



Ward 6: HAYES SENIOR WELLNESS CENTER
500K Street NE 202-727-0357
Website: www.hayesswc.com

AUGUST 2015

Mon	Tue	Wed	Thu	Fri	Sat
					
<p>August is named after Augustus, first Emperor of Rome who chose it as it was the month of his greatest triumphs. He died in August AD14.</p> <p>Until 8BC, the Romans called August 'Sextilis' as it was the sixth month of their year.</p> <p>'August' is the only name of a month that features among the top 1,000 men's names. April, Maya and June are all in the women's top 1,000</p> <p>The birthstone in August is the peridot or sardonyx; the flower is the gladiolus or poppy.</p>					<p>1</p> <p>9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Boxing/Self 12:00-1:00 Lunch 1:00 Pound Workout</p>
<p>3</p> <p>9-2 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 Yoga/Chair 3:00 Strength & Resist</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9-10 Walk Club 10-1130 Arts & Crafts 10:30-1130 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 12-1 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30-2:30 Cardio Lite 2-3 Yoga 3-4 Strength & Resist (1)</p>	<p>6</p> <p>7:30-8:30 Open Gym 9-12 Computer Class 10-11 Cardio Challenge 10:30-11:30 Butts/Guts/Abs 11-12 Boxing/Self Defense 12-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-3:30 Line Dance 3-4 "Taste Budding" 4-5 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie</p>	<p>7</p> <p>9-9:15 Gym Closed-Clean 10-1130 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 2-3 Yoga 3-4 Strength & Resist (1)</p>	<p>8</p> <p>9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Boxing/Self 12:00-1:00 Lunch 1:00 Pound Workout</p>
<p>10</p> <p>9-2 Computer Class 10:30-12 Wegmans 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 Yoga/Chair 3:00 Strength & Resist</p>	<p>11</p> <p>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</p>	<p>12</p> <p>9-10 Walk Club 10-1130 Arts & Crafts 10:30-1130 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 12-1 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30-2:30 Cardio Lite 2-3 Yoga 3-4 Strength & Resist (1)</p>	<p>13</p> <p>7:30-8:30 Open Gym 9-12 Computer Class 10-11 Cardio Challenge 10:30-11:30 Butts/Guts/Abs 11-12 Boxing/Self Defense 12-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-3:30 Line Dance 3-4 "Taste Budding" 4-5 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie</p>	<p>14</p> <p>9-9:15 Gym Closed-Clean 10-1130 Arts & Crafts 10-1 Museum of African Art 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 2-3 Yoga 3-4 Strength & Resist (1)</p>	<p>15</p> <p>9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Boxing/Self 12:00-1:00 Lunch 1:00 Pound Workout</p>



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24 9-2 Computer Class 10-1 National Portrait Gallery 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 Yoga/Chair 3:00 Strength & Resist	25 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	26 9-10 Walk Club 10-1130 Arts & Crafts 10-2 Health & Wellness Fair 10:30-1130 Lunch & Crunch 11-12 Sit & Get Fit 11:30-1 Lunch 12-1 New Member Assessment 12:30-1 Butts/Guts/Abs 1-2 Strength & Resist (A) 1:30-2:30 Cardio Lite 2-3 Yoga 3-4 Strength & Resist (1)	27 7:30-8:30 Open Gym 9-12 Computer Class 10-11 Cardio Challenge 10:30-11:30 Butts/Guts/Abs 11-12 Boxing/Self Defense 12-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-3:30 Line Dance 3-4 "Taste Budding" 4-5 Hand Dancing 4:30-6:30 Open Gym 4:30-6:30 Movie	28 9-9:15 Gym Closed-Clean 10-1130 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 2-3 Yoga 3-4 Strength & Resist (1)	29 9:00 Tai Chi 10:00 Yoga 10:00 Spanish Class 10:00 Computer Class 11:00 Boxing/Self 12:00-1:00 Lunch 1:00 Pound Workout

August is National Peach Month!

Fresh Peach Popsicle Recipe

Ingredients: 1 1/4 pounds ripe peaches (34 medium) halved and pitted, Juice of 1 lemon, 1/4 cup freshly squeezed orange juice, 1/8 cup sugar, or to taste, 1/4 teaspoon vanilla extract

Instructions: Coarsely chop peaches in a food processor. Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor. Puree until smooth. Add to the

bowl with the chunky peaches and stir in vanilla. Divide the mixture in about twelve freezer-pop molds (or small paper cups). Freeze until beginning to set, about 1 hour. Insert frozen treat sticks and freeze until completely firm, about 1 hour more.



Community Health & Wellness Fair



Wednesday 26th @ 10am – 2pm



Important Events this Month

- August 10th @ 10:30am – Wegmans
- August 14th @ 10am – Museum of African Art
- August 24th @ 10am – National Portrait Gallery
- August 26th @ 10am – Community Health & Wellness Fair