

DECEMBER 2021

Washington County Senior Activities Center

535 E. Franklin Street, Hagerstown, MD 21740

301-790-0275 ext. 243

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

To use GYM equipment, all members must attend Exercise Equipment Intro on Mondays at 11:30 (Registration Required).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Inclement Weather Policy The Washington County Commission on Aging, Inc. and the Senior Activities Center will follow Washington County Public Schools (WCPS) cancellations and/or delays unless otherwise posted.</p> 	<p>The Washington County Senior Activities Center and The Washington County Commission on Aging wish you and yours</p> 	<p>1 9:30-10:30 Gym 10:00-11:00 Beginner's Spanish 10:30-12:00 Chess and Checkers 11:00-12:00 Walking Club 11:30-12:30 Gym 12:30-1:30 Drum Circle 1:00-2:00 Gym 1:00-3:00 500 Bids 2:00-2:45 Guided Meditation 2:30-3:30 Gym</p>	<p>2 9:30-10:30 Gym 10:00-12:00 Computer/Phone/ Tablet Support 11:00-12:00 Strength Training 11:30-12:30 Gym 1:00-2:00 Gym 1:30-3:00 Cornhole/Table Tennis 2:30-3:30 Gym</p>	<p>3 9:30-10:30 Gym 9:30-11:00 Computer Instruction 11:30-12:30 Gym 12:30-1:30 Strength Training on DVD 1:00-3:30 Pinochle 1:00-2:00 Gym 2:00-2:45 Karaoke 2:30-3:30 Adult Coloring 2:30-3:30 Gym</p>
<p>6 9:30-10:30 Crochet 9:30-10:30 Gym 10:00-12:00 Hand and Foot Card Game 10:00-10:45 Grandparent Support Group 11:00-12:00 Knitting 12:00-1:00 The Warning Signs of Alzheimer's 1:00-2:00 Gym 2:00-3:00 Gentle Yoga on DVD 2:30-3:30 Gym</p>	<p>7 9:30-10:30 Gym 11:00-12:00 Intermediate Spanish 11:30-12:30 Gym 12:00-2:00 Watercolor 12:00-1:00 Strength Training 12:30-1:30 Advanced Spanish 1:00-2:00 Gym 2:00-3:00 Living with Alzheimer's for Care Partners 2:30-3:30 Gym</p>	<p>8 9:30-10:30 Gym 10:00-11:00 Beginner's Spanish 10:30-12:00 Chess and Checkers 11:00-12:00 Walking Club 11:30-12:30 Gym 1:00-3:00 500 Bids 1:00-2:00 Gym 2:00-2:45 Guided Meditation 2:30-3:30 Gym</p>	<p>9 9:30-10:30 Gym 10:00-12:00 Computer/Phone/ Tablet Support 11:00-12:00 Strength Training 11:30-12:30 Gym 1:00-2:00 Gym 1:30-3:00 Cornhole/Table Tennis 2:30-3:30 Gym</p>	<p>10 Senior Center Closed</p>

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9:30-10:30 Gym
9:30-10:30 Crochet
10:00-12:00 Hand and Foot Card Game
11:00-12:00 Knitting
11:30-1:00 Exercise Equipment Training
1:00-2:00 Gym
2:00-3:00 Gentle Yoga on DVD
2:30-3:30 Gym

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9:30-10:30 Gym
11:00-12:00 Intermediate Spanish
11:30-12:30 Gym
12:00-2:00 Watercolor
12:00-1:00 Strength Training
12:30-1:30 Advanced Spanish
1:00-2:00 Gym
2:00-3:00 Living with Alzheimer's for Care Partners
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-11:00 Beginner's Spanish
10:30-12:00 Chess and Checkers
11:00-12:00 Book Club
11:00-12:00 Walking Club
11:30-12:30 Gym
1:00-3:00 500 Bids
1:00-2:00 Gym
2:00-2:45 Guided Meditation
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-12:00 Computer/ Phone/ Tablet Support
11:00-12:00 Strength Training
11:30-12:30 Gym
12:00-1:00 Dementia Conversations
1:00-2:00 Gym
1:30-3:00 Cornhole/Table Tennis
2:30-3:30 Gym

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9:30-10:30 Gym
9:30-11:00 Computer Instruction
11:30-12:30 Gym
12:30-1:30 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

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9:30-10:30 Gym
9:30-10:30 Crochet
10:00-12:00 Hand and Foot Card Game
10:00-10:45 Caregiver Support
11:00-12:00 Knitting
11:30-1:00 Exercise Equipment Training
12:00-1:00 Wellness for Your Brain and Body
1:00-2:00 Gym
2:00-3:00 Gentle Yoga on DVD
2:30-3:30 Gym

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9:30-10:30 Gym
11:00-12:00 Intermediate Spanish
11:30-12:30 Gym
12:00-2:00 Watercolor
12:00-1:00 Strength Training
12:00-1:00 Understanding Dementia and Related Disorders
12:30-1:30 Advanced Spanish
1:00-2:00 Gym
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-11:00 Beginner's Spanish
10:30-12:00 Chess and Checkers
11:00-12:00 Walking Club
11:30-12:30 Gym
1:00-3:00 500 Bids
1:00-2:00 Gym
2:00-2:45 Guided Meditation
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-12:00 Computer/ Phone/ Tablet Support
11:00-11:20 Strength Training
11:30-12:30 Gym
1:00-2:00 Gym
1:30-3:00 Cornhole/Table Tennis
2:30-3:30 Gym

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Closed for the Holidays

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Closed for the Holidays

28

9:30-10:30 Gym
10:00-11:00 Understanding Behaviors Related to Dementia
11:00-12:00 Intermediate Spanish
11:30-12:30 Gym
12:00-2:00 Watercolor
12:00-1:00 Strength Training
12:30-1:30 Advanced Spanish
1:00-2:00 Gym
2:30-3:30 Gym

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9:30-10:30 Gym
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2:00-2:45 Guided Meditation
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-12:00 Computer/ Phone/ Tablet Support
10:00-11:00 The Warning Signs of Alzheimer's
11:00-12:00 Strength Training
11:30-12:30 Gym
1:00-2:00 Gym
1:30-3:00 Cornhole/Table Tennis
2:30-3:30 Gym

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Closed for New Year's