







AUGUST 2014

Ward 6: HAYES SENIOR WELLNESS CENTER

500K St. NE. 202-727-0357

<http://huhealthcare.com/healthcare/hospital/specialty-services/hayes-senior-wellness-center>

| <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|---|---|---|---|--|
| <p><i>Peridot</i></p>  | <p><i>Gladiola</i></p>  | <p><i>Sardonyx</i></p>  |  <p><i>Summer</i></p> <p>NOTABLE DATES</p> <p><i>1 National Raspberry Pie Day</i></p> <p><i>2 Chinese Valentine's Day</i></p> <p><i>13 National Lefthanders' Day</i></p> <p><i>4 US Coast Guards' Day</i></p> <p><i>5 National Dollar Day</i></p> <p><i>9 Book Lovers' Day</i></p> <p><i>16 National Tell-A-Joke Day</i></p> <p><i>21 Senior Citizens' Day</i></p> | <p>1</p> <p>8:30-9:30 Walk Club 9-9:15 Gym Closed-Cin 10-11 Chat&Chew 11-12 Sit&Get Fit 12-1 Lunch 1-2 Games 1-2 Strength&Resist (A) 2-2:30 Circuit Training 2-3 Meditation 3-4 Strength&Resist (1)</p> |
| <p>4</p> <p>8:30-9:30 Walk Club 10-12 Computers 11-12 Line Dance 12-1 Lunch 1-2 Strength&Resist (A) 1-2 Games 1-2 Computers 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist(1)</p> | <p>5</p> <p>10-11 Chat&Chew 10-10:30 Circuit Training 10-30-11:00 Butts/Guts/Abs 11-12 Boxing/Self Defense 11-12 Games 11-1:30 Physical Assess 12-1 Lunch 2-3 Cardio Lite 3-4 Cooking Demo 3-4 Hand Dance</p> | <p>6</p> <p>8:30-9:30 Walk Club 10-11 Arts&Crafts 11-11:45 Fall Seminar 11-12 Sit&Get Fit 12-1 Lunch 1-2 Strength&Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist (1)</p> | <p>7</p> <p>10-11 Chat&Chew 10:10:30 Circuit Training 10-12 Computers 10:30-11 Butts/Guts/Abs 10:30-12:30 Farmer's Market 11-12 Boxing 11-2 Get Fresh (See Bulletin Board) 12-1 Lunch 1-2 Games 1-2 Computers 2-3 Cardio Lite 4-4:30 Hand Dance</p> | <p>8</p> <p>8:30-9:30 Walk Club 9-9:15 Gym Closed – Cin 10-12 Memory Screening 10-2 Massage Therapy 11-12 Sit&Get Fit 12-1 Lunch 1-2 Games 1-2 Strength&Resist(A) 2-2:30 Circuit Training 2-3 Meditation 3-4 Strength&Resist</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 11 8:30-9:30 Walk Club 10-12 Computers 11-12 Line Dance 12-1 Lunch 1-2 Strength&Resist (A) 1-2 Games 1-2 Computers 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist | 12 10-11 Chat&Chew 10-10:30 Circuit Training 10-30-11:00 Butts/Guts/Abs 10:30-12:30 Denny's 11-12 Boxing/Self Defense 11-12 Games 11-1:30 Physical Assess 12-1 Lunch 2-3 Cardio Lite 3-4 Cooking Demo 3-4 Hand Dance | 13 8:30-9:30 Walk Club 10-11 Arts&Crafts 11-12 Sit&Get Fit 12-1 Lunch 1-2 Medication Br Bag 1-2 Strength&Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist (1) | 14 10-11 Chat&Chew 10:10:30 Circuit Training 10-12 Computers 10:30-11 Butts/Guts/Abs 10:30-12:30 Amish/Laurel 11-12 Boxing 12-1 Lunch 1-2 Games 1-2 Computers 2-3 Cardio Lite 4-4:30 Hand Dance | 15 8:30-9:30 Walk Club 9-9:15 Gym Closed – Cin 10-11 Chat&Chew 11-12 Sit&Get Fit 12-1 Lunch 1-2 Strength&Resist(A) 2-2:30 Circuit Training 2-3 Meditation 3-4 Strength&Resist |
| 18 8:30-9:30 Walk Club 10-12 Computers 11-12 Line Dance 12-1 Lunch 1-2 Strength&Resist (A) 1-2 Games 1-2 Computers 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist | 19 10-11 Chat&Chew 10-10:30 Circuit Training 10-30-11:00 Butts/Guts/Abs 10:30-12:30 Wedman's 11-12 Boxing/Self Defense 11-12 Games 11-1:30 Physical Assess 12-1 Lunch 2-3 Cardio Lite 3-4 Cooking Demo 3-4 Hand Dance | 20 8:30-9:30 Walk Club 10-11 Arts&Crafts 11-12 Sit&Get Fit 12-1 Lunch 1-2 Strength&Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist (1) | 21 10-11 Chat&Chew 10:10:30 Circuit Training 10-12 Computers 10:30-11 Butts/Guts/Abs 10:30-12:30 Target/Lot Store Greenbelt 11-12 Boxing 12-1 Lunch 1-2 Games 1-2 Computers 2-3 Cardio Lite 4-4:30 Hand Dance | 22 8:30-9:30 Walk Club 9-9:15 Gym Closed – Cin 10-11 Chat&Chew 10-2 Massage 11-12 Sit&Get Fit 12-1 Lunch 1-2 Strength&Resist(A) 1-2 SSA Online Enrollment 2-2:30 Circuit Training 2-3 Meditation 3-4 Strength&Resist |
| 25 8:30-9:30 Walk Club 10-12 Social Network 11-12 Line Dance 11-12 Current News 12-1 Lunch 1-2 Strength&Resist (A) 1-2 Games 1-2 Social Network 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist (1) | 26 10-11 Chat&Chew 10-10:30 Circuit Training 10:30-11:00 Butts/Guts/Abs 10:30-12:30 Save A Lot 11-12 Boxing/Self Defense 11-12 Games 11-1:30 Physical Assess 12-1 Lunch 2-3 Cardio Lite 3-4 Cooking Demo | 27 8:30-9:30 Walk Club 10-11 Arts&Crafts 11-12 Sit&Get Fit 12-1 Lunch 1-2 Strength&Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist | 28 10-11 Chat&Chew 10-10:30 Circuit Training 10-12 Social Network 10:30 -11 Butts/Guts/Abs 10:30-12:30 Thrift Store 11-12 Boxing 12-1 Lunch 1-2 Games 1-2 Social Network 2-3 Cardio Lite 4:4:30 Hand Dance | 29 8:30-9:30 Walk Club 9-9:15 Gym Closed – Cin 10-11 Chat&Chew 11-12 Sit&Get Fit 12-1 Lunch 1-2 Strength&Resist(A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist |