





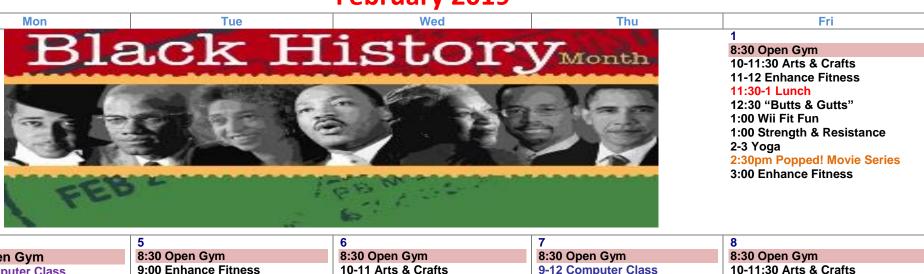
HAYES SENIOR WELLNESS CENTER Ward 6

500K Street NE 202-727-0357

Website: www.hayesswc.com

Hours: Monday - Friday 8:00 am to 5:00 pm

February 2019



8:30 Open Gym

9-12 Computer Class

10:00 Line Dancing 10:15 Intro to Spanish

11:00 Enhance Fitness

11:30-1 Lunch

12:30 "Butts & Gutts" 1:00 Wii Fit Fun

1:00 Strength & Resistance

2:00 Yoga

10-11 Artistic Expression 10:00 Advance Level Strengthening

11:00 Cardio/Fitness/Self Defense

11:30-1 Lunch

1-2 Sticking Around/ Cardio

1-1:30 Nutrition Bingo

2-3 Tai Chi

3-4 Hand Dancing

3-5 Memory Club

10-11 Arts & Crafts

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

2:15-5 Taste Budding

9-12 Computer Class

10:00 Advance Level Strengthening

11:00 Cardio/Fitness/Self Defense

11:00 Seasoned Reflections

11:30-1 Lunch 12:30 Nutrition 101

1:00 Zumba Gold

1-1:30 Nutrition Bingo

1:30- Congresswoman Norton

2-3 Tai Chi

2:30 Intro to Spanish

3-3:30 Line Dance 4-5 Hand Dancing

8:30 Open Gym

10:00 Advance Level

Strengthening

11:00 Valentine's Day Party

11:00 Cardio/Fitness/Self Defense

11:30-1 Lunch

12:30 Nutrition 101

2-3 Tai Chi

2:30 Intro to Spanish

11-12 Enhance Fitness

11:30-1 Lunch

12:30 "Butts & Gutts"

1:00 Wii Fit Fun

1:00 Strength & Resistance

2:15 Paint & Sip

2-3 Yoga

3:00 Enhance Fitness

11

8:30 Open Gvm

9-12 Computer Class

10:00 Line Dancing 10:15 Intro to Spanish

11:00 Enhance Fitness

11:30-1 Lunch

12:30 "Butts & Gutts" 1:00 Wii Fit Fun

1:00 Strength & Resistance

2:00 Yoga

8:30 Open Gym

9:00 Enhance Fitness 10-11 Artistic Expression

10:00 Advance Level Strengthening

11:00 Cardio/Fitness/Self Defense 11:00 Vision Board Party

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

8:30 Open Gym

11:30-1 Lunch

1:00 Wii Fit Fun

2-3 Yoga

10-11 Arts & Crafts

11-12 Enhance Fitness

12:30 "Butts & Gutts"

2:15-5 Taste Budding

11:30 New Member Assessment

1:00 Strength & Resistance

9-12 Computer Class

1:00 Zumba Gold

1-1:30 Nutrition Bingo

3-3:30 Line Dance 4-5 Hand Dancing

8:30 Open Gym

10-11:30 Arts & Crafts 10:00 Trip to Wegman's

11-12 Enhance Fitness

11:30-1 Lunch

12:30 "Butts & Gutts" 1:00 Wii Fit Fun

1:00 Strength & Resistance

2:30pm Popped! Movie Series

2-3 Yoga

3:00 Enhance Fitness







HAYES SENIOR WELLNESS CENTER Ward 6

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Hours: Monday - Friday 8:00 am to 5:00 pm

February 2019

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
8:30 Open Gym	8:30 Open Gym	8:30 Open Gym	8:30 Open Gym	8:30 Open Gym
9-12 Computer Class	9:00 Enhance Fitness	10-11 Arts & Craft	9-12 Computer Class	10-11:30 Arts & Crafts
10:00 Line Dancing	10-11 Artistic Expression	11-12 Enhance Fitness	10:00 Advance Level	10:00 Trip to the Big Apple
10:15 Intro to Spanish	10:00 Advance Level	11:30-1 Lunch	Strengthening	Circus
11:00 Enhance Fitness	Strengthening	11:30 New Member Assessment	11:00 Seasoned Reflections	11-12 Enhance Fitness
11:30-1 Lunch	11:00 Cardio/Fitness/Self	12:30 "Butts & Gutts"	11:00 Cardio/Fitness/Self	11:30-1 Lunch
12:30 "Butts & Gutts"	Defense	1:00 Wii Fit Fun	Defense	12:30 "Butts & Gutts"
1:00 Wii Fit Fun	11:30-1 Lunch	1:00 Strength & Resistance	11:30-1 Lunch	1:00 Wii Fit Fun
1:00 Strength & Resistance	12:30 Nutrition 101	2-3 Yoga	12:30 Nutrition 101	1:00 Strength & Resistance
2:00 Yoga	1-2 Sticking Around/ Cardio	2:15-5 Taste Budding	1:00 Zumba Gold	2:15 Paint & Sip
2.00 10ga	1-1:30 Nutrition Bingo 2-3 Tai Chi		1-1:30 Nutrition Bingo 2-3 Tai Chi	2-3 Yoga 3:00 Enhance Fitness
	3-4 Hand Dancing		2:30 Intro to Spanish	3.00 Elliance Fittless
	3-5 Memory Club		3-3:30 Line Dance	
	3-3 Memory Glab		4-5 Hand Dancing	
	26	27	28	
25	8:30 Open Gym	8:30 Open Gym	8:30 Open Gym	
8:30 Open Gym	9:00 Enhance Fitness	10-11 Arts & Craft	9-12 Computer Class	
9-12 Computer Class	10-11 Artistic Expression	11-12 Enhance Fitness 11:30-1 Lunch	10:00 Advance Level	
10:00 Line Dancing 10:15 Intro to Spanish	10:00 Advance Level	11:30 New Member Assessment	Strengthening 11:00 Seasoned Reflections	
11:00 Enhance Fitness	Strengthening 11:00 Cardio/Fitness/Self	12:30 Birthday Celebrations	11:00 Seasoned Renections 11:00 Cardio/Fitness/Self	
11:30-1 Lunch	Defense	12:30 "Butts & Gutts"	Defense	
12:30 "Butts & Gutts"	11:30-1 Lunch	1:00 Wii Fit Fun	11:30-1 Lunch	
1:00 Wii Fit Fun	12:30 Nutrition 101	1:00 Strength & Resistance	12:30 Nutrition 101	
1:00 Strength & Resistance	1-2 Sticking Around/ Cardio	2-3 Yoga	1:00 Zumba Gold	
2:00 Yoga	1-1:30 Nutrition Bingo	2:15-5 Taste Budding	1-1:30 Nutrition Bingo	
	2-3 Tai Chi		2-3 Tai Chi	
	3-4 Hand Dancing		2:30 Intro to Spanish	
			3-3:30 Line Dance	
			4-5 Hand Dancing	



Mon(10:15am) & Thurs(2:30pm): Intro to Spanish

Thurs., Feb 7th: Congress Woman Norton @1:30pm

Tues., Feb 12th: Vision Board Activity

Thurs., Feb 14th: Valentine's Day Party

Fri., Feb 15th: Trip to Wegman's

Fri., Feb 22nd: Trip to the Big Apple Circus

Wed., Feb 27th: Birthday Celebration

