8) 2:00-3:00 Prediabetes Class 2:30-3:30 Gym</p>	<p>23 9:30-10:30 Gym 10:30-11:15 Tai Chi on DVD 11:30-12:30 Gym 12:00-1:00 Strength Training 12:30-2:30 Watercolor 1:00-2:00 Gym 2:30-3:30 Gym</p>	<p>24 9:30-10:30 Gym 10:30-12:00 Chess and Checkers 11:30-12:30 Gym 12:00-1:00 Walking 2 Wellness Wednesday 12:00-2:00 Basic Art Class 12:30-3:00 Mahjonn 1:00-3:30 500 Bids 1:00-2:00 Gym 2:00-3:00 Gentle Yoga (4 of 8) 2:00-3:00 Guided Meditation 2:30-3:30 Gym</p>	<p>25 9:30-10:30 Gym 10:00-12:00 Computer/ Phone/ Tablet Support 11:00-12:00 Strength Training 11:00-12:30 Creatrics Senior © Week 3 of 4 11:30-12:30 Gym 1:00-2:00 Gym 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis 2:30-3:30 Gym 6:30pm On Holiday, Exploring the Mediterranean</p>	<p>26 9:30-10:30 Gym 9:30-11:00 Computer Instruction 10:00-12:00 VFF Produce Mobile Farmer's Market 11:30-12:30 Gym 1:00-2:00 Strength Training on DVD 1:00-3:30 Pinochle 1:00-2:00 Gym 2:30-3:30 Adult Coloring 2:30-3:30 Gym</p>
<p>29 9:30-10:30 Gym 9:30-10:30 Crochet 9:30-12:30 Hand and Foot Card Game 10:30-12:00 Square Dancing 11:00-12:00 Knitting 11:00-1:00 Exercise Equipment Training 1:00-2:00 Gym 2:00-3:00 Gentle Yoga (5 of 8) 2:00-3:00 Prediabetes Class 2:30-3:30 Gym</p>	<p>30 9:30-10:30 Gym 10:30-11:15 Tai Chi on DVD 11:00-12:00 Managing Money: A Caregivers Guide to Finances 11:30-12:30 Gym 12:00-1:00 Strength Training 12:30-2:30 Watercolor 1:00-2:00 Gym 2:30-3:30 Gym</p>	<p>31 9:30-10:30 Gym 10:30-12:00 Chess and Checkers 11:30-12:30 Gym 12:00-1:00 Walking 2 Wellness Wednesday 12:00-2:00 Basic Art Class 1:00-3:30 500 Bids 1:00-2:00 Gym 2:00-3:00 Guided Meditation 2:00-3:00 Gentle Yoga (5 of 8) 2:30-3:30 Gym</p>	<p>2nd Annual Golf Tournament Friday, August 12th, 2022 WAYS TO SPONSOR Tee Signs - \$100 per sign Team Sponsorship – includes Tee Sign and 4 golfers - \$450. Executive Sponsor - \$5,000 Food Sponsor - \$3,000 Associate Sponsor - \$2,500 Beverage Sponsor - \$1,500 Award and Prize Sponsor- \$1,000 Sponsor - \$500</p>	<p>Activities for 55+ Years Old Hours: 9:00am-3:30pm Monday-Friday</p> 