| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-------------------------------------|--|---|-----------------------|
| SENIORS ON THE MOVE! COME JOIN US! ORIENTATION EVERY TUESDAY AT 2:00PM | Washin East River F 3001 Alab | Green: Open Gym Yellow: Health/Nutrition Purple: New Members Black: Fitness Classes Orange: Classes/Activities | | |
| 2 | 3 | 4 | 5 | 6 |
| 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym |
| 9:00am: Strength & Toning | 9:00am: Tennis | 8:30am-4:00pm Blood | 9:00am: Zumba Gold | 9:00am: Enhance |
| 10:00am: Choraleers | 9:00am: Zumba Gold | Pressure Reading | 9:50am: Health | Fitness |
| 10:00am: Hula Hoop | 9:50am: Nutrition | 9:00am: Strength & | Dialogue 40.00 and Tannia | 10:00am: Line Dancing |
| 10:30am: Enhance Fitness 11:30am: BEEDL | 10:30am: Health Dialogue | Toning 9:50am: Health | 10:00am: Tennis 10:00am: Chair Yoga | 12:00pm: Tai Chi |
| 1:00pm: Body Sculpt | 10:45am: Gentle | Dialogue | 10:45am: Gentle | 2:00pm: Bingo |
| 1:00pm: Computers | Movement | 10:00am: Nutrition | Movement | 2:00pm: Yoga |
| 2:00pm: Bingo | 12:00pm: Tai Chi | Consults | 11:00am: Spanish | 3:00pm: Open Gym |
| 3:00pm: Open Gym | 1:00pm: Pilates | 10:00am: Hula Hoop | Class | |
| 5:00pm: Fitness Class | 1:45pm: Meditation | 10:30am: Enhance | 12:00pm: Tai Chi | |
| | 2:00pm: Chess | Fitness | 12:30pm: Pounds | |
| | 2:00pm: New Member | 1:00pm: Body Sculpt | Away | |
| | Orientation | 1:30pm: Club Memory | 1:00pm: Pilates | |
| | 3:00pm: Open Gym | 2:00pm: Yoga 3: 00pm: Open Gym | 1:00 pm Cell Phones 1:00pm: Art/Crafts | |
| | | 5:00pm: Open Gym | 1:45pm: Meditation | |
| | | Class | 1:45pm: Nutrition | |
| | | 0.000 | 2:00pm: Painting | |
| | | | 3:00 pm: Open Gym | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|--|--|------------------------|-----------------------|
| 9 | 10 | 11 | 12 | 13 |
| 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym |
| 9:00am: Strength & Toning | 9:00am: Tennis | 8:30am- 4:00pm Blood | 9:00am: Zumba Gold | 9:00am: Enhance |
| 10:00am: Choraleers | 9:00am: Zumba Gold | Pressure Reading | 9:50am: Health | Fitness |
| 10:00am: Hula Hoop | 9:50am: Nutrition | 9:00am: Strength & | Dialogue | 10:00am: Line Dancing |
| 10:30am: Enhance Fitness | 10:30am: Health | Toning | 10:00am: Tennis | 12:00pm: Tai Chi |
| 11:30am: BEEDL | Dialogue | 9:50am: Health | 10:00am: Chair Yoga | 2:00pm: Bingo |
| 1:00pm: Body Sculpt | 10:45am: Gentle | Dialogue | 10:45am: Gentle | 2:00pm: Yoga |
| 1:00pm: Computers | Movement | 10:00am: Nutrition | Movement | 3:00pm: Open Gym |
| 2:00pm: Bingo | 12:00pm: Tai Chi | Consults | 11:00am: Spanish | |
| 3:00pm: Open Gym | 1:00pm: Pilates | 10:00am: Hula Hoop | Class | |
| 5:00pm: Fitness Class | 1:45pm: Meditation | 10:30am: Enhance | 12:00pm: Tai Chi | |
| | 2:00pm: Chess | Fitness | 12:30pm: Pounds | |
| | 2:00pm: New Member | 1:00pm: Body Sculpt | Away | |
| | Orientation | 2:00pm: Yoga | 1:00pm: Pilates | |
| | 3:00pm: Open Gym | 2:00pm: Movie Day | 1:00 pm Cell Phones | |
| | | 3: 00pm: Open Gym | 1:00pm: Art/Crafts | |
| | | 5:00pm: Fitness | 1:45pm: Meditation | |
| | | Class | 1:45pm: Nutrition | |
| | | | 2:00pm: Painting | |
| | | | 3:00 pm: Open Gym | |
| | | | | |
| 16 | 17 | 18 | 19 | 20 |
| 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym |
| 9:00am: Strength & Toning | 9:00am: Tennis | 8:30am- 4:00pm Blood | 9:00am: Zumba Gold | 9:00am: Enhance |
| 10:00am: Choraleers | 9:00am: Zumba Gold | Pressure Reading | 9:50am: Health | Fitness |
| 10:00am: Hula Hoop | 9:50am: Nutrition | 9:00am: Strength & | Dialogue | 10:00am: Line Dancing |
| 10:30am: Enhance Fitness | 10:30am: Health | Toning | 10:00am: Tennis | 12:00pm: Tai Chi |
| 11:30am: BEEDL | Dialogue 0 and 10 are 1 | 9:50am: Health | 10:00am: Chair Yoga | 2:00pm: Bingo |
| 1:00pm: Body Sculpt | 10:45am: Gentle | Dialogue 11-11-11-11-11-11-11-11-11-11-11-11-11- | 10:45am: Gentle | 2:00pm: Yoga |
| 1:00pm: Computers | Movement | 10:00am: Hula Hoop | Movement | 3:00pm: Open Gym |
| 2:00pm: Bingo | 12:00pm: Tai Chi | 10:30am: Enhance | 11:00am: Spanish Class | |
| 3:00pm: Open Gym | 1:00pm: Pilates | Fitness | 12:00 pm: Tai Chi | |
| 5:00pm: Fitness Class | 1:45pm: Meditation | 1:00pm: Body Sculpt | 12:30pm: Pounds Away | |
| | 2:00pm: Chess | 1:30pm: Club Memory | 1:00pm: Pilates | |
| | 2:00pm: New Member | 2:00pm: Yoga | 1:45pm: Meditation | |
| | Orientation | 3: 00pm: Open Gym | 1:45pm: Nutrition | |
| | 3:00pm: Open Gym | 5:00pm: Fitness | 1:00 pm: Cell Phones | |
| | | Class | 1:00pm: Arts/Crafts | |
| | | | 2:00pm: Painting Class | |
| | | | 3:00pm Open Gym | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|--------------------|---------------------------------------|------------------------|-----------------------|
| 23 | 24 | 25 | 26 | 27 |
| 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym | 8:30am: Open Gym |
| 9:00am: Strength & Toning | 9:00am: Tennis | 8:30am- 4:00pm Blood | 9:00am: Zumba Gold | 9:00am: Enhance |
| 10:00am: Choraleers | 9:00am: Zumba Gold | Pressure Reading | 9:50am: Health | Fitness |
| 10:00am: Hula Hoop | 9:50am: Nutrition | 9:00am: Strength & | Dialogue | 10:00am: Reading Club |
| 10:30am: Enhance Fitness | 10:30am: Health | Toning | 10:00am: Tennis | 10:00am: Line Dancing |
| 11:30am: BEEDL | Dialogue | 9:50am: Health | 10:00am: Chair Yoga | 12:00pm: Tai Chi |
| 1:00pm: Body Sculpt | 10:45am: Gentle | Dialogue | 10:45am: Gentle | 2:00pm: Bingo |
| 1:00pm: Computers | Movement | 10:00am: Hula Hoop | Movement | 2:00pm: Yoga |
| 2:00pm: Bingo | 12:00pm: Tai Chi | 10:30am: Enhance | 11:00am: Spanish Class | 3:00pm: Open Gym |
| 3:00pm: Open Gym | 1:00pm: Pilates | Fitness | 12:00 pm: Tai Chi | отобрии брои буш |
| 5:00pm: Fitness Class | 1:45pm: Meditation | 1:00pm: Body Sculpt | 12:30pm: Pounds Away | |
| | 2:00pm: Chess | 2:00pm: Yoga | 1:00pm: Pilates | |
| | 2:00pm: New Member | 3: 00pm: Open Gym | 1:45pm: Meditation | |
| | Orientation | 5:00pm: Fitness | 1:45pm: Nutrition | |
| | 3:00pm: Open Gym | Class | 1:00 pm: Cell Phones | |
| | отории орон оуш | - Class | 1:00pm: Arts/Crafts | |
| | | | 2:00pm: Painting Class | |
| | | | 3:00pm Open Gym | |
| 30 | 31 | Trips (10:30 am) | | Meetings |
| 8:30am: Open Gym | 8:30am: Open Gym | | | J |
| 9:00am: Strength & Toning | 9:00am: Tennis | March 6th – Amish Mark | rot | 11:00 am March 4th |
| 10:00am: Choraleers | 9:00am: Zumba Gold | Watch out - Amish Watket | | Members |
| 10:00am: Hula Hoop | 9:50am: Nutrition | Manak 40th Class Taxon | | Assembly |
| 10:30am: Enhance Fitness | 10:30am: Health | March 10th – Giant Tour | | Assembly |
| 11:30am: BEEDL | Dialogue | | _ | 44.00 |
| 1:00pm: Body Sculpt | 10:45am: Gentle | March 11th – Walmart S | uper Center | 11:00 am March 18th |
| 1:00pm: Computers | Movement | | | Program |
| 2:00pm: Bingo | 12:00pm: Tai Chi | March 13 ^{th -} River Town | ne Theater | Director's |
| 3:00pm: Open Gym | 1:00pm: Pilates | | | Meeting |
| 5:00pm: Fitness Class | 1:45pm: Meditation | March 27 th - River Town | e Theater | |
| | 2:00pm: Chess | | | 11:30 am March 26th |
| | 2:00pm: New Member | March 30 th - Advocacy | Day | Members |
| | Orientation | Harcii 30 - Auvocacy | Day | Assembly |
| | 3:00pm: Open Gym | on Gym | Executive | |
| | | March 31 st - Library of 0 | ongress | |
| | | | | 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