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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	11	12	13	14
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	Blood Pressure	9:00am: Zumba Gold	9:00am: Enhance Fitness
10:00am: Choraleers	9:00am: Zumba Gold	screening until 4:00pm	9:50am: Health	10:00am: Line Dancing
10:00am: Hula Hoop	9:50am: Nutrition	9:00am: Strength &	Dialogue	12:00 pm: Tai Chi
10:30am: Enhance Fitness	10:30am: Health	Toning	10:00am: Tennis	2:00pm: Bingo
11:30am: BEEDL	Dialogue	10:00am: Hula Hoop	10:00am: Chair Yoga	2:00pm: Yoga
1:00pm: Body Sculpt	10:45am: Gentle	9:50am: Health	10:45am: Gentle	3:00pm: Open Gym
1:00pm: Computers	Movement	Dialogue	Movement	
2:00pm: Bingo	12:00 pm: Tai Chi	10:00am: Nutrition	11:00am: Spanish	
3:00pm: Open Gym	12:30 pm: Massage	Consultations	Class	
5:00pm: Fitness Class	1:00pm: Pilates	10:30am: Enhance	12:00 pm: Tai Chi	
•	1:45pm: Meditation	Fitness	12:30 pm: Pounds Away	
	2:00pm: Chess	1:00pm: Body Sculpt	1:00pm: Pilates	
	2:00pm: New Member	2:00pm: Yoga	1:00 pm Cell Phones	
	Orientation	2:00pm: Movie Day	1:00pm: Art/Crafts	
	3:00pm: Open Gym	3: 00pm: Open Gym	1:45pm: Meditation	
		5:00pm: Fitness Class	1:45pm: Nutrition	
		•	2:00pm: Painting	
			3:00 pm: Open Gym	
17	18	19	20	21
CENTER CLOSED	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym
	9:00am: Tennis	Blood Pressure	9:00am: Zumba Gold	9:00am: Enhance
	9:00am: Zumba Gold	screening until 4:00pm	9:50am: Health Dialogue	Fitness
10 To	9 <mark>:50am: Nutrition</mark>	9:00am: Strength	10:00am: Tennis	10:00am: Line Dancing
DO COLD CALCOLO	10:30am: Health	&Toning	10:00am: Choraleers	12:00 pm: Tai Chi
UKISHII SNI KA	Dialogue	9:50am: Health	10:00am: Chair Yoga 10:45am: Gentle	2:00pm: Bingo
ILUIDLIII	10:45am: Gentle	Dialogue	Movement	2:00pm: Yoga
	Movement	10:00 am: Hula Hoop	11:00am: Spanish Class	
	12:00pm: Tai Chi	10:30am: Enhance	12:00 pm: Tai Chi	3:00pm: Open Gym
	1:00pm: Pilates	Fitness	12:30pm: Pounds Away	
	1:45pm: Meditation	1:00pm: Body Sculpt	1:00pm: Pilates	
	2:00pm: Chess	1:30pm: Club Memory	1:45pm: Meditation	
**************************************	2:00pm: New Member	2:00pm: Yoga	1:45pm: Nutrition	
Water State of the Control of the Co	Orientation	3: 00pm: Open Gym	1:00 pm: Cell Phones	
and the state of	3:00pm: Open Gym	5:00pm: Fitness Class	1:00pm: Arts/Crafts	
			2:00pm: Painting Class 3:00pm: Open Gym	
			3.00pm. Open Gym	

8:30am: Open Gym 9:00am: Strength & Toning 10:00am: Choraleers 10:00am: Hula Hoop 24 8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Nutrition	25 26 8:30am: Open Gym Blood Pressure	8:30am: Open Gym	28	
10:30am: Enhance Fitness 11:30am: BEEDL 1:00pm: Body Sculpt 1:00pm: Computers 2:00pm: Bingo 3:00pm: Open Gym 3:45 Tai Chi 5:00pm: Fitness Class 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	screening until 4:00pm 9:00am: Strength &Toning 9:50am: Health Dialogue 10:00 am: Hula Hoop 10:30am: Enhance Fitness 1:00pm: Body Sculpt 2:00pm: Yoga 3: 00pm: 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	8:30am: Open Gym 9:00am: Enhance Fitness 10:00am: Reading Club 10:00am: Line Dancing 11:00am: Quilting 12:00 pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym	
Orientation 3:00pm: Open Gym Meetings Feb. 5 th - Members Assembly 11:00 am Feb. 11 th - DACL Budget Town Hall 1:00 pm Feb. 19th - Program Director's Meeting 11:00 am Feb. 24 th - Choraleers Concert 10:00 am Feb. 27th - Members Assembly Executive Committee Meeting 11:30 am	3:45 Tai Chi 5:00pm: Fitness Class Trips (10:30 am) Feb. 11 th – Kennedy Cer Feb. 13 th – Publick Playl Feb. 14 th – Rivertowne T Feb. 21 st -Silver Dlner Feb. 25 th – Library of Co Feb. 27 th – Martha's Tab	5:00pm: Fitness Class 2:00pm: Painting Class 3:00pm: Open Gym Trips (10:30 am) Feb. 11 th – Kennedy Center Tour Feb. 13 th – Publick Playhouse (Jazz Concert) Feb. 14 th – Rivertowne Theater (The Photographer)		



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)

Thursday, February 6, 2020 – 10:00 am, Lynel McFadden Community Navigator, Medstar Washington Hospital Center/ Washington Cancer Institute. Colorectal Cancer Prevention in the Neighborhood. Colon Screening Presentation & Screenings

Monday, February 10, 2010 – 10:00am – CR Gibbs Underground Railroad & District of Columbia Presentation

Tuesday, February 11, 2020 – 1:00pm – Department of Aging and Community Living Town Hall Budget Forum

Wednesday, February 12, 2020- 9:00am - Heart Health Activity with Lillian - Gym

Wednesday, February 12, 2020- 2:00pm-4:00pm Pre - Valentine Concert-Sandra Johnson

Wednesday, February 19, 2020- 10:00am-11:30am DACL & Howard University Dental, DC One Card- Presentations

Wednesday, February 19, 2020 11:30am Program Director's Meeting – Healthy Beverage Act Presentation

Thursday, February 20, 2020- 9:00am-1:00pm- Sibley Hospital Hearing Screenings

Thursday, February 20, 2020 - 2:20pm-4:00pm -EYL-365 Project LLC- Stain Glass Inter-Generational Activity

Monday, February 24, 2020- 10:00am Medstar Washington Cardiologist – Heart Health Presentation

Wednesday, February 26, 2020- 10:00am -Lynnitta Lockett (DOH)- SNAP ED Presentation - Good Snacks/Food Demonstration

Wednesday, February 26, 2020- 2:00pm -Chef Jackie -Little Beets Restaurant Healthy Cooking Demonstration- Showcasing" Plant Base burger"

Thursday, February 27, 2020 -10:00am-11:30am -Office of the Peoples Counsel (WASA, Pepco, Washington Gas) & Dept. of Insurance Securities & Banking (Fraud/ Purchasing Apartment Insurance) Presentations