



Ward 6: HAYES SENIOR WELLNESS CENTER
500K Street NE 202-727-0357

Website: www.hayesswc.com

Hours: Monday - Friday 8:00 am to 5:00 pm
Saturday 8:00 am to 2:00 pm

JANUARY 2016

Mon	Tue	Wed	Thu	Fri	Sat
				Center Closed 	2 8:00 Open Gym 9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Cardio Lite 11:30-1 Lunch 1:00 Pound Workout
4 8:00 Open Gym 9-2 Computer Class 10-11 Line Dancing 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 2:00 Yoga/Chair 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	5 8:00 Open Gym 10-11 Cardio Challenge 10-11 Arts & Crafts 10:30-11 Butts/Guts/Abs 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 1:30- 2:30 Gardening Workshop 3-4 Hand Dancing 3-5 Memory Club	6 8:00 Open Gym 9-10 Walk Club 10-1130 Arts & Crafts 11-12 Sit & Get Fit 11:30-1 Lunch 11:30 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	7 8:00 Open Gym 9-11:30 Computer Class 10-11 Cardio Challenge 10:45-11:15 Spanish 10:15-11 Entrepreneurship Program 10:30-11:30 Butts/Guts/Abs 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-3:30 Line Dance 3-4:30 Taste Budding 4-5 Hand Dancing	8 8:00 Open Gym 9-9:15 Gym Closed-Clean 10-1130 Arts & Crafts 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	9 8:00 Open Gym 9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Cardio Lite 11:30-1 Lunch 1:00 Pound Workout
11 8:00 Open Gym 9-2 Computer Class 10-11 Line Dancing 10-1 Golden Corral Trip 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 2:00 Yoga/Chair 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	12 8:00 Open Gym 10-11 Cardio Challenge 10-11 Arts & Crafts 10:30-11 Butts/Guts/Abs 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-4 Hand Dancing	13 8:00 Open Gym 9-10 Walk Club 10-1130 Arts & Crafts 10:15- 11 E-book Tutorial 11-12 Sit & Get Fit 11:30-1 Lunch 11:30 New Member Assessment 12:30-1 Butts/Guts/Abs 12:30-1:15 Town Hall Meeting 1-2 Strength & Resist (A) 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	14 8:00 Open Gym 9-11:30 Computer Class 10-11 Cardio Challenge 10:45-11:15 Spanish 10:30-11:30 Butts/Guts/Abs 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-3:30 Line Dance 3-4:30 Taste Budding 4-5 Hand Dancing	15 8:00 Open Gym 9-9:15 Gym Closed-Clean 10-1130 Arts & Crafts 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	16 8:00 Open Gym 9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Cardio Lite 11:30-1 Lunch 1:00 Pound Workout



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LUCKY FOODS FOR THE NEW YEAR

Greens- Supposedly greens are eaten on New Year's Eve because they resemble money.

Try: Sesame Greens and Bean Sprouts

Beans- Beans, like greens, resemble money; more specifically, they symbolize coins. Whether you

choose black beans, lentils, or black-eyes peas, healthy fiber-filled beans will help soak up that champagne. Try: Lentil, Roasted Red Pepper, and Spinach Salad with Walnuts, Olives, and Sherry Vinaigrette

Noodles and Grains- Noodles are symbols of long life, and grains like rice, quinoa, and barley stand for abundance. Slurp the noodles whole for even more luck. Try: Teriyaki-Style Noodles With Tofu

Fruit- On New Year's Eve, Mexicans pop a grape for each stroke of midnight, with each representing a page of the calendar ahead. If one is bitter, watch out for that month! Other popular fruits to eat include the pomegranates, with its many seeds standing in for prosperity, and figs, which are a symbol of fertility.

Fish - Fish are believed to be lucky because their scales resemble coins, and they swim in schools which invoke the idea of abundance.



Important Events this Month

- January 5th @1:30 - Gardening Workshop
- January 5th @3:00 - Memory Club
- January 7th @ 10:15 am – Senior Entrepreneurship Fair
- January 11th @ 10:00 am – Golden Corral Trip
- January 13th @ 10:30 am – Overdrive E-book Tutorial
- January 13th @ 12:30 pm – Town Hall Meeting
- January 19th @1:30 - Gardening Workshop
- January 19th @3:00 - Memory Club
- January 27th @ 10:00 am – Roses Trip