



Washington County Senior Activities Center


5/19/23

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Activities for Active, Independent 55+ Years Old Hours: 9:00am-3:30pm Monday-Friday</p> 			<p>1 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 Bingo 1:00-3:30 Cornhole/Table Tennis</p>	<p>2 9:30-11:00 Computer Instruction 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 1:00-3:00 Embroidery 1:00-2:00 Strength Training Video</p>
<p>5 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand and Foot 10:00-11:00 Grandparents Support Group 10:30-12:00 Social Square Dancing 11:00-12:00 Knitting Instruction for Beginners 12:00-3:30 CareWear 12:30-3:00 Mahjonn 12:30-1:30 Strength Training Video 2:00-3:00 Chair Yoga (2 of 6)</p>	<p>6 9:15-10:15 Guitar Instruction 10:00 Mexican Train Dominoes 10:00-11:30 World Elder Abuse Day Event (No Tai Chi+ today due to WEAAD event at 10:00) 10:30-12:00 Beginner Watercolor No Strength Training this week 12:30-2:30 Advanced Watercolor 2:00-3:00 Stepping Into Wellness</p>	<p>7 10:15 Wednesday Walkers 10:30-12:00 Chess & Checker 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids 12:30-1:30 Drum Circle 1:00-1:30 Chair Dancing 1:15-1:45 Guided Meditation 2:00-3:00 Floor Yoga (3 of 6)</p>	<p>8 10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on Video 10:30-12:00 Card Making No Strength Training this week The Senior Center will be closing at 12:00pm.</p>	<p>9 9:15-10:15 Strength Training Video (Please note time change) 9:30-11:00 Computer Instruction 10:00 Rag Wreath Craft 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 1:00-3:30 Cornhole/Table Tennis 2:30-3:30 Adult Coloring</p>

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9:30-12:00 Crocheting & Knitting
9:30-12:30 Hand and Foot
10:30-12:00 Social Square Dancing
12:30-3:00 Mahjongg
12:30-1:30 Strength Training Video
12:30-3:30 Sewing Circle
12:30-1:30 Sewing Instruction
2:00-3:00 Chair Yoga (3 of 6)

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9:15-10:15 Guitar Instruction
10:00 Mexican Train Dominoes
10:30-11:45 Tai Chi Video+
10:30-12:00 Beginner Watercolor
12:00-1:00 Strength Training (5 of 6)
12:30-2:30 Advanced Watercolor
2:00-3:00 Stepping Into Wellness

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10:30-12:00 Men's Social-Root Beer Floats & Games
10:30-12:00 Chess & Checker
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids
1:00-1:30 Chair Dancing
2:00-3:00 Floor Yoga (4 of 6)

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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 (5 of 6)
1:00-3:00 Bingo
1:00-3:30 Cornhole/Table Tennis

AARP Shred Event from 9am-12pm (Must call the WCCOA to get a specific dropoff time)

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9:30-11:00 Computer Instruction
11:00-12:00 Fitness Gold
12:30-3:30 Pinochle
1:00-2:00 Strength Training Video
2:30-3:30 Adult Coloring

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HOLIDAY

The Senior Center and Washington County Commission on Aging are CLOSED in recognition of



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9:15-10:15 Guitar Instruction
10:00 Mexican Train Dominoes
10:30-11:45 Tai Chi Video+
10:30-12:00 Beginner Watercolor
12:00-1:00 Strength Training (6 of 6)
12:30-2:30 Advanced Watercolor
2:00-3:00 Stepping Into Wellness

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First Day of Summer

10:15 Wednesday Walkers
10:30-12:00 Chess & Checker
11:00-12:00 Book Club
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids
1:00-1:30 Chair Dancing
2:00-3:00 Floor Yoga (5 of 6)

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

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9:30-11:00 Computer Instruction
11:00-12:00 Fitness Gold
12:30-3:30 Pinochle
1:00-2:00 Strength Training Video
2:30-3:30 Adult Coloring

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9:30-12:00 Crocheting & Knitting
9:30-12:30 Hand and Foot
10:00-11:00 Caregivers Support
10:30-12:00 Social Square Dancing
12:30-3:00 Mahjongg
12:30-1:30 Strength Training Video
12:30-3:30 Sewing Circle
2:00-3:00 Chair Yoga (4 of 6)

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9:15-10:15 Guitar Instruction
10:00 Mexican Train Dominoes
10:30-11:45 Tai Chi Video+
10:30-12:00 Beginner Watercolor
12:00-1:00 Strength Training (1 of 6)
12:30-2:30 Advanced Watercolor

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10:15 Wednesday Walkers
10:30-12:00 Chess & Checker
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids
1:00-1:30 Chair Dancing
2:00-3:00 Floor Yoga (6 of 6)

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

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9:30-11:00 Computer Instruction
10:00 Patriotic T-Shirt Craft
11:00-12:00 Fitness Gold
12:30-3:30 Pinochle
1:00-2:00 Strength Training Video
2:30-3:30 Adult Coloring