
















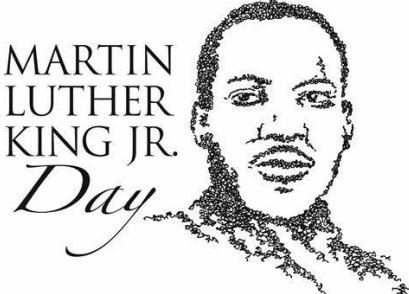









Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>National Blood Donor Month</b></p> <p><b>National Technology Day (6th)</b></p> <p><b>Make Your Dream Come True Day (13th)</b></p> <p><b>National Hat Day (15th)</b></p> <p><b>National Compliment Day (24th)</b></p>		<p><b>1 CENTER CLOSED</b></p> 	<p><b>2</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 10:00 Line Dancing</p> <p>10:00 Choir </p> <p>12:30 African Drums 1:00 Metro Area Chess</p> <p>1:00 Fit &amp; Strong 1:30 Zumba </p> <p>1:30 Phase 10/Pokeno 2:00 Drama Class</p>	<p><b>3</b> 8:30 Enhance Fitness</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak 10:00 Crochet</p> <p>12:30 Keilia's Karats-Nutrition</p> <p><b>1:30</b> </p>
<p><b>6</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatment (Chair Massage) 9:30 Senior Tabata Boot Camp 10:00 Enhanced Wholeness Lifestyle 10:30 PRESENTATION-Live Your Best Life Now-Dr. Laverne Adams 1:00 Enhance Fitness 11:30 Therapeutic Treatment (Chair Massage) 1:00 Fit &amp; Strong 1:15 Phase 10/Pokeno</p>	<p><b>7</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:00 Active Everyday Living 9:30 Chair Fitness 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutrition 1:00 PRESENTATION-CreativiTea 1:30 Sewing 2:00 Chair Yoga 3:00 Hand Dancing</p>	<p><b>8</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 Book Club 10:30 ASSEMBLY MEETING</p>  <p>1:00 Arts &amp; Crafts 1:00 Spiritual Studies  2:30 Enhance Fitness</p>	<p><b>9</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 10:00 TRIP-Amish Market 10:00 Line Dancing 10:00 Choir 12:30 African Drums 1:00 Metro Area Chess</p> <p>1:00 Fit &amp; Strong 1:30 Zumba  1:30 Phase 10/Pokeno 2:00 Drama Class</p>	<p><b>10</b> 8:30 Enhance Fitness 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet</p> <p>10:30 PRESENTATION-311/911 12:30 Keilia's Karats Nutrition</p> <p>1:30 PRESENTATION-Adult Bullying</p>
<p><b>13</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp</p> <p>10:00 Ward 8 Mini Commission</p> <p>10:00 Enhanced Wholeness Lifestyle </p> <p>10:30 Pilates </p> <p>1:00 Enhance Fitness </p> <p>1:00 Fit &amp; Strong</p> <p>1:15 Phase 10/Pokeno</p>	<p><b>14</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:00 Active Everyday Living 9:00 Blood Pressure 9:30 Chair Fitness 10:00 TRIP-\$5 Movie, Rivertown 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutrition</p> <p>1:30 Club Memory </p> <p>1:30 Sewing </p> <p>2:00 Chair Yoga </p> <p>3:00 Hand Dancing</p>	<p><b>15</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Community Outreach Group</p> <p>10:00 Advisory Board </p> <p>10:30 Pilates</p> <p>10:30 Smart Tech/Social Media</p> <p>10:30 Have You Heard? - Community News</p> <p>1:00 Arts &amp; Crafts 1:00 Spiritual Studies 2:30 Enhanced Fitness</p>	<p><b>16</b> 8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 10:00 Line Dancing 10:00 Choir</p> <p>12:30 African Drums </p> <p>1:00 Metro Area Chess</p> <p>1:00 Fit &amp; Strong 1:30 Phase 10/Pokeno</p> <p>1:30 Zumba </p> <p>2:00 Drama Class</p>	<p><b>17</b> 8:30 Enhance Fitness</p> <p>8:45 90-Day Challenge (Back Strength) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet</p> <p>10:30 PRESENTATION- DC Nurses Association</p> <p>12:30 Keilia's Karats-Nutrition</p> <p><b>1:30</b> </p>

<p>20</p> <p><b><i>CENTER CLOSED</i></b></p>  <p>MARTIN LUTHER KING JR. Day</p>	<p>21</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Active Everyday Living</p> <p>9:30 Chair Fitness</p> <p>10:00 Metro Area Chess</p> <p>10:30 Keilia's Karats-Nutrition</p> <p>11:00 Blood Pressure</p> <p>1:00 Chair Yoga </p> <p>1:00 Sewing</p> <p>1:00 PRESENTATION-CreativiTea</p> <p>3:00 Hand Dancing </p>	<p>22</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>10:30 Pilates</p> <p>10:30 Smart Tech/Social Media</p> <p>10:30 Behavioral Health Education</p> <p>1:00 Arts &amp; Crafts</p> <p>1:00 Spiritual Studies</p> <p>2:30 Enhanced Fitness</p>	<p>23</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Line Dancing</p> <p>10:00 Choir </p> <p>12:30 African Drums</p> <p>1:00 Metro Area Chess</p> <p>1:00 Fit &amp; Strong </p> <p>1:30 Zumba</p> <p>1:30 Phase 10/Pokeno</p> <p>2:00 Drama Class</p>	<p>24</p> <p>8:30 Enhance Fitness</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness with Kojak</p> <p>10:00 Crochet</p> <p>10:00 TRIP-Publick Playhouse "Step Afrika"</p> <p>12:30 Keilia's Karats-Nutrition</p> <p>1:30 </p>
<p>27</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Senior Tabata Boot Camp</p> <p>10:00 Ward 8 Mini Commission</p> <p>10:00 Enhanced Wholeness Lifestyle</p> <p>10:30 Pilates</p> <p>1:00 Enhance Fitness</p> <p>1:00 Fit &amp; Strong</p> <p>1:15 Phase 10/Pokeno</p>	<p>28</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Active Everyday Living</p> <p>9:30 Chair Fitness</p> <p>10:00 Metro Area Chess</p> <p>10:30 Keilia's Karats-Nutrition</p> <p>11:00 Blood Pressure</p> <p>1:30 Club Memory</p> <p>1:00 Chair Yoga </p> <p>1:00 Sewing</p> <p>2:00 Keilia's Karats-Nutrition-Cooking Demo</p> <p>3:00 Hand Dancing</p>	<p>29</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>10:30 Pilates</p> <p>10:30 Smart Tech/Social Media</p> <p>1:00 Arts &amp; Crafts</p> <p>1:00 Spiritual Studies</p> <p>2:30 Enhanced Fitness</p>	<p>30</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Line Dancing</p> <p>10:00 Choir</p> <p>12:30 African Drums</p> <p>1:00 Metro Area Chess</p> <p>1:00 Fit &amp; Strong</p> <p>1:30 Zumba</p> <p>1:30 Phase 10/Pokeno</p>	<p>31</p> <p>8:30 Enhance Fitness</p> <p>8:45 90-Day Challenge (Back Strength)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness with Kojak</p> <p>10:00 Crochet</p> <p>12:30 Keilia's Karats-Nutrition</p> <p>1:30 </p>

**TRIPS**

- Amish Market (9th)
- \$5 Movie, Rivertown (14th)
- Publick Playhouse "Step Afrika" (24th)

**PRESENTATIONS**

- Live Your Best Life Now (6th)
- Creativitea (7th)
- 911/311 (10th)
- Adult Bullying (10th)
- DC Nurses Association (17th)
- Creativitea (21st)