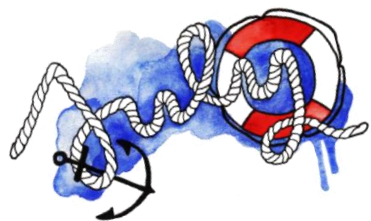


# Washington County Senior Activities Center

## JULY 19<sup>th</sup> -30th, 2021



**Mondays, Tuesdays, and Thursdays- Senior Center Classes**

**Wednesdays and Fridays- Outdoor Activities**

**Registration Required for all Classes with (RR).**

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

<b>Monday</b> Senior Center Zoom	<b>Tuesday</b> Senior Center Zoom	<b>Wednesday</b> Outdoor Activities Zoom	<b>Thursday</b> Senior Center Zoom	<b>Friday</b> Outdoor Activities Zoom
<b>19</b> 9:30am Crochet (RR) 11:00am Fitness Gold (RR) 11:00am Knitting (RR) 12:00pm The Warning Signs of Alzheimer's (RR)	<b>20</b> 9:30am Gym (RR) 11:00am Intermediate Spanish 11:00am Tai Chi (RR) 11:00am Effective Communication: Decoding Verbal and Behavioral Messages (RR) 11:30am Gym (RR) 12:00pm Watercolor (RR) 12:30pm Advanced Spanish 1:00pm Gym (RR) 2:00pm Tai Chi (RR) 2:30pm Gym (RR)	<b>21</b> 10:00am Beginners Spanish 10:30am Checkers and Chess (Pen Mar Park) (RR) 11:00am Walking Club (Pen Mar Park) (RR) 11:30am Square Dancing (Pen Mar Park) (RR) 2:00pm Guided Meditation 3:00pm Understanding Dementia and Related Disorders (RR)	<b>22</b> 9:30am Gym (RR) 10:00am Computer/Phone Support (RR) 11:00am Strength Training (RR) 1:00pm Gym (RR) 1:30am Corn hole and Table Tennis (RR) 2:30pm Gym (RR)	<b>23</b> 9:00am Line Dancing (Doubs Woods) (RR) 10:00am VFF Mobile Farmers Market (Doubs Woods) 11:00am Art Moments (RR)
<b>26</b> 9:30am Crochet (RR) 9:30am Strength Training (RR) 11:00am Fitness Gold (RR) 11:00am Knitting (RR)	<b>27</b> 9:30am Gym (RR) 10:00am Caregiver Support Group 11:00am Intermediate Spanish 11:00am Tai Chi (RR) 11:00am Understanding Behaviors Related to Dementia (RR) 11:30am Gym (RR) 12:00pm Watercolor (RR) 12:30pm Advanced Spanish 1:00pm Gym (RR) 2:00pm Tai Chi (RR) 2:30pm Gym (RR)	<b>28</b> 10:00am Beginners Spanish 10:30am Checkers and Chess (Doubs Woods) (RR) 11:00am Walking Club (Doubs Woods) (RR) 11:00am Book Club 11:30am Square Dancing (Pen Mar Park) (RR) 2:00pm Guided Meditation	<b>29</b> <p style="text-align: center;"><b>Senior Center is CLOSED.</b></p>	<b>30</b> 9:00am Line Dancing (Doubs Woods) (RR) 10:00am VFF Mobile Farmers Market (Doubs Woods) 11:00am Comedy Hour: Famous Comedians Through the Years (RR)