



2023

Washington County Senior Activities Center



Revised
3/15/2023

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 55+ Years Old Hours: 9:00am-3:30pm Monday-Friday</p> 	<p>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.</p> 	<p>1 10:30-12:00 Chess & Checker 12:00-2:00 Basic Drawing 12:30 – 1:30 Drum Circle 12:30-3:30 500 Bids 1:00-3:30 Living Well with Chronic Conditions Class 1:15-1:45 Guided Meditation 2:00-3:00 Floor Yoga (3 of 6) 3:30-4:30 Stepping Into Wellness</p>	<p>2 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 Bingo 1:00-3:30 Cornhole/Table Tennis</p>	<p>3 9:30-11:00 Computer Instruction 12:30-3:30 Pinochle 1:00-3:00 Embroidery 1:00-2:00 Strength Training Video</p>
<p>6 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 12:00-2:00 CareWear 12:30-3:00 Mahjongg 12:30-1:30 Strength Training Video 2:00-3:00 Chair Yoga (3 of 6)</p>	<p>7 9:15-10:15 Guitar 10:00-11:00 Healthy Living for Your Brain & Body (Alz. Assoc.) 10:30-11:45 Tai Chi Video+ 11:00-12:00 Beginner Watercolor 12:00-1:00 Strength Training (4 of 6) 12:30-2:30 Advanced Watercolor</p>	<p>8 10:30-12:00 Chess & Checker 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids 1:00-3:30 Living Well with Chronic Conditions Class 2:00-3:00 Floor Yoga (4 of 6) 3:30-4:30 Stepping Into Wellness</p>	<p>9 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>10 9:30-11:00 Computer Instruction 12:30-3:30 Pinochle 1:00-2:00 Strength Training Video 2:30-3:30 Adult Coloring</p>

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Did you remember to "spring forward" yesterday?

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
1:00-3:30 Sewing Circle
2:00-3:00 Diabetes Prevention
Program (18 of 25)
2:00-3:00 Chair Yoga (4 of 6)

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

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10:30-12:00 Chess & Checker
11:00-12:00 Book Club
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids
1:00-3:30 Living Well with
Chronic Conditions Class
2:00-3:00 Floor Yoga (5 of 6)
3:30-4:30 Stepping Into
Wellness

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10:00-12:00 Computer/
Phone/ Tablet Support
10:00-10:45 Tai Chi on Video
10:00-11:00 Dementia
Conversations (Alz. Assoc.)
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

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9:30-11:00 Computer
Instruction
10:00-11:00 Strength
Training on Video (Please
note time change.)
12:30-3:30 Pinochle
2:30-3:30 Adult Coloring



20 Spring Begins

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
1:00-3:30 Sewing Circle
2:00-3:00 Chair Yoga (5 of 6)

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9:15-10:15 Guitar
10:00-11:00 Ten Warning
Signs of Alzheimer's (Alz.
Assoc.)
10:30-11:45 Tai Chi Video+
11:00-12:00 Beginner
Watercolor
11:30-1:30 Bridge
12:00-1:00 Strength Training
(6 of 6)
12:30-2:30 Advanced
Watercolor

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10:30-12:00 Chess & Checker
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids
1:00-3:30 Living Well with
Chronic Conditions Class
2:00-3:00 Floor Yoga (6 of 6)
3:30-4:30 Stepping Into
Wellness

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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
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 Caregiver Support
Group
10:30-12:00 Social Square
Dancing
12:30-3:00 Mahjongg
12:30-1:30 Strength Training
Video
1:00-3:30 Sewing Circle
2:00-3:00 Diabetes Prevention
(19 of 25)
2:00-3:00 Chair Yoga (6 of 6)

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9:15-10:15 Guitar
10:00-11:00 Understanding
Alzheimer's & Dementia (Alz.
Assoc.)
10:30-11:45 Tai Chi Video+
11:00-12:00 Beginner
Watercolor
11:30-1:30 Bridge
12:00-1:00 Strength Training
(1 of 6)
12:30-2:30 Advanced
Watercolor

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10:30-12:00 Chess & Checker
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids
3:30-4:30 Stepping Into
Wellness

30 Walk in the Park Day

10:00-12:00 Computer/
Phone/ Tablet Support
10:00-10:45 Tai Chi on Video
10:30 Walk At Marty Snook
Park- meet in Pavilion 4
10:30-12:15 Card Making
11:00-12:00 Strength Training
(1 of 6)
1:00 Walk at Fairgrounds
Park- meet in Parking Lot
A/B Pavilion
1:00-3:00 Bingo
1:00-3:30 Cornhole/Table
Tennis

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