



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

Mon	Tue	Wed	Thu	Fri
				1 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 2:30pm Popped! Movie Series 3:00 Enhance Fitness
4 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	5 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 1-2 Sticking Around/ Cardio 1-1:30 Nutrition Bingo 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	6 8:30 Open Gym 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	7 8:30 Open Gym 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 8:30 Open Gym 10-11:30 Arts & Crafts 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 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	12 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	13 8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 2:15-5 Taste Budding	14 8:30 Open Gym 9-12 Computer Class 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 1:00 Zumba Gold 1-1:30 Nutrition Bingo 2-3 Tai Chi 2:30 Intro to Spanish 3-3:30 Line Dance 4-5 Hand Dancing	15 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



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25 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	26 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	27 8:30 Open Gym 10-11 Arts & Craft 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 Birthday Celebrations 12:30 "Butts & Gutts" 1:00 Wii Fit Fun 1:00 Strength & Resistance 2-3 Yoga 2:15-5 Taste Budding	28 8:30 Open Gym 9-12 Computer Class 10:00 Advance Level Strengthening 11:00 Seasoned Reflections 11:00 Cardio/Fitness/Self Defense 11:30-1 Lunch 12:30 Nutrition 101 1:00 Zumba Gold 1-1:30 Nutrition Bingo 2-3 Tai Chi 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

