





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

June 2019

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
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 The "Wall" Workout	9:00 African Dance	9-12 Computer Class	9:00 African Dance
9:00 African Dance	10-11 Artistic Expression	10-11:30 Arts & Crafts	9:00 The "Wall" Workout	10-11:30 Arts & Crafts
10:15 Intro to Spanish	10:00 Strength &	11:00 Sit Down, Get Down	10:00 Strength &	11:00 Sit Down, Get Down
11:00 Sit Down, Get Down	Resistance(Advanced)	11:30-1 Lunch	Resistance(Advanced)	11:30-1 Lunch
11:30-1 Lunch	11:30-1 Lunch	1:00 Paint & Sip	11:30-1 Lunch	1:00 Wii Fit Fun 1:00 Strength &
1:00 Wii Fit Fun	1:00 Sticking Around	1:00 Strength & Resistance	1:00 Zumba Gold	Resistance
1:00 Strength & Resistance	1:15 Bingo	2:00 Yoga	1:15 Bingo	2:00 Yoga
2:00 Yoga	2-3 Tai Chi	2:15-5 Taste Budding	2-3 Tai Chi	4:00 Enhance Fitness
3:00 Tai Chi 4 Life	3-4 Hand Dancing	3:00 Tai Chi 4 Life	3:00 Intro to Spanish	
4:00 Enhance Fitness	3-5 Memory Club	4:00 Enhance Fitness	3-4 Hand Dancing	
10	11	12	13	14
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 The "Wall" Workout	9:00 African Dance	9-12 Computer Class	9:00 African Dance
9:00 African Dance	10-11 Artistic Expression	10-11:30 Arts & Crafts	9:00 The "Wall" Workout	10-11:30 Arts & Crafts
10:15 Intro to Spanish	10:00 Strength &	10:30 Trip to Roses	10:00 Strength &	11:00 Sit Down, Get Down
11:00 Sit Down, Get Down	Resistance(Advanced)	11:00 Sit Down, Get Down	Resistance(Advanced)	11:30-1 Lunch
11:30-1 Lunch	11:30-1 Lunch	11:30-1 Lunch	11:30-1 Lunch	1:15 Wii Fit Fun
1:15 Wii Fit Fun	1:00 Sticking Around	12:15 Town Hall Meeting	1:00 Zumba Gold	1:00 Strength & Resistance
1:00 Strength & Resistance	1:15 Bingo	1:15 Wii Fit Fun	2-3 Tai Chi	2:00 Yoga
2:00 Yoga	2-3 Tai Chi	1:00 Strength & Resistance	3:00 Intro to Spanish	2:30 Popped! The Movie Series
3:00 Tai Chi 4 Life	3-4 Hand Dancing	2:00 Yoga	3-4 Hand Dancing	4:00 Enhance Fitness
4:00 Enhance Fitness	o i i i ana zanome	2:15-5 Taste Budding	C 111ana Danoing	
		3:00 Tai Chi 4 Life		
		4:00 Enhance Fitness		
17	18	19	20	21
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 The "Wall" Workout	8:30 DACL Senior Symposium	9:00 The "Wall" Workout	9:00 African Dance
9:00 African Dance	10-11 Artistic Expression	9:00 African Dance	10-11:30 Hayes Rehab Party	10-11:30 Arts & Crafts
10:15 Intro to Spanish	10:00 Strength &	10-11:30 Arts & Crafts	11:30-1 Hayes BBQ	11:00 Sit Down, Get Down
11:00 Sit Down, Get Down	Resistance(Advanced)	11:00 Sit Down, Get Down		11:30-1 Lunch
11:30-1 Lunch	11:30-1 Lunch	11:30-1 Lunch	ALL PM FITNESS CLASSES	1:15 Wii Fit Fun
1:15 Wii Fit Fun	1:00 Sticking Around	1:00 Strength & Resistance	HELD OUTSIDE	1:00 Strength & Resistance
1:00 Strength & Resistance	1:15 Bingo	2:00 Yoga	1:00 Zumba Gold	2:00 Yoga
2:00 Yoga	2-3 Tai Chi	2:15-5 Taste Budding	1:15 Bingo	2:30 Paint & Sip
3:00 Tai Chi 4 Life	3-4 Hand Dancing	3:00 Tai Chi 4 Life	2-3 Tai Chi	4:00 Enhance Fitness
4:00 Enhance Fitness	3-5 Memory Club	4:00 Enhance Fitness	3:00 Intro to Spanish 3-4 Hand Dancing	







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June 2019

8:30 Open Gym

24

9-12 Computer Class 9:00 African Dance

10:15 Intro to Spanish

11:00 Sit Down, Get Down 11:30-1 Lunch

1:15 Wii Fit Fun

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 Sticking Around

1:15 Bingo

2-3 Tai Chi

3-4 Hand Dancing

26

8:30 Open Gym

9:00 African Dance

10-11:30 Arts & Crafts

11:00 Sit Down, Get Down

11:30-1 Lunch

1:00 Paint & Sip

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)

10:30 Trip to Amish Market 11:30-1 Lunch

11:30-1 Lunch 1:00 Zumba Gold

1:00 Zumba 1:15 Bingo

2-3 Tai Chi

3:00 Intro to Spanish

3-4 Hand Dancing

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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 Wii Fit Fun

1:00 Strength & Resistance

2:00 Yoga

2:30 Popped! The Movie Series

4:00 Enhance Fitness



- June 5th Paint & Sip @ 1pm
- June 12th Trip to Roses Department Store
- June 12th Town Hall Meeting
- June 14th Father's Day Celebration
- June 14th Popped! Movie Series
- June 19th DACL Senior Symposium @ Ballou HS
- June 20th Hayes SWC Gym Rehab Celebration & BBQ
- June 26th Paint & Sip @ 1pm
- June 27th Trip to Amish Market (Laurel)
- June 28th Popped! Movie Series

