

May 2024


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

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: 5/1/24

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>*The Senior Activity Center hours are Monday-Friday 9:00am-3:30pm.</p> <p>*You must be a member to participate in Senior Center programs.</p> <p>*Membership is free and open to active, independent persons age 55+</p>  | | <p>1</p> <p>9:30-10:15 Next Level Strength Training Class</p> <p>10:30-12:00 Chess & Checkers</p> <p>10:30-11:00 Chair Dancing</p> <p>12:00-2:00 Basic Drawing</p> <p>12:30-3:30 500 Bids (Cards)</p> <p>1:30-2:30 Active Living Class (9 of 12)</p> <p>2:00-3:00 Floor Yoga</p> | <p>2 (No Holistic Living Presentation)</p> <p>9:30 Health Presentation: Osteoporosis (part 1)</p> <p>10:00-12:00 Computer/ Phone/ Tablet Support</p> <p>10:00-10:45 Tai Chi on Video</p> <p>10:30-12:15 Card Making</p> <p>11:00-12:00 Strength Training (1 of 6)</p> <p>1:00-3:00 Social Bingo</p> <p>1:00-3:30 Cornhole & Table Tennis</p> | <p>3</p> <p>9:30-11:00 Computer Instruction</p> <p>10:00-10:30 Power Up Strength Training with Resistance Bands</p> <p>11:00-12:00 Fitness Gold</p> <p>12:30-3:30 Pinochle</p> <p>12:30-1:30 Strength Training AFEP with Amanda</p> <p>2:00-3:00 Bingocize (18 of 20)</p> |
| <p>6</p> <p>9:15-10:15 Str. Tr. AFEP 1</p> <p>9:30-12:00 Crocheting & Knitting</p> <p>9:30-12:30 Hand & Foot (Cards)</p> <p>10:00-11:00 Grandparents Support Group</p> <p>10:30-12:00 Square Dancing</p> <p>12:00-3:00 CareWear</p> <p>12:30-3:00 Mahjongg</p> <p>12:30-1:30 Str. Tr. AFEP 2</p> <p>12:30-3:30 Sewing Circle</p> <p>1:30-2:30 Basic Sign Language</p> <p>2:00-3:00 Chair Yoga Video</p> | <p>7</p> <p>NO GUITAR INSTRUCTION</p> <p>9:30 Choosing Longevity</p> <p>10:15-11:30 Spanish</p> <p>10:30-11:45 Tai Chi Video+</p> <p>10:30-12:00 Beginner Watercolor Instruction</p> <p>12:00-1:00 Strength Training (6 of 6)</p> <p>12:30-2:30 Advanced Watercolor</p> <p>1:00-3:30 Bridge</p> <p>2:00-3:00 Bingocize (19 of 20)</p> | <p>8</p> <p>9:30-10:15 Next Level Strength Training Class</p> <p>10:30-12:00 Chess & Checkers</p> <p>10:30-11:00 Chair Dancing</p> <p>12:00-2:00 Basic Drawing</p> <p>12:30-3:30 500 Bids (Cards)</p> <p>1:30-2:30 Active Living Class (10 of 12)</p> <p>NO FLOOR YOGA</p> <p>2:00 LADIES TEA PARTY- \$6.00 (Tickets available in office)</p> | <p>9</p> <p>9:30 Health Presentation: Osteoporosis (part 2)</p> <p>10:00-12:00 Computer/ Phone/ Tablet Support</p> <p>10:00-10:45 Tai Chi on Video</p> <p>10:30-12:15 Card Making</p> <p>11:00-12:00 Strength Training (2 of 6)</p> <p>1:00-3:00 Social Bingo</p> <p>1:00-3:30 Cornhole & Table Tennis</p> <p>2:00 Guest Speaker: Meet the WCCOA President, Ed Lough</p> | <p>10</p> <p>9:30-11:00 Computer Instruction</p> <p>9:30 Craft Group- (\$10)</p> <p>NO POWER UP</p> <p>11:00-12:00 Fitness Gold</p> <p>12:30-3:30 Pinochle</p> <p>12:30-1:30 Strength Training AFEP with Amanda</p> <p>2:00-3:00 Bingocize (20 of 20)</p> |

13
 9:15-10:15 Str. Tr. AFEP 1
 9:30-12:00 Crocheting & Knitting
 9:30-12:30 Hand & Foot (Cards)
 10:30-12:00 Square Dancing
 12:30-3:00 Mahjongg
 12:30-1:30 Str. Tr. AFEP 2
 12:30-3:30 Sewing Circle
 1:30-2:30 Basic Sign Language
 2:00-3:00 Chair Yoga Video
 2:00 Guest Speaker: Fraud Prevention by Citi

14
 9:15-10:15 Guitar Instruction
9:30 Choosing Longevity
 9:30-10:15 FitLot
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 (1 of 6)
 12:30-2:30 Advanced Watercolor
 1:00-3:30 Bridge

15 9:30-10:15 Next Level Strength Training Class
 10:00 Paper Flower Crafting
 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)
12:30 Enhance Fitness Demo
1:30-2:30 Active Living (11)
 2:00-3:00 Floor Yoga
(6:00 County Budget Hearing at Public Safety Training Ctr.)

16
 9:30 Health Presentation: Osteoporosis (part 3)
 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 (3 of 6)
 1:00-3:00 Social Bingo
 1:00-3:30 Cornhole & TT
2:30-3:30 Stepping Into Wellness (1 of 3)

17
 9:30-11:00 Computer Instruction
11:00 New Horizons Band Concert & Social
1:30 Annual Meeting—Senior Center Members are encouraged to attend
 (Senior Center will be closed for activities other than those listed.)

20 9:15-10:15 Str. Tr. AFEP 1
 9:30-12:00 Crocheting & Knitting
 9:30-12:30 Hand & Foot (Cards)
 10:00-11:00 Caregivers Support Group
 10:30-12:00 Square Dancing
 12:30-3:00 Mahjongg
 12:30-1:30 Str. Tr. AFEP 2
 12:30-3:30 Sewing Circle
 1:30-2:30 Basic Sign Language
 2:00-3:00 Chair Yoga Video

21 9:15-10:15 Guitar Instruct
9:30 Choosing Longevity
 9:30-10:15 FitLot
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 (2 of 6)
 12:30-2:30 Advanced Watercolor
1:00-2:00 Bingocize (1 of 20)
 1:00-3:30 Bridge

22 9:30-10:15 Next Level Strength Training Class
 10:00-11:30 Acrylic Painting
 10:30-12:00 Chess & Checkers
 10:30-11:00 Chair Dancing
 12:00-2:00 Basic Drawing
 12:30-3:30 500 Bids (Cards)
1:30-2:30 Active Living Class (12 of 12)
 2:00-3:00 Floor Yoga

23 10:00-12:00 Computer/ Phone/ Tablet Support
 10:30-12:15 Card Making
11:00 Variety Show
 NO TAI CHI
NO STRENGTH TRAINING
1:00-2:00 Bingocize (2 of 20)
 1:00-3:00 Social Bingo
 1:30*-3:30 Cornhole & Table Tennis *NOTICE START TIME
2:30-3:30 Stepping Into Wellness (2 of 3)

24
 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 AFEP with Amanda

27 **CLOSED**

 for **Memorial Day Holiday**

28
 9:15-10:15 Guitar Instruction
9:30 Choosing Longevity NO FIT LOT
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 (3 of 6)
 12:30-2:30 Advanced Watercolor
 1:00-3:30 Bridge

29 National Senior Health & Fitness Day
 9:30-10:15 Next Level Strength Training Class
 10:30-12:00 Chess & Checkers
 10:30-11:00 Chair Dancing
11:30-12:30 Health Presentation: Reflexology
 12:00-2:00 Basic Drawing
 12:30-3:30 500 Bids (Cards)
1:15 Dance Class Demo/Info
 2:00-3:00 Floor Yoga
Blood Pressure Checks 10:30-11:30 & 1:00-2:00

30 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 (4 of 6)
1:00-2:00 Bingocize (3 of 20)
 1:00-3:00 Social Bingo
 1:00-3:30 Cornhole & Table Tennis
2:30-3:30 Stepping Into Wellness (3 of 3)

31
 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 AFEP with Amanda

