





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
A		AUGUST 2000 - 20 ⁵⁰ Solp.com	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	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	6	7	8	9
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	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	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	8:30 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	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	13	14	15	16
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	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	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	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	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





8:30 Open Gym

10:00 Strength &

9:00 The "Wall" Workout

10-11 Artistic Expression



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8:30 Open Gym

9:00 African Dance

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9-12 Computer Class 9:00 African Dance 10:00 Line Dance Party 11:00 Sit Down, Get Down

1:00 Strength & Resistance

11:30-1 Lunch 1:15 Bingo

2:00 Yoga 3:00 Tai Chi 4 Life 4:00 Enhance Fitness

Resistance(Advanced) 11:30-1 Lunch 1:00 Sticking Around 1:15 Wii Fit Fun 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club
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

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
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

22	23
8:30 Open Gym	8:30 Open Gym
9-12 Computer Class	9:00 African Dance
9:00 The "Wall" Workout	10-11:30 Arts & Crafts
10:00 Strength &	10:30 Trip to Arboretum
Resistance(Advanced)	11:00 Sit Down, Get Down
11:30-1 Lunch	11:30-1 Lunch
1:00 Zumba Gold	1:15 Bingo
1:15 Wii Fit Fun	1:00 Strength & Resistance
2-3 Tai Chi	2:00 Yoga
3:00 Line Dance Party	2:30 Popped! The Movie Series
3-4 Hand Dancing	4:00 Enhance Fitness
29	30
8:30 Open Gym 9-12 Computer Class	8:30 Open Gym 9:00 African Dance
8:30 Open Gym	8:30 Open Gym
8:30 Open Gym 9-12 Computer Class 9:00 The "Wall" Workout	8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts
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- 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