| **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 EnhanceFitness10:00 Line Dancing11:00 Quilters1:00 EnhanceFitness2:00 Yoga |
| **4**8:00 Open Gym9:00 Strength and Toning  9:50 Abs and Legs9:50 Nutrition A10:00 Choraleers 10:30 Nutrition B10:30 EnhanceFitness11:30 BEEDL1:00 EnhanceFitness**1:00 Town Hall Meeting w/ Executive Director Laura Newland of DCOA**1:45 Nutrition E5:00 PM FITNESS | **5**9:00 Tennis9:00 Cardio9:50 Balance and Stretch9:50 Nutrition C10:35 Health Dialogue D10:40 Gentle Movement C/D11:45T’ai’ Chi***12:00 Eat Your Fruit & Veggies w/ Ms. Cynthia Johnson*** 12:30 Tennis1:00 Pilates | **6**8:00 Open Gym9:00 Strength and Toning9:50 Abs and Legs9:50 Health Dialogue A10:30 Spanish Class10:30 EnhanceFitness10:35Health Dialogue B1:00 EnhanceFitness***1:00 Club Memory***2:00 Yoga 5:00PM FITNESS  | **7**9:00 Tennis9:00 Zumba9:50 Strength and Toning9:50 Health Dialogue C10:35 Nutrition D10:40 Gentle Movement C/D12:00 T’ai Chi12:30 Pounds Away1:00 Art Class1:45 Nutrition F | **8**9:00 EnhanceFitness10:00 Line Dancing11:00 Quilters1:00 EnhanceFitness2:00 Yoga***2:30 WSWC Talent Show & Quarterly Birthday Celebration*** |
| **11**8:00 Open Gym9:00 Strength and Toning  9:50 Abs and Legs9:50 Nutrition A10:00 Choraleers 10:30 Nutrition B10:30 EnhanceFitness11:30 BEEDL1:00 EnhanceFitness1:45 Nutrition E5:00 FITNESS | **12**9:00 Tennis9:00 Cardio9:50 Balance and Stretch9:50 Nutrition C10:35 Health Dialogue D10:40 Gentle Movement C/D11:45T’ai’ Chi 12:30 Tennis1:00 Pilates | **13**8:00 Open Gym9:00 Strength and Toning9:50 Abs and Legs9:50 Health Dialogue A***10:00 Medication Management w/ Delmarva***10:30 Spanish Class10:30 EnhanceFitness10:35Health Dialogue B***11:30 Is there a Griot in the House Presentation at Francis Gregory Library***1:00 EnhanceFitness2:00 Yoga 2:00 Food Demo5:00 FITNESS | **14**9:00 Tennis9:00 Zumba9:50 Strength and Toning9:50 Health Dialogue C10:35 Nutrition D10:40 Gentle Movement C/D***11:30 Washington Regional Transplant Consortium Presentation***12:00 T’ai Chi12:30 Pounds Away1:00 Art Class1:45 Nutrition F | **15*****Emancipation-Day-2016.jpg******Center Closed*** |
| **18**8:00 Open Gym9:00 Strength and Toning  9:50 Abs and Legs9:50 Nutrition A10:30 Nutrition B10:30 EnhanceFitness11:30 BEEDL1:00 EnhanceFitness1:45 Nutrition E5:00FITNESS | **19**9:00 Cardio9:00 Tennis9:50 Balance and Stretch9:50 Nutrition C10:35 Health Dialogue D10:40 Gentle Movement C/D11:45T’ai Chi1:00 Pilates/Abs***12:00 “All the Way” at Arena Stage*** | **20**8:00 Open Gym9:00 Strength and Toning9:50 Abs and Legs9:50 Health Dialogue 10:30 Spanish Class10:30 EnhanceFitness10:35 Health Dialogue B1:00 EnhanceFitness***1:00 Club Memory***2:00 Yoga 5:00 FITNESS | **21**7:30 Open Gym***9:00 KEEN Social Worker***9:00 Tennis9:00 Zumba9:50 Strength and Toning9:50 Health Dialogue C10:35 Nutrition D10:40 Gentle Movement C/D11:45T’ai Chi12:30 Pounds Away1:00 Pilates/Abs1:00 Art Class1:45 Nutrition F | **22**9:00 EnhanceFitness10:00 Line Dancing11:00 Quilters1:00 EnhanceFitness2:00 Yoga |
| **25** 8:00 Open Gym9:00 Strength and Toning  9:50 Abs and Legs9:50 Nutrition A10:00 Choraleers10:00 **Senior Medicare** **Patrol**10:30 Nutrition B10:30 EnhanceFitness11:30 BEEDL1:00 EnhanceFitness**1:45 Nutrition E****5:00 FITNESS** | **26**9:00 Tennis9:00 Cardio9:50 Balance and Stretch9:50 Nutrition C10:35 Health Dialogue D10:40 Gentle Movement C/D11:45 T’ai Chi1:00 Pilates/Abs | **27**8:00 Open Gym9:00 Strength and Toning9:50 Abs/Legs9:50 Health Dialogue 10:30 Spanish Class10:30 EnhanceFitness10:35Health Dialogue B1:00 EnhanceFitness2:00 Yoga 2:00 Food Demo5:00 FITNESS | **28**9:00 Tennis9:00 Zumba9:50 Strength and Toning9:50 Health Dialogue C10:35 Nutrition D10:40 Gentle Movement C/D11:45 T’ai Chi12:30 Pounds Away1:00 Art Class1:00 Pilates/Abs1:45 Nutrition F**Program Orientation:****Mondays 11:00am****Thursdays 2:00pm** | **29**9:00 EnhanceFitness10:00 Line Dancing10:30 Reading Club11:00 Quilters1:00 EnhanceFitness2:00 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**