

Washington County Senior Activities Center

535 East Franklin Street Hagerstown, MD 21740

(301) 790-0275 ext. 243 or 246

Senior Center Classes/ Outdoor Classes/ Virtual Classes

Monday, July 19th – July 23rd

*Classes at the Senior Center:
Registration Required.*

Call (301)790-0275

ext. 243 or 246

to schedule an appointment.

Learn to Crochet

Monday, July 19th 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. Erika is our crochet facilitator and will be available for instruction. Bring a crochet needle size I or 9 - 5 ½ mm; we'll get you started!



Fitness Gold with Erika

Monday, July 19th 11:00am

11:00 AM

Join us for this new exciting class. This class will be held at the Senior Center from 11:00am-12:00pm

10 participants per class. Appointments only.
Call Jackie or Desiree 301-790-0275 ext 243 or 246.

Knitting Class with Carole

Monday, July 19th at 11:00am

Come and learn the basics.

For those not already registered; there is a new class to start in September.

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

Click here: www.wccoaging.org/donate

Support the Washington County Commission on Aging as we serve thousands, feed hundreds, and deliver on average over 15,000 pounds of food per month since the beginning of the pandemic to the most vulnerable citizens of Washington County.

Can't wait to return to the GYM?

Gym is open on

Tuesdays and Thursdays

Every Tuesday and Thursday

One Hour Timeslots

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



8 people per timeslot. By appointment only.

Thursdays at 11:30am will be
Exercise Equipment Training with David.

If you need a refresher on the machines or you have not gone through the training you will need to register for this class.

**Appointments can be made by calling
Jackie or Desiree
301-790-0275 ext 243 or 246.**

Intermediate Spanish

Tuesday, July 20th at 11:00am



Advanced Spanish

Tuesday, July 20th at 12:30pm

Spanish classes are currently closed for registration.

Tai Chi with Desiree

Tuesday, July 20th; 11:00am or 2:00pm

These classes are full.

We are now accepting registrations for a beginner's class to start September 14th at 2:00pm.

Watercolor

Tuesday, July 20th 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.

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Computer/ Phone Support
Thursday, July 22nd 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.

Strength Training

Taking registration for Thursday, July 22nd at 11:00am and Monday, July 26th at 9:30am

There is no class on July 29th.



Cornhole & Table Tennis
Thursday, July 22nd at 1:30pm

*Outdoor Programs:
Registration Required.
Call (301)790-0275
ext. 243 or 246
to schedule an appointment.*

Cornhole

Wednesday, July 21st at 10:00am
Pen Mar Park

Checkers/ Chess Club

Wednesday, July 21st at 10:30am
Pen Mar Park

Walking Club

Wednesday, July 21st at 11:00am
Pen Mar Park

Square Dancing

Wednesday, July 21st at 11:30am
Pen Mar Park

Line Dancing

Friday, July 23rd at 9:00am
Doubs Woods Park

Washington County Senior Activities Center

Badge Pickups and New Member Registrations

Monday, August 16th and Tuesday, August 17th
10:00am-1:00pm

Fairgrounds Park – The Fit Room

351 North Cleveland Ave. Hagerstown, Maryland 21740

Please bring a pen, photo ID and your vaccination card with you to pick up your new badge.



For your convenience a vaccine clinic will be available on-site.

(Made available through a partnership between WCCOA and the Maryland Department of Health)

Please bring a photo ID

Virtual Programs: Zoom

The Warning Signs of Alzheimer's Monday, July 19th at 12:00pm

[Click Here to Register](#)

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.

Effective Communication – Decoding Verbal and Behavioral Messages Tuesday, July 20th at 11:00am

[Click Here to Register](#)

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The Effective Communication Strategies program of the Alzheimer's Association was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia.

Our **1st Annual Golf Tournament** will be **Friday, August 13th, 2021** at [Black Rock Golf Course](#).

If you would like to donate to help us with the golf tournament we are in need of items to help fill our baskets: Gift cards, specialty items, etc.

We are currently in need of:

Snacks (crackers, chips, etc.)

Gatorade

Water

Soda



Beginners Spanish with Tom on Zoom Wednesday, July 21st 10:00 AM



Join Zoom Meeting

<https://us02web.zoom.us/j/84456306767?pwd=NGZERmhJdDA3ZXZ4ZTR1dnNjTjFXUT09>

Meeting ID: 844 5630 6767

Passcode: 9TezFY

Guided Meditation Wednesday, July 21st at 2:00pm

GUIDED MEDITATION

<https://us02web.zoom.us/j/89542867480?pwd=QzB2ejlGWU9UMjJhbEZtcW4ydUFhUT09>

Meeting ID: 895 4286 7480

Passcode: 9yQcvz

Understanding Dementia Wednesday, July 21st at 3:00pm

[Click Here to Register](#)

Alzheimer's disease is not a normal part of aging.

Art Moments

Friday, July 23rd at 11:00am

<https://www.communityresourcefinder.org/ResourceView/Index?id=2238771&profileDefinitionId=92>

The mission of Walters Art Museum is to bring art and people together for enjoyment, discovery, and learning.



Washington County Senior Activities Center

JULY 19th -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.

Monday Senior Center Zoom	Tuesday Senior Center Zoom	Wednesday Outdoor Activities Zoom	Thursday Senior Center Zoom	Friday Outdoor Activities Zoom
19 9:30am Crochet (RR) 11:00am Fitness Gold (RR) 11:00am Knitting (RR) 5:00pm The Warning Sign of Alzheimer's (RR)	20 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)	21 10:00am Beginners Spanish 10:30am Checkers and Chess (Pen Mar) (RR) 11:00am Walking Club (Pen Mar) (RR) 11:30am Square Dancing (Pen Mar) (RR) 1:00pm New to Medicare Workshop (RR) 2:00pm Guided Meditation 3:00pm Understanding Dementia (RR)	22 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)	23 9:00am Line Dancing (Doubts Woods) (RR) 11:00am Art Moments (RR)
26 9:30am Crochet (RR) 9:30am Strength Training (RR) 11:00am Fitness Gold (RR) 11:00am Knitting (RR)	27 9:30am Gym (RR) 10:00am Caregiver Support 11:00am Intermediate Spanish 11:00am Tai Chi (RR) 11:00am Understanding Behaviors (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)	28 10:00am Beginners Spanish 10:30am Checkers and Chess (Doubts Woods) (RR) 11:00am Walking Club (Doubts Woods) (RR) 11:00am Book Club 2:00pm Guided Meditation	29 <p style="text-align: center;">Senior Center CLOSED.</p>	30 9:00am Line Dancing (Doubts Woods) (RR) 10:00am Mobile VFF Farmers Market (Doubts Woods) 11:00am Comedy Hour: Famous Comedians Through the Years (RR)