| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| **Please consider making a donation to WSWC to support our social programs and activities.**  **Please make checks out to WSWC/ERFSC** |  |  |  | **1**  9:00 EnhanceFitness  10:00 Line Dancing  11:00 Quilters  1:00 EnhanceFitness  2:00 Yoga |
| **4**  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  11:30 BEEDL  1:00 EnhanceFitness  **1:00 Town Hall Meeting w/ Executive Director Laura Newland of DCOA**  1:45 Nutrition E  5:00 PM FITNESS | **5**  9:00 Tennis  9:00 Cardio  9:50 Balance and Stretch  9:50 Nutrition C  10:35 Health Dialogue D  10:40 Gentle Movement C/D  11:45T’ai’ Chi  ***12:00 Eat Your Fruit & Veggies w/ Ms. Cynthia Johnson***  12:30 Tennis  1:00 Pilates | **6**  8:00 Open Gym  9:00 Strength and Toning  9:50 Abs and Legs  9:50 Health Dialogue A  10:30 Spanish Class  10:30 EnhanceFitness  10:35Health Dialogue B  1:00 EnhanceFitness  ***1:00 Club Memory***  2:00 Yoga  5:00PM FITNESS | **7**  9:00 Tennis  9:00 Zumba  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  1:45 Nutrition F | **8**  9:00 EnhanceFitness  10:00 Line Dancing  11:00 Quilters  1:00 EnhanceFitness  2:00 Yoga  ***2:30 WSWC Talent Show & Quarterly Birthday Celebration*** |
| **11**  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  11:30 BEEDL  1:00 EnhanceFitness  1:45 Nutrition E  5:00 FITNESS | **12**  9:00 Tennis  9:00 Cardio  9:50 Balance and Stretch  9:50 Nutrition C  10:35 Health Dialogue D  10:40 Gentle Movement C/D  11:45T’ai’ Chi  12:30 Tennis  1:00 Pilates | **13**  8:00 Open Gym  9:00 Strength and Toning  9:50 Abs and Legs  9:50 Health Dialogue A  ***10:00 Medication Management w/ Delmarva***  10:30 Spanish Class  10:30 EnhanceFitness  10:35Health Dialogue B  ***11:30 Is there a Griot in the House Presentation at Francis Gregory Library***  1:00 EnhanceFitness  2:00 Yoga  2:00 Food Demo  5:00 FITNESS | **14**  9:00 Tennis  9:00 Zumba  9:50 Strength and Toning  9:50 Health Dialogue C  10:35 Nutrition D  10:40 Gentle Movement C/D  ***11:30 Washington Regional Transplant Consortium Presentation***  12:00 T’ai Chi  12:30 Pounds Away  1:00 Art Class  1:45 Nutrition F | **15**  ***Emancipation-Day-2016.jpg***  ***Center Closed*** |
| **18**  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  11:30 BEEDL  1:00 EnhanceFitness  1:45 Nutrition E  5:00FITNESS | **19**  9:00 Cardio  9:00 Tennis  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/Abs  ***12:00 “All the Way” at Arena Stage*** | **20**  8:00 Open Gym  9:00 Strength and Toning  9:50 Abs and Legs  9:50 Health Dialogue  10:30 Spanish Class  10:30 EnhanceFitness  10:35 Health Dialogue B  1:00 EnhanceFitness  ***1:00 Club Memory***  2:00 Yoga  5:00 FITNESS | **21**  7:30 Open Gym  ***9:00 KEEN Social Worker***  9:00 Tennis  9:00 Zumba  9:50 Strength and Toning  9:50 Health Dialogue C  10:35 Nutrition D  10:40 Gentle Movement C/D  11:45T’ai Chi  12:30 Pounds Away  1:00 Pilates/Abs  1:00 Art Class  1:45 Nutrition F | **22**  9:00 EnhanceFitness  10:00 Line Dancing  11:00 Quilters  1:00 EnhanceFitness  2:00 Yoga |
| **25** 8:00 Open Gym  9:00 Strength and Toning  9:50 Abs and Legs  9:50 Nutrition A  10:00 Choraleers  10:00 **Senior Medicare** **Patrol**  10:30 Nutrition B  10:30 EnhanceFitness  11:30 BEEDL  1:00 EnhanceFitness  **1:45 Nutrition E**  **5:00 FITNESS** | **26**  9:00 Tennis  9:00 Cardio  9:50 Balance and Stretch  9:50 Nutrition C  10:35 Health Dialogue D  10:40 Gentle Movement C/D  11:45 T’ai Chi  1:00 Pilates/Abs | **27**  8:00 Open Gym  9:00 Strength and Toning  9:50 Abs/Legs  9:50 Health Dialogue  10:30 Spanish Class  10:30 EnhanceFitness  10:35Health Dialogue B  1:00 EnhanceFitness  2:00 Yoga  2:00 Food Demo  5:00 FITNESS | **28**  9:00 Tennis  9:00 Zumba  9:50 Strength and Toning  9:50 Health Dialogue C  10:35 Nutrition D  10:40 Gentle Movement C/D  11:45 T’ai Chi  12:30 Pounds Away  1:00 Art Class  1:00 Pilates/Abs  1:45 Nutrition F  **Program Orientation:**  **Mondays 11:00am**  **Thursdays 2:00pm** | **29**  9:00 EnhanceFitness  10:00 Line Dancing  10:30 Reading Club  11:00 Quilters  1:00 EnhanceFitness  2:00 Yoga |

**\*Schedule subject to change\***

**Center Hours:**

**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**