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<p><b>1</b> 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 10:00 Social Worker @ "The Heights" 10:30 Pilates  10:30 Senior Matters 12:30 Therapeutic Treatments (Chair Massage)  1:00 Chair Yoga 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Enhance Wholeness</p>	<p><b>2</b> 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration  9:00 Blood Pressure  9:30 Chair Fitness 10:45 Chat with Nat- Nutrition Jeopardy 12:30 Technology/Multimedia Class  1:30 Sewing 2:00 Diaries and Dreams 3:00 Hand Dancing </p>	<p><b>3</b> 8:45 90-Day Challenge -(CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Senior Tabata Boot Camp 10:45 ASSEMBLY MEETING   1:00 PRESENTATION- Louis Dubin, Rebrick, LMD 1:00 Community Development Committee 1:00 Spiritual Studies 1:00 Zumba 2:30 Enhance Fitness</p>	<p><b>4</b> 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 SIDEWALK SALE 10:00 Choir   12:30 African Drum 1:30 Phase 10/Pokeno 1:30 Tai Chi Chair 2:30 Chat with Nat - Nutrition Family Feud</p>	<p><b>5</b> 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak   10:00 Crochet  10:40 Kinesiology Klub 12:30 Chat w/Nat - Lunch &amp; Learn 1:00  <b>Bingo!</b> 1:00 PROGRAM-Howard University-At Risk</p>
<p><b>8</b> 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 9:30 TRIP-DCOA Older American Breakfast Celebration 10:00 Social Worker @ "The Heights" 10:00 Ward 8 Mini Commission 10:30 Pilates 10:30 Senior Matters 12:30 Therapeutic Treatments (Chair Massage)  1:00 Chair Yoga 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Enhance Wholeness</p>	<p><b>9</b> 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:00 Blood Pressure  9:30 Chair Fitness  10:00 PRESENTATION-Podiatry - It All about the Feet 10:30 Sunshine Club 12:30 Technology/Multimedia Class  1:30 Sewing 2:00 Diaries and Dreams  2:30 Club Memory 3:00 Hand Dancing</p>	<p><b>10</b> 8:45 90-Day Challenge - (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing  9:30 Senior Tabata Boot Camp 10:30 Pilates 1:00 Spiritual Studies 1:00 Community Development Committee  1:00  <b>ZUMBA gold</b> 2:30 Enhance Fitness</p>	<p><b>11</b> 8:45 90-Day Challenge (CHEST/BACK) Last Day 9:00 Meditation/Inspiration 10:00 Choir   12:30 African Drum  1:00 PRESENTATION-Lincoln Heritage-Final Expense 1:30 Phase 10/Pokeno 1:30 Tai Chi Chair 2:30 Chat with Nat - My Plate Bingo</p>	<p><b>12</b> 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet 10:00 Health Education w/Jamie Carr, RN 10:00 Medicare Patrol 10:40 Bokwa  1:00 MOTHER'S DAY TEA</p>
<p><b>15</b> 8:45 90-Day Challenge - (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 10:00 Social Worker @ "The Heights" 10:30 Pilates 10:30 Senior Matters 12:30 Therapeutic Treatments (Chair Massage)  1:00 Chair Yoga  1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Enhance Wholeness Lifestyle</p>	<p><b>16</b> 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Chair Fitness 9:30 TRAINING-DC Greens 10:45 Chat with Nat-Dem Bones 11:00 Blood Pressure  12:30 Technology/Multimedia Class  1:00 American Health Association-Mammograms 1:30 Sewing 2:00 Diaries and Dreams 3:00 Hand Dancing </p>	<p><b>17</b> 8:45 90-Day Challenge - (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Senior Tabata Boot Camp 10:30 Pilates 10:00 Advisory Board Meeting 10:30 Pilates 11:00 TRIP-Family Matters-Brain Games 1:00 Spiritual Studies 1:00 Community Development Committee 1:00 Zumba 2:30 Enhance Fitness</p>	<p><b>18</b> 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 10:00 Mobile Market  10:00 Choir   12:30 African Drum   11:30 Phase 10/Pokeno 1:30 Tai-Chi Chair </p>	<p><b>19</b> 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet  10:40 Kinesiology Klub  1:00 CHSWC ANNIVERSARY </p>


<p>22 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 10:00 Social Worker @ "The Heights" 10:30 Pilates 10:30 Seniors Matters  12:30 Therapeutic Treatments (Chair Massage) 1:00 Enhance Fitness  1:00 Chair Yoga 1:15 Phase 10/Pokeno 2:00 Enhance Wholeness Lifestyle</p>	<p>23 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Chair Fitness  10:45 Chat w/Nat - Meet Arthur Ritis 11:00 Blood Pressure 12:30 Technology/Multimedia Class 1:30 Sewing  2:00 Diaries and Dreams 3:00 Hand Dancing </p>	<p>24 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:00 NATIONAL HEALTH &amp; FITNESS DAY  9:30 Ole Skool Dancing 9:30 Senior Tabata Boot Camp 10:30 Pilates  1:00 Spiritual Studies 1:00 Community Development Committee 1:00 Zumba 2:30 Enhance Fitness</p>	<p>25 8:45 90-Day Challenge CHEST/BACK) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Choir  12:30 African Drum  1:30 Phase 10/Pokeno 1:30 Tai Chi Chair 2:30 Chat w/Nat- Diabetes Support Group</p>	<p>26 8:30 Enhance Fitness 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet  10:40 Bokwa  12:30 Chat w/Nat-Lunch &amp; Learn 1:00 Birthday </p>
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**CENTER CLOSED**








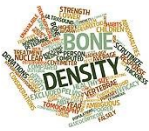


Memorial Day

<p>30 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Chair Fitness  10:45 Chat w/Nat - Heads Up Food Fight  11:00 Blood Pressure  12:30 Technology/Multimedia Class 1:30 Sewing  2:00 Diaries and Dreams 2:30 Club Memory  3:00 Hand Dancing</p>
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<p>31 8:45 90-Day Challenge (CHEST/BACK) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Senior Tabata Boot Camp 10:30 Pilates  1:00 Spiritual Studies 1:00 Community Development Committee 1:00 Zumba 2:30 Enhance Fitness</p>
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DC SENIOR GAME 2017 - May 1st thru 15th



<p>Asparagus Month </p>	<p>Strawberry Month </p>	<p>Barbecue Month </p>
<p>Stroke Awareness Month </p>	<p>National Osteoporosis Month </p>	<p>Diabetes Support Group </p>
<p>Arthritis Awareness Month </p>		<p></p>