

OCTOBER 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.

Red = Zoom Classes

PP=Prepaid Class

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:30-10:30 Gym</p> <p>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 11:00-1:00 Exercise Equipment Training 12:00-2:00 CareWear 1:00-2:00 Gym 2:00-3:00 Diabetes Prevention Program 2:00-3:00 Chair Yoga (8 of 8) 2:30-3:30 Gym</p>	<p>4 9:30-10:30 Gym</p> <p>9:30-10:30 Gym 10:30-11:15 Tai Chi on DVD 11:00-12:00 Hypnosis 11:30-12:30 Gym 12:00-1:00 Strength Training 12:30-2:30 Watercolor 1:00-2:00 Gym 1:30-2:30 Peace Education Program 2:30-3:30 Gym</p>	<p>5 9:30-10:30 Gym</p> <p>9:30-10:30 Gym 10:30-12:00 Chess & Checker 11:30-12:30 Gym 12:00-2:00 Basic Art Class 12:00-1:00 Walking 2 Wellness 12:30 – 1:30 Drum Circle 1:00-3:30 500 Bids 1:00-2:00 Gym 2:00-3:00 Guided Meditation 2:00-3:00 Floor Yoga (8 of 8) 2:30-3:30 Gym</p>	<p>6 9:30-10:30 Gym</p> <p>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</p>	<p>7 9:30-10:30 Gym</p> <p>9:30-11:00 Computer Instruction 11:30-12:30 Gym 1:00-2:00 Strength Training on DVD 1:00-3:30 Pinochle 1:00-2:00 Gym 1:00-3:00 Embroidery 2:30-3:30 Gym</p>
<p>10</p> <p>Closed for Columbus Day</p>  <p>Columbus Day</p>	<p>11 9:30-10:30 Gym</p> <p>9:30-10:30 Gym 10:30-11:15 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 1:30-2:30 Peace Education Program 2:30-3:30 Gym</p>	<p>12 9:30-10:30 Gym</p> <p>10:30-12:00 Chess & Checker 11:30-12:30 Gym 12:00-2:00 Basic Art Class 12:00-1:00 Walking 2 Wellness 12:30 – 1:30 Drum Circle 1:00 New to Medicare Workshop 1:00-3:30 500 Bids 1:00-2:00 Gym 2:00-3:00 Guided Meditation 2:30-3:30 Gym</p>	<p>13 9:30-10:30 Gym</p> <p>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</p>	<p>14 9:30-10:30 Gym</p> <p>9:30-11:00 Computer Instruction 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</p>

<p>17 9:30-10:30 Gym 9:30-10:30 Crochet 9:30-12:30 Hand and Foot 10:30-12:00 Square Dancing 11:00-12:00 Knitting 11:00-1:00 Exercise Equipment Training 1:00-2:00 Gym 2:00-3:00 Diabetes Prevention Program 2:00-3:00 Chair Yoga (1 of 8) 2:30-3:30 Gym</p>	<p>18 9:30-10:30 Gym 10:30-11:15 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 1:30-2:30 Peace Education Program 2:30-3:30 Gym</p>	<p>19 9:30-10:30 Gym 10:30-12:00 Chess and Checkers 11:30-12:30 Gym 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 1:00-2:00 Gym 2:00-3:00 Guided Meditation 2:00-3:00 Floor Yoga (1 of 8) 2:30-3:30 Gym 3:30-4:30 Stepping Into Wellness</p>	<p>20 9:30-10:30 Gym 10:00-12:00 Computer/ Phone/ Tablet Support 11:00-12:00 Strength Train 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</p>	<p>21 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 1:00-2:00 Strength Training on DVD 2:30-3:30 Adult Coloring 2:30-3:30 Gym</p>
<p>24 9:30-10:30 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 11:00-12:00 Knitting 11:00-1:00 Exercise Equipment Training 1:00-2:00 Gym 1:00-3:30 Sewing Circle 2:00-3:00 Diabetes Prevention Program 2:00-3:00 Chair Yoga (2 of 8) 2:30-3:30 Gym</p>	<p>25 9:30-10:30 Gym 10:30-11:15 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 1:30-2:30 Peace Education Program 2:30-3:30 Gym</p>	<p>26 9:30-10:30 Gym 10:30-12:00 Chess and Checkers 11:00-12:00 Book Club 11:30-12:30 Gym 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 Gym 2:00-3:00 Guided Meditation 2:00-3:00 Floor Yoga (2 of 8) 2:30-3:30 Gym 3:30-4:30 Stepping Into Wellness</p>	<p>27 9:30-10:30 Gym 10:00-12:00 Computer/ Phone/ Tablet Support 11:00-12:00 Strength Train 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</p>	<p>28 9:30-10:30 Gym 9:30-11:00 Computer Instruction 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</p>
<p>31 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 11:00-1:00 Exercise Equipment Training 1:00-2:00 Gym 1:00-3:30 Sewing Circle 2:00-3:00 Diabetes Prevention Program 2:00-3:00 Chair Yoga (3 of 8) 2:30-3:30 Gym</p>	<p>Activities for 55+ Years Old Hours: 9:00am-3:30pm Monday-Friday</p> 	 <p>The Prem Rawat Foundation PEACE EDUCATION PROGRAM an innovative video-based course that helps people discover their inner strength and personal peace. Tuesdays Sept. 20 – Nov. 22, 2022 1:30-2:30 PM Registration Required. Registration begins Aug. 22nd on www.copilotcommunity.com or call Jackie at 301-790-0275 ext. 243.</p>	 <p>Come dressed up on October 31st and receive a gift.</p>	<p>Stepping Into Wellness Begins Wed. Oct. 19th 3:30 PM – 4:30 PM 6-week course</p> <ul style="list-style-type: none"> • Nutrition • Spiritual Mental Health • Holistic Mental Health • Volunteering • Health Benefits • Medicare