

# WASHINGTON SENIORS WELLNESS CENTER

## October 2015

3001 Alabama Ave. SE  
Washington, DC. 20020

202-581-9355

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Center Hours:</b> Monday: 8:00am-6:30pm Tuesday: 8:00am-5:00pm Wednesday: 8:00am-6:30pm Thursday: 8:00am-5:00pm Friday: 8:00am-5:00pm			<b>1</b> 9:00 Tennis 9:00 Zumba 9:50 Health Dialogue Class 10:35 Nutrition D 11:45 Tai Chi 1:00 Art Class 1:45 Nutrition F	<b>2</b> 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters <b>2:00 Jazz Performance</b> 2:00 Yoga
<b>5</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A 10:30 Nutrition B 10:30 EnhanceFitness 11:30 BEEDL 1:00 EnhanceFitness 1:45 Nutrition E 5:00 PM-6:30PM Fitness	<b>6</b> 9:00 Tennis 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi 12:30 Tennis	<b>7</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue A 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 11:30 Members Assembly Meeting <b>1:00 Club Memory</b> 1:00 EnhanceFitness 2:00 Yoga <b>5:00PM—6:30PM FITNESS</b>	<b>8</b> 9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C <b>10:30 Senior Medicare Info (One on One)</b> 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 1:00 Art Class 1:45 Nutrition F	<b>9</b> 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 2:00 Yoga

<p><b>12</b></p> <p><b>Happy Columbus Day</b></p>  <p><b>Center Closed</b></p>	<p><b>13</b></p> <p>7:30 Open Gym 9:00 Tennis 9:50 Nutrition C <b>10:00 HU:Colon Cancer Presentation</b> 11:30 Choraleers 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi</p>	<p><b>14</b></p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness <b>2:00 Food Demonstration</b> 2:00 Yoga 5:00PM—6:30PM FITNESS</p>	<p><b>15</b></p> <p>7:30 Open Gym 9:00 Tennis 9:00 Zumba <b>9:30 “Go Pink” Breast Cancer Awareness Program</b> 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class 1:45 Nutrition F</p>	<p><b>16</b></p> <p>9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 2:00 Yoga</p>
<p><b>19</b></p> <p>8:00 Open Gym <b>8:00 UMC Mobile Health Screenings (8am-4pm)</b> 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A 10:30 Nutrition B 10:30 EnhanceFitness 11:30 BEEDL 1:00 EnhanceFitness 1:45 Nutrition E 5:00 PM-6:30PM Fitness</p>	<p><b>20</b></p> <p>9:00 Tennis 9:50 Nutrition C <b>10:00 Verizon Technology Workshop</b> 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:30 Choraleers 11:45 T'ai' Chi</p>	<p><b>21</b></p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness <b>1:00 Club Memory</b> 2:00 Yoga 5:00PM—6:30PM FITNESS</p>	<p><b>22</b></p> <p>9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class 1:45 Nutrition F</p>	<p><b>23</b></p> <p>9:00 EnhanceFitness 10:00 Line Dancing 10:00 Reading Group 11:00 Quilters 1:00 EnhanceFitness 2:00 Yoga</p>

<p><b>26</b>  8:00 Open Gym  9:00 Fitness Class A  9:50 Fitness Class B  9:50 Nutrition A  10:30 Nutrition B  10:30 EnhanceFitness  11:30 BEEDL  1:00 EnhanceFitness  1:45 Nutrition E  5:00 PM-6:30PM Fitness</p>	<p><b>27</b>  9:00 Tennis  9:50 Nutrition C  <b>10:30 U.S Botanic Gardens</b>  10:35 Health Dialogue D  10:40 Gentle Movement C/D  11:45T'ai' Chi</p>	<p><b>28</b>  8:00 Open Gym  9:00 Fitness Class A  9:50 Fitness Class B  9:50 Health Dialogue C  <b>10:00 Metro Safety Presentation</b>  10:30 Spanish Class  10:35Health Dialogue  10:30 EnhanceFitness  1:00 EnhanceFitness  <b>2:00 Med-Star-Medicare Enrollment and Presentation</b>  2:00 Yoga  2:00 Food Demonstration  5:00PM—6:30PM  FITNESS</p>	<p><b>29</b>  9:00 Tennis  9:00 Zumba  9:50 Health Dialogue C  10:35 Nutrition D  10:40 Gentle Movement C/D  11:45 T'ai Chi  1:00 Art Class  1:45 Nutrition F</p>	<p><b>30</b>  9:00 EnhanceFitness  10:00 Line Dancing  11:00 Quilters  1:00 EnhanceFitness  2:00 Yoga</p>
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