



Washington County Senior Activities Center


Rev. 5/9/23

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>1 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 Care Wear Volunteers 12:30-3:00 Mahjongg 12:30-1:30 Strength Training Video 2:00-3:00 Chair Yoga (5 of 6)</p> | <p>2 9:15-10:15 Guitar 10:00 Mexican Train Dominoes 10:00 Dementia Conversations (Alz. Assoc.) 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</p> | <p>3 10:30-12:00 Chess & Checker 12:00-2:00 Basic Drawing 12:30-3:30 500 Bids 1:00-1:30 Chair Dancing 1:15-1:45 Guided Meditation 2:00-3:00 Floor Yoga (4 of 6) 2:15 Wednesday Walkers</p> | <p>4 10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on DVD 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</p> | <p>5  9:30-11:00 Computer Instruction 11:00-12:00 Fitness Gold 11:00-2:00 Cinco de Mayo Snacks Mocktails, Chips & Salsa 12:30-3:30 Pinochle 1:00-3:00 Embroidery 1:00-2:00 Strength Training Video</p> |
| <p>8 9:30-12:00 Crocheting & Knitting 9:30-12:30 Hand and Foot 10:30-12:00 Social Square Dancing 12:30-3:30 Sewing Circle 12:30-3:00 Mahjongg 12:30-1:30 Strength Training Video 2:00-3:00 Chair Yoga (6 of 6)</p> | <p>9 9:15-10:15 Guitar 10:00 Mexican Train Dominoes 10:00 Ten Warning Signs of Alzheimer's (Alz. Assoc.) 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</p> | <p>10 10:30-12:00 Chess & Checker 11:00-12:30 Guest Speaker: Fraud Awareness & Safe Banking for Seniors (by Citi Global Fraud Protection) 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) 2:15 Wednesday Walkers</p> | <p>11 9:30-11:00 Painted Flower Pot Craft (\$3.00 Charge) 10:00-12:00 Computer/ Phone/ Tablet Support 10:00-10:45 Tai Chi on DVD 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</p> | <p>12 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</p> |

15
 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
**There will be no chair yoga
 this week.**

16
 9:15-10:15 Guitar
 10:00 Mexican Train
 Dominoes
**10:00 Healthy Living for
 Brain & Body (Alz. Assoc.)**
 10:30-11:45 Tai Chi Video+
 10:30-12:00 Beginner
 Watercolor
**12:00-1:00 Strength Training
 (2 of 6)**
 12:30-2:30 Advanced
 Watercolor
 2:00-3:00 Stepping Into
 Wellness

17
 10:00-11:00 Book Club (*notice
 time changed this month*)
 10:30-12:00 Chess & Checker
**11:30 Ladies' Tea Party-
 Limited tickets available
 (\$5.00 each)**
 12:00-2:00 Basic Drawing
 12:30-3:30 500 Bids
2:00-3:00 Floor Yoga (6 of 6)
 2:15 Wednesday Walkers

18
 10:00-12:00 Computer/ Phone/
 Tablet Support
 10:00-10:45 Tai Chi on DVD
 10:30-12:15 Card Making
**11:00-12:00 Strength Training
 (2 of 6)**
 1:00-3:00 Bingo
 1:00-3:30 Cornhole/Table
 Tennis

19
 9:30-11:00 Computer Instruction

The Senior Center and
 Commission on Aging will be
 closing at 11:30am.

22
 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
 12:30-3:30 Sewing Circle
 2:00-3:00 Diabetes Prevention
 Program (21 of 25)
2:00-3:00 Chair Yoga (1 of 6)

23
 9:15-10:15 Guitar
 10:00 Mexican Train
 Dominoes
 10:30-11:45 Tai Chi Video+
 10:30-12:00 Beginner
 Watercolor
**12:00-1:00 Strength Training
 (3 of 6)**
 12:30-2:30 Advanced
 Watercolor
 2:00-3:00 Stepping Into
 Wellness

24 10:30-12:00 Chess
 12:00-2:00 Basic Drawing
**12:00 Understanding &
 Responding to Dementia-
 Related Behaviors (Alz. Assoc.)**
 12:30-3:30 500 Bids
2:00-3:00 Floor Yoga (1 of 6)
 2:15 Wednesday Walkers
11:30-1:30
**In celebration of Older
 Americans Month:
 Picnic in the Pavilion**
*(\$5 each; Tickets must be
 purchased by May 22)*

25
 10:00-12:00 Computer/ Phone/
 Tablet Support
 10:00-10:45 Tai Chi on DVD
 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

26
 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

29



**Memorial Day Holiday-
 Senior Center and
 Senior Fit Closed**



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

31
 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 (2 of 6)
 2:15 Wednesday Walkers

**Activities for
 55+ Years Old
 Hours: 9:00am-3:30pm
 Monday-Friday**



