

Monday

Tuesday












Wednesday







Thursday

Friday

**RENOVATION CLOSURE****Tuesday - Friday, October 1 - 4**

**ALTERNATIVE: Washington Senior Wellness Center, WSWC (3001 Alabama Ave. SE) - Lunch served**  
**Enhanced Wholeness Lifestyle - Monday, September 30th, 10:00 am @ WSWC**

<p>7 8:45 90-Day Challenge (Need Strength?) 9:00 Meditation/Inspiration 9:00 Therapeutic Treatment (Chair Massage) 9:30 Senior Tabata  10:00 Enhanced Wholeness Lifestyle 10:00 Ward 8 Mini Commission 10:30 Pilates 11:30 Therapeutic Treatment (Chair Massage) 1:15 Phase 10/Pokeno</p>	<p>8 8:45 90-Day Challenge (Need Strength?) 9:00 Meditation/Inspiration 9:00 Blood Pressure 9:30 Chair Fitness 10:00 Sunshine Club 10:00 TRIP-Busboys &amp; Poets 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutritionist 1:15 R.I.P.P.E.D. 1:30 Sewing  2:00 Chair Yoga  1:30 Club Memory 3:00 Hand Dancing </p>	<p>9 8:45 90-Day Challenge (Need Strength?) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 ASSEMBLY MEETING  1:00 Arts &amp; Crafts  1:00 Spiritual Studies 1:00 PRESENTATION-DOEE Community Solar</p>	<p>10 8:45 90-Day Challenge (Strength) 9:00 Meditation/Inspiration 9:00 SIDEWALK SALE 10:00 Mobile Market 10:00 TRIP-African American Museum-Genealogy 10:00 Line Dancing 10:00 WORKSHOP-Iona Senior Services-Online Banking 10:00 Choir 12:30 African Drums 12:30 Smart Tech/Social Media 1:00 Metro Area Chess 1:30 ZUMBA (NEW) 1:30 Phase 10/Pokeno 2:00 Drama Class by Islah</p>	<p>11 8:45 90-Day Challenge (Need Strength?) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 Kim's HeART 10:00 Crochet 10:00 Sr. Medicare Patrol 12:30 Keilia's Karats-Nutritionist 1:30 </p>
<p>14 <b>CENTER CLOSED</b> </p>	<p>15 8:45 90-Day Challenge (Need Strength?) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 TRIP-Ross Store, Upper Marlboro 10:00 Metro Area Chess 10:30 Keilia's Karats-Nutritionist 11:00 Blood Pressure 1:00 Creativitea Class 1:15 R.I.P.P.E.D. 1:30 Sewing 2:00 Chair Yoga 3:00 Hand Dancing</p>	<p>16 8:45 90-Day Challenge (Need Strength?) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:00 Book Club 10:00 Advisory Board 10:30 Pilates  10:30 Have You Heard? - Community News (NEW) 1:00 Arts &amp; Crafts 1:00 Spiritual Studies</p>	<p>17 8:45 90-Day Challenge (Need Strength?) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Line Dancing 10:00 WORKSHOP-Iona Senior Services-Online Banking 10:00 Choir 12:30 Smart Tech/Social Media  12:30 African Drums 1:00 Metro Area Chess 1:30 Phase 10/Pokeno 1:30 ZUMBA (NEW)</p>	<p>18 8:45 90-Day Challenge (Need Strength?) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak 10:00 TRIP-Public Playhouse -FREE "Black Ballerina" 10:00 Kim's HeART 10:00 Crochet 12:30 Keilia's Karats-Nutritionist 1:30 </p>

<p>21 8:45 90-Day Challenge (Need Strength?)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Senior Tabata </p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Pilates </p> <p>1:00 PRESENTATION- Census Training for workers</p> <p>1:15 Phase 10/Pokeno </p>	<p>22 8:45 90-Day Challenge (Need Strength?)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Chair Fitness</p> <p>10:00 TRIP-Movies, Rivertown</p> <p>10:00 Metro Area Chess</p> <p>10:30 Keilia's Karats-Nutritionist</p> <p>11:00 Blood Pressure</p> <p>1:15 R.I.P.P.E.D.</p> <p>1:30 Sewing</p> <p>1:30 Club Memory</p> <p>2:00 Keilia's Karats-Cooking Demo, Nutritionist</p> <p>2:00 Chair Yoga</p> <p>3:00 Hand Dancing</p>	<p>23 8:45 90-Day Challenge (Need Strength?)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>9:30 Community Outreach Group</p> <p>10:30 Behavioral Health Education </p> <p>10:30 Pilates </p> <p>1:00 PRESENTATION-G.W. Health Rights Law Clinic</p> <p>1:00 Arts &amp; Crafts</p> <p>1:00 Spiritual Studies</p>	<p>24 8:45 90-Day Challenge (Need Strength?)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Mobile Market</p> <p>10:00 TRIP-African American Museum-Genealogy</p> <p>10:00 Line Dancing</p> <p>10:00 WORKSHOP-Iona Senior Services-Online Banking (Last Class)</p> <p>10:00 Choir</p> <p>12:30 Smart Tech/Social Media</p> <p>12:30 African Drums</p> <p>1:00 Metro Area Chess</p> <p>1:30 ZUMBA (New)</p> <p>1:30 PRESENTATION-Ward 8 Senior Forum</p> <p>1:30 Phase 10/Pokeno</p> <p>2:00 Drama Class</p>	<p>25 8:45 90-Day Challenge (Need Strength?)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness with Kojak</p> <p>10:00 Kim's HeART</p> <p>10:00 Crochet</p> <p>12:30 Keilia's Karats</p> <p>1:30 </p>
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## RENOVATION CLOSURE

**Monday, October 28 - Friday, November 1**

### TRIPS

- Busboys & Poets (8th)
- National Museum of African American History & Culture-Genealogy (10th)
- Ross Store, Upper Marlboro (15th)
- Publick Playhouse-FREE "Black Ballerina" (18th)
- Movies, Rivertown Theatre (22nd)
- National Museum of African American History & Culture-Genealogy (24th)

### NEW CLASS

- Zumba - Thursday 1:30

### CHANGES

- Enhance Fitness Class, Active Living Everyday and Fit & Strong will start in **November**
- Tai Chi will start in **December**
- Chair Yoga - Tuesday 2:00 (Yoga Classes-Discontinued)
- Boxing - Discontinued
- Smart Tech/Social Media - Instructor, Dr. LaVern Adams
- Hand/Line Dance - New Instructor (Richard Jackson)

### PRESENTATIONS

- DOEE Community Solar (9th)
- Census Training for Workers (21st)
- G.W. Health Rights Law Clinic (23rd)
- Ward 8 Senior Forum-Community Economic Development Steering Committee(24th)

### COMMUNITY NEWS - **NEW**

HAVE YOU HEARD? - "Community News Impacting Seniors in the District of Columbia" (16th)

### WORKSHOP

Iona Senior Services-Online Banking (10th, 17th, & 24th)