

February

2023

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 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>Activities for 55+ Years Old Hours: 9:00am-3:30pm Monday-Friday</p> 		<p>1</p> <p>10:30-12:00 Chess & Checker 12:00-2:00 Basic Art Class 12:30 – 1:30 Drum Circle 12:30-3:30 500 Bids 1:00-2:00 Guided Meditation</p>	<p>2</p> <p>10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on DVD 10:00-11:00 Book Club 11:00-12:00 Card Making 11:00-12:00 Strength Training (5 of 6) 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis</p>	<p>3</p> <p>9:15-10:15 Card Making MOW 9:30-11:00 Computer Instruction 10:30-11:30 Gardening 12:00-12:45 Tai Chi on DVD 1:00-3:30 Pinochle 1:00-2:00 Strength Training on DVD 2:30-3:30 Adult Coloring</p>
<p>6</p> <p>9:30-10:30 Crochet 9:30-12:30 Hand and Foot 10:00-11:00 Grandparents Support Group 10:30-12:00 Square Dancing 11:00-12:00 Knitting 12:30-3:00 Mahjongg 12:00-2:00 CareWear 2:00-3:00 Diabetes Prevention Program</p>	<p>7</p> <p>9:15-10:15 Guitar 10:30-11:15 Tai Chi on DVD 10:30-11:30 Spanish 12:00-1:00 Strength Training (6 of 6) 12:30-2:30 Watercolor</p>	<p>8</p> <p>10:30-12:00 Chess & Checker 12:00-2:00 Basic Art Class 12:30-3:30 500 Bids 1:00-2:00 Guided Meditation</p>	<p>9</p> <p>10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on DVD 11:00-12:00 Strength Training (6 of 6) 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis</p>	<p>10</p> <p>9:15-10:15 Card Making MOW 9:30-11:00 Computer Instruction 10:30-11:30 Gardening 12:00-12:45 Tai Chi on DVD 1:00-3:30 Pinochle 1:00-2:00 Strength Training on DVD 1:00-3:00 Embroidery</p>

13

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

14

9:15-10:15 Guitar
10:00-11:00 Photography
10:30-11:15 Tai Chi on DVD
10:30-11:30 Spanish
12:00-1:00 Strength Training (1 of 6)
12:30-2:30 Watercolor



15

10:30-12:00 Chess & Checker
12:00-2:00 Basic Art Class
12:30-3:30 500 Bids
1:00-2:00 Guided Meditation

16

10:00-12:00 Computer/ Phone/ Tablet Support
10:00-10:45 Tai Chi on DVD
11:00-12:00 Strength Training (1 of 6)
1:00-3:00 Bingo
1:30-3:00 Cornhole/Table Tennis

17

9:15-10:15 Card Making MOW
9:30-11:00 Computer Instruction
10:30-11:30 Gardening
12:00-12:45 Tai Chi on DVD
1:00-3:30 Pinochle
1:00-2:00 Strength Training on DVD
2:30-3:30 Adult Coloring

20

Senior Center Closed



21

9:15-10:15 Guitar
10:30-11:15 Tai Chi on DVD
10:30-11:30 Spanish
12:00-1:00 Strength Training (2 of 6)
12:30-2:30 Watercolor

22

10:30-12:00 Chess & Checker
12:00-2:00 Basic Art Class
12:30-3:30 500 Bids
1:00-2:00 Guided Meditation

23

10:00-12:00 Computer/ Phone/ Tablet Support
10:00-10:45 Tai Chi on DVD
11:00-12:00 Strength Training (2 of 6)
1:00-3:00 Bingo
1:30-3:00 Cornhole/Table Tennis

24

9:15-10:15 Card Making MOW
9:30-11:00 Computer Instruction
10:30-11:30 Gardening
12:00-12:45 Tai Chi on DVD
1:00-3:30 Pinochle
1:00-2:00 Strength Training on DVD
2:30-3:30 Adult Coloring

27

9:30-10:30 Crochet
9:30-12:30 Hand and Foot
10:00-11:00 Caregiver Support Group
10:30-12:00 Square Dancing
11:00-12:00 Knitting
12:30-3:00 Mahjongg
1:00-3:30 Sewing Circle
2:00-3:00 Diabetes Prevention Program

28

9:15-10:15 Guitar
10:00-11:00 Photography
10:30-11:15 Tai Chi on DVD
10:30-11:30 Spanish
12:00-1:00 Strength Training (3 of 6)
12:30-2:30 Watercolor

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.

