

MAY 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 You will need a badge # and valid email.

Green = Fairground Park Red = Zoom Classes PP=Prepaid Class **To use GYM equipment, all members must attend Exercise Equipment Intro**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30-10:30 Crochet</p> <p>9:30-10:30 Gym</p> <p>9:30-12:30 Hand and Foot</p> <p>9:30-11:00 Advanced Directives</p> <p>10:00-10:45 Grandparent Support</p> <p>10:30-12:00 Square Dancing</p> <p>11:00-12:00 Knitting</p> <p>11:00-12:00pm Travels to the Middle East (2 of 5)</p> <p>11:30-1:00pm Exercise</p> <p>Equipment Training</p> <p>12:00-2:00 CareWear</p> <p>1:00-2:00 Gym</p> <p>2:00-3:00 Gentle Yoga (8 of 8)</p> <p>2:30-3:30 Gym</p>	<p>3 9:15-10:00 Beginners Tai Chi on DVD</p> <p>9:30-10:30 Gym</p> <p>10:30-11:15 Intermediate Tai Chi on DVD</p> <p>11:30-12:30 Gym</p> <p>12:00-1:00 Strength Training</p> <p>12:30-2:30 Watercolor</p> <p>1:00-2:00 Gym</p> <p>2:30-3:30 Gym</p>	<p>4 9:30-10:30 Gym</p> <p>10:00-11:00 Beginner Spanish</p> <p>10:30-12:00 Chess & Checker</p> <p>11:30-12:30 Gym</p> <p>12:00-1:00 Walking 2 Wellness</p> <p>12:00-1:00 Understand Dementia</p> <p>12:00-2:00pm Basic Art Class</p> <p>12:30 – 1:30pm Drum Circle</p> <p>1:00-3:00 500 Bids</p> <p>1:00-2:00 Gym</p> <p>2:00-3:00 Gentle Yoga (8 of 8)</p> <p>2:00-3:00 Guided Meditation</p> <p>2:30-3:30 Gym</p>	<p>5 9:30-10:30 Gym</p> <p>9:30-10:30 Gym</p> <p>10:00-12:00 Computer/Phone/ Tablet Support</p> <p>11:00-12:00 Strength Training</p> <p>11:30-12:30 Gym</p> <p>1:00-2:00 Gym</p> <p>1:00-3:00 Bingo</p> <p>1:30-3:00 Cornhole/Table Tennis</p> <p>2:30-3:30 Gym</p>	<p>6 9:30-10:30 Gym</p> <p>9:30-11:00 Computer Instruction</p> <p>11:00-12:30pm Mother's Day Tea RR</p> <p>11:30-12:30 Gym</p> <p>1:00-3:00pm Drug Take Back and Booster Shot Event</p> <p>1:00-3:30 Pinochle</p> <p>1:00-2:00 Gym</p> <p>1:00-3:00 Embroidery</p> <p>2:30-3:30 Gym</p>
<p>9 9:30-10:30 Crochet</p> <p>9:30-10:30 Gym</p> <p>9:30-12:30 Hand and Foot</p> <p>10:30-12:00 Square Dancing</p> <p>11:00-12:00 Knitting</p> <p>11:00-12:00pm Travels to the Middle East (3 of 5)</p> <p>11:30-1:00pm Exercise</p> <p>Equipment Training</p> <p>1:00-2:00 Gym</p> <p>2:00-3:00 Gentle Yoga (1 of 8)</p> <p>2:30-3:30 Gym</p> <p>6:00-7:00 The Warning Signs of Alzheimer's</p>	<p>10 9:15-10:00 Beg. Tai Chi</p> <p>9:30-10:30 Gym</p> <p>10:30-11:15 Int. Tai Chi on DVD</p> <p>11:30-12:30 Gym</p> <p>12:00-1:00 Strength Training</p> <p>12:30-2:30 Watercolor</p> <p>1:00-2:00 Gym</p> <p>2:00-3:00 Safe Banking Seminar</p> <p>2:30-3:30 Gym</p>	<p>11 9:30-10:30 Gym</p> <p>10:00-11:00 Beginner Spanish</p> <p>10:30-12:00 Chess & Checker</p> <p>11:30-12:30 Gym</p> <p>12:00-1:00 Walking 2 Wellness</p> <p>12:00-2:00pm Basic Art Class</p> <p>12:30-3:00 Mahjongg</p> <p>1:00 New to Medicare Workshop</p> <p>1:00-3:00 500 Bids</p> <p>1:00-2:00 Gym</p> <p>2:00-3:00 Gentle Yoga (1 of 8)</p> <p>2:00-3:00 Guided Meditation</p> <p>2:30-3:30 Gym</p>	<p>12 9:30-10:30 Gym</p> <p>9:30-10:30 Gym</p> <p>10:00-12:00 Computer/Phone/ Tablet Support</p> <p>11:00-12:00 Strength Training</p> <p>11:00-12:00 Dementia Conv.</p> <p>11:30-12:30 Gym</p> <p>1:00-2:00 Gym</p> <p>1:00-3:00 Bingo</p> <p>1:30-3:00 Cornhole/Table Tennis</p> <p>2:30-3:30 Gym</p>	<p>13 9:30-10:30 Gym</p> <p>9:30-11:00 Computer Instruc.</p> <p>11:00 Brain Games</p> <p>11:30-12:30 Fitness Gold</p> <p>11:30-12:30 Gym</p> <p>1:00-2:00 Strength Train DVD</p> <p>1:00-3:30 Pinochle</p> <p>1:00-2:00 Healthy Living for your Brain and Body</p> <p>1:00-2:00 Gym</p> <p>2:30-3:30 Adult Coloring</p> <p>2:30-3:30 Gym</p>

16
 9:30-10:30 Gym
 9:30-10:30 Crochet
 9:30-12:30 Hand & Foot Cards
 10:30-12:00 Square Dancing
 11:00-12:00 Knitting
 11:00-12:00pm **Travels to the Middle East (4 of 5)**
 11:30-1:00 Exercise
 Equipment Training
 1:00-2:00 Gym
 2:00-3:00 **Gentle Yoga (2 of 8)**
 2:30-3:30 Gym

17 9:15-10:00 Beginners
 Tai Chi on DVD
 9:30-10:30 Gym
 10:30-11:15 Intermediate 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

18 9:30-10:30 Gym
 10:00-11:00 Beginner Spanish
 10:30-12:00 Chess & Checker
 11:00-12:00 Book Club
 11:30-12:30 Gym
 12:00-1:00 **Walking 2 Wellness Wednesday**
 12:00-1:00 **Wellness for Your Brian & Body**
 12:00-2:00pm Basic Art Class
 1:00-3:00 500 Bids
 1:00-2:00 Gym
 2:00-3:00 **Gentle Yoga (2 of 8)**
 2:00-3:00 **Guided Meditation**
 2:30-3:30 Gym

19
 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

20
 9:30-10:30 Gym
 9:30-11:00 Computer Instruction
 11:30-12:30 Gym
 1:00-3:30 Pinochle
 1:00-2:00 Gym
 1:30-2:30 Annual Meeting
 2:30-3:30 Adult Coloring
 2:30-3:30 Gym

23
 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
 11:00-12:00pm **Travels to the Middle East (5 of 5)**
 11:30-1:00 Exercise
 Equipment Training
 1:00-2:00 Gym
 2:00-3:00 **Gentle Yoga (3 of 8)**
 2:30-3:30 Gym

24 9:15-10:00 Beginners
 Tai Chi on DVD
 9:30-10:30 Gym
 10:30-11:15 Intermediate Tai Chi on DVD
 11:00-12:00 **Effective Communication**
 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

25 9:30-10:30 Gym
 10:00-11:00 Beginner's Spanish
 10:30-12:00 Chess and Checkers
 11:00-12:00 **Managing Money**
 11:30-12:30 Gym
 12:00-1:00 **Walking 2 Wellness Wednesday**
 12:00-2:00pm Basic Art Class
 12:30-3:00 Mahjongg
 1:00-3:00 500 Bids
 1:00-2:00 Gym
 2:00-3:00 **Gentle Yoga (3 of 8)**
 2:00-3:00 **Guided Meditation**
 2:30-3:30 Gym

26
 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
 6:30 **Art Moments**

27
 9:30-10:30 Gym
 9:30-11:00 Computer Instruction
 11:30-12:30 Fitness Gold
 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

30
 Senior Center Closed


31 9:15-10:00 Beg. Tai Chi
 9:30-10:30 Gym
 10:30-11:15 Intermediate Tai Chi on DVD
 11:30-12:30 Gym
 12:00-1:00 Strength Training
 12:30-2:30 Watercolor
 1:00-3:00 Dementia Exp.
 1:00-2:00 Gym
 2:30-3:30 Gym


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

Mother's Day Tea
 Friday, May 6th
 11am-12:30pm
 Registration Required
 \$5. Per ticket


Drug Take Back and Booster Shot Event
 Friday, May 6th
 1pm-3pm
 Registration Required
 Call to register for your appointment time at 301-790-0275 ext. 243 or 246.