



**HAYES SENIOR WELLNESS CENTER Ward 6**  
**500K Street NE 202-727-0357**  
**Website: [www.hayesswc.com](http://www.hayesswc.com)**  
**Hours: Monday - Friday 8:00 am to 5:00 pm**

## August 2018

Mon	Tue	Wed	Thu	Fri
		<b>1</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11 Arts & Crafts 10:30 My Nutrition Pal 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 Birthday Club Celebration 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga	<b>2</b> 8:30 Open Gym 9:00 Grocery Plus Distribution 9-12 Computer Class 10:00 Advance Level Strengthening 10:30 My Nutrition Pal 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12-2 Massage Therapy 12:30 Nutrition 101 1:00 Zumba Gold 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-5 Taste Budding 3-3:30 Line Dance 4-5 Hand Dancing	<b>3</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11:30 Arts & Crafts 11:00 Healthy Living Forum 11-12 Enhance Fitness 11:30-1 Lunch 12:30 Step-A-Thon Mardi Gras Party 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 3:00 Enhance Fitness
<b>6</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 9-12 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:00 Healthy Living Forum 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2:00 Yoga	<b>7</b> 8:30 Open Gym 9:00 Enhance Fitness 10-11 Artistic Expression 10:00 Advance Level Strengthening 10:30 My Nutrition Pal 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12:30 Nutrition 101 1-2 Sticking Around/ Cardio 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	<b>8</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11 Arts & Crafts 10:30 My Nutrition Pal 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 Town Hall Meeting 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 3-5 Taste Budding	<b>9</b> 8:30 Trip to Nationals Baseball Game 8:30 Open Gym 9:00 Enhance Fitness 9-3 Computer Class 10:00 Advance Level Strengthening 10:30 My Nutrition Pal 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12-2 Massage Therapy 12:30 Nutrition 101 1:00 Zumba Gold 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>10</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11:30 Arts & Crafts 11:00 Healthy Living Forum 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 3:00 Enhance Fitness
<b>13</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10:00 Line Dancing 11:00 Healthy Living Forum 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2:00 Yoga	<b>14</b> 8:30 Open Gym 9:00 Enhance Fitness 10-11 Artistic Expression 10:00 Advance Level Strengthening 10:30 My Nutrition Pal 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12:30 Nutrition 101 1-2 Sticking Around/ Cardio 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-4 Hand Dancing	<b>15</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10:30 Trip to Joann Fabrics and Crafts 10-11 Arts & Crafts 10:30 My Nutrition Pal 11-12 Enhance Fitness 11:30-1 Lunch & A Movie 11:30 New Member Assessment 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga	<b>16</b> 8:30 Open Gym 9-12 Computer Class 9:00 Enhance Fitness 10:00 Advance Level Strengthening 10:30 My Nutrition Pal 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12-2 Massage Therapy 12:30 Nutrition 101 1:00 Zumba Gold 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>17</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11:30 Arts & Crafts 11:00 Healthy Living Forum 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 3:00 Enhance Fitness



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## August 2018

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<b>20</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 9-12 Computer Class 10:00 Line Dancing 10:30 My Nutrition Pal 11:00 Healthy Living Forum 11:00 Enhance Fitness 11:30-1 Lunch <b>12:30 "Butts &amp; Gutts"</b> 1:00 Wii Fit Fun 1:00 Strength & Resistance 2:00 Yoga	<b>21</b> 8:30 Open Gym 9:00 Enhance Fitness 10-11 Artistic Expression 10:00 Advance Level Strengthening 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12:30 Nutrition 101 1-2 Sticking Around/ Cardio 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-5 Memory Club 3-4 Hand Dancing	<b>22</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11 Arts & Craft 10:30 My Nutrition Pal 11-12 Enhance Fitness 11:30-1 Lunch & A Movie 11:30 New Member Assessment 12:30 Nutrition 101 <b>12:30 "Butts &amp; Gutts"</b> 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 3-5 Taste Budding	<b>23</b> 8:30 Open Gym 9-12 Computer Class 9:00 Enhance Fitness 10:00 Advance Level Strengthening 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12:30 Nutrition 101 12-2 Massage Therapy 1:00 Zumba Gold 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>24</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11:30 Arts & Crafts 11:00 Healthy Living Forum 11-12 Enhance Fitness 11:30-1 Lunch <b>12:30 "Butts &amp; Gutts"</b> 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 3:00 Enhance Fitness
<b>27</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 9-12 Computer Class 10:00 Line Dancing 10:30 My Nutrition Pal 11:00 Healthy Living Forum 11:00 Enhance Fitness 11:30-1 Lunch <b>12:30 "Butts &amp; Gutts"</b> 1:00 Wii Fit Fun 1:00 Strength & Resistance 2:00 Yoga	<b>28</b> 8:30 Open Gym 9:00 Enhance Fitness 10-11 Artistic Expression 10:00 Advance Level Strengthening 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12:30 Nutrition 101 1-2 Sticking Around/ Cardio 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-4 Hand Dancing	<b>29</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11 Arts & Craft 8:30 Trip to Arboretum 10:30 My Nutrition Pal 11-12 Enhance Fitness 11:30-1 Lunch & A Movie 11:30 New Member Assessment 12:30 Nutrition 101 <b>12:30 "Butts &amp; Gutts"</b> 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 3-5 Taste Budding	<b>30</b> 8:30 Open Gym 9-12 Computer Class 9:00 Enhance Fitness 10:00 Advance Level Strengthening 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12:30 Nutrition 101 12-2 Massage Therapy 1:00 Zumba Gold 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>31</b> 8:00 Heart & Sole Walking Club 8:30 Open Gym 10-11:30 Arts & Crafts 11:00 Healthy Living Forum 11-12 Enhance Fitness 11:30-1 Lunch <b>12:30 "Butts &amp; Gutts"</b> 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 3:00 Enhance Fitness



### Important Events this Month

- **August 1<sup>st</sup>- Birthday Club Celebration (January, June, July birthdays)**
- **August 3<sup>rd</sup>- Step-A-Thon Mardi Gras Party!**
- **August 9<sup>th</sup>- Trip to a Nationals Baseball Game (Bus leaves at 8:30am)**
- **August 15<sup>th</sup>- Trip to Joann Fabrics & Crafts Store (Sign-Up Online!)**
- **August 29<sup>th</sup>- Trip to the Arboretum (Sign-Up Online!)**
- **August 31<sup>st</sup>- DCOA Senior Wellness Centers BBQ @ RFK Stadium, Lot 8A- 10AM-2PM**