

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatment (Chair Massage) 9:30 Senior Tabata Boot Camp 10:00 Enhanced Wholeness Lifestyle 10:00 PRESENTATION-DACL Town Hall Meeting 10:30 Pilates 11:30 Therapeutic Treatment (Chair Massage) 1:00 Enhance Fitness 1:00 Fit & Strong 1:15 Phase 10/Pokeno</p>	<p>4 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:00 Active Everyday Living 9:30 Chair Fitness 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutrition 1:30 BLACK HISTORY PROGRAM - CR Gibbs, guest speaker 2:00 Chair Yoga 3:00 Hand Dancing</p> 	<p>5 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 ASSEMBLY MEETING Guest Speaker-Councilman Trayon White- Council Budget 1:00 Arts & Crafts 1:00 Spiritual Studies 2:30 Enhance Fitness</p> 	<p>6 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir 12:30 African Drums 1:00 Metro Area Chess 1:00 Fit & Strong 1:30 Zumba 1:30 Phase 10/Pokeno</p>  	<p>7 8:30 Enhance Fitness 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 TRIP-Publick Playhouse "If Beale Street Could Talk" - FREE 10:00 Crochet 12:30 Keilia's Karats-Nutrition</p>
<p>10 <u>LOVE</u> 8:30 What's Your Name? Wear a Name Tag This Week 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 10:00 Enhanced Wholeness Lifestyle 10:00 Ward 8 Mini Commission 10:30 Pilates 12:00 PRESENTATION-Phil Mendelson, Council Chairman 1:00 Enhance Fitness 1:00 Fit & Strong 1:15 Phase 10/Pokeno</p> 	<p>11 <u>YOUR</u> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:00 Active Everyday Living 9:30 Chair Fitness 10:00 TRIP-Valentine Luncheon@ Busboys & Poets (\$10-12) 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutrition 11:30 Serve Someone Lunch First 1:30 Club Memory 1:30 Sewing 2:00 Chair Yoga 3:00 Hand Dancing</p> 	<p>12 <u>NEIGHBOR</u> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 Book Club 10:30 Pilates 12:00 Love Your Neighbor Week "Raffle" 1:00 Arts & Crafts 1:00 Spiritual Studies 2:30 Enhance Fitness</p> 	<p>13 <u>WEEK</u> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 10:00 TRIP-Great American Buffet (Treat Someone) 10:00 Line Dancing 10:00 Choir 11:00 Chess Lover's Tournament @ Ballou 12:30 African Drums 1:00 Fit & Strong 1:30 Zumba 1:30 Phase 10/Pokeno</p>	<p>14 ♥♥♥♥ 8:30 Enhance Fitness 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet 12:30 Keilia's Karats Nutrition 1:30 VALENTINE'S DAY GATHERING "So You Think You Can Sing?" Karaoke Happy Valentine's Day!</p> 
<p>17 CENTER CLOSED</p> 	<p>18 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:00 Active Everyday Living 9:30 Chair Fitness 10:00 TRIP-CreativiTea 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutrition 11:00 Blood Pressure 1:30 Sewing 2:00 Chair Yoga 3:00 Hand Dancing</p> 	<p>19 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Community Outreach Group 10:00 Advisory Board 10:30 Pilates 10:30 Smart Tech/Social Media 10:30 Have You Heard? - Community News 1:00 Arts & Crafts 1:00 Spiritual Studies 2:30 Enhanced Fitness</p> 	<p>20 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir 12:30 African Drums 12:00 PRESENTATION-DACL Budget Engagement Forum 1:00 Metro Area Chess 1:00 Fit & Strong 1:30 Phase 10/Pokeno 1:30 Zumba</p>  	<p>21 8:30 Enhance Fitness 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet 12:30 Keilia's Karats-Nutrition 1:30 PRESENTATION-Anacostia Organics</p>

<p>24 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 10:00 Ward 8 Mini Commission 10:00 Enhanced Wholeness Lifestyle 10:30 Pilates 1:00 Enhance Fitness 1:00 Fit & Strong 1:15 Phase 10/Pokeno</p>	<p>25 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:00 Active Everyday Living 9:30 Chair Fitness 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutrition 11:00 Blood Pressure 1:00 Chair Yoga 1:00 Sewing 1:00 Keilia's Karats-Cooking Demo 1:30 Club Memory 3:00 Hand Dancing</p>  	<p>26 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 Pilates 10:30 Smart Tech/Social Media 10:30 Behavioral Health Education 1:00 Arts & Crafts 1:00 Spiritual Studies 2:30 Enhanced Fitness</p>	<p>27 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir 12:30 African Drums 1:00 Metro Area Chess 1:00 Fit & Strong (Last Class) 1:30 Zumba 1:30 Phase 10/Pokeno</p> 	<p>28 8:30 Enhance Fitness (Last Class) 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Fitness with Kojak 10:00 Crochet 12:30 Keilia's Karats-Nutrition 1:30 </p>
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LOVE YOUR NEIGHBOR WEEK (10th-14th) - What Can You Do To Show Love?

- ♥ Wear Your Name Tag - Let People Know Your Name - Remember a New Person's Name
- ♥ Serve Someone Lunch Before You Eat Your Lunch
- ♥ Invite Someone Out To Lunch or Dinner....Your Treat
- ♥ Listen to a Person's Story
- ♥ Surprise Someone With a Small Token of Your Appreciation
- ♥ Resolve a Conflict - Be the Bigger Person
- ♥ Express Gratitude...Take Nothing for Granted
- ♥ Show Your Love by Offering Your Skill, Talent, or Area of Expertise to Someone for Free
- ♥ Lend a Helping Hand
- ♥ Spend a Day with Someone Older Than You
- ♥ Mentor a Young Person

PRESIDENT'S DAY (17th)



TRIPS

- Publick Playhouse "If Beale Street Could Talk" - FREE (7th)
- Senior Valentine's Day Luncheon-Busboy & Poets (11th) \$10-12
- Great American Buffet (13th)
- Creativitea @ The Arc (18th)

NOTICE

- Drama - Postponed Until Further
- Tai Chi - Coming Soon
- Metro Area Chess - Chess Lovers Tournament @ Ballou

PRESENTATIONS

- DACL Town Hall Meeting (3rd)
- Black History Program (4th)
- Councilman Trayon White (5th)
- Council Chairman, Phil Mendelson (10th)
- Happy Valentine's Day (14th)
- DACL Budget Engagement Forum (20th)
- Anacostia Organics (21st)