



HAYES SENIOR WELLNESS CENTER Ward 6
 500K Street NE 202-727-0357
 Website: www.hayesswc.com
 Hours: Monday - Friday 8:00 am to 5:00 pm

February 2020

Mon	Tue	Wed	Thu	Fri
3 8:30 Open Gym 9-12 Computer Class 10:00 Line Dance Party 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	4 8:30 Open Gym 9:00 The "Wall" Workout 10-11 Artistic Expression 10:00 Enhanced Fitness 11:00 Director Newland Budget Town Hall 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 3:00 Hand Dancing 3-5 Memory Club	5 8:30 Open Gym 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 11:30 New Member Orientation 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	6 8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout 10:00 Enhanced Fitness 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 4:00 Hand Dancing	7 8:30 Open Gym 10:00 Balance & Calisthenics 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance (Advanced) 2:00 Yoga 2:30 Popped! The Movie Series 4:00 Enhance Fitness
10 8:30 Open Gym 9-12 Computer Class 10:00 Line Dance Party 11:00 Sit Down, Get Down 11:00 Mayor 's Budget Town Hall 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	11 8:30 Open Gym 9:00 The "Wall" Workout 10-11 Artistic Expression 10:00 Enhanced Fitness 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 3:00 Hand Dancing	12 8:30 Open Gym 10-11:30 Arts & Crafts 10:30 Trip to Dollar Tree 11:00 Sit Down, Get Down 11:30-1 Lunch 11:30 New Member Orientation 12:15 Town Hall Meeting 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	13 8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout 10:00 Enhanced Fitness 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 4:00 Hand Dancing	14 8:30 Open Gym 10:00 Balance & Calisthenics 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance (Advanced) 2:00 Yoga 2:30 Popped! The Movie Series 4:00 Enhance Fitness
17 Washington's Birthday Hayes SWC Closed 	18 8:30 Open Gym 9:00 The "Wall" Workout 10-11 Artistic Expression 10:00 Enhanced Fitness 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 3:00 Hand Dancing 3-5 Memory Club	19 8:30 Open Gym 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30 New Member Orientation 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	20 8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout 10:00 Enhanced Fitness 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 4:00 Hand Dancing	21 8:30 Open Gym 10:00 Balance & Calisthenics 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance (Advanced) 2:00 Yoga 2:30 Popped! The Movie Series 4:00 Enhance Fitness



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<p>24 8:30 Open Gym 9-12 Computer Class 10:00 Line Dance Party 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 3:00 Tai Chi 4 Life 4:00 Enhance Fitness</p>	<p>25 8:30 Open Gym 9:00 The "Wall" Workout 10-11 Artistic Expression 10:00 Enhanced Fitness 10:30 Trip to Walmart 10:30 Heart Presentation 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 3:00 Hand Dancing</p>	<p>26 8:30 Open Gym 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30 New Member Orientation 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness</p>	<p>27 8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout 10:00 Enhanced Fitness 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 4:00 Hand Dancing</p>	<p>28 8:30 Open Gym 10:00 Balance & Calisthenics 10-11:30 Arts & Crafts 10:30 Board of Elections Presentation 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance (Advanced) 2:00 Yoga 2:30 Popped! The Movie Series 4:00 Enhance Fitness</p>
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- February 4th – Director Newland’s Budget Town Hall @11:00am
- February 4th - Club Memory @3pm
- February 7th – Popped! Movie Series @3pm
- February 10th – Mayor’s Budget Town Hall @11:00am
- February 12th – Trip to Dollar Tree @10:30am
- February 12th – Town Hall Meeting @ 12:15pm
- February 14th – Popped! Movie Series @3pm
- February 17th – George Washington’s Birthday – HAYES SWC CLOSED
- February 18th - Club Memory @3pm
- February 21st– Popped! Movie Series @3pm
- February 25th – Trip to Walmart @ 10:30am
- February 25th – Heart Presentation @10:30am
- February 28th – Board of Elections Presentation @10:30am
- February 28th – Popped! Movie Series @3pm