November 2016

WASHINGTON SENIORS WELLNESS CENTER
3001 Alabama Ave SE Washington, DC 20020
(202) 581-9355

Monday	Tuesday	Wednesday	Thursday	Friday
	1--8:00 Open Gym 9:00 Tennis 9:00 Zumba Gold 9:50 Balance and Stretch 9:50 Nutrition C **10:30 African American Museum and Cultural Center** 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 1:00 Pilates 1:45 Relaxation/Stress Reduction **2:00 Diabetes Education** **2:15 Volunteer w/Martha's Table @ Martin Luther King Jr ES**	**2-** 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **11:00 Blood Pressure Reading** **11:30Members Assembly Meeting** 1:00 EnhanceFitness ***1:00 Club Memory*** 2:00 Yoga **2:00 What Do You Know About Your Social Security?** 5:00 FITNESS	**3-** 8:00 Open Gym 9:00 Tennis 9:00 Zumba Gold 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi **12:00 Alzheimer's Association-Know the 10Warning Signs: Early Detection Matters** 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F **2:00 New Member's Orientation**	**4-** 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness **1:30 Bingo** 2:00 Yoga
7- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A **10:00 Choraleers** 10:30 Nutrition B 10:30 EnhanceFitness **11:00 New Member's Orientation** 11:30 BEEDL 1:00 EnhanceFitness **1:30 Bingo** 1:45 Nutrition E 5:00 FITNESS	**8 -** **Center Closed**	**9-** 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **11:00 Blood Pressure Reading** 1:00 EnhanceFitness 2:00 Yoga **2:00 United Health- Medicare Advantage Bingo and Cooking Demo** 5:00 FITNESS	**10-** 8:00 Open Gym 9:00 Tennis 9:00 Zumba Gold 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi **12:00 Alzheimer's Association-The Basics: Memory Loss, Dementia, and Alzheimer's Disease** 12:30 Pounds Away 1:00 Art Class 1:00 Pilates	**11-** **Center Closed**

November 2016

WASHINGTON SENIORS WELLNESS CENTER
3001 Alabama Ave SE Washington, DC 20020
(202) 581-9355

			2:00 New Member's Orientation	
14- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A **10:00 Cedar Hill** 10:30 Nutrition B 10:30 EnhanceFitness **11:00 New Member's Orientation** 11:30 BEEDL 1:00 EnhanceFitness **1:30 Bingo** 1:45 Nutrition E 5:00 FITNESS	**15-**8:00 Open Gym 9:00 Tennis 9:00 Zumba Gold 9:50 Balance and Stretch 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D **11:00 Let's Take A Trip: The Musical Carousel at Arena Stage** 11:45 T'ai' Chi **12:00 Alzheimer's Association-Legal and Financial Planning for Alzheimer's Disease.** 1:00 Pilates 1:45 Relaxation/Stress Reduction **2:00 Diabetes Education** **3:00 Volunteer w/Martha's Table @ Moten ES**	**16-** 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **11:00 Blood Pressure Reading** ***1:00 Club Memory*** 1:00 EnhanceFitness 2:00 Yoga 5:00 FITNESS	**17-** 8:00 Open Gym 9:00 Tennis 9:00 Zumba Gold **9:30 ERFSC/Keen Senior Program's Annual Holiday Luncheon** 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F **2:00 New Member's Orientation**	**18-** 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing **10:30 Let's Go to the Movies - Almost Christmas** 11:00 Quilters 1:00 EnhanceFitness **1:30 Bingo** 2:00 Yoga

Schedule subject to change

November 2016

WASHINGTON SENIORS WELLNESS CENTER
3001 Alabama Ave SE Washington, DC 20020
(202) 581-9355

21- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A **10:00 Choraleers** **10:00 Legal Counsel for the Elderly** 10:30 Nutrition B 10:30 EnhanceFitness **11:00 New Member's Orientation** 11:30 BEEDL 1:00 EnhanceFitness **1:30 Bingo** 1:45 Nutrition E 5:00 FITNESS	**22-** 8:00 Open Gym 9:00 Tennis 9:00 Zumba Gold 9:50 Balance and Stretch 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi 1:00 Pilates 1:45 Relaxation/Stress Reduction	**23-** 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **11:00 Blood Pressure Reading** 1:00 EnhanceFitness 2:00 Yoga **2:00 Food Demonstration** 5:00 FITNESS	**24- We Are Closed In Observance of a Holiday** 	**25-** 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing **10:00 Book Club** 11:00 Quilters 1:00 EnhanceFitness **1:30 Bingo** 2:00 Yoga

November 2016

WASHINGTON SENIORS WELLNESS CENTER
3001 Alabama Ave SE Washington, DC 20020
(202) 581-9355

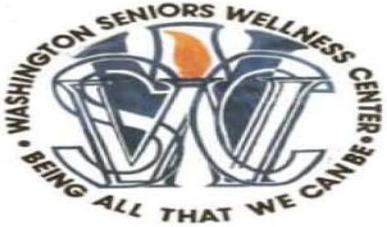
28- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A 10:30 Nutrition B 10:30 EnhanceFitness **11:00 New Member's Orientation** 11:30 BEEDL 1:00 EnhanceFitness **1:30 Bingo** 1:45 Nutrition E 5:00 FITNESS	**29**-8:00 Open Gym 9:00 Tennis 9:00 Zumba Gold 9:50 Balance and Stretch 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi 1:00 Pilates 1:45 Relaxation/Stress Reduction	**30--** 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **11:00 Blood Pressure Reading** 1:00 EnhanceFitness 2:00 Yoga 5:00 FITNESS		

Center Hours:

Monday: 8:00 am-6:30 pm
Tuesday: 8:00 am-5:00 pm
Wednesday: 8:00 am-6:30 pm
Thursday: 8:00 am-5:00 pm
Friday: 8:00 am-5:00 pm

Please consider making a donation to WSWC to support our *Social Activities* and *Special Programs*. Please make checks out to *WSWC/ERFSC.

November 2016

WASHINGTON SENIORS WELLNESS CENTER
3001 Alabama Ave SE Washington, DC 20020
(202) 581-9355

Thank You!