



Ward 6: HAYES SENIOR WELLNESS CENTER

500K St. NE. 202-727-0357

Website: www.hayesswc.com - (NEW WEBSITE ADDRESS)

MARCH 2015

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<p>2</p> <p>8:30-9:30 Walk Club 10:30-1:30 Trip (Movies) 11-12 Line Dance 11:15 Nutrition Awareness 11:30-1 Lunch 1-2 Strength & Resist (A) 1:30 Cardio Lite 2:00 Circuit Training 2:00 CPR Training 2:00 Yoga/Chair 3:00 Strength & Resist</p>	<p>3</p> <p>7:30-8:30 Open Gym 10:00 Chat & Chew 10:00 Circuit Training 10-30-11:00 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 12:00 Physical Assess 2-3 Cardio Lite 3-4 Cooking Demo 4:30-6:30 Open Gym 4:30-6:30 Movie</p>	<p>4</p> <p>8:30-9:30 Walk Club 8:30-3:30 Vital Screenings 10:11:30 Arts & Crafts 11-12 Sit & Get Fit 11:15 Nutrition Awareness 12:30-1 Butts/Guts/Abs 11:30-1 Lunch 1-2 Strength & Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength & Resist (1)</p>	<p>5</p> <p>7:30-8:30 Open Gym 10:10:30 Circuit Training 10-11 Chat & Chew 10-2 Massage Therapy 10:30-11 Butts/Guts/Abs 11-12 Boxing 12-1 Lunch 2-3 Cardio Lite 4-4:30 Line Dance 4:30-6:30 Open Gym 4:30-6:30 Movie</p>	<p>6</p> <p>8:30-9:30 Walk Club 9-9:15 Gym Closed-Cin 10-11 Chat & Chew 10:11:30 Arts & Crafts 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30 Cardio Lite 2-2:30 Circuit Training 2:00 Yoga/Floor 3-4 Strength & Resist (1)</p>	<p>7</p> <p>9:00 Tai Chi 10:00 Yoga 10:00 Spanish Class 11:00 Boxing/Self 12:00-1:00 Lunch 12:00 Pound Workout</p>
<p>9</p> <p>8:30-9:30 Walk Club 9-12 Computers 11-12 Line Dance 11:15 Nutrition Awareness 11:30-1 Lunch 1-2 Strength & Resist (A) 1-2pm Computers 1:30 Cardio Lite 2:00 Circuit Training 2:00 Yoga/Chair 3:00 Strength & Resist</p>	<p>10</p> <p>7:30-8:30 Open Gym 10:00 Chat & Chew 10:00 Circuit Training 10-30-11:00 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 12:00 Physical Assess 2-3 Cardio Lite 3-4 Cooking Demo 4:30-6:30 Open Gym 4:30-6:30 Movie</p>	<p>11</p> <p>8:30-9:30 Walk Club 8:30-3:30 Vital Screenings 10:11:30 Arts & Crafts 10:30-2p Health Fair 11-12 Sit & Get Fit 11:15 Nutrition Awareness 12:30-1 Butts/Guts/Abs 11:30-1 Lunch 1-2 Strength & Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength & Resist (1)</p>	<p>12</p> <p>7:30-8:30 Open Gym 9-12 Computers 10:10:30 Circuit Training 10-11 Chat & Chew 10-2 Massage Therapy 10:30-11 Butts/Guts/Abs 10:30-1:30 (Amish Market) 11-12 Boxing 12-1 Lunch 2-3 Cardio Lite 4-4:30 Line Dance 4:30-6:30 Open Gym 4:30-6:30 Movie</p>	<p>13</p> <p>8:30-9:30 Walk Club 9-9:15 Gym Closed-Cin 10-11 Chat & Chew 10:11:30 Arts & Crafts 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30 Cardio Lite 2-2:30 Circuit Training 2:00 Yoga/Floor 3-4 Strength & Resist (1)</p>	<p>14</p> <p>9:00 Tai Chi 10:00 Yoga 10:00 Spanish Class 10-12 Computers 11:00 Boxing/Self 12:00-1:00 Lunch 12:00 Pound Workout</p>
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OVER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
23 8:30-9:30 Walk Club 9-12 Computers 11-12 Line Dance 11:15 Nutrition Awareness 11:30-1 Lunch 1-2 Strength & Resist (A) 1-2pm Computers 1:30 Cardio Lite 2:00 Circuit Training 2:00 Yoga/Chair 3:00 Strength & Resist	24 7:30-8:30 Open Gym 10:00 Chat & Chew 10:00 Circuit Training 10:30-11:00 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 12:00 Physical Assess 2-3 Cardio Lite 3-4 Cooking Demo 4:30-6:30 Open Gym 4:30-6:30 Movie	25 8:30-9:30 Walk Club 8:30-3:30 Vital Screenings 10:11:30 Arts & Crafts 11-12 Sit & Get Fit 11:15 Nutrition Awareness 12:30-1 Butts/Guts/Abs 11:30-1 Lunch 1-2 Strength & Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength & Resist (1)	26 7:30-8:30 Open Gym 9-12 Computers 10:00 Chat & Chew 10:00 Circuit Training 10:30-11:00 Butts/Guts/Abs 10:30-1:30 Field Trip (Roses) 11-12 Boxing/Self Defense 11:30-1 Lunch 12:00 Physical Assess 2-3 Cardio Lite 3-4 Cooking Demo 4:30-6:30 Open Gym 4:30-6:30 Movie	27 8:30-9:30 Walk Club 9-9:15 Gym Closed-Cin 10:00 – YMCA Bowling Trip 10-11 Chat & Chew 10:11:30 Arts & Crafts 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30 Cardio Lite 2-2:30 Circuit Training 2:00 Yoga/Floor 3-4 Strength & Resist (1)	28 9:00 Tai Chi 10:00 Yoga 10:00 Spanish Class 10-12 Computers 11:00 Boxing/Self 12:00-1:00 Lunch 12:00 Pound Workout	
30 8:30-9:30 Walk Club 9-12 Computers 11-12 Line Dance 11:15 Nutrition Awareness 11:30-1 Lunch 1-2 Strength & Resist (A) 1-2pm Computers 1:30 Cardio Lite 2:00 Circuit Training 2:00 Yoga/Chair 3:00 Strength & Resist	31 7:30-8:30 Open Gym 10:00 Chat & Chew 10:00 Circuit Training 10:30-11:00 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 12:00 Physical Assess 2-3 Cardio Lite 3-4 Cooking Demo 4:30-6:30 Open Gym 4:30-6:30 Movie	<div style="background-color: #008000; color: white; padding: 5px; text-align: center;">St. Patrick's Day Recipe</div> 				<div style="background-color: #003366; color: white; padding: 5px; text-align: center;">Important Events This Month</div> 

Nutrition Corner

According to the Dietary Guidelines for Americans, a “healthy diet”:

- Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- Balances the calories you take in from food and beverages with the calories burned through physical activity to maintain a healthy weight.

- 3 cups all-purpose flour
 1 tablespoon baking powder
 1/3 cup white sugar
 1 teaspoon salt
 1 teaspoon baking soda
 1 egg, lightly beaten
 2 cups buttermilk
 1/4 cup butter, melted

1. Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5 inch loaf pan.
2. Combine flour, baking powder, sugar, salt and baking soda. Blend egg and buttermilk together, and add all at once to the flour mixture. Mix just until moistened. Stir in butter. Pour into prepared pan.
3. Bake for 65 to 70 minutes, or until a toothpick inserted in the bread comes out clean. Cool on a wire rack.

3/2 - @ 10:30am – Movies Field Trip (The Equalizer)

3/11 - @ 10:30am – Community Health Fair

3/12 - @ 10:30pm – Amish Market Field Trip

3/26 - @ 10:30am– Roses Department Store Trip

3/27 - @10:00am – YMCA Bowling Trip

One-on-One Nutrition Consultations available from 10am -2pm Tuesdays & Fridays (Ms. Wall) and Saturdays 11am – 2pm (Dr. Castor). Please make appointments at front desk.