

# Washington County Senior Activities Center

535 East Franklin Street Hagerstown, MD 21740

(301) 790-0275 ext. 243

Senior Center Classes/ Virtual Classes

Monday, December 6<sup>th</sup> – December 10<sup>th</sup>, 2021

**NEW ONLINE  
REGISTRATION**

## NEW CLASS REGISTRATION PROCESS!!

Members will be able to register for December Activities online.

Members must register for an account by going to [www.copilotcommunity.com](http://www.copilotcommunity.com) and click on the "Click here to register" button. You will need your badge # and a valid email account to register.

If you have not received your new badge for 2021 they are available at the senior center for pickup. Stop by the office and pick your badge up today.

If you would like help with the registration process, please sign up for our computer classes on Thursday, December 9th between 10am-12pm by calling 301-790-0275 ext. 243.

After getting your account setup, you can register for classes 30 days prior to class beginning.

***Classes at the Senior Center:  
Registration Required.  
Register Online at  
[www.copilotcommunity.com](http://www.copilotcommunity.com)  
Mask are required inside the building.***

### Learn to Crochet

**Monday, December 6<sup>th</sup> at 9:30 am**

Do you enjoy crocheting or would like to learn how?

Bring in your crocheting projects and we can get to know each other. Bring a crochet needle size I or 9 - 5 ½ mm; we'll get you started!



### Hand and Foot Card Game

**Monday, December 6<sup>th</sup>**

**Every Monday**

**10:00 AM – 12:00 PM**



### Knitting Class with Carole

**Monday, December 6<sup>th</sup> at 11:00 AM**

Carole will be demonstrating techniques for Knit & Purl increases and decreases.



**Materials Needed:** 2 US size 7 or 8 single point needles, notebook, pen or pencil.

### Can't wait to return to the GYM?

Gym is open Monday-Thursday of this week

December 6<sup>th</sup> – December 9<sup>th</sup>

**One Hour Timeslots**

**9:30am, 11:30am, 1:00pm, 2:30pm**



6 people per timeslot. By appointment only.

### Gentle Yoga

**Monday December 6<sup>th</sup> at 2:00 PM**

**Taking Reservation for Nov. 29<sup>th</sup>**



### Intermediate Spanish

**Tuesday, December 7<sup>th</sup>**

**at 11:00am**



### Advanced Spanish

**Tuesday, December 7<sup>th</sup> at 12:30pm**

Spanish classes are currently closed for registration.

If you have had some experience, you may talk to the instructor for special permission to enter the class.

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[www.copilotcommunity.com](http://www.copilotcommunity.com)  
Mask are required inside the building.**

### Watercolor

**Tuesday, Dec. 7<sup>th</sup> at 12:00pm  
Limited Participants.**

Watercolor is a free style art class for all levels of experience. Members choose their muse. Instructor is on hand to assist and guide upon request.



### Strength Training

**Tues. Dec. 7<sup>th</sup> – 12:00 PM  
(class is full)  
Thurs. Dec. 9<sup>th</sup> – 11:00 AM  
(class is full)**



We are currently taking reservations for Tuesday, December 21<sup>st</sup> at 12:00pm and Thursday, December 23<sup>rd</sup> at 11:00am – please register online.

### Beginners Spanish with Tom

**Wednesday, December 8<sup>th</sup>  
10:00 AM**

This class is currently closed for registration.  
Class meets at the Senior Center

Se Habla Español

### Checkers/ Chess Club

**Wednesday, December 8<sup>th</sup> at 10:30am**

Are you looking to learn a game of strategy, then come join our chess club?



### Walking Club - Come Join the Club!

**Wednesday, Dec. 8<sup>th</sup> at 11:00am**

We will be walking outside, weather permitting. We will walk indoors at the senior center if it rains or it is too cold.

### 500 Bid Cards

**Wednesday, December 8<sup>th</sup>  
Every Wednesday  
1:00 – 3:00 PM**

Limited Participation. Registration is Required.  
Call Jackie  
301-790-0275 ext. 243



### Computer/ Phone Support

**Thursday, Dec. 9<sup>th</sup> at 10:00am**



Computer and Phone Support is for members that have questions about operating a computer, phone, or tablet. Laptops and Wi-Fi are available to members. Members may bring their own devices if they choose.



### Cornhole & Table Tennis

**Thursday, Dec. 9<sup>th</sup> at 1:30pm**

**The Washington County  
Senior Activities Center  
will be closed  
Friday, December 10<sup>th</sup>  
for an All Staff Meeting.**

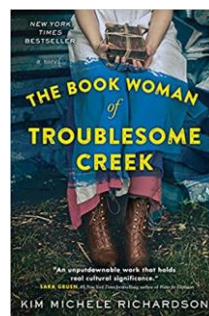


Come join the book club next Wed., December 15<sup>th</sup> at 11:00am. Register on [Copilotcommunity.com](http://Copilotcommunity.com)

### Book Club

**Wednesday, December 15<sup>th</sup>  
11:00 AM**

The Secrets We Kept  
By Lara Prescott



### Next Book Club

**Wednesday, January 19<sup>th</sup>  
11:00 AM**

The Book Woman of Troublesome Creek  
By Kim Michele Richardson

## Virtual Programs: Zoom

### Grandparent Support Group using Zoom Monday, December 6<sup>th</sup> 10:00 AM

Raising grandchildren can be a challenge. Grandparent caregivers need to develop a support system to help them with the many tasks at hand. Please join us for this Zoom meeting.

Join Zoom Meeting  
<https://us02web.zoom.us/j/87162888937?pwd=VC9BRUxtbUwyQjAvRHZ1NTFZcXBtdz09>

Meeting ID: 871 6288 8937  
Passcode: 2jYJcQPasscode: 4BeEx3

### Topic: The Warning Signs of Alzheimer's Monday, December 6<sup>th</sup> 12:00 PM

The Washington County Commission on Aging is partnering with The Alzheimer's Association

[Click Here to Register](#)

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

### Riddle Me This?

We send you a Riddle by email every Monday. If you get the correct answer to the Riddle you are entered into a drawing for a prize each week. If you get all riddles correct for 4 or 5 weeks straight you are entered into a drawing for a gift card. If you answer even one Riddle correctly, you are entered into a drawing for a gift basket.

If you would like to play send your email to [jmayne@wccoaging.org](mailto:jmayne@wccoaging.org)

Congratulations to  
**Wesley Mixer**  
Gift Card Winner for  
Week 4 of November



### Living with Alzheimer's for Care Partners – Middle Stage – Part 1

Tuesday, December 7<sup>th</sup>  
2:00 PM – 3:00 PM

[Click Here to Register](#)

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 2-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

The first 10 registrants will receive a Twiddle Muff, handmade and donated by the Jacksonville Senior Center in Phoenix, MD.

Twiddle Muffs are colorful, captivating sensory therapy tools designed to keep the restless hands of people with Alzheimer's or other types of dementia occupied, calm and warm.

### Guided Meditation using Zoom

Wednesday, December 8<sup>th</sup> 2:00 PM

Join Zoom Meeting  
<https://us02web.zoom.us/j/89542867480?pwd=QzB2ejlGWU9UMjJhbjEztcW4ydUFhUT09>

Meeting ID: 895 4286 7480  
Passcode: 9yQcvz



Are you struggling to understand what Medicare covers and the differences between Medicare Parts A, B, C and D? If you answered yes, you don't want to miss this informative workshop.

**What: New to Medicare Workshop**

**When: Wednesday, December 8<sup>th</sup>**

**Time: 1:00 PM - 3:00 PM**

**Where: The comfort of your home! (We are offering this workshop virtually)**

[Click Here to register for this virtual workshop.](#)





Elder Abuse Advocate  
Washington County Commission on Aging

### Is that text message legitimate?

Day and night, fraudulent text messages bombard our mobile phones. The cybercriminals to blame for these illicit texts pretend to be from government agencies, such as the Internal Revenue Service, megaretailers like Amazon and Costco, and even major banks.

Don't let these crooks steal your money or data — or worse, infect your smartphone with malicious software. Let's start with the key ways to stay safe:

- 1. Do not respond to suspicious text messages.** Don't even reply by messaging "STOP" or "NO."
- 2. Do not click on hyperlinks or attachments in suspect messages.**
- 3. Take steps to filter unwanted messages or block them** before they reach you.

Across the U.S., \$86 million was reported lost in 2020 from frauds originating in scam texts, according to the Federal Trade Commission (FTC), a consumer protection agency. Last year the 334,524 such complaints equaled an average of 916 reports a day.

Protect yourself and your family from these savvy criminals, when in doubt, delete it.  
(Source: AARP, FTC)



**Just a friendly reminder of the donation boxes placed in each room to support our FREE programs.**

We would appreciate any donation that you can make to support our programs. Suggested donation is \$1.

Click here: [www.wccoaging.org/donate](http://www.wccoaging.org/donate)



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.

Example: If WCPS opens at 10:00 am; our offices will open at 10:00 am.

If WCPS closes; our offices will be closed.

You may sign up on Washington County Public School's website to receive text alerts of WCPS delays and closings.

## AMAZING GIVING OPPORTUNITY

Attention all of our partners!

The Fitzgerald Auto Mall has gifted the Washington County Commission on Aging with a \$5000 matching grant.

That means for every \$1 you give during the month of December, Fitzgerald Auto Mall will make it \$2!

What an amazing Holiday gift!

So please consider a donation of any size to the Commission on Aging to help us serve over 300 seniors who are currently waitlisted for services like food and prescription assistance due to a lack of funding.

We have already served over 9,000 seniors this year, but hundreds more are waiting. Make the season of giving bright, turn \$1 into \$2 and help someone in need, today!



**NEW YOGA CLASS**  
**Beginning January 10<sup>th</sup>**  
**2:00pm – 3:00pm**

**Join Certified Instructor Charna Moore**

Class is limited to 16 members

First come, first served.

**This is an 8 week session beginning**

**January 10<sup>th</sup> and ending on March 14<sup>th</sup>, 2022**

**No class Jan. 17<sup>th</sup> and Feb. 21<sup>st</sup>.**

Cost: \$10/ for 8 weeks

Pre-registration is Required by calling 301-790-0275 ext. 243.

Benefits of Yoga include: Stress Relief, Improved Balance and Stability, Improved Range of Motion, Increase Blood Circulation, Reduces Anxiety.



The Washington County Senior Activities Center is participating in this volunteer program.

**First Meeting will be Monday, January 10<sup>th</sup>, 2022 from 12:00pm to 2:00pm.**

Care Wear is a nationwide group of volunteers who knit, crochet, and/or sew, providing handmade items directly to hospitals & social service agencies. All Care Wear items are distributed by hospital or agency staff [FREE] to patients of all ages.

If you would like to help with knitting and crocheting for CareWear: two patterns will be provided, one for a baby knit cap and one for a baby knit blanket. Please bring with you the following items depending on whether you are knitting a cap or blanket.

**Baby Knit Caps:**

1-2 skeins acrylic yarn, fingering or sock (weight category 1 or 2, extra fine/fine)

Straight knitting needles, 1 pair US 4 and 1 Pair US 6 **OR** 1 16” circular needle, size US 4.

**Baby Blanket:**

Acrylic yarn, chunky or super bulky (weight category 6), 5 skeins

Circular needle size US 13 (9 mm), 29 in. (73.5 cm) long or size needed to obtain gauge.

A yarn needle will be necessary for caps knitted on straight needles. There may be some donated yarn available at the Center, especially for blankets. You are also welcomed to bring your preferred knitting pattern with you. Be sure that the yarn is washable in a washing machine and dryable in a dryer. You are also welcomed to crochet a cap or blanket. We have a book on hand with several additional knit and crochet patterns, if anyone is interested.

Any questions, contact Carole Bassett at 301-799-1126.



**Mahjong**

**Begins Wednesday, January 5<sup>th</sup>**  
**Every other Wednesday 11:30-3:00pm**

Mahjong is a tile-based game, originating in China, that members may play in a relaxed setting. If you don't know how to play stop by and ask other members to teach you the tricks of the play.

**Do you Enjoy Pickleball or Cornhole?**  
**Do you Enjoy Dominos or Card Games?**

**These Programs**  
**Begin January 10<sup>th</sup>, 2022**



**The Salvation Army**

is providing these free programs for Seniors 55+

Mon., Wed., Fri., Cornhole and Pickleball

Tues., and Thurs., Dominos and Card Games (card games including Bridge, Euchre, Pinochle, Rummikub, Hand & Foot and more).

Time is 9:00am – 11:00am.

**To Register Call 301-733-2440 x 6**

Join us on Friday, January 14<sup>th</sup>, 2022 for Martin Luther King, Jr. Trivia Day. More information in next week's newsletter.

