



Ward 6: HAYES SENIOR WELLNESS CENTER

500K St. NE. 202-727-0357

Website: www.hayesswc.com - (NEW WEBSITE ADDRESS)

FEBRUARY 2015

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<p>2</p> <p>8:30-9:30 Walk Club</p> <p>9-12 Computers</p> <p>11-12 Line Dance</p> <p>11:15 Nutrition Awareness</p> <p>11:30-1 Lunch</p> <p>1-2 Strength & Resist (A)</p> <p>1-2pm Computers</p> <p>1:30 Cardio Lite</p> <p>2:00 Circuit Training</p> <p>2:00 Yoga/Chair</p> <p>3:00 Strength & Resist</p>	<p>3</p> <p>7:30-8:30 Open Gym</p> <p>10:30-1:30 Trip (Movies)</p> <p>10:00 Chat & Chew</p> <p>10:00 Circuit Training</p> <p>10-30-11:00 Butts/Guts/Abs</p> <p>11-12 Boxing/Self Defense</p> <p>11:30-1 Lunch</p> <p>12:00 Physical Assess</p> <p>2-3 Cardio Lite</p> <p>3-4 Cooking Demo</p> <p>4:30-6:30 Open Gym</p> <p>4:30-6:30 Movie</p>	<p>4</p> <p>8:30-9:30 Walk Club</p> <p>8:30-3:30 Vital Screenings</p> <p>10:11:30 Arts & Crafts</p> <p>11-12 Sit & Get Fit</p> <p>11:15 Nutrition Awareness</p> <p>12:30-1 Butts/Guts/Abs</p> <p>11:30-1 Lunch</p> <p>1-2 Strength & Resist (A)</p> <p>2-2:30 Circuit Training</p> <p>2-3 Yoga</p> <p>3-4 Strength & Resist (1)</p>	<p>5</p> <p>7:30-8:30 Open Gym</p> <p>9-12 Computers</p> <p>10:10:30 Circuit Training</p> <p>10-11 Chat & Chew</p> <p>10-2 Massage Therapy</p> <p>10:30-11 Butts/Guts/Abs</p> <p>11-12 Boxing</p> <p>12-1 Lunch</p> <p>2-3 Cardio Lite</p> <p>4-4:30 Line Dance</p> <p>4:30-6:30 Open Gym</p> <p>4:30-6:30 Movie</p>	<p>6</p> <p>8:30-9:30 Walk Club</p> <p>9-9:15 Gym Closed-Cin</p> <p>10-11 Chat & Chew</p> <p>10:11:30 Arts & Crafts</p> <p>11-12 Sit & Get Fit</p> <p>11:30-1 Lunch</p> <p>12:30-1 Butts/Guts/Abs</p> <p>1-2 Strength & Resist (A)</p> <p>1:30 Cardio Lite</p> <p>2-2:30 Circuit Training</p> <p>2:00 Yoga/Floor</p> <p>3-4 Strength & Resist (1)</p>	<p>7</p> <p>9:00 Tai Chi</p> <p>10:00 Yoga</p> <p>10:00 Spanish Class</p> <p>10-12 Computers</p> <p>11:00 Boxing/Self</p> <p>12:00-1:00 Lunch</p> <p>12:00 Pound Workout</p>
<p>9</p> <p>8:30-9:30 Walk Club</p> <p>9-12 Computers</p> <p>11-12 Line Dance</p> <p>11:15 Nutrition Awareness</p> <p>11:30-1 Lunch</p> <p>1-2 Strength & Resist (A)</p> <p>1-2pm Computers</p> <p>1:30 Cardio Lite</p> <p>2:00 Circuit Training</p> <p>2:00 Yoga/Chair</p> <p>3:00 Strength & Resist</p>	<p>10</p> <p>7:30-8:30 Open Gym</p> <p>10:00 Chat & Chew</p> <p>10:00 Circuit Training</p> <p>10-30-11:00 Butts/Guts/Abs</p> <p>11-12 Boxing/Self Defense</p> <p>11:30-1 Lunch</p> <p>12:00 Physical Assess</p> <p>2-3 Cardio Lite</p> <p>3-4 Cooking Demo</p> <p>4:30-6:30 Open Gym</p> <p>4:30-6:30 Movie</p>	<p>11</p> <p>8:30-9:30 Walk Club</p> <p>8:30-3:30 Vital Screenings</p> <p>10:11:30 Arts & Crafts</p> <p>11-12 Sit & Get Fit</p> <p>11:15 Nutrition Awareness</p> <p>12:30- Town Hall Meeting</p> <p>12:30-1 Butts/Guts/Abs</p> <p>11:30-1 Lunch</p> <p>1-2 Strength & Resist (A)</p> <p>2-2:30 Circuit Training</p> <p>2-3 Yoga</p> <p>3-4 Strength & Resist (1)</p>	<p>12</p> <p>7:30-8:30 Open Gym</p> <p>9-12 Computers</p> <p>10:10:30 Circuit Training</p> <p>10-11 Chat & Chew</p> <p>10-2 Massage Therapy</p> <p>10:30-11 Butts/Guts/Abs</p> <p>11-12 Boxing</p> <p>12-1 Lunch</p> <p>2-3 Cardio Lite</p> <p>4-4:30 Line Dance</p> <p>4:30-6:30 Open Gym</p> <p>4:30-6:30 Movie</p>	<p>13</p> <p>8:30-9:30 Walk Club</p> <p>9-9:15 Gym Closed-Cin</p> <p>10-11 Chat & Chew</p> <p>10:11:30 Arts & Crafts</p> <p>11-12 Sit & Get Fit</p> <p>11:30-1 Lunch</p> <p>12:30-1 Butts/Guts/Abs</p> <p>1-2 Strength & Resist (A)</p> <p>1:30 Cardio Lite</p> <p>2-2:30 Circuit Training</p> <p>2:00 Yoga/Floor</p> <p>3-4 Strength & Resist (1)</p>	<p>14</p> <p>9:00 Tai Chi</p> <p>10:00 Yoga</p> <p>10:00 Spanish Class</p> <p>10-12 Computers</p> <p>11:00 Boxing/Self</p> <p>12:00-1:00 Lunch</p> <p>12:00 Pound Workout</p>
<p>16</p> <p><u>President's Day</u> <u>Center Closed</u></p> 	<p>17</p> <p>7:30-8:30 Open Gym</p> <p>10:00 Chat & Chew</p> <p>10:00 Circuit Training</p> <p>10-30-11:00 Butts/Guts/Abs</p> <p>11-12 Boxing/Self Defense</p> <p>11:30-1 Lunch</p> <p>12:00 Physical Assess</p> <p>2-3 Cardio Lite</p> <p>3-4 Cooking Demo</p> <p>4:30-6:30 Open Gym</p> <p>4:30-6:30 Movie</p>	<p>18</p> <p>8:30-9:30 Walk Club</p> <p>8:30-3:30 Vital Screenings</p> <p>10:11:30 Arts & Crafts</p> <p>10:30-2p Health Fair</p> <p>11-12 Sit & Get Fit</p> <p>11:15 Nutrition Awareness</p> <p>12:30-1 Butts/Guts/Abs</p> <p>11:30-1 Lunch</p> <p>1-2 Strength & Resist (A)</p> <p>2-2:30 Circuit Training</p> <p>2-3 Yoga</p> <p>3-4 Strength & Resist (1)</p>	<p>19</p> <p>7:30-8:30 Open Gym</p> <p>9-12 Computers</p> <p>10:10:30 Circuit Training</p> <p>10-11 Chat & Chew</p> <p>10-2 Massage Therapy</p> <p>10:30-1:30 Field Trip (TBD)</p> <p>10:30-11 Butts/Guts/Abs</p> <p>11-12 Boxing</p> <p>12-1 Lunch</p> <p>2-3 Cardio Lite</p> <p>4-4:30 Line Dance</p> <p>4:30-6:30 Open Gym</p> <p>4:30-6:30 Movie</p>	<p>20</p> <p>8:30-9:30 Walk Club</p> <p>9-9:15 Gym Closed-Cin</p> <p>10-11 Chat & Chew</p> <p>10:11:30 Arts & Crafts</p> <p>11-12 Sit & Get Fit</p> <p>11:30-1 Lunch</p> <p>12:30-1 Butts/Guts/Abs</p> <p>1-2 Strength & Resist (A)</p> <p>1:30 Cardio Lite</p> <p>2-2:30 Circuit Training</p> <p>2:00 Yoga/Floor</p> <p>3-4 Strength & Resist (1)</p>	<p>21</p> <p>9:00 Tai Chi</p> <p>10:00 Yoga</p> <p>10:00 Spanish Class</p> <p>10-12 Computers</p> <p>11:00 Boxing/Self</p> <p>12:00-1:00 Lunch</p> <p>12:00 Pound Workout</p>

OVER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23 8:30-9:30 Walk Club 9-12 Computers 11-12 Line Dance 11:15 Nutrition Awareness 11:30-1 Lunch 1-2 Strength & Resist (A) 1-2pm Computers 1:30 Cardio Lite 2:00 Circuit Training 2:00 Yoga/Chair 3:00 Strength & Resist	24 7:30-8:30 Open Gym 10:00 Chat & Chew 10:00 Circuit Training 10:00 – YMCA Tennis Trip 10-30-11:00 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 12:00 Physical Assess 2-3 Cardio Lite 3-4 Cooking Demo 4:30-6:30 Open Gym 4:30-6:30 Movie	25 8:30-9:30 Walk Club 8:30-3:30 Vital Screenings 10:11:30 Arts & Crafts 11-12 Sit & Get Fit 11:15 Nutrition Awareness 12:30-1 Butts/Guts/Abs 11:30-1 Lunch 1-2 Strength & Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength & Resist (1)	26 7:30-8:30 Open Gym 9-12 Computers 10:00 Chat & Chew 10:00 Circuit Training 10:30-1:30 Field Trip (TBD) 10-30-11:00 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 12:00 Physical Assess 2-3 Cardio Lite 3-4 Cooking Demo 4:30-6:30 Open Gym 4:30-6:30 Movie	27 8:30-9:30 Walk Club 9-9:15 Gym Closed-Cin 10-11 Chat & Chew 10:11:30 Arts & Crafts 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30 Cardio Lite 2-2:30 Circuit Training 2:00 Yoga/Floor 3-4 Strength & Resist (1)	28 9:00 Tai Chi 10:00 Yoga 10:00 Spanish Class 10-12 Computers 11:00 Boxing/Self 12:00-1:00 Lunch 12:00 Pound Workout

Nutrition Corner

Nutrition Discussion Topics

- Feb. 2nd & 4th - "Should you be Liberal with You Minerals?"
- Feb. 9th - "Feed Your Protein Needs!"
- Feb 11 – Valentine’s Day Sugar Tips
- Feb 16th & 18th - "You Can’t Win without Vitamins!"
- Feb 23rd - "Carbs- Friend or Foe?"
- Feb 25th - Nutrition Fact or Fiction?

One-on-One Nutrition Consultations available from 10am -2pm Tuesdays & Fridays (Ms. Wall) and Saturdays 11am – 2pm (Dr. Castor). Please make appointments at front desk.

Afternoon Movie Schedule

- Feb. 3rd - Long Walk to Freedom
- Feb. 5th - Secret Life of Bees
- Feb. 10th - How Stella Got her Groove Back
- Feb. 12th - The Butler
- Feb. 17th - Malcolm X
- Feb. 19th - 42
- Feb. 24th - For Colored Girls
- Feb. 26th - The Help

Meet Our New Health Educator



Dr. Lennox Graham

is a Scientist, Educator, and Motivational Speaker. He has presented to Fortune 500 companies across the United States, bringing to them his unique approach to motivating and building the morale of employees. His workshops bring all levels of the corporate pyramid together allowing employees to see each other in ways they have never seen each other before. When employees return into the work environment they are able to motivate and encourage each other to sustain the new techniques they have learned. Participants, even after years of attending one of Dr. Graham’s motivational sessions, are still able to recall vividly lessons they have learned.

Important Events This Month

- 2/3 @10:00am – Movies Field Trip
- 2/11 @ 12:30pm – Town Hall Meeting
- 2/16 – Presidents Day (Center Closed)
- 2/18 @10:30am – Community Health Fair
- 2/24 @10:00am – YMCA Tennis Trip

Meet our New Staff Members



Melissa Gray
Program Assistant



Melanie Matthews
Program Assistant

Dates in February

Black History Month

- 1 - Super Bowl Sunday
- 2 - Groundhog Day
- 6 - National Wear Red Day
- 8 - World Marriage Day:
- 12 - Abraham Lincoln's birthday
- 14 - Valentine's Day
- 22 - Presidents Day
- 22 - George Washington's birthday