



**Ward 6: HAYES SENIOR WELLNESS CENTER**  
**500K Street NE 202-727-0357**  
**Website: [www.hayesswc.com](http://www.hayesswc.com)**  
**Hours: Monday - Friday 8:00 am to 5:00 pm**

## NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
<b>31</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	<b>1</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	<b>2</b> 8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	<b>3</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness 10-1 Amish Market Trip 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 2-4 Grocery Plus Distribution 3-3:30 Line Dance 4-5 Hand Dancing	<b>4</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1-1:30 Nutrition Fact or Fiction Fridays 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding 3:30-5 Movie
<b>7</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	<b>8</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing	<b>9</b> 8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 Town Hall Meeting 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	<b>10</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness 10:30-11:30 Occupational Therapy Students Presentation 11:30-1 Lunch 1-2 The Pound Workout 1:00-2:00 Occupational Therapy Students Activity 2-3 Cardio Lite 3-3:30 Line Dance 4-5 Hand Dancing	<b>11</b> <b>CENTER CLOSED</b> 
<b>14</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	<b>15</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	<b>16</b> 8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 "Butts & Gutts" 1:00 Sign Language Class 1:00 Strength & Resistance 1-1:30 Nutrition Bingo 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	<b>17</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness 10-1 Price Rite Store Trip 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>18</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1-1:30 Nutrition Fact or Fiction Fridays 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding **Thanksgiving Dinner Edition** 3:30-5 Movie

