

# JULY



## 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Activities for 55+ Years Old Hours: 9:00am-3:30pm Monday-Friday</p> 	<p>2<sup>nd</sup> Annual Golf Tournament Friday, August 12<sup>th</sup>, 2022 11:00am Registration 12:00pm Shotgun</p> <p><b>\$100. Per Golfer.</b> <b>FEATURING</b> Raffles, Gifts, On-Course Drinks and Snacks and Catered Dinner</p> <p>For payments via cash, check, or credit card call Sue at... 301-790-0275 ext. 210</p>	<p><b>Ombudsman Presentation</b></p> <p>Come listen to a presentation from the long term care ombudsman about the topic of resident rights that every person has in a nursing home and assisted living.</p> <p>Friday, July 15<sup>th</sup> 1:30 PM – 2:30 PM Reservation Required</p>	<p>2<sup>nd</sup> Annual Golf Tournament Friday, August 12<sup>th</sup>, 2022</p> <p><b>WAYS TO SPONSOR</b> Tee Signs - \$100 per sign Team Sponsorship – includes Tee Sign and 4 golfers - \$450. Executive Sponsor - \$5,000 Food Sponsor - \$3,000 Associate Sponsor - \$2,500 Beverage Sponsor - \$1,500 Award and Prize Sponsor- \$1,000 Sponsor - \$500</p>	<p><b>1</b></p> <p>9:30-10:30 Gym 9:30-11:00 Computer Instruction 11:30-12:30 Gym 1:00-2:00 Strength Training on DVD 1:00-3:30 Pinochle 1:00-2:00 Gym 1:00-3:00 Embroidery 2:30-3:30 Gym</p>
<p><b>4</b></p> <p>Closed for Holiday</p> 	<p><b>5</b></p> <p>9:30-10:30 Gym 9:30-11:30 Dementia Exp. 10:30-11:15 Tai Chi on DVD 11:30-12:30 Gym 12:00-1:00 Strength Training 12:30-2:30 Watercolor 1:00-2:00 Gym 2:30-3:30 Gym</p>	<p><b>6</b></p> <p>9:30-10:30 Gym 10:30-12:00 Chess &amp; Checker 11:30-12:30 Gym 12:00-2:00 Basic Art Class 12:00-1:00 Walking 2 Wellness 12:30 – 1:30 Drum Circle 1:00-3:30 500 Bids 1:00-2:00 Gym <b>2:00-3:00 Gentle Yoga (7 of 8)</b> 2:00-3:00 Guided Meditation 2:30-3:30 Gym</p>	<p><b>7</b></p> <p>9:30-10:30 Gym 10:00-12:00 Computer/Phone/ Tablet Support 11:00-12:00 Strength Training 11:00-12:30 Creatrics Senior © Week 4 of 6 11:30-12:30 Gym 1:00-2:00 Gym 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis 2:30-3:30 Gym</p>	<p><b>8</b></p> <p>9:30-10:30 Gym 9:30-11:00 Computer Instruction 11:30-12:30 Gym 1:00-2:00 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>

**11**

9:30-10:30 Gym  
9:30-10:30 Crochet  
9:30-12:30 Hand and Foot Card Game  
10:00-10:45 Grandparent Support  
10:30-12:00 Square Dancing  
11:00-12:00 Knitting  
11:00-1:00 Exercise Equipment Training  
12:00-2:00 CareWear  
1:00-2:00 Gym  
2:00-3:00 Gentle Yoga (7 of 8)  
2:30-3:30 Gym

**12**

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

**13**

9:30-10:30 Gym  
10:30-12:00 Chess and Checkers  
11:00-12:00 Book Club  
11:30-12:30 Gym  
12:00-1:00 Walking 2 Wellness Wednesday  
12:00-2:00 Basic Art Class  
12:30-3:00 Mahjongg  
1:00 New to Medicare Workshop  
1:00-3:30 500 Bids  
1:00-2:00 Gym  
2:00-3:00 Guided Meditation  
2:30-3:30 Gym

**14**

9:30-10:30 Gym  
10:00-12:00 Computer/ Phone/ Tablet Support  
11:00-12:00 Strength Training  
11:00-12:30 Creatrics Senior © Week 5 of 6  
11:30-12:30 Gym  
1:00-2:00 Gym  
1:00-3:00 Bingo  
1:30-3:00 Cornhole/Table Tennis  
2:30-3:30 Gym

**15**

9:30-10:30 Gym  
9:30-11:00 Computer Instruction  
11:30-12:30 Gym  
1:00-3:30 Pinochle  
1:00-2:00 Gym  
1:30-2:30 Long Term Care Ombudsman Program Guest Speaker  
2:30-3:30 Adult Coloring  
2:30-3:30 Gym

**18**

9:30-10:30 Gym  
9:30-10:30 Crochet  
9:30-12:30 Hand and Foot Card Game  
10:30-12:00 Square Dancing  
11:00-12:00 Knitting  
11:00-1:00 Exercise Equipment Training  
1:00-2:00 Gym  
2:00-3:00 Gentle Yoga (8 of 8)  
2:30-3:30 Gym

**19**

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

**20**

9:30-10:30 Gym  
10:30-12:00 Chess and Checkers  
11:30-12:30 Gym  
12:00-1:00 Walking 2 Wellness Wednesday  
12:00-2:00 Basic Art Class  
1:00-3:30 500 Bids  
1:00-2:00 Gym  
2:00-3:00 Guided Meditation  
2:30-3:30 Gym

**21**

9:30-10:30 Gym  
10:00-12:00 Computer/ Phone/ Tablet Support  
11:00-12:00 Strength Training  
11:00-12:30 Creatrics Senior © Week 6 of 6  
11:30-12:30 Gym  
1:00-2:00 Gym  
1:00-3:00 Bingo  
1:30-3:00 Cornhole/Table Tennis  
2:30-3:30 Gym

**22**

9:30-10:30 Gym  
9:30-11:00 Computer Instruction  
11:30-12:30 Gym  
1:00-2:00 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

**25**

9:30-10:30 Gym  
9:30-10:30 Crochet  
10:00-10:45 Caregiver Support  
9:30-12:30 Hand and Foot Card Game  
10:30-12:00 Square Dancing  
11:00-12:00 Knitting  
11:00-1:00 Exercise Equipment Training  
1:00-2:00 Gym  
2:30-3:30 Gym

**26**

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

**27**

9:30-10:30 Gym  
10:30-12:00 Chess and Checkers  
11:30-12:30 Gym  
12:00-1:00 Walking 2 Wellness Wednesday  
12:00-2:00 Basic Art Class  
12:30-3:00 Mahjongg  
1:00-3:30 500 Bids  
1:00-2:00 Gym  
2:00-3:00 Guided Meditation  
2:30-3:30 Gym

**28**

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  
1:00-3:00 Bingo  
1:30-3:00 Cornhole/Table Tennis  
2:30-3:30 Gym

**29**

9:30-10:30 Gym  
9:30-11:00 Computer Instruction  
11:30-12:30 Gym  
1:00-2:00 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