

FEBRUARY 2024

Washington County Senior Activities Center

535 E. Franklin St., Hagerstown, MD 21740

301-790-0275 ext. 243 or 246 for Abby or Maria

Pre-registration required for all classes. Online registration available by going to www.copilotcommunity.com

You will need a badge number and valid email to create a Copilot account.

Blue=Prepaid Class

Purple= Series Class


Version: 2/9/24



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>*The Senior Activity Center hours are Monday-Friday 9:00am-3:30pm.</i></p> <p><i>*We follow weather delays and closures of the Washington County Public Schools. (Open at 11am if 2 hour delay.)</i></p> <p><i>*You must be a member to participate in SAC programs.</i></p> <p><i>*Membership is free and open to active, independent persons age 55+.</i></p>			<p>1 9:15-9:55 Presentation: Holistic Living 10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on Video 10:30-12:15 Card Making 11:00-12:00 Strength Training (6 of 6) 1:00-3:00 Social Bingo 1:00-3:30 Cornhole & Table Tennis</p>	<p>2 9:30-11:00 Computer Instruction 10:00-10:30 Power Up- Resistance Band Training 11:00 Craft Group- String Art Heart (\$8)- Must register by Jan. 29 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda NO EMBROIDERY 2:00-3:30 Pickleball Practice 2:30-3:30 Walk with Ease</p>
<p>5 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand & Foot (Cards) 10:00-11:00 Grandparents Support Group 10:30-12:00 Square Dancing 11:00-12:00 Knitting Instruction for Beginners 12:00-2:00 CareWear 12:30-3:00 Mahjongg 12:30-1:30 Strength Training AFEP with Amanda 2:00-3:00 Chair Yoga Video 2:30-3:30 Walk with Ease 9:30-2:00 Registration Renewal</p>	<p>6 9:15-10:15 Guitar Instruction 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beginner Watercolor Instruction 12:00-1:00 Strength Training (6 of 6) 12:30-2:30 Advanced Watercolor 2:00-3:00 Peace Education 10:30-12:30 Registration Renewal</p>	<p>7 9:30-11:00 Pickleball Basics 10:30-12:00 Chess & Checkers 11:00-12:30 Pickleball Practice 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids 1:00-1:30 Chair Dancing 2:00 On Our Own Floor Yoga 2:30-3:30 Walk with Ease</p>	<p>8 9:30-10:30 Stepping Into Wellness (1 of 3) 10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on Video 10:30-12:15 Card Making 11:00-12:00 Strength Training (1 of 6) 1:00-3:00 Social Bingo 1:00-3:30 Cornhole & Table Tennis</p>	<p>9 9:30-11:00 Computer Instruction 10:00-10:30 Power Up- Resistance Band Training 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda 2:30-3:30 Walk with Ease</p>

12
 9:30-12:00 Crocheting & Knitting
 9:30-12:30 Hand & Foot (Cards)
 10:30-12:00 Square Dancing
 11:00-12:00 Knitting Instruction
 12:30-3:00 Mahjongg
 12:30-1:30 Strength Training
 AFEP with Amanda
 12:30-1:30 Sewing Instruction
 12:30-3:30 Sewing Circle
 2:00-3:00 Chair Yoga Video
2:30-3:30 Walk with Ease
9:30-2:00 Registration Renewal

13
 9:15-10:15 Guitar Instruction
9:30 Choosing Longevity
10:15-11:30 Spanish
 10:30-11:45 Tai Chi Video+
 10:30-12:00 Beginner
 Watercolor Instruction
12:00-1:00 Strength Training (1 of 6)
 12:30-2:30 Advanced
 Watercolor
 2:00-3:00 Peace Education

14

 10:30-12:00 Chess & Checkers
 12:00-2:00 Basic Drawing
12:30-2:30 Berry Smoothie Bar Open- \$2.00
 12:30-3:30 500 Bids
 1:00-1:30 Chair Dancing
 2:00 On Our Own Floor Yoga
2:30-3:30 Walk with Ease

15
9:30-10:30 Stepping Into Wellness (2 of 3)
 10:00-12:00 Computer/ Phone/ Tablet Support
 10:00-10:45 Tai Chi on Video
 10:30-12:15 Card Making
11:00-12:00 Strength Training (2 of 6)
 1:00-3:00 Social Bingo
 1:00-3:30 Cornhole & Table Tennis

16
 9:30-11:00 Computer Instruction
 10:00-10:30 Power Up-Resistance Band Training
 11:00-12:00 Fitness Gold
 12:30-3:30 Pinochle
 12:30-1:30 Strength Training
 AFEP with Amanda
2:30-3:30 Walk with Ease

19

CLOSED IN OBSERVANCE OF



PRESIDENTS DAY

20
 9:15-10:15 Guitar Instruction
10:15-11:30 Spanish
 10:30-11:45 Tai Chi Video+
 10:30-12:00 Beginner
 Watercolor Instruction
12:00-1:00 Strength Training (2 of 6)
 12:30-2:30 Advanced
 Watercolor
 2:00-3:00 Peace Education

21
 10:30-12:00 Chess & Checkers
 11:00-12:00 Book Club
 12:00-2:00 Basic Drawing
 12:30-3:30 500 Bids
 1:00-1:30 Chair Dancing
 2:00 On Our Own Floor Yoga

22
 10:00-12:00 Computer/ Phone/ Tablet Support
 10:00-10:45 Tai Chi on Video
 10:30-12:15 Card Making
11:00-12:00 Strength Training (3 of 6)
 1:00-3:00 Social Bingo
 1:00-3:30 Cornhole & Table Tennis
 2:30-3:30 Health Presentation: Medical Moment with Dr. Money – MEMORY

23
 9:30-11:00 Computer Instruction
 10:00-10:30 Power Up-Resistance Band Training
 11:00-12:00 Fitness Gold
 12:30-3:30 Pinochle
 12:30-1:30 Strength Training
 AFEP with Amanda

26
 9:30-12:00 Crocheting & Knitting
 9:30-12:30 Hand & Foot (Cards)
 10:00-11:00 Caregivers Support
 10:30-12:00 Square Dancing
 12:30-3:00 Mahjongg
 12:30-1:30 Strength Training
 AFEP with Amanda
 12:30-3:30 Sewing Circle
 2:00-3:00 Chair Yoga Video
9:30-2:00 Registration Renewal

27
 9:15-10:15 Guitar Instruction
9:30 Choosing Longevity
10:15-11:30 Spanish
 10:30-11:45 Tai Chi Video+
 10:30-12:00 Beginner
 Watercolor Instruction
12:00-1:00 Strength Training (3 of 6)
 12:30-2:30 Advanced
 Watercolor
 NO PEACE EDUCATION

28
 10:30-12:00 Chess & Checkers
 12:00-2:00 Basic Drawing
 12:30-3:30 500 Bids
 1:00-1:30 Chair Dancing
 2:00 On Our Own Floor Yoga

29
9:30-10:30 Stepping Into Wellness (3 of 3)
 10:00-12:00 Computer/ Phone/ Tablet Support
 10:00-10:45 Tai Chi on Video
 10:30-12:15 Card Making
11:00-12:00 Strength Training (4 of 6)
 1:00-3:00 Social Bingo
 1:00-3:30 Cornhole & Table Tennis