





Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatments (Chair Massage)  9:30 Senior Tabata Boot Camp 10:00 Enhance Wholeness Lifestyle 10:30 Pilates 11:30 Therapeutic Treatment (Chair Massage) 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi 3D</p> 	<p>3 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness 10:45 Chat w/Nat -Nutrition Jeopardy  1:00 PRESENTATION-Frank Rollins, "The Habit of Fitness" 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing</p> 	<p>4 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 ASSEMBLY MEETING  12:30 TRIP-DCOA Budget Town Hall (RISE Center) 1:00 Arts &amp; Crafts (NEW TIME) 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p> 	<p>5 8:45 90-Day Challenge (Chest/Back) 9:00 SIDEWALK SALE 9:00 Meditation/Inspiration 10:00 Choir 10:00 Stick Around/Line Dancing 12:30 Book Club 12:30 African Drum   12:30 Smart Technology 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release &amp; Relax: Meditation 2:30 Chat w/Nat-My Plate Bingo</p>	<p>6 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Intro to Enhance Fitness 10:00 Crochet  10:45 Kinesiology Klub 12:30 Chat w/Nat-Lunch &amp; Learn Fresh Tomato Day 1:15 Tai Chi 3-D 1:00 PROGRAM-Howard University-At Risk  1:00 </p>
<p>9 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatments (Chair Massage) 9:30 Senior Tabata Boot Camp 10:00 Ward 8 Mini Commission 10:00 Enhance Wholeness Lifestyle 10:30 Pilates 11:30 Therapeutic Treatment (Chair Massage) 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi 3D</p> 	<p>10 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness 10:00 FSFSC/ERFSC/DCOA Town Hall Meeting 10:30 Sunshine Club 10:45 Chat w/Nat -Garden Goodness (Garden Week) 1:15 Bokwa 1:30 Sewing 2:00 Yoga 2:30 Club Memory 3:00 Hand Dancing</p> 	<p>11 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing  10:00 TRIP-Cherry Blossom/National Portrait Gallery (OBAMA)  10:30 Pilates 1:00 Arts &amp; Crafts (New Time) 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p> 	<p>12 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 10:00 Choir 10:00 Stick Around/Line Dancing 12:30 Smart Technology 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release &amp; Relax: Meditation 2:30 Chat w/Nat - Nutrition Concentration</p>	<p>13 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Intro to Enhance Fitness 9:30 ART Therapy (Memories on Canvas)  10:00 Crochet 10:00 Senior Medicare Patrol 12:30 Chat w/Nat Lunch &amp; Learn - Grill Cheese Sandwich Day 1:15 Tai Chi 3-D  1:00 </p>
<p>16</p> <h1 style="text-align: center;">CENTER CLOSED</h1>  <p style="text-align: center;">© Can Stock Photo</p>	<p>17 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 TRIP-Movie "Black Panther" (Gallery Place)  10:45 Chat w/Nat - Frozen Foods-Convenient and Nutritious 11:00 Blood Pressure   1:00 PRESENTATION-Office of People's Counsel, Consumer Services 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing</p> 	<p>18 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 Advisory Board Meeting 10:00 TRIP-Anacostia Art Center  10:30 Health Education w/Brenda   10:30 Pilates 1:00 Arts &amp; Crafts (New Time)  1:00 Spiritual Studies  1:45 Tai Chi 3D 2:30 Enhance Fitness</p> 	<p>19 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 10:00 Choir 10:00 Stick Around/Line Dancing 12:30 Smart Technology  12:30 African Drum   1:00 CHSWC FASHION SHOW  1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release &amp; Relax: Meditation </p>	<p>20 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak   10:00 TRIP-UDC Earth Day 10:00 Crochet 10:45 Kinesiology Klub   12:30 PRESENTATION-Volunteer Recognition Day  1:15 Tai Chi 3D  1:00 </p>

