

Washington County Senior Activities Center

Oct. 4th – Oct. 15th, 2021

Monday through Friday- Senior Center Classes

Mon., Tues. & Wed. - Outdoor Activities and Senior Center

Registration Required for all Classes with (RR).

Call 301-790-0275 ext. 243 or 246.



Monday Outdoor Activities Senior Center Zoom	Tuesday Outdoor Activities Senior Center Zoom	Wednesday Outdoor Activities Senior Center Zoom	Thursday Senior Center Zoom	Friday Senior Center Zoom
<p>4 9:30am Crochet (RR) 9:30am Line Dancing (RR) Doubs Woods Park 10:00am Hand & Foot (RR) 10:00am Wellness for your Brain and Body (RR) 11:00am Knitting (RR) 11:30am Exercise Equipment Training (RR) 2:00pm Gentle Yoga (RR)</p>	<p>5 9:15am Beginners Tai Chi (RR) 9:30am Gym (RR) 10:00am Effective Communication: Decoding Verbal & Behavioral Messages (RR) 10:30am Square Dancing (RR) at Doub's Woods Park 11:00am Intermediate Spanish 11:30am Gym (RR) 12:00pm Watercolor (RR) 12:00pm Strength Training(RR) 12:30pm Advanced Spanish 1:00pm Gym (RR) 2:00pm Beginners Tai Chi (RR) 2:30pm Gym (RR) 2:30pm Diamond Art (RR)</p>	<p>6 9:30am Line Dancing (RR) Doubs Woods Park 10:00am Beginners Spanish 10:30am Checkers And Chess (RR) 11:00am Walking Club at Fairgrounds Park (RR) 12:00pm Living with Alzheimer's: Early Stage Part 1 (RR) 12:30pm Drum Circle (RR) 1:00pm 500 Bid Cards (RR) 2:00pm Guided Meditation</p>	<p>7 9:30am Gym (RR) 10:00am Computer Support/ Instruction (RR) 11:00am Strength Training (RR) 11:30am Gym (RR) 1:00pm Gym (RR) 1:30pm Corn hole and Table Tennis (RR) 2:30pm Gym (RR) 3:00pm Importance of Early Detection: Advancements in Diagnostic Tools and Treatments (RR)</p>	<p>8 11:00am Virtual Drum Circle (RR) 11:00am Intermediate Tai Chi 12:30pm Strength Training on DVD (RR) 2:30pm Adult Coloring (RR)</p>
<p>11 Closed for Columbus Day</p> 	<p>12 9:15am Beginners Tai Chi (RR) 9:30am Gym (RR) 10:30am Square Dancing (RR) at Doub's Woods Park 11:00am Intermediate Spanish 11:30am Gym (RR) 12:00pm Watercolor (RR) 12:00pm Strength Training(RR) 12:30pm Advanced Spanish 1:00pm Gym (RR) 2:00pm Beginners Tai Chi (RR) 2:30pm Gym (RR) 2:30pm Diamond Art (RR)</p>	<p>13 9:30am Line Dancing (RR) Doubs Woods Park 10:00am Beginners Spanish 10:30am Checkers And Chess (RR) 11:00am Walking Club at Fairgrounds Park (RR) 12:00pm Living with Alzheimer's: Early Stage Part 2 (RR) 1:00pm 500 Bid Cards (RR) 1:00pm New To Medicare Workshop (RR) 2:00pm Guided Meditation</p>	<p>14 9:30am Gym (RR) 10:00am Computer Support/ Instruction (RR) 11:00am Strength Training (RR) 11:30am Gym (RR) 1:00pm Gym (RR) 1:30pm Corn hole and Table Tennis (RR) 2:30pm Gym (RR) 7:00pm Dementia Conversations (RR)</p>	<p>15 11:00am Walk on the Wild Side (RR) 11:00am Intermediate Tai Chi 12:30pm Strength Training on DVD (RR) 2:30pm Adult Coloring (RR)</p>