



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

March 2020

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>8:30 Open Gym</p> <p>9-12 Computer Class</p> <p>10:00 Line Dance Party</p> <p>11:00 Sit Down, Get Down</p> <p>11:30-1 Lunch</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance</p> <p>2:00 Yoga</p> <p>3:00 Tai Chi 4 Life</p> <p>4:00 Enhance Fitness</p>	<p>3</p> <p>8:30 Open Gym</p> <p>9:00 The "Wall" Workout</p> <p>10-11 Artistic Expression</p> <p>10:00 Enhanced Fitness</p> <p>11:30-1 Lunch</p> <p>1:00 Stretching Class</p> <p>1:15 Wii Fit Fun</p> <p>2:00 Tai Chi</p> <p>3:00 Hand Dancing</p> <p>3-5 Memory Club</p>	<p>4</p> <p>8:30 Open Gym</p> <p>10-11:30 Arts & Crafts</p> <p>10:00 Balance & Calisthenics</p> <p>11:00 Sit Down, Get Down</p> <p>11:30-1 Lunch</p> <p>11:30 New Member Orientation</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance</p> <p>2:00 Yoga</p> <p>2:15-5 Taste Budding</p> <p>3:00 Tai Chi 4 Life</p> <p>4:00 Enhance Fitness</p>	<p>5</p> <p>8:30 Open Gym</p> <p>9-12 Computer Class</p> <p>9:00 The "Wall" Workout</p> <p>10:00 Enhanced Fitness</p> <p>11:30-1 Lunch</p> <p>1:00 Stretching Class</p> <p>1:15 Wii Fit Fun</p> <p>2:00 Tai Chi</p> <p>4:00 Hand Dancing</p>	<p>6</p> <p>8:30 Open Gym</p> <p>10:00 Balance & Calisthenics</p> <p>10-11:30 Arts & Crafts</p> <p>11:00 Sit Down, Get Down</p> <p>11:30 Senior Consumer Protection</p> <p>11:30-1 Lunch</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance (Advanced)</p> <p>2:00 Yoga</p> <p>2:30 Popped! The Movie Series</p> <p>4:00 Enhance Fitness</p>
<p>9</p> <p>8:30 Open Gym</p> <p>9-12 Computer Class</p> <p>9:00 African Line Dance</p> <p>10:00 Line Dance Party</p> <p>10:30 Unique Thrift Store</p> <p>11:00 Sit Down, Get Down</p> <p>11:30-1 Lunch</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance</p> <p>2:00 Yoga</p> <p>3:00 Tai Chi 4 Life</p> <p>4:00 Enhance Fitness</p>	<p>10</p> <p>8:30 Open Gym</p> <p>9:00 The "Wall" Workout</p> <p>10-11 Artistic Expression</p> <p>10:00 Enhanced Fitness</p> <p>11:30-1 Lunch</p> <p>1:00 Stretching Class</p> <p>1:15 Wii Fit Fun</p> <p>2:00 Tai Chi</p> <p>3:00 Hand Dancing</p>	<p>11</p> <p>8:30 Open Gym</p> <p>10-11:30 Arts & Crafts</p> <p>9:00 African Line Dance</p> <p>10:00 Balance & Calisthenics</p> <p>11:00 Sit Down, Get Down</p> <p>11:30-1 Lunch</p> <p>11:30 New Member Orientation</p> <p>12:15 Town Hall Meeting</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance</p> <p>2:00 Yoga</p> <p>2:15-5 Taste Budding</p> <p>3:00 Tai Chi 4 Life</p> <p>4:00 Enhance Fitness</p>	<p>12</p> <p>8:30 Open Gym</p> <p>9-12 Computer Class</p> <p>9:00 The "Wall" Workout</p> <p>10:00 Enhanced Fitness</p> <p>11:30-1 Lunch</p> <p>1:00 Stretching Class</p> <p>1:15 Wii Fit Fun</p> <p>2:00 Tai Chi</p> <p>4:00 Hand Dancing</p>	<p>13</p> <p>8:30 Open Gym</p> <p>10:00 Balance & Calisthenics</p> <p>10-11:30 Arts & Crafts</p> <p>11:00 Sit Down, Get Down</p> <p>11:30-1 Lunch</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance (Advanced)</p> <p>2:00 Yoga</p> <p>2:30 Popped! The Movie Series</p> <p>4:00 Enhance Fitness</p>
<p>16</p> <p>8:30 Open Gym</p> <p>9-12 Computer Class</p> <p>9:00 African Line Dance</p> <p>10:00 Line Dance Party</p> <p>11:00 Sit Down, Get Down</p> <p>11:30-1 Lunch</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance</p> <p>2:00 Yoga</p> <p>3:00 Tai Chi 4 Life</p> <p>4:00 Enhance Fitness</p>	<p>17</p> <p>8:30 Open Gym</p> <p>9:00 The "Wall" Workout</p> <p>10-11 Artistic Expression</p> <p>10:00 Enhanced Fitness</p> <p>11:30-1 Lunch</p> <p>1:00 Stretching Class</p> <p>1:15 Wii Fit Fun</p> <p>2:00 Tai Chi</p> <p>3:00 Hand Dancing</p> <p>3-5 Memory Club</p>	<p>18</p> <p>8:30 Open Gym</p> <p>10-11:30 Arts & Crafts</p> <p>9:00 African Line Dance</p> <p>10:00 Balance & Calisthenics</p> <p>11:00 Sit Down, Get Down</p> <p>11:30 New Member Orientation</p> <p>11:30-1 Lunch</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance</p> <p>2:00 Yoga</p> <p>2:15-5 Taste Budding</p> <p>3:00 Tai Chi 4 Life</p> <p>4:00 Enhance Fitness</p>	<p>19</p> <p>8:30 Open Gym</p> <p>9-12 Computer Class</p> <p>9:00 The "Wall" Workout</p> <p>10:00 Enhanced Fitness</p> <p>10:30 Amish Market (Laurel)</p> <p>11:30-1 Lunch</p> <p>1:00 Stretching Class</p> <p>1:15 Wii Fit Fun</p> <p>2:00 Tai Chi</p> <p>4:00 Hand Dancing</p>	<p>20</p> <p>8:30 Open Gym</p> <p>10:00 Balance & Calisthenics</p> <p>10-11:30 Arts & Crafts</p> <p>11:00 Sit Down, Get Down</p> <p>11:30 United Health Care Presentation</p> <p>11:30-1 Lunch</p> <p>1:15 Bingo</p> <p>1:00 Strength & Resistance (Advanced)</p> <p>2:00 Yoga</p> <p>2:30 Popped! The Movie Series</p> <p>4:00 Enhance Fitness</p>



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<p>23 8:30 Open Gym 9:00 African Line Dance 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>24 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</p>	<p>25 8:30 Open Gym 9:00 African Line Dance 10-11:30 Arts & Crafts 10:00 Balance & Calisthenics 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>26 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>27 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</p>
<p>30 8:30 Open Gym 9:00 African Line Dance 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>31 8:30 Open Gym 9:00 The "Wall" Workout 10-11 Artistic Expression 10:00 Enhanced Fitness 10:30 Board of Elections Presentation 11:30-1 Lunch 1:00 Stretching Class 1:15 Wii Fit Fun 2:00 Tai Chi 3:00 Hand Dancing</p>	<h1>March 24, 2020</h1>  <h1>ALERT! DAY</h1>		



- March 3th - Club Memory @3pm
- March 6th – Elderly Consumer Protection @11:20am
- March 6th – Popped! Movie Series @3pm
- March 9th – Trip to Unique Thrift Store @10:30am
- March 11th – Town Hall Meeting @ 12:15pm
- March 13th – Popped! Movie Series @3pm
- March 17th - Club Memory @3pm
- March 19th – Trip to Amish Market (Laurel) @ 10:30am
- March 20th – United Health Care Presentation @ 11:30pm
- March 20th – Popped! Movie Series @3pm
- March 25th – Heart Presentation @10:30am
- March 31st – Board of Elections Presentation @10:30am