



Washington County Senior Activities Center

535 E. Franklin St., Hagerstown, MD 21740

301-790-0275 ext. 243 or 246 for Abby or Maria

Pre-registration required for all classes. Online registration available by going to www.copilotcommunity.com

You will need a badge number and valid email to create a Copilot account.

Version: 2/28/2024

Blue=Prepaid Class

Purple= Series Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*The Senior Activity Center hours are Monday-Friday 9:00am-3:30pm.</p> <p>*You must be a current (2024) member to participate in SAC programs. If you need to renew for this year, please stop by the front desk.</p> <p>*Membership is free and open to active, independent persons age 55+.</p> <p>Registration for series classes closes after week one of the class.</p>				<p>1</p> <p>9:30-11:00 Computer Instruction</p> <p>9:15 Craft Group— Spring Porch Board—\$20</p> <p>NO POWER UP CLASS</p> <p>11:00-12:00 Fitness Gold</p> <p>12:30-3:30 Pinochle</p> <p>12:30-1:30 Strength Training AFEP with Amanda</p> <p>1:00-3:00 Embroidery</p>
<p>4 9:15-10:15 Str. Tr. AFEP 1 (NEW A.M. CLASS!)</p> <p>9:30-12:00 Crochet & Knitting</p> <p>9:30-12:30 Hand & Foot (Cards)</p> <p>10:00-11:00 Grandparents Support Group</p> <p>10:30-12:00 Social Square Dancing</p> <p>11:00-12:00 Knitting Instruction for Beginners</p> <p>12:00-2:00 CareWear</p> <p>12:30-3:00 Mahjongg</p> <p>12:30-1:30 Str. Tr. AFEP 2</p> <p>2:00-3:00 Chair Yoga Video</p>	<p>5</p> <p>9:15-10:15 Guitar Instruction</p> <p>9:30 Choosing Longevity</p> <p>10:15-11:30 Spanish</p> <p>10:30-11:45 Tai Chi Video+</p> <p>10:30-12:00 Beginner Watercolor Instruction</p> <p>12:00-1:00 Strength Training (3 of 6)</p> <p>12:30-2:30 Advanced Watercolor</p> <p>2:00-3:00 Bingocize (1st of 20 classes)</p>	<p>6</p> <p>10:30-12:00 Chess & Checkers</p> <p>12:00-2:00 Basic Drawing</p> <p>12:30-3:30 500 Bids (Cards)</p> <p>1:00-1:30 Chair Dancing</p> <p>1:30-2:30 Active Living Class (1st of 12 classes)</p> <p>2:00-3:00 On Our Own Floor Yoga</p>	<p>7</p> <p>9:15-9:55 Presentation: Holistic Living</p> <p>9:30-10:30 Stepping Into Wellness (1 of 3)</p> <p>10:00-12:00 Computer/ Phone/ Tablet Support</p> <p>10:00-10:45 Tai Chi on Video</p> <p>10:30-12:15 Card Making</p> <p>11:00-12:00 Strength Training (5 of 6)</p> <p>1:00-3:00 Social Bingo</p> <p>1:00-3:30 Cornhole & Table Tennis</p>	<p>8</p> <p>9:30-11:00 Computer Instruction</p> <p>10:00-10:30 Power Up Strength Training with Resistance Bands</p> <p>11:00-12:00 Fitness Gold</p> <p>12:30-3:30 Pinochle</p> <p>12:30-1:30 Strength Training AFEP</p> <p>2:00-3:00 Bingocize (2 of 20)</p> <p>Don't forget to "spring" your clocks ahead on Sunday!</p>

11 9:15-10:15 Str. Tr. AFEP 1 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand & Foot (Cards) 10:30-12:00 Social Square Dancing 11:00-12:00 Knitting Instruction 12:30-3:00 Mahjongg 12:30-1:30 Str. Tr. AFEP 2 12:30-1:30 Sewing Instruction 12:30-3:30 Sewing Circle 2:00-3:00 Chair Yoga Video	12 9:15-10:15 Guitar Instruction 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beginner Watercolor Instruction 11:00-12:00 Nutrition News: Reading Food Labels 12:00-1:00 Strength Training (4 of 6) 12:30-2:30 Adv. Watercolor 1:00-3:30 Bridge 2:00-3:00 Bingocize (3 of 20)	13 10:30-12:00 Chess & Checkers 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids (Cards) 1:30-2:30 Active Living Class (2 of 12) 1:00-1:30 Chair Dancing 2:00-3:00 On Our Own Floor Yoga	14 9:30-10:30 Stepping Into Wellness (2 of 3) 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) 11:30-1:30 Shamrock Shakes Snack Stand- \$2.00 each 1:00-3:00 Social Bingo 1:00-3:30 Cornhole & Table Tennis	15 9:30-11:00 Computer Instruction 10:00-10:30 Power Up Strength Training with Resistance Bands 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda 2:00-3:00 Bingocize (4 of 20)
A LUCKY CLOVER HUNT will take place 13th-15th. Details at the center.				
18 9:15-10:15 Str. Tr. AFEP 1 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand & Foot (Cards) 10:30-12:00 Social Square Dancing 12:30-3:00 Mahjongg 12:30-1:30 Str. Tr. AFEP 2 12:30-3:30 Sewing Circle 2:00-3:00 Chair Yoga Video	19 Spring Begins 9:15-10:15 Guitar Instruct. 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beginner Watercolor Instruction 12:00-1:00 Strength Training (5 of 6) 12:30-2:30 Adv. Watercolor 1:00-3:30 Bridge 2:00-3:00 Bingocize(5 of 20)	20 9:30-10:15 Next Level Strength Training (NEW!) 10:30-12:00 Chess & Checkers 10:45-11:15 Chair Dancing– NEW TIME! 11:00-12:00 Book Club 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids (Cards) 1:30-2:30 Active Living Class (3 of 12) 2:00-3:00 On Our Own Floor Yoga	21 9:30-10:30 Stepping Into Wellness (3 of 3) 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 Social Bingo 1:00-3:30 Cornhole & Table Tennis	22 9:30-11:00 Computer Instruction 10:00-10:30 Power Up Strength Training with Resistance Bands 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda 1:30-2:15 Nutrition News: Air Fryer Demonstration 2:00-3:00 Bingocize (6 of 20)
25 9:15-10:15 Str. Tr. AFEP 1 9:30-12:00 Crochet & Knitting 9:30-12:30 Hand & Foot (Cards) 10:00-11:00 Caregivers Support 10:30-12:00 Social Square Dancing 12:30-3:00 Mahjongg 12:30-1:30 Str. Tr. AFEP 2 12:30-3:30 Sewing Circle 1:00-2:00 Nutrition News: Plant Based Eating 2:00-3:00 Chair Yoga Video	26 9:15-10:15 Guitar Instruction 9:30 Choosing Longevity 10:15-11:30 Spanish 10:30-11:45 Tai Chi Video+ 10:30-12:00 Beginner Watercolor Instruction 12:00-1:00 Strength Training (6 of 6) 12:30-2:30 Adv. Watercolor 1:00-3:30 Bridge 2:00-3:00 Bingocize(7 of 20)	27 9:30-10:15 Next Level Strength Training 10:30-12:00 Chess & Checkers 10:45-11:15 Chair Dancing– NEW TIME! 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids (Cards) 1:30-2:30 Active Living Class (4 of 12) 2:00-3:00 On Our Own Floor Yoga	28 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 (2 of 6) 1:00-3:00 Social Bingo 1:00-3:30 Cornhole & Table Tennis	29 9:30-11:00 Computer Instruction 10:00-10:30 Power Up Strength Training with Resistance Bands 11:00-12:00 Fitness Gold 12:30-3:30 Pinochle 12:30-1:30 Strength Training AFEP with Amanda 2:00-3:00 Bingocize (8 of 20)