

# JANUARY 2022

## Washington County Senior Activities Center

535 E. Franklin Street, Hagerstown, MD 21740


301-790-0275

Pre-registration Required for all classes. Online Registration available by going to [copilotcommunity.com](http://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 Intro on Mondays at 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Closed for New Year's</p> 	<p><b>4</b></p> <p>9:15-10:00 Beginners Tai Chi on DVD 9:30-10:30 Gym 10:30-11:15 Intermediate Tai Chi on DVD 11:30-12:30 Gym 12:00-2:00 Watercolor 12:00-1:00 Strength Training 1:00-2:00 Gym 2:30-3:30 Gym</p>	<p><b>5</b></p> <p>9:30-10:30 Gym 10:00-11:00 Beginner's Spanish 10:30-12:00 Chess &amp; Checkers 11:00-12:00 Walking Club 11:30-12:30 Gym 11:30-3:00 Mahjongg 12:30-1:30 Drum Circle 1:00-2:00 Gym 1:00-3:00 500 Bids <b>2:00-2:45 Guided Meditation</b> 2:30-3:30 Gym</p>	<p><b>6</b></p> <p>9:30-10:30 Gym 10:00-12:00 Computer/ Phone/ Tablet Support 11:00-12:00 Strength Training 11:30-12:30 Gym 1:00-2:00 Gym 1:30-3:00 Cornhole/Table Tennis 2:30-3:30 Gym</p>	<p><b>7</b></p> <p>9:30-10:30 Gym 9:30-11:00 Computer Instruction 11:30-12:30 Gym 12:30-1:30 Strength Training on DVD 1:00-3:30 Pinochle 1:00-2:00 Gym 2:30-3:30 Adult Coloring 2:30-3:30 Gym</p>
<p><b>10</b></p> <p>9:30-10:30 Crochet 9:30-10:30 Gym 10:00-12:00 Hand and Foot <b>10:00-10:45 Grandparent Support Group</b> 11:00-12:00 Knitting 1:00-2:00 Gym <b>2:00-3:00 Gentle Yoga (PP)</b> 2:30-3:30 Gym</p>	<p><b>11</b></p> <p>9:15-10:00 Beginners Tai Chi on DVD 9:30-10:30 Gym 10:30-11:15 Intermediate Tai Chi on DVD 11:30-12:30 Gym 12:00-2:00 Watercolor 12:00-1:00 Strength Training 1:00-2:00 Gym 2:30-3:30 Gym</p>	<p><b>12</b></p> <p>9:30-10:30 Gym 10:00-11:00 Beginner's Spanish 10:30-12:00 Chess and Checkers 11:00-12:00 Walking Club 11:30-12:30 Gym 1:00-3:00 500 Bids 1:00-2:00 Gym <b>2:00-2:45 Guided Meditation</b> 2:30-3:30 Gym</p>	<p><b>13</b></p> <p>9:30-10:30 Gym 10:00-12:00 Computer/ Phone/ Tablet Support 11:00-12:00 Strength Training 11:30-12:30 Gym 1:00-2:00 Gym 1:30-3:00 Cornhole/Table Tennis 2:30-3:30 Gym</p>	<p><b>14</b></p> <p>9:30-10:30 Gym 9:30-11:00 Computer Instruction 11:30-12:30 Gym 12:30-1:30 Strength Training on DVD 1:00-3:30 Pinochle 1:00-2:00 Gym 2:00-2:40 Martin Luther King Trivia Contest 2:30-3:30 Adult Coloring 2:30-3:30 Gym</p>

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Closed for Holiday



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9:15-10:00 Beginners Tai Chi on DVD
9:30-10:30 Gym
10:30-11:15 Intermediate Tai Chi on DVD
11:30-12:30 Gym
12:00-2:00 Watercolor
12:00-1:00 Strength Training
1:00-2:00 Gym
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-11:00 Beginner's Spanish
10:30-12:00 Chess and Checkers
11:00-12:00 Book Club
11:00-12:00 Walking Club
11:30-12:30 Gym
11:30-3:00 Mahjongg
1:00-3:00 500 Bids
1:00-2:00 Gym
2:00-2:45 Guided Meditation
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-12:00 Computer/ Phone/ Tablet Support
11:00-12:00 Strength Training
11:30-12:30 Gym
1:00-2:00 Gym
1:30-3:00 Cornhole/Table Tennis
2:30-3:30 Gym

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9:30-10:30 Gym
9:30-11:00 Computer Instruction
11:30-12:30 Gym
12:30-1:30 Strength Training on DVD
1:00-3:30 Pinochle
1:00-2:00 Gym
2:30-3:30 Adult Coloring
2:30-3:30 Gym

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9:30-10:30 Gym
9:30-10:30 Crochet
10:00-12:00 Hand and Foot Card Game
10:00-10:45 Caregiver Support
11:00-12:00 Knitting
1:00-2:00 Gym
2:00-3:00 Gentle Yoga (PP)
2:30-3:30 Gym

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9:15-10:00 Beginners Tai Chi on DVD
9:30-10:30 Gym
10:30-11:15 Intermediate Tai Chi on DVD
11:30-12:30 Gym
12:00-2:00 Watercolor
12:00-1:00 Strength Training
1:00-2:00 Gym
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-11:00 Beginner's Spanish
10:30-12:00 Chess and Checkers
11:00-12:00 Walking Club
11:30-12:30 Gym
1:00-3:00 500 Bids
1:00-2:00 Gym
2:00-3:00 Gentle Yoga (PP)
2:00-2:45 Guided Meditation
2:30-3:30 Gym

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9:30-10:30 Gym
10:00-12:00 Computer/ Phone/ Tablet Support
11:00-12:00 Strength Training
11:30-12:30 Gym
1:00-2:00 Gym
1:30-3:00 Cornhole/Table Tennis
2:30-3:30 Gym

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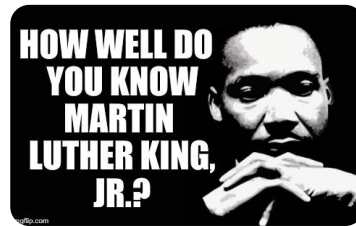
9:30-10:30 Gym
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9:30-10:30 Gym
9:30-10:30 Crochet
10:00-12:00 Hand and Foot Card Game
11:00-12:00 Knitting
11:30-1:00 Exercise Equipment Training
1:00-2:00 Gym
2:00-3:00 Gentle Yoga (PP)
2:30-3:30 Gym

Activities for 55+ Years Old

Hours: 9:00am-3:30pm Monday-Friday



Join us on Friday, January 14th for Martin Luther King, Jr. Trivia Contest 2:00 PM Prizes awarded

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.

The Washington County Senior Activities Center and The Washington County Commission on Aging wish you and yours

