



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SENIORS ON THE MOVE! COME JOIN US! ORIENTATION EVERY TUESDAY AT 2:00PM</p>	<p style="text-align: center;">Washington Seniors Wellness Center Ward 7 East River Family Strengthening Collaborative 3001 Alabama Avenue, SE (202) 581-9355</p> <p style="text-align: center;">FEBRUARY 2020</p>			 <p>Green: Open Gym Yellow: Health/Nutrition Purple: New Members Black: Fitness Classes Orange: Classes/Activities</p>
<p style="text-align: center;">3</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 style="text-align: center;">4</p> <p>8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Nutrition 10:30am: Health Dialogue 10:45am: Gentle Movement 12:00 pm: Tai Chi 12:30 pm: Massage 1:00pm: Pilates 1:45pm: Meditation 2:00pm: Chess 2:00pm: New Member Orientation 3:00pm: Open Gym</p>	<p style="text-align: center;">5</p> <p>8:30am: Open Gym Blood Pressure screening until 4:00pm 9:00am: Strength & Toning 10:00am: Hula Hoop 9:50am: Health Dialogue 10:00am: Nutrition Consultations 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 style="text-align: center;">6</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 12:00 pm: Tai Chi 12:30 pm: 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 style="text-align: center;">7</p> <p>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</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	11	12	13	14
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 12:00 pm: Tai Chi 12:30 pm: Massage 1:00pm: Pilates 1:45pm: Meditation 2:00pm: Chess 2:00pm: New Member Orientation 3:00pm: Open Gym	8:30am: Open Gym Blood Pressure screening until 4:00pm 9:00am: Strength & Toning 10:00am: Hula Hoop 9:50am: Health Dialogue 10:00am: Nutrition Consultations 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 12:00 pm: Tai Chi 12:30 pm: 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 12:00 pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym
17	18	19	20	21
CENTER CLOSED 	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 Blood Pressure 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 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: Choraleers 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 12:00 pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
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 3:45 Tai Chi 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 Blood Pressure 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 3:45 Tai Chi 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 11:00am: Quilting 12:00 pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym
Meetings Feb. 5th - Members Assembly 11:00 am Feb. 11th – DACL Budget Town Hall 1:00 pm Feb. 19th – Program Director’s Meeting 11:00 am Feb. 24th – Choraleers Concert 10:00 am Feb. 27th – Members Assembly Executive Committee Meeting 11:30 am		Trips (10:30 am) Feb. 11th – Kennedy Center Tour Feb. 13th – Publick Playhouse (Jazz Concert) Feb. 14th – Rivertowne Theater (The Photographer) Feb. 21st -Silver DIner Feb. 25th – Library of Congress Feb. 27th – Martha’s Table Joyful Market (Inter-generational Project) 3:15pm Feb. 28th - Publick Playhouse (Songs For Civil Rights Then and Now)		



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