


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SENIORS ON THE MOVE! COME JOIN US! ORIENTATION EVERY TUESDAY AT 2:00PM</p>	<p align="center">Washington Seniors Wellness Center Ward 7 East River Family Strengthening Collaborative 3001 Alabama Avenue, SE (202) 581-9355</p> <p align="center">MARCH 2020</p>			 <p>Green: Open Gym Yellow: Health/Nutrition Purple: New Members Black: Fitness Classes Orange: Classes/Activities</p>
<p align="center">2</p> <p>8:30am: Open Gym 9:00am: Strength & Toning 10:00am: Choraleers 10:00am: Hula Hoop 10:30am: Enhance Fitness 11:30am: BEEDL 1:00pm: Body Sculpt 1:00pm: Computers 2:00pm: Bingo 3:00pm: Open Gym 5:00pm: Fitness Class</p>	<p align="center">3</p> <p>8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Nutrition 10:30am: Health Dialogue 10:45am: Gentle Movement 12:00pm: Tai Chi 1:00pm: Pilates 1:45pm: Meditation 2:00pm: Chess 2:00pm: New Member Orientation 3:00pm: Open Gym</p>	<p align="center">4</p> <p>8:30am: Open Gym 8:30am-4:00pm Blood Pressure Reading 9:00am: Strength & Toning 9:50am: Health Dialogue 10:00am: Nutrition Consults 10:00am: Hula Hoop 10:30am: Enhance Fitness 1:00pm: Body Sculpt 1:30pm: Club Memory 2:00pm: Yoga 3:00pm: Open Gym 5:00pm: Fitness Class</p>	<p align="center">5</p> <p>8:30am: Open Gym 9:00am: Zumba Gold 9:50am: Health Dialogue 10:00am: Tennis 10:00am: Chair Yoga 10:45am: Gentle Movement 11:00am: Spanish Class 12:00pm: Tai Chi 12:30pm: Pounds Away 1:00pm: Pilates 1:00 pm Cell Phones 1:00pm: Art/Crafts 1:45pm: Meditation 1:45pm: Nutrition 2:00pm: Painting 3:00 pm: Open Gym</p>	<p align="center">6</p> <p>8:30am: Open Gym 9:00am: Enhance Fitness 10:00am: Line Dancing 12:00pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	10	11	12	13
8:30am: Open Gym 9:00am: Strength & Toning 10:00am: Choraleers 10:00am: Hula Hoop 10:30am: Enhance Fitness 11:30am: BEEDL 1:00pm: Body Sculpt 1:00pm: Computers 2:00pm: Bingo 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Nutrition 10:30am: Health Dialogue 10:45am: Gentle Movement 12:00pm: Tai Chi 1:00pm: Pilates 1:45pm: Meditation 2:00pm: Chess 2:00pm: New Member Orientation 3:00pm: Open Gym	8:30am: Open Gym 8:30am- 4:00pm Blood Pressure Reading 9:00am: Strength & Toning 9:50am: Health Dialogue 10:00am: Nutrition Consults 10:00am: Hula Hoop 10:30am: Enhance Fitness 1:00pm: Body Sculpt 2:00pm: Yoga 2:00pm: Movie Day 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Zumba Gold 9:50am: Health Dialogue 10:00am: Tennis 10:00am: Chair Yoga 10:45am: Gentle Movement 11:00am: Spanish Class 12:00pm: Tai Chi 12:30pm: Pounds Away 1:00pm: Pilates 1:00 pm Cell Phones 1:00pm: Art/Crafts 1:45pm: Meditation 1:45pm: Nutrition 2:00pm: Painting 3:00 pm: Open Gym	8:30am: Open Gym 9:00am: Enhance Fitness 10:00am: Line Dancing 12:00pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym
16	17	18	19	20
8:30am: Open Gym 9:00am: Strength & Toning 10:00am: Choraleers 10:00am: Hula Hoop 10:30am: Enhance Fitness 11:30am: BEEDL 1:00pm: Body Sculpt 1:00pm: Computers 2:00pm: Bingo 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Nutrition 10:30am: Health Dialogue 10:45am: Gentle Movement 12:00pm: Tai Chi 1:00pm: Pilates 1:45pm: Meditation 2:00pm: Chess 2:00pm: New Member Orientation 3:00pm: Open Gym	8:30am: Open Gym 8:30am- 4:00pm Blood Pressure Reading 9:00am: Strength & Toning 9:50am: Health Dialogue 10:00am: Hula Hoop 10:30am: Enhance Fitness 1:00pm: Body Sculpt 1:30pm: Club Memory 2:00pm: Yoga 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Zumba Gold 9:50am: Health Dialogue 10:00am: Tennis 10:00am: Chair Yoga 10:45am: Gentle Movement 11:00am: Spanish Class 12:00 pm: Tai Chi 12:30pm: Pounds Away 1:00pm: Pilates 1:45pm: Meditation 1:45pm: Nutrition 1:00 pm: Cell Phones 1:00pm: Arts/Crafts 2:00pm: Painting Class 3:00pm: Open Gym	8:30am: Open Gym 9:00am: Enhance Fitness 10:00am: Line Dancing 12:00pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
8:30am: Open Gym 9:00am: Strength & Toning 10:00am: Choraleers 10:00am: Hula Hoop 10:30am: Enhance Fitness 11:30am: BEEDL 1:00pm: Body Sculpt 1:00pm: Computers 2:00pm: Bingo 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Nutrition 10:30am: Health Dialogue 10:45am: Gentle Movement 12:00pm: Tai Chi 1:00pm: Pilates 1:45pm: Meditation 2:00pm: Chess 2:00pm: New Member Orientation 3:00pm: Open Gym	8:30am: Open Gym 8:30am- 4:00pm Blood Pressure Reading 9:00am: Strength & Toning 9:50am: Health Dialogue 10:00am: Hula Hoop 10:30am: Enhance Fitness 1:00pm: Body Sculpt 2:00pm: Yoga 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Zumba Gold 9:50am: Health Dialogue 10:00am: Tennis 10:00am: Chair Yoga 10:45am: Gentle Movement 11:00am: Spanish Class 12:00 pm: Tai Chi 12:30pm: Pounds Away 1:00pm: Pilates 1:45pm: Meditation 1:45pm: Nutrition 1:00 pm: Cell Phones 1:00pm: Arts/Crafts 2:00pm: Painting Class 3:00pm Open Gym	8:30am: Open Gym 9:00am: Enhance Fitness 10:00am: Reading Club 10:00am: Line Dancing 12:00pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym
30	31	Trips (10:30 am)		Meetings
8:30am: Open Gym 9:00am: Strength & Toning 10:00am: Choraleers 10:00am: Hula Hoop 10:30am: Enhance Fitness 11:30am: BEEDL 1:00pm: Body Sculpt 1:00pm: Computers 2:00pm: Bingo 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Nutrition 10:30am: Health Dialogue 10:45am: Gentle Movement 12:00pm: Tai Chi 1:00pm: Pilates 1:45pm: Meditation 2:00pm: Chess 2:00pm: New Member Orientation 3:00pm: Open Gym	March 6th – Amish Market March 10th – Giant Tour March 11th – Walmart Super Center March 13 th – River Towne Theater March 27 th - River Towne Theater March 30 th - Advocacy Day March 31 st - Library of Congress		11:00 am March 4 th Members Assembly 11:00 am March 18 th Program Director's Meeting 11:30 am March 26 th Members Assembly Executive Committee Meeting

Presentations, Screenings, Workshops

Tuesday, February 4, 2020 -Tuesday March 17, 2020- 12:00pm to 2:00pm - MedStar Washington Center Living Well Free Workshop (Hudson Room)

Monday, March 2, 2020- 10:00 am- Susan Karami, board certified therapeutic fitter will be at the center to take orders for diabetic shoes, back, leg, ankle, knee braces, carpal tunnel braces (Free items paid for by Medicare)

Tuesday, March 3, 2020-2:00pm-4:00pm Martha's Table Joyful Market (Intergenerational Project) – Randland High Elementary School

Thursday, March 5, 2020- 10:00am- Idriys J. Abdullah - Consumer Protection Advocate (Dept of Insurance, Securities and Banking Presentation)

Tuesday, March 10, 2020- 10:30am- “Celebrating National Nutrition Month” – Giant Nutrition Tour. Lots of Fun & Goodies

Wednesday, March 11, 2020- 10:00am- 11:30am- AARP Smart Driver TEK workshop

Wednesday, March 11, 2020- 2:00pm- Chef Jackie – Little Beets Restaurant Healthy Cooking Demonstration- Showcase “Plant Base Burger”

Thursday, March 12, 2020- 11:00am- Legal Counsel for the Elderly (Scams, Fraud Presentation)

Monday, March 16, 2020- 10:00am - Rebecca Roe- DC Central Kitchen & Chef Me Me - Updates on the Healthy Corners 5 for 5 coupon program- (Food Demonstration Heathy Breakfast Wrap with Vegetables)

Tuesday, March 17, 2020- 10:00am - Heather Foote Traffic & Transportation Updates

Thursday, March 19, 2020- 2:30pm-4:00pm- EYL 365 Project, LLC- Intergenerational Activity (Activity TBA)

Thursday, March 19, 2020- 3:15pm Martha's Table Joyful Market (Intergenerational Project) – Stanton Elementary School

Tuesday, March 24, 2020 2:00pm – 4:00pm -- Alice and Penny Manning (Singers)- Pre- Easter-Concert

Wednesday, March 25, 2020- 2:00pm (Celebrating National Nutrition Month) – Chef Herb Holden (Food Demonstration)

Thursday, March 26, 2020- 10:00am Howard University Nursing Department - Dr. Charmaine Mickie (Gout Presentation)

Tuesday, March 31, - 2020- 10:00am-- Francis Baretta, Community Outreach Specialist - (USADC)- US Attorney's Office National Opioid Awareness and Safety Presentation