

# June 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Activities for 55+ Years Old Hours: 9:00am-3:30pm Monday-Friday</p> 	 <p><b>GAME DAY</b> Friday June 17th 11AM-3PM</p> <p>Happy Father's Day!</p> <p>Join us for fun games...Bocce Ball, Jenga, Pinochle, Texas Hold'em, Chess, Cornhole, etc.</p> <p>Cost \$5. Lunch Provided. Registration Required.</p>	<p><b>1</b> 9:30-10:30 Gym 10:30-12:00 Chess and Checkers 11:30-12:30 Gym 12:00-2:00 Basic Art Class 12:00-1:00 Walking 2 Wellness Wednesday 12:30 – 1:30 Drum Circle 1:00-3:30 500 Bids 1:00-2:00 Gym 2:00-3:00 Guided Meditation 2:30-3:30 Gym</p>	<p><b>2</b> 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</p>	<p><b>3</b> 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>6</b> 9:30-10:30 Crochet 9:30-10:30 Gym 9:30-12:30 Hand and Foot 10:30-12:00 Square Dancing 11:00-12:00 Knitting 11:00-1:00pm Exercise Equipment Training 12:00-2:00 CareWear 1:00-2:00 Gym <b>2:00-3:00 Gentle Yoga (4 of 8)</b> 2:30-3:30 Gym</p>	<p><b>7</b> 9:30-10:30 Gym 9:30-11:30 Dementia Exp. 10:30-11:15 Tai Chi on DVD 11:00-12:00 Hypnotherapy 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>8</b> 9:30-10:30 Gym 10:30-12:00 Chess &amp; Checker 11:30-12:30 Gym 12:00-2:00 Basic Art Class 12:00-1:00Walking 2 Wellness 12:30-3:00 Mahjongg <b>1:00 New to Medicare Workshop</b> 1:00-3:30 500 Bids 1:00-2:00 Gym <b>2:00-3:00 Gentle Yoga (4 of 8)</b> 2:00-3:00 Guided Meditation 2:30-3:30 Gym</p>	<p><b>9</b> 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</p>	<p><b>10</b> 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>

**13**

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 (5 of 8)  
2:30-3:30 Gym

**14**

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

**15**

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  
1:00-3:30 500 Bids  
1:00-2:00 Gym  
2:00-3:00 Gentle Yoga (5 of 8)  
2:00-3:00 Guided Meditation  
2:30-3:30 Gym

**16**

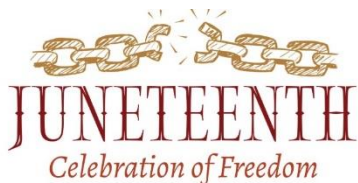
9:30-10:30 Gym  
10:00-12:00 Computer/ Phone/ Tablet Support  
11:00-12:00 Strength Training  
11:00-12:30 Creatrics Senior © Week 1 of 6  
11:30-12:30 Gym  
1:00-2:00 Gym  
1:00-3:00 Bingo  
1:30-3:00 Cornhole/Table Tennis  
2:30-3:30 Gym

**17**

9:30-10:30 Gym  
9:30-11:00 Computer Instruction  
11:00-3:00pm Father's Day Game Day w/ Lunch Provided  
11:30-12:30 Gym  
1:00-2:00 Gym  
2:30-3:30 Gym

**20**

Closed for Holiday



**21**

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

**22**

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 Mahjonn  
1:00-3:30 500 Bids  
1:00-2:00 Gym  
2:00-3:00 Guided Meditation  
2:30-3:30 Gym

**23**

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 2 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

**24**

9:30-10:30 Gym  
9:30-11:00 Computer Instruction  
11:00-12:00 Brown Bag Event  
Health First Pharmacy  
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

**27**

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  
2:00-3:00 Gentle Yoga (6 of 8)  
2:30-3:30 Gym

**28**

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

**29**

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 Gentle Yoga (6 of 8)  
2:00-3:00 Guided Meditation  
2:30-3:30 Gym

**30**

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 3 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



Sunday  
June 19<sup>th</sup>, 2022