

November 2022

Washington County Senior Activities Center

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

To use GYM equipment, all members must attend Exercise Equipment Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Activities for 55+ Years Old Hours: 9:00am-3:30pm Monday-Friday</p> 	<p>1 9:00-10:00 Gym 10:00-11:00 Understanding Dementia & Related Disorders 10:30-11:30 Gym 10:30-11:15 Tai Chi on DVD 12:00-1:00 Strength Training 12:30-2:30 Watercolor 12:30-1:30 Gym 1:30-2:30 Peace Education Program 2:00-3:00 Gym</p>	<p>2 9:00-10:00 Gym 10:30-11:30 Gym 10:30-12:00 Chess & Checker 11:00-12:00 Hypnosis 12:00-2:00 Basic Art Class 12:00-1:00 Walking 2 Wellness 12:30 – 1:30 Drum Circle 12:30-1:30 Gym 1:00-3:30 500 Bids 1:00-2:00 Guided Meditation 2:00-3:00 Floor Yoga (3 of 8) 2:00-3:00 Gym 3:30-4:30 Stepping Into Wellness</p>	<p>3 9:00-10:00 Gym 10:30-11:30 Gym 10:00-12:00 Computer/Phone/ Tablet Support 11:00-12:00 Strength Training 12:30-1:30 Gym 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis 2:00-3:00 Gym</p>	<p>4 9:00-10:00 Gym 10:30-11:30 Gym</p>
<p>7 9:00-10:00 Gym 9:30-10:30 Crochet 9:30-12:30 Hand and Foot 10:00-11:00 Grandparent Support 10:30-12:00 Square Dancing 11:00-12:00 Knitting 12:00-2:00 CareWear 12:30-3:00 Mahjongg 12:30-1:30 Gym 2:00-3:00 Gym 2:00-3:00 Diabetes Prevention Program 2:00-3:00 Chair Yoga (4 of 8)</p>	<p>8 9:00-10:00 Gym 9:00-10:00 The Warning Signs of Alzheimer's 10:30-11:30 Gym 10:30-11:15 Tai Chi on DVD 12:00-1:00 Strength Training 12:30-2:30 Watercolor 12:30-1:30 Gym 1:30-2:30 Peace Education Program 2:00-3:00 Gym</p>	<p>9 9:00-10:00 Gym 10:30-11:30 Gym 10:30-12:00 Chess & Checker 12:00-2:00 Basic Art Class 12:00-1:00 Walking 2 Wellness 12:30-3:00 Mahjongg 12:30-1:30 Gym 1:00 New to Medicare Workshop 1:00-3:30 500 Bids 1:00-2:00 Guided Meditation 2:00-3:00 Floor Yoga (4 of 8) 2:00-3:00 Gym 3:30-4:30 Stepping Into Wellness</p>	<p>10 9:00-10:00 Gym 10:00-12:00 Computer/Phone/ Tablet Support 10:30-11:30 Gym 11:00-12:00 Strength Training 12:30-1:30 Gym 1:00-3:00 Bingo 1:30-3:00 Cornhole/Table Tennis 2:00-3:00 Gym</p>	<p>11 Closed for Veterans Day</p> 

14
 9:00-10:00 Gym
 9:30-10:30 Crochet
 9:30-12:30 Hand and Foot
 10:30-12:00 Square Dancing
 11:00-12:30 Exercise Equipment Training
 11:00-12:00 Knitting
 12:30-3:00 Mahjongg
 12:30-1:30 Gym
 1:00-3:30 Sewing Circle
 2:00-3:00 Diabetes Prevention Program
 2:00-3:00 Chair Yoga (5 of 8)
 2:00-3:00 Gym

15
 9:00-10:00 Gym
 10:00-11:00 Healthy Living for your Brain & Body
 10:30-11:30 Gym
 10:30-11:15 Tai Chi on DVD
 12:00-1:00 Strength Training
 12:30-2:30 Watercolor
 12:30-1:30 Gym
 1:30-2:30 Peace Education Program
 2:00-3:00 Gym

16 9:00-10:00 Gym
 10:30-11:30 Gym
 10:30-12:00 Chess&Checkers
 11:00-12:00 Book Club
 12:00-1:00 Walking 2
 Wellness Wednesday
 12:00-2:00 Basic Art Class
 12:30-1:30 Gym
 1:00-3:30 500 Bids
 1:00-2:00 Guided Meditation
 2:00-3:00 Floor Yoga (5 of 8)
 2:00-3:00 Gym
 3:30-4:30 Stepping Into Wellness

17
 9:00-10:00 Gym
 10:00-12:00 Computer/ Phone/ Tablet Support
 10:30-11:30 Gym
 11:00-12:00 Strength Training
 12:30-1:30 Gym
 1:00-3:00 Bingo
 1:30-3:00 Cornhole/Table Tennis
 2:00-3:00 Gym

18
 9:00-10:00 Gym
 9:30-11:00 Computer Instruction
 10:30-11:30 Gym
 1:00-3:30 Pinochle
 2:00-2:30 Swinging with Sinatra and Elvis
 2:30-3:30 Adult Coloring

21 9:00-10:00 Gym
 9:30-10:30 Crochet
 9:30-12:30 Hand and Foot
 10:30-12:00 Square Dancing
 11:00-12:30 Exercise Equipment Training
 11:00-12:00 Knitting
 12:30-3:00 Mahjongg
 1:00-3:30 Sewing Circle
 2:00-3:00 Diabetes Prevention Program
 2:00-3:00 Chair Yoga (6 of 8)

22
 9:00-10:00 Gym
 10:30-11:30 Gym
 10:30-11:15 Tai Chi on DVD
 10:30-11:30 Advanced Spanish
 12:00-1:00 Strength Training
 12:30-2:30 Watercolor
 1:30-2:30 Peace Education Program

23 9:00-10:00 Gym
 10:30-11:30 Gym
 10:30-12:00 Chess and Checkers
 12:00-1:00 Walking 2
 Wellness Wednesday
 12:00-2:00 Basic Art Class
 12:30-3:00 Mahjongg
 1:00-3:30 500 Bids
 3:30-4:30 Stepping Into Wellness

24
 Closed for Thanksgiving



25
 Closed for Thanksgiving



28 9:00-10:00 Gym
 9:30-10:30 Crochet
 9:30-12:30 Hand and Foot
 10:00-10:45 Caregiver Support
 10:30-12:00 Square Dancing
 11:00-12:30 Exercise Equipment Training
 11:00-12:00 Knitting
 12:30-3:00 Mahjongg
 1:00-3:30 Sewing Circle
 2:00-3:00 Diabetes Prevention Program

29
 9:00-10:00 Gym
 10:00-11:00 Effective Communication: Decoding Verbal & Behavioral Messages
 10:30-11:30 Gym
 10:30-11:15 Tai Chi on DVD
 10:30-11:30 Advanced Span
 12:00-1:00 Strength Training
 12:30-2:30 Watercolor

30 9:00-10:00 Gym
 10:30-11:30 Gym
 10:30-12:00 Chess & Checkers
 12:00-1:00 Walking 2
 Wellness Wednesday
 12:00-2:00 Basic Art Class
 1:00-3:30 500 Bids
 1:00-2:00 Guided Meditation
 2:00-3:00 Floor Yoga (6 of 8)
 3:30-4:30 Stepping Into Wellness

Check out our newsletter at www.wccoaging.org

Call us or register online for a class at 301-790-0275 ext. 246 or 243

