

# December 2022

## Washington County Senior Activities Center

535 E. Franklin Street, Hagerstown, MD 21740

301-790-0275 ext. 243 or 246

Pre-registration Required for all classes. Online Registration available by going to [www.copilotcommunity.com](http://www.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 Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Activities for 55+ Years Old</b> Hours: 9:00am-3:30pm Monday-Friday</p> 	<p><b>Inclement Weather Policy</b> 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><b>1</b> 9:00-10:00 Gym 10:30-11:30 Gym 10:00-12:00 Computer/Phone/ Tablet Support 11:00-12:00 Strength Training 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis</p>	<p><b>2</b> 9:00-10:00 Gym 9:30-11:00 Computer Instruction 10:30-11:30 Gym 1:00-3:30 Pinochle 1:00-2:00 Strength Training on DVD 1:00-3:00 Embroidery</p>
<p><b>5</b> 9:00-10:00 Gym 9:30-10:30 Crochet 9:30-12:30 Hand and Foot 10:00-11:00 Grandparent Support 10:30-12:00 Square Dancing 11:00-12:30 Exercise Equipment Training 11:00-12:00 Knitting 12:00-2:00 CareWear 12:30-3:00 Mahjongg 2:00-3:00 Diabetes Prevention Program 2:00-3:00 Chair Yoga (7 of 8)</p>	<p><b>6</b> 9:00-10:00 Gym 10:30-11:30 Gym 10:30-11:15 Tai Chi on DVD 10:30-11:30 Advanced Spanish 12:00-1:00 Strength Training 12:30-2:30 Watercolor</p>	<p><b>7</b> 9:00-10:00 Gym 10:30-11:30 Gym 10:30-12:00 Chess &amp; Checker 11:00-12:00 Hypnosis 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 Guided Meditation 2:00-3:00 Floor Yoga (7 of 8) 3:30-4:30 Stepping Into Wellness</p>	<p><b>8</b> 9:00-10:00 Gym 10:00-12:00 Computer/Phone/ Tablet Support 10:30-11:30 Gym 11:00-12:00 Strength Training 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis</p>	<p><b>9</b> Senior Center Closed</p>

**12**

9:00-10:00 Gym  
9:30-10:30 Crochet  
9:30-12:30 Hand and Foot  
10:30-12:00 Square Dancing  
11:00-12:30 Exercise Equipment Training  
11:00-12:00 Knitting  
12:30-3:00 Mahjongg  
1:00-3:30 Sewing Circle  
2:00-3:00 Diabetes Prevention Program  
2:00-3:00 Chair Yoga (8 of 8)

**13**

9:00-10:00 Gym  
10:30-11:30 Gym  
10:30-11:15 Tai Chi on DVD  
10:30-11:30 Advanced Spanish  
12:00-1:00 Strength Training  
12:30-2:30 Watercolor

**14**

9:00-10:00 Gym  
10:30-11:30 Gym  
10:30-12:00 Chess and Checkers  
12:00-1:00 Walking 2  
Wellness Wednesday  
12:00-2:00 Basic Art Class  
12:30-3:00 Mahjongg  
1:00-3:30 500 Bids  
1:00-2:00 Guided Meditation  
2:00-3:00 Floor Yoga (8 of 8)  
3:30-4:30 Stepping Into Wellness

**15**

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

**16**

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

**19**

9:00-10:00 Gym  
9:30-10:30 Crochet  
9:30-12:30 Hand and Foot  
10:30-12:00 Square Dancing  
11:00-12:30 Exercise Equipment Training  
11:00-12:00 Knitting  
12:30-3:00 Mahjongg  
1:00-3:30 Sewing Circle  
2:00-3:00 Diabetes Prevention Program

**20**

9:00-10:00 Gym  
10:30-11:30 Gym  
10:30-11:15 Tai Chi on DVD  
10:30-11:30 Advanced Spanish  
12:00-1:00 Strength Training  
12:30-2:30 Watercolor

**21**

9:00-10:00 Gym  
10:30-11:30 Gym  
10:30-12:00 Chess and Checkers  
11:00-12:00 Book Club  
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 Guided Meditation  
3:30-4:30 Stepping Into Wellness

**22**

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

**23**



**Closed for the Holidays**

**26**



**Closed for the Holidays**



**27**

9:00-10:00 Gym  
10:30-11:30 Gym  
10:30-11:15 Tai Chi on DVD  
10:30-11:30 Advanced Spanish  
12:00-1:00 Strength Training  
12:30-2:30 Watercolor

**28**

9:00-10:00 Gym  
10:30-11:30 Gym  
10:30-12:00 Chess & Checkers  
12:00-1:00 Walking 2  
Wellness Wednesday  
12:00-2:00 Basic Art Class  
12:30-3:00 Mahjongg  
1:00-3:30 500 Bids  
1:00-2:00 Guided Meditation

**29**

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

**30**



**Closed for New Year's**