



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

August 2019

Mon	Tue	Wed	Thu	Fri
			1 8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout 10:00 Strength & Resistance(Advanced) 11:30-1 Lunch 1:00 Zumba Gold 1:15 Wii Fit Fun 2-3 Tai Chi 3:00 Line Dance Party 3-4 Hand Dancing	2 8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:30 Popped! The Movie Series 4:00 Enhance Fitness
5 8:30 Open Gym 9-12 Computer Class 9:00 African Dance 10:00 Line Dance Party 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	6 8:30 Open Gym 9:00 The "Wall" Workout 10-11 Artistic Expression 10:00 Strength & Resistance(Advanced) 11:30-1 Lunch 1:00 Senior Advisory Committee Interest Meeting 1:00 Sticking Around 1:15 Wii Fit Fun 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	7 8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	8 8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout 10:00 Strength & Resistance(Advanced) 11:30-1 Lunch 1:00 Zumba Gold 1:15 Wii Fit Fun 2-3 Tai Chi 3:00 Line Dance Party 3-4 Hand Dancing	9 8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts 10:30 Trip to Arboretum 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:30 Popped! The Movie Series 4:00 Enhance Fitness
12 8:30 Open Gym 9-12 Computer Class 9:00 African Dance 10:00 Line Dance Party 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	13 8:30 Open Gym 9:00 The "Wall" Workout 10-11 Artistic Expression 10:00 Strength & Resistance(Advanced) 10:30 DC Water Presentation 11:30-1 Lunch 1:00 Sticking Around 1:15 Wii Fit Fun 2-3 Tai Chi 3-4 Hand Dancing	14 8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 12:15 Town Hall Meeting 1:00 Strength & Resistance 1:15 Bingo 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	15 8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout 10:00 Strength & Resistance(Advanced) 11:30-1 Lunch 1:00 Zumba Gold 1:15 Wii Fit Fun 2-3 Tai Chi 3:00 Line Dance Party 3-4 Hand Dancing	16 8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:30 Popped! The Movie Series 4:00 Enhance Fitness



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26 8:30 Open Gym 9-12 Computer Class 9:00 African Dance 10:00 Line Dance Party 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	27 8:30 Open Gym 9:00 The "Wall" Workout 10-11 Artistic Expression 10:00 Strength & Resistance(Advanced) 11:30-1 Lunch 1:00 Sticking Around 1:15 Wii Fit Fun 2-3 Tai Chi 3-4 Hand Dancing	28 8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts 10:00 Brain Games @ UDC 11:00 Sit Down, Get Down 11:30-1 Lunch 1:00 Strength & Resistance 1:15 Bingo 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	29 8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout 10:00 Strength & Resistance(Advanced) 11:30-1 Lunch 1:00 Zumba Gold 1:15 Wii Fit Fun 2-3 Tai Chi 3:00 Line Dance Party 3-4 Hand Dancing	30 8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 1:15 Bingo 1:00 Strength & Resistance 2:00 Yoga 2:30 Popped! The Movie Series 4:00 Enhance Fitness



- August 2nd – Popped! Movie Series @3pm
- August 6th – Club Memory @3pm
- August 6th – Senior Advisory Committee Interest Meeting @1pm
- August 9th – Trip to Arboretum #1 @10:30am
- August 9th – Popped! Movie Series @3pm
- August 13th – DC Water Presentation @10:30am

- August 14th – Town Hall Meeting @12:15am
- August 16th – Walking Trip to Spanish Market @10am
- August 16th – Popped! Movie Series @3pm
- August 20th – Club Memory @3pm
- August 23rd – Trip to Arboretum # 2 @10:30am
- August 23rd – Popped! Movie Series @3pm
- August 28th – Brain Games (UDC) @10am