

Monday

Tuesday

Wednesday

Thursday

Friday

Groundhog Day (2nd)



Lincoln's Birthday (12th)



Chinese New Years (5th) -
The year of the earth pig.
The pig represents wealth & generosity.




Valentine's Day (14th)




1
 8:30 Enhance Fitness
 8:45 90-Day Challenge
 (Planks)
 9:00 Meditation/Inspiration
 9:30 Fitness w/Kojak 
 10:00 Crochet
 10:30 WORKSHOP- "Just Rock"
 10:45 Boxing 
 1:00 
 1:15 Tai Chi 3-D

4
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 9:00 Therapeutic Treatment (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

5
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 9:00 Blood Pressure
 9:30 Chair Fitness 
 10:00 Metro Area Chess
 10:30 Sunshine Club
 10:45 Chat w/Nat - Nutrition Jeopardy
 1:00 Fit & Strong
 1:15 R.I.P.P.E.D.
 1:30 Sewing 
 2:00 Yoga
 3:00 Hand Dancing 

6
 8:45 90-Day Challenge (Planks)
 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 

7
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 10:00 Line Dancing
 10:00 Choir 
 12:30 African Drums
 12:30 Smart Technology
 1:00 Book Club
 1:00 Fit & Strong
 1:00 Metro Area Chess 
 1:30 Phase 10/Pokeno
 1:30 Chair Yoga
 2:30 Chat w/Nat-Heads Up

8
 8:30 Enhance Fitness
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 9:30 Fitness w/Kojak
 10:00 Crochet
 10:00 Senior Medicare Patrol
 10:30 WORKSHOP- "Just Rock"
 10:45 Boxing 
 1:00 PRESENTATION-
 Kuumba Learning Center-Bob
 Marley Celebration
 1:15 Tai Chi 3-D

11
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 9:30 Senior Tabata Boot Camp
 10:00 Enhance Wholeness Lifestyle
 10:00 TRIP-National Gallery of Art (Gordon Parks)
 10:00 Ward 8 Mini Commission
 10:30 Pilates
 12:30 PRESENTATION-DCOA
 Town Hall Meeting-Senior Budget Engagement
 1:00 Enhance Fitness
 1:15 Phase 10/Pokeno 
 2:00 Tai Chi

12
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 9:00 Blood Pressure
 9:30 Chair Fitness
 10:00 Metro Area Chess
 10:45 Chat w/Nat-Valentine's Day:
 Good for the Heart
 1:00 Fit & Strong 
 1:15 R.I.P.P.E.D.
 1:30 Club Memory
 1:30 Sewing
 2:00 Yoga
 3:00 Hand Dancing 

13
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 9:30 Ole Skool Dancing
 9:30 Community Outreach Group (COG)
 10:00 Advisory Board
 10:30 Behavioral Health Education
 10:30 Pilates 
 1:00 Arts & Crafts 
 1:00 Spiritual Studies
 1:45 Tai Chi 3D
 2:30 Enhance Fitness

14
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 10:00 Line Dancing
 10:00 Choir
 12:30 Smart Technology
 12:30 African Drums
 1:00 Valentine's Day Recognition 
 1:00 Metro Area Chess
 1:00 Fit & Strong
 1:30 Phase 10/Pokeno
 1:30 Chair Yoga 
 2:30 Chat w/Nat-Diabetes Support Group

15
 8:30 Enhance Fitness
 8:45 90-Day Challenge (Planks)
 9:00 Meditation/Inspiration
 9:30 Fitness w/Kojak
 10:00 Crochet
 10:30 WORKSHOP- "Just Rock"
 10:45 Boxing 
 1:00 
 1:00 Tai Chi 3-D 

<p>18</p> <h1 style="text-align: center;">CENTER CLOSED</h1>  <p style="text-align: center;">Happy Presidents Day!</p> <p style="text-align: right; font-size: small;">SeekCodes.com</p>	<p>19</p> <p>8:45 90-Day Challenge (Planks) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 Metro Area Chess 10:00 TRIP-CreativTEA, @ The ARC 10:45 Chat w/Nat - Got Milk 11:00 Blood Pressure 1:00 Fit & Strong 1:15 Phase 10/Pokeno</p> <p>1:15 R.I.P.P.E.D. 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing</p> 	<p>20</p> <p>8:45 90-Day Challenge (Planks) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 Advisory Board 10:30 Pilates</p> <p>1:00 Arts & Crafts 1:00 Spiritual Studies</p> <p>1:00 BLACK HISTORY PROGRAM 1:45 Tai Chi 3D 2:30 Enhance Fitness</p> 	<p>21</p> <p>8:45 90-Day Challenge (Planks) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir 11:00 PRESENTATION- Congresswoman Eleanor Norton</p> <p>12:30 Smart Technology</p> <p>12:30 African Drums</p> <p>1:00 Fit & Strong 1:00 Metro Area Chess 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Chat w/Nat-Cooking Demo</p> 	<p>22</p> <p>8:30 Enhance Fitness 8:45 90-Day Challenge (Planks) 9:00 Meditation/Inspiration 9:30 Fitness with Kojak 10:00 Crochet 10:00 TRIP-American Buffet 10:30 WORKSHOP- "Just Rock" 10:45 Boxing 1:00 Birthday Party & Bingo 1:15 Tai Chi 3D</p> 
<p>25</p> <p>8:45 90-Day Challenge (Planks) 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>26</p> <p>8:45 90-Day Challenge (Planks) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 Metro Area Chess 10:00 TRIP-Movies-\$5 Tuesday @ Rivertowne 10:45 Chat w/Nat-Nutrition Ball Toss 11:00 Blood Pressure 1:00 Fit & Strong 1:15 R.I.P.P.E.D. 1:30 Club Memory 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing</p> 	<p>27</p> <p>8:45 90-Day Challenge (Planks) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 Pilates 10:30 Behavioral Health Education 1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p> 	<p>28</p> <p>8:45 90-Day Challenge (Planks) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir 12:30 Smart Technology 12:30 African Drums 1:00 Fit & Strong 1:00 Metro Area Chess 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Chat w/Nat-My Plate Bin-go</p> 	<p style="text-align: center;">VALENTINE'S DAY (14TH)</p>  <p style="text-align: center;">BLACK HISTORY PROGRAM (20th)</p> <p style="text-align: center; color: red;">FEATURING - KanKouran West African Dance Company</p>

TRIPS

- National Gallery of Art (11th)
- CreativTEA, @ The ARC (19th)
- American Buffet (22nd)
- Rivertowne Movie Theatre-\$5 Tuesdays (26th)

WORKSHOPS

- "Just Rock" - 8 Sessions (1st)

PRESENTATIONS

- Congresswoman Eleanor Holmes-Norton (21st)
- Kuumba Learning Center-Bob Marley Celebration
- DCOA Town Hall Meeting-Senior Budget Engagement