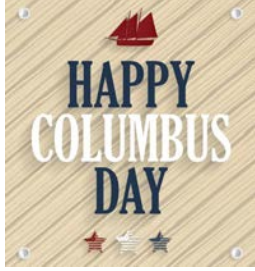


Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatment (Chair Massage) 9:30 Senior Tabata Boot Camp 10:00 Enhance Wholeness Lifestyle 10:30 Pilates 11:30 Therapeutic Treatment (Chair Massage) 1:15 Phase 10/Pokeno	2 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness 10:00 Chat w/Nat-Nutrition Jeopardy 10:00 Metro Area Chess, M.A.C. 1:00 R.I.P.P.E.D. (NEW) 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing	3 **** WHAT'S YOUR NAME DAY? **** 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 ASSEMBLY MEETING  1:00 Arts & Crafts 1:00 Spiritual Studies	4 8:45 90-Day Challenge (Hips & Legs) 10:00 Mobile Market 9:00 Meditation/Inspiration 10:00 Stick Around/Line Dancing 10:00 Choir 12:30 Book Club 12:30 Smart Technology 12:30 African Drums 1:00 Metro Area Chess, M.A.C. 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation 2:30 Chat w/Nat-My Bingo Plate	5 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet 10:30 Better Breathers Club Workshop 10:45 Boxing (NEW) 1:00 
CENTER CLOSED 	9 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness 10:00 Chat w/Nat-Foods that can Reduce the Risk of Breast Cancer 10:00 Metro Area Chess, M.A.C. 1:00 R.I.P.P.E.D. (NEW) 1:00 PRESENTATION-DC Fire Prevention 1:30 Sewing 2:00 Yoga 2:30 Club Memory 3:00 Hand Dancing	10 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 TRIP-Great American Buffet 10:30 Pilates 1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness	11 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Stick Around/Line Dancing 10:00 Choir 10:00 DCOA Town Hall (Expansion/Renovation) 12:30 Smart Technology 1:00 Metro Area CHESS, M.A.C. 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation 2:30 Chat w/Nat-Cooking Demo	12 8:30 Enhance Fitness 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet 10:00 Senior Medicare Pat. 10:45 Boxing (NEW) 1:00  1:15 Tai Chi 3-D
15 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Senior Tabata 10:00 Social Worker 10:00 Enhance Wholeness Lifestyle 10:00 Ward 8 Mini Commission 10:30 Pilates 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi 3D	16 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 TRIP-National Harbor 10:00 CreativiTEA, Phillips The ARC 10:00 Metro Area Chess, M.A.C. 10:30 Sunshine Club 10:45 Chat w/Nat-The Daily 4-National Hygiene 11:00 Blood Pressure 1:00 R.I.P.P.E.D. (NEW) 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing	17 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 9:30 Community Outreach Group (COG) 10:00 Advisory Board 10:30 Behavioral Health Education w/Brenda 10:30 Pilates 1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness	18 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Stick Around/Line Dancing 10:00 Choir 12:30 Smart Technology 12:30 African Drums 1:00 Metro Area CHESS, M.A.C. 1:00 PRESENTATION-DC Public Service Commission 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation 2:30 Chat w/Nat-Nutrition Family Feud	19 8:30 Enhance Fitness 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Crochet 10:45 Boxing (NEW) 1:00  1:15 Tai Chi 3D

22 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Senior Tabata  10:00 Enhance Wholeness Lifestyle 10:00 TRIP-Green House, PR Harris 10:30 Pilates  1:00 Enhance Fitness 1:15 Phase 10/Pokeno  2:00 Tai Chi 3D 	23 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 Metro Area Chess, M.A.C. 10:00 TRIP-District Wharf 10:45 Chat w/Nat-Vegetarium in a Nutshell 11:00 Blood Pressure  1:00 R.I.P.P.E.D. (NEW) 1:30 Sewing 2:00 Yoga  3:00 Hand Dancing 	24 8:45 90-Day Challenge (Hips & Legs) 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 	25 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Stick Around/Line Dancing 10:00 Choir 12:30 Smart Technology 1:00 Metro Area CHESS, M.A.C. 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation 2:30 Chat w/Nat-- Diabetes Support Group	26 8:30 Enhance Fitness 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Fitness with Kojak 10:00 Crochet 10:30 PRESENTATION - “Rebuilding Together” 10:45 Boxing (NEW) 1:00 Birthday Party  1:15 Tai Chi 3D 
29 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Senior Tabata  10:00 Enhance Wholeness Lifestyle 10:00 TRIP-National Museum of the American Indian 10:30 Pilates  1:00 Enhance Fitness 1:15 Phase 10/Pokeno  2:00 Tai Chi 3D	30 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Chair Fitness 9:30 PRESENTATION-Tax Revenue 10:00 Metro Area Chess, M.A.C. 10:45 Chat w/Nat-Nutrition Tricks or Treat 11:00 Blood Pressure 1:00 R.I.P.P.E.D. (NEW) 1:30 Sewing 2:00 Yoga 3:00 Hand Dancing 	31 8:45 90-Day Challenge (Hips & Legs) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 Pilates 1:00 Arts & Crafts 1:00 Spiritual Studies 1:00 HALLOWEEN Costume Gathering 1:45 Tai Chi 3D 2:30 Enhance Fitness	 R.I.P.P.E.D. - Tuesdays 1:15 Resistance, Interval, Power, Plyometrics, Endurance BOXING - Fridays 10:45 	

TRIPS

- Great American Buffet (10th)
- National Harbor (16th)
- Green House at PR Harris (22nd)
- District Wharf (23rd)
- National Museum of American Indian (29th)

WHAT'S YOUR NAME DAY?

Wednesday 3rd



PRESENTATIONS

- DC Fire Prevention (9th)
- DCOA/DGS-Expansion/Renovation (11th)
- DC Public Service Commission (18th)
- Rebuilding Together (26th)
- Tax Revenue (30th)