

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: 4/26/24

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>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
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
12:00-2:00 Basic Drawing
12:30-3:30 500 Bids (Cards)
12:30 Enhance Fitness Demo
1:30-2:30 Active Living Class (11 of 12)
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
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
1:00-3:30 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
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 (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
1:00-3:00 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
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)
1:00-3:00 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

