



**Washington County Senior Activities Center**  
 535 E. Franklin St., Hagerstown, MD 21740  
 301-790-0275 ext. 243 or 246 for Abby or Maria

Pre-registration required for all classes. Online registration available by going to [www.copilotcommunity.com](http://www.copilotcommunity.com)

You will need a badge number and valid email to create a Copilot account.

Blue=Prepaid Class    Purple=Series Class (registration closes after start)

Version: 6/6/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>9:30-12:00 Crocheting &amp; Knitting            9:30-12:30 Hand &amp; Foot (Cards)            10:00-11:00 Grandparents Support Group            10:30-12:00 Social Square Dancing            12:00-3:00 CareWear            12:30-3:00 Mahjongg            1:30-2:30 Conversing with Sign            2:00-3:00 Chair Yoga Video</p>	<p><b>4 PICNIC 11:00-1:30(\$8)</b></p> <p>9:15-10:15 Guitar Instruction            9:30-10:15 FitLot Workout  <b>9:30 Choosing Longevity</b>  <b>10:15-11:30 Spanish</b>            10:30-11:45 Tai Chi Video+            10:30-12:00 Beginner Watercolor Instruction  <b>12:00-1:00 Strength Training (4 of 6)</b>            12:30-2:30 Advanced Watercolor            1:00-3:30 Bridge  <b>1:30-2:30 Contemporary Dance Class (NEW)</b></p>	<p><b>5</b></p> <p>9:30-10:15 Next Level Strength Training Class            10:30-12:00 Chess &amp; Checkers            10:30-11:00 Chair Dancing            12:00-2:00 Basic Drawing            12:30-3:30 500 Bids (Cards)            2:00-3:00 Floor Yoga</p>	<p><b>6</b></p> <p>9:15-9:55 Presentation: Holistic Living            10:00-12:00 Computer/ Phone/ Tablet Support            10:00-10:45 Tai Chi on Video            10:30-12:15 Card Making  <b>11:00-12:00 Strength Training (5 of 6)</b>            1:00-3:00 Social Bingo            1:00-3:30 Cornhole &amp; Table Tennis</p>	<p><b>7</b></p> <p>9:30-11:00 Computer Instruction            10:00-10:30 Power Up Strength Training with Resistance Bands            11:00-12:00 Fitness Gold            12:30-3:30 Pinochle            12:30-1:30 Strength Training Video</p>
<p><b>10</b></p> <p>9:15-10:15 Strength Training Video 1            9:30-12:00 Crocheting &amp; Knitting            9:30-12:30 Hand &amp; Foot (Cards)            10:30-12:00 Social Square Dancing            12:30-3:00 Mahjongg            12:30-3:30 Sewing Circle            12:30-1:30 Strength Training Video 2            1:30-2:30 Conversing with Sign            2:00-3:00 Chair Yoga Video</p>	<p><b>11</b> 9:15-10:15 Guitar Instruct.            9:30-10:15 FitLot Workout  <b>10:15-11:30 Spanish</b>            10:30-12:00 Beginner Watercolor Instruction  <b>NO TAI CHI OR STRENGTH TRAINING TODAY</b>  <b>11:30-1:00 MEN'S SOCIAL (\$5)</b>            12:30-2:30 Advanced Watercolor            1:00-3:30 Bridge  <b>1:30-2:30 Contemporary Dance Class</b>            2:45-3:30 Senior Strong (NEW)</p>	<p><b>12</b></p> <p>9:30-10:15 Next Level Strength Training Class            10:30-12:00 Chess &amp; Checkers            10:30-11:00 Chair Dancing  <b>11:30 OUTDOOR CONCERT Music of FOREVER YOUNG</b>            (suggested donation \$2)  <b>&amp; ICE CREAM SUNDAES (\$2)</b>            12:00-2:00 Basic Drawing            12:30-3:30 500 Bids (Cards)  <b>1:30-2:30 Active Living Class (9 of 12)</b>            2:00-3:00 Floor Yoga</p>	<p><b>13</b></p> <p>10:00-12:00 Computer/ Phone/ Tablet Support            10:00-10:45 Tai Chi on Video            10:30-12:15 Card Making  <b>11:00-12:00 Strength Training (6 of 6)</b>            1:00-3:00 Social Bingo            1:00-3:30 Cornhole &amp; Table Tennis  <b>2:30-3:30 Stepping Into Wellness (1 of 3)</b>  <b>(Also a makeup class for the May group)</b></p>	<p><b>14</b></p> <p>9:30-11:00 Computer Instruction            10:00-10:30 Power Up Strength Training with Resistance Bands            11:00-12:00 Fitness Gold            12:30-3:30 Pinochle            12:30-1:30 Strength Training Video</p> <p style="text-align: center;"><b>9:00-12:00</b>  <b>AARP Shred Event</b>  <b>(Must call in to the front desk to schedule a time.)</b></p>

**17**  
 9:15-10:15 Strength Training Video 1  
 9:30-12:00 Crocheting & Knitting  
 9:30-12:30 Hand & Foot (Cards)  
 10:30-12:00 Social Square  
 Dancing  
 12:30-3:00 Mahjongg  
 12:30-3:30 Sewing Circle  
 12:30-1:30 Strength Training Video 2  
 1:30-2:30 Conversing with Sign  
 2:00-3:00 Chair Yoga Video

**18**  
 9:15-10:15 Guitar Instruction  
 9:30-10:15 FitLot Workout  
**10:15-11:30 Spanish**  
 10:30-11:45 Tai Chi Video+  
 10:30-12:00 Beginner  
 Watercolor Instruction  
**12:00-1:00 Strength Training (5 of 6)**  
 12:30-2:30 Advanced  
 Watercolor  
 1:00-3:30 Bridge  
**1:30-2:30 Contemporary Dance Class**  
 2:45-3:30 Senior Strong



**20**  
 10:00-12:00 Computer/ Phone/ Tablet Support  
 10:00-10:45 Tai Chi on Video  
 10:30-12:15 Card Making  
**11:00-12:00 Strength Training (1 of 6)**  
 1:00-3:00 Social Bingo  
 1:00-3:30 Cornhole & Table  
 Tennis  
**2:30-3:30 Stepping Into Wellness (2 of 3)**

**21**  
 9:30-11:00 Computer Instruction  
 10:00-10:30 Power Up Strength Training with Resistance Bands  
**11:00 Craft Group– String Art “Vase” (\$8)**  
 11:00-12:00 Fitness Gold  
 12:30-3:30 Pinochle  
 12:30-1:30 Strength Training Video

**24**  
 9:15-10:15 Strength Training Video 1  
 9:30-12:00 Crocheting & Knitting  
 9:30-12:30 Hand & Foot (Cards)  
 10:00-11:00 Caregivers Support  
 10:30-12:00 Social Square  
 Dancing  
 12:30-3:00 Mahjongg  
 12:30-3:30 Sewing Circle  
 12:30-1:30 Strength Training Video 2  
 1:30-2:30 Conversing with Sign  
 2:00-3:00 Chair Yoga Video

**25**  
 9:15-10:15 Guitar Instruction  
**9:30 Choosing Longevity**  
 9:30-10:15 FitLot Workout  
**10:15-11:30 Spanish**  
 10:30-11:45 Tai Chi Video+  
 10:30-12:00 Beginner  
 Watercolor Instruction  
**12:00-1:00 Strength Training (6 of 6)**  
 12:30-2:30 Advanced  
 Watercolor  
 1:00-3:30 Bridge  
**1:30-2:30 Contemporary Dance Class**  
 2:45-3:30 Senior Strong

**26**  
 9:30-10:15 Next Level Strength Training Class  
 10:30-12:00 Chess & Checkers  
 10:30-11:00 Chair Dancing  
 11:00-12:00 Book Club  
 12:00-2:00 Basic Drawing  
 12:30-3:30 500 Bids (Cards)  
**1:30-2:30 Active Living Class (10 of 12)**  
 2:00-3:00 Floor Yoga

**27**  
 10:00-12:00 Computer/ Phone/ Tablet Support  
 10:00-10:45 Tai Chi on Video  
 10:30-12:15 Card Making  
**11:00-12:00 Strength Training (2 of 6)**  
 1:00-3:00 Social Bingo  
 1:00-3:30 Cornhole & Table  
 Tennis  
**2:30-3:30 Stepping Into Wellness (3 of 3)**  
**(Also a makeup class for the May group)**

**28**  
 9:30-11:00 Computer Instruction  
 10:00-10:30 Power Up Strength Training with Resistance Bands  
 11:00-12:00 Fitness Gold  
 12:30-3:30 Pinochle  
 12:30-1:30 Strength Training Video

\* Senior Center Hours are Monday-Friday 9:00am-3:30pm \*Must be a member to participate in programs  
 \* Membership is free and open to active, independent people age 55+