

SEPTEMBER 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 Intro

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>PREDIABETES COULD IT BE YOU? 96 MILLION 1 IN 3 96 million MORE THAN 8 IN 10 adults with prediabetes don't know they have it Next class begins Mon., Sept. 12th, from 2:00 – 3:00pm. For more information or to schedule a class contact Kim Torsiello at 301-790-0275 ext. 231 or email: ktorsiello@wccoaging.org.</p>	<p>1 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</p>	<p>2 9:30-10:30 Gym 9:30-11:00 Computer Instruction 10:00-12:00 VFF Produce Mobile Farmer's Market 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>5 Closed for Holiday</p> 	<p>6 9:30-10:30 Gym <u>10:00-11:00 The Warning Signs of Alzheimer's</u> 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 2:30-3:30 Gym</p>	<p>7 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 2:30-3:30 Gym</p>	<p>8 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</p>	<p>9 9:30-10:30 Gym 9:30-11:00 Computer Instruction <u>11:00-12:00 Art Moments</u> 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>12 9:30-10:30 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 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 (6 of 8) 2:30-3:30 Gym</p>	<p>13 9:30-10:30 Gym 9:30-10:30 Gym <u>10:00-11:00 Understanding Dementia & Related Disorders</u> 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 2:30-3:30 Gym</p>	<p>14 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 <u>1:00 New to Medicare Workshop</u> 1:00-3:30 500 Bids 1:00-2:00 Gym 2:00-3:00 Guided Meditation 2:00-3:00 Floor Yoga (6 of 8) 2:30-3:30 Gym</p>	<p>15 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>16 9:30-10:30 Gym 9:30-11:00 Computer Instruction 10:00-12:00 VFF Produce Mobile Farmer's Market 11:30-12:30 Gym 1:00-3:30 Pinochle 1:00-2:00 Gym 2:30-3:30 Adult Coloring 2:30-3:30 Gym</p>
<p>19 SENIOR CENTER CLOSED</p>	<p>20 9:30-10:30 Gym <u>10:00-11:00 Effective Communication: Decoding Verbal & Behavioral Messages</u> 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 Guest Speakers 2:30-3:30 Gym</p>	<p>21 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 2:30-3:30 Gym</p>	<p>22 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 <u>6:30-7:30 Walk on the Wild Side</u></p>	<p>23 9:30-10:30 Gym 9:30-11:00 Computer Instruction 10:00-12:00 VFF Produce Mobile Farmer's Market 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>26 9:30-10:30 Gym 9:30-10:30 Crochet 10:00-10:45 Caregiver Support 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 (7 of 8) 2:30-3:30 Gym</p>	<p>27 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 <u>3:30-4:30 Managing Money: A Caregivers Guide to Finances</u></p>	<p>28 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 (7 of 8) 2:30-3:30 Gym</p>	<p>29 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>30 9:30-10:30 Gym 9:30-11:00 Computer Instruction 10:00-12:00 VFF Produce Mobile Farmer's Market 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>