



HAYES
SENIOR WELLNESS CENTER



Ward 6: HAYES SENIOR WELLNESS CENTER

500K St. NE. 202-727-0357

Please Check Out Our New Website: www.hayesswc.com

APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 9-10 Walk Club 10-11:30 Arts & Crafts 10:30-11:30 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 11:30 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30-2:30 Cardio Lite 2-2:30 Cardio Club 3-4 Strength & Resist (1)	2 7:30-8:30 Open Gym 9:00 Computer Class 10-11 Cardio Challenge 10:30-11:30 Butts/Guts/Abs 11-12 Boxing 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3:00 Line Dance 3-4 "Taste Budding" 4-5 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie	3 9-9:15 Gym Closed-Clean 10-11:30 Arts & Crafts 10:30-11:30 Lunch & Crunch 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 Cardio Club 3-4 Strength & Resist (1)	4 9:00 Tai Chi 10:00 Computer Class 10:00 Yoga 10:00 Spanish Class 11:00 Boxing/Self 12:00-1:00 Lunch 1:00 Pound Workout	
6 9:00 Computer Class 10:30-11:30 Lunch & Crunch 11-12 Line Dance 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30 Cardio Lite 2:00 Cardio Club 2:00 Yoga/Chair 3:00 Strength & Resist	7 7:30-8:30 Open Gym 10-11 Cardio Challenge 10-11 Arts & Crafts 10:30-11 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-4 Hand Dancing 3-4 Cooking Demo 4:30-6:30 Open Gym 4:30-6:30 Movie	8 9-10 Walk Club 10-11:30 Arts & Crafts 10:30-11:30 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 11:30 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30-2:30 Cardio Lite 2-2:30 Cardio Club 3-4 Strength & Resist (1)	9 9:00 Computer Class 10-11 Cardio Challenge 10:30-11:30 Butts/Guts/Abs 11-12 Boxing 11:30-1 Lunch 1-2 The Pound Workout/Zumba 1:30 DCRA Business Seminar 2-3 Cardio Lite 3:00 Line Dance 3-4 "Taste Budding" 4-5 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie	10 9-9:15 Gym Closed-Clean 10-11:30 Arts & Crafts 10:30-11:30 Lunch & Crunch 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 Cardio Club 3-4 Strength & Resist (1)	11 9:00 Tai Chi 10:00 Computer Class 10:00 Yoga 10:00 Spanish Class 11:00 Boxing/Self 12:00-1:00 Lunch 1:00 Pound Workout	
13 9:00 Computer Class 10:30-1:30 Trip (G. Corral) 10:30-11:30 Lunch & Crunch 11-12 Line Dance 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30 Cardio Lite 2:00 Cardio Club 2:00 Yoga/Chair 3:00 Strength & Resist	14 7:30-8:30 Open Gym 10-11 Cardio Challenge 10-11 Arts & Crafts 10:30-11 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-4 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie	15 9-10 Walk Club 10-11:30 Arts & Crafts 10:30-11:30 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 11:30 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30-2:30 Cardio Lite 2-2:30 Cardio Club 3-4 Strength & Resist (1)	16 DC Emancipation Day Center Closed  #EMANCIPATION		17 9-9:15 Gym Closed-Clean 10-11:30 Arts & Crafts 10:30-11:30 Lunch & Crunch 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 Cardio Club 3-4 Strength & Resist (1)	18 9:00 Tai Chi 10:00 Computer Class 10:00 Yoga 10:00 Spanish Class 11:00 Boxing/Self 12:00-1:00 Lunch 1:00 Pound Workout

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 9:00 Computer Class 10:30-11:30 Lunch & Crunch 11-12 Line Dance 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30 Cardio Lite 2:00 Cardio Club 2:00 Yoga/Chair 3:00 Strength & Resist	21 7:30-8:30 Open Gym 10-11 Cardio Challenge 10-11 Arts & Crafts 10:30-11 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-4 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie	22 9-10 Walk Club 10-11:30 Arts & Crafts 10:30-1130 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 11:30 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30-2:30 Cardio Lite 2-2:30 Cardio Club 3-4 Strength & Resist (1)	23 7:30-8:30 Open Gym 9:00 Computer Class 10-11 Cardio Challenge 10:30-1:30 Trip (Wal-Mart) 10:30-11:30 Butts/Guts/Abs 11-12 Boxing 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3:00 Line Dance 3-4 "Taste Budding" 4-5 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie	24 9-9:15 Gym Closed-Clean 10-11:30 Arts & Crafts 10:30-11:30 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-4 DC One Card Event 1-2 Strength & Resist (A) 1:30 Cardio Lite 2-2:30 Cardio Club 3-4 Strength & Resist (1)	25 9:00 Tai Chi 10:00 Computer Class 10:00 Yoga 10:00 Spanish Class 11:00 Boxing/Self 12:00-1:00 Lunch 1:00 Pound Workout
27 9:00 Computer Class 10:30-11:30 Lunch & Crunch 11-12 Line Dance 11:30-1 Lunch 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30 Cardio Lite 2:00 Cardio Club 2:00 Yoga/Chair 3:00 Strength & Resist	28 7:30-8:30 Open Gym 10-11 Cardio Challenge 10-11 Arts & Crafts 10:30-1:30 Trip (MLK Memorial) 10:30-11 Butts/Guts/Abs 11-12 Boxing/Self Defense 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-4 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie	29 9-10 Walk Club 10-11:30 Arts & Crafts 10:30-1130 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 11:30 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30-2:30 Cardio Lite 2-2:30 Cardio Club 3-4 Strength & Resist (1)	30 7:30-8:30 Open Gym 9:00 Computer Class 10-11 Cardio Challenge 10:30-11:30 Butts/Guts/Abs 11-11:30-1 Lunch 2 Boxing 12-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3:00 Line Dance 3-4 "Taste Budding" 4-5 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie	<div style="background-color: #008000; color: white; padding: 5px; display: inline-block;">Meet Our New Social Worker</div> Dr. Karen Miller is a licensed clinical psychotherapist, grief specialist and educator. She has a Ph.D., certificate in Women's Studies, and a Masters of Social Work from Howard University, a Masters of Education Administration from Widener University, and a BA in Human Services and certification in elementary education from Antioch University. Her doctoral research focused on the effects of childhood sexual abuse and PTSD on self-efficacy among female offenders. She has presented at local and national conferences on her research. Dr. Miller has worked over twenty-five years in direct social work practice and also as an administrator in the School District of Philadelphia. She has taught in academia at Howard University and Widener University. She is skilled in areas of bereavement, PTSD, HIV/AIDS, and anger management group facilitation. Additionally, she has worked in the field of gerontology for the DC Office on Aging under the auspices of the National Kidney Fund, and the Hayes Wellness Center.	

April 30th is National Raisin Day

Raisin Banana Bread

Ingredients

- 1/3 cup butter or margarine, softened
- 2/3 cup sugar
- 2 eggs
- 3 tablespoons milk
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup mashed bananas
- 1 1/4 cups California raisins
- 1/2 cup chopped nuts



Instructions: Beat together butter, sugar, and eggs. Add milk. Sift flour with baking powder, salt, and

baking soda. Stir into egg mixture just until moistened.

Blend in bananas, raisins, and nuts. Turn into a greased 9x5-inch loaf pan. Bake at 350°F for 1 hour or until toothpick inserted in center comes out clean. Cool.

Important Events this Month

- 4/9 - @ 1:30pm – DCRA Entrepreneur Seminar
- 4/13 - @ 10:30am – Golden Corral
- 4/23 - @ 10:30am – Wal-Mart
- 4/24 - @ 1:00pm – DC One Card Event
- 4/28 - @ 10:30am – Martin Luther King Jr. Memorial

Dr. Karen Miller's on-site hours are every Thursday & Friday from 10:00am to 4:00pm.

Dr. Miller is also available for telephone consultations every Monday & Tuesday from 10:00am to 2:00pm. She can be reached at 202-813-0857