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<p>DC Senior Games 2018 April 30th - May 14th</p> 	<p>1 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness  10:30 TRIP-Fun Walk-Spingarn Senior High School 10:45 Chat w/Nat –Act F.A.S.T.-Stroke Awareness Month 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing </p>	<p>2 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 ASSEMBLY MEETING  1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness </p>	<p>3 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 & Relax: Meditation 2:30 Chat w/Nat-Diabetes Support Group</p>	<p>4 8:30 Enhance Fitness  9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet  10:45 Kinesiology Klub 12:30 Chat w/Nat-Lunch & Learn - Beef Month 1:15 Tai Chi 3-D 1:00 PROGRAM-Howard University-At Risk 1:00 </p>
<p>7 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>8 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness 10:30 Sunshine Club 10:45 Chat w/Nat – Dem Bones (Nat. Osteoporosis Month) 1:15 Bokwa 1:30 Sewing 2:00 Yoga 2:30 Club Memory  3:00 Hand Dancing</p>	<p>9 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 PRESENTATION-Metropolitan Wellness Center (Medical Marijuana) 10:30 Pilates  1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness </p>	<p>10 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 10:00 Choir 10:00 Stick Around/Line Dancing 12:30 Smart Technology 1:00 MOTHER'S DAY CELEBRATION 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation</p>	<p>11 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 TRIP- "The Wiz" Ford Theatre  10:00 Crochet 10:00 Senior Medicare Patrol 12:30 Chat w/Nat Lunch & Learn - Asparagus Month 1:15 Tai Chi 3-D 1:00 </p>
<p>14 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 9:30 TRIP - DC Games Closing 10:00 Social Worker 10:00 Ward 8 Mini Commission 10:00 Enhance Wholeness Lifestyle 10:00 PRESENTATION-AARP Legal Counsel for the Elderly 10:30 Pilates 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi 3D</p>	<p>15 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 TRIP-Mother's Day Brunch 10:45 Chat w/Nat - Meet Arthur Ritis (Arthritis Awareness Month) 11:00 Blood Pressure  1:30 Sewing 2:00 Yoga 3:00 Hand Dancing </p>	<p>16 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 Advisory Board Meeting 10:30 Behavioral Health Education w/Brenda  10:30 Pilates  12:30 PRESENTATION-Smart 911/311 Outreach 1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness </p>	<p>17 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 16th ANNIVERSARY  1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation</p>	<p>18 8:30 Enhance Fitness  9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet  10:45 Kinesiology Klub 12:30 Chat w/Nat Lunch & Learn - Salad Month 1:15 Tai Chi 3D 1:00 Bingo/Birthday Party </p>

<p>21 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Senior Tabata  10:00 Enhance Wholeness Lifestyle 10:30 Pilates  1:00 Enhance Fitness  1:15 Phase 10/Pokeno 2:00 Tai Chi 3D </p>	<p>22 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 TRIP-CDC Conference (R.I.S.E. Center) 10:45 Chat w/Nat-Be a Germ Buster  11:00 Blood Pressure 1:00 Men's Locker Room - Discussion "Men Ain't Boys" Movie 1:15 Bokwa  1:30 Sewing  2:00 Yoga  2:30 Club Memory 3:00 Hand Dancing</p>	<p>23 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 Pilates  10:30 Behavioral Health Education w/Brenda  1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p>	<p>24 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 10:00 Choir  10:00 Stick Around/Line Dancing 10:15 PRESENTATION-Senior Entrepreneur Program 12:30 Smart Technology 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation 2:30-Chat w/Nat - My Bingo Plate</p>	<p>25 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet 12:30 Chat w/Nat- Lunch & Learn - Strawberry Month 1:00 MEMORIAL DAY Celebration - Sandra Johnson, Jazz Concert 1:15 Tai Chi 3D </p>
<p>28 CENTER CLOSED MEMORIAL DAY  With Honor & Gratitude We Remember</p>	<p>29 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:30 PRESENTATION-Better Breathing -Lung Association 11:00 Blood Pressure 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing</p>	<p>30 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 9:00 PRESENTATION National Senior Health & Fitness Day 9:30 Ole Skool Dancing  10:30 Pilates 1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p>	<p>31 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration 10:00 Choir 10:00 Stick Around/Line Dancing 10:30 PRESENTATION-Wendt Center for Loss & Healing  12:30 Smart Technology 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation</p>	<p> Happy Mother's Day Sunday, 13th</p>

TRIPS

- DC Senior Games-Fun Walk (1st)
- "The Wiz" Ford Theatre (11th)
- DC Senior Games Closing (14th)
- Mother's Day Brunch, Great American Buffet (15th)
- Community Development Committee Conference (22nd)

PRESENTATIONS

- Sidewalk Sale (3rd)
- MWC-Medical Marijuana (9th)
- Mother's Day Celebration (10th)
- AARP Legal Counsel for the Elderly (14th)
- Smart 911/311 Outreach (16th)
- Senior Entrepreneur Program (24th)
- Memorial Day-Sandra Johnson Jazz (25th)
- Better Breathing -Lung Association (29th)
- National Senior Health & Fitness Day (30th)
- Wendt Center for Loss & Healing (31st)

*Congress Heights
Senior Wellness Center
Happy 16th
Anniversary!
(17th)*