



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

## June 2019

Mon	Tue	Wed	Thu	Fri
<b>3</b> 8:30 Open Gym 9-12 Computer Class 9:00 African Dance 10:15 Intro to Spanish 11:00 Sit Down, Get Down 11:30-1 Lunch 1:00 Wii Fit Fun 1:00 Strength & Resistance 2:00 Yoga 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	<b>4</b> 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 3-5 Memory Club	<b>5</b> 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	<b>6</b> 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 Bingo 2-3 Tai Chi 3:00 Intro to Spanish 3-4 Hand Dancing	<b>7</b> 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 Wii Fit Fun 1:00 Strength & Resistance 2:00 Yoga 4:00 Enhance Fitness
<b>10</b> 8:30 Open Gym 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	<b>11</b> 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	<b>12</b> 8:30 Open Gym 9:00 African Dance 10-11:30 Arts & Crafts 10:30 Trip to Roses 11:00 Sit Down, Get Down 11:30-1 Lunch 12:15 Town Hall Meeting 1:15 Wii Fit Fun 1:00 Strength & Resistance 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	<b>13</b> 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 2-3 Tai Chi 3:00 Intro to Spanish 3-4 Hand Dancing	<b>14</b> 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
<b>17</b> 8:30 Open Gym 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	<b>18</b> 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 3-5 Memory Club	<b>19</b> 8:30 Open Gym 8:30 DAOL Senior Symposium 9:00 African Dance 10-11:30 Arts & Crafts 11:00 Sit Down, Get Down 11:30-1 Lunch 1:00 Strength & Resistance 2:00 Yoga 2:15-5 Taste Budding 3:00 Tai Chi 4 Life 4:00 Enhance Fitness	<b>20</b> 8:30 Open Gym 9:00 The "Wall" Workout 10-11:30 Hayes Rehab Party 11:30-1 Hayes BBQ ALL PM FITNESS CLASSES HELD OUTSIDE 1:00 Zumba Gold 1:15 Bingo 2-3 Tai Chi 3:00 Intro to Spanish 3-4 Hand Dancing	<b>21</b> 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 Paint & Sip 4:00 Enhance Fitness



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<p><b>24</b>  <b>8:30 Open Gym</b>  <b>9-12 Computer Class</b>  <b>9:00 African Dance</b>  <b>10:15 Intro to Spanish</b>  <b>11:00 Sit Down, Get Down</b>  <b>11:30-1 Lunch</b>  <b>1:15 Wii Fit Fun</b>  <b>1:00 Strength &amp; Resistance</b>  <b>2:00 Yoga</b>  <b>3:00 Tai Chi 4 Life</b>  <b>4:00 Enhance Fitness</b></p>	<p><b>25</b>  <b>8:30 Open Gym</b>  <b>9:00 The "Wall" Workout</b>  <b>10-11 Artistic Expression</b>  <b>10:00 Strength &amp; Resistance(Advanced)</b>  <b>11:30-1 Lunch</b>  <b>1:00 Sticking Around</b>  <b>1:15 Bingo</b>  <b>2-3 Tai Chi</b>  <b>3-4 Hand Dancing</b></p>	<p><b>26</b>  <b>8:30 Open Gym</b>  <b>9:00 African Dance</b>  <b>10-11:30 Arts &amp; Crafts</b>  <b>11:00 Sit Down, Get Down</b>  <b>11:30-1 Lunch</b>  <b>1:00 Paint &amp; Sip</b>  <b>1:00 Strength &amp; Resistance</b>  <b>2:00 Yoga</b>  <b>2:15-5 Taste Budding</b>  <b>3:00 Tai Chi 4 Life</b>  <b>4:00 Enhance Fitness</b></p>	<p><b>27</b>  <b>8:30 Open Gym</b>  <b>9-12 Computer Class</b>  <b>9:00 The "Wall" Workout</b>  <b>10:00 Strength &amp; Resistance(Advanced)</b>  <b>10:30 Trip to Amish Market</b>  <b>11:30-1 Lunch</b>  <b>1:00 Zumba Gold</b>  <b>1:15 Bingo</b>  <b>2-3 Tai Chi</b>  <b>3:00 Intro to Spanish</b>  <b>3-4 Hand Dancing</b></p>	<p><b>28</b>  <b>8:30 Open Gym</b>  <b>9:00 African Dance</b>  <b>10-11:30 Arts &amp; Crafts</b>  <b>11:00 Sit Down, Get Down</b>  <b>11:30-1 Lunch</b>  <b>1:15 Wii Fit Fun</b>  <b>1:00 Strength &amp; Resistance</b>  <b>2:00 Yoga</b>  <b>2:30 Popped! The Movie Series</b>  <b>4:00 Enhance Fitness</b></p>
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- June 5<sup>th</sup> – Paint & Sip @ 1pm
- June 12<sup>th</sup> – Trip to Roses Department Store
- June 12<sup>th</sup> – Town Hall Meeting
- June 14<sup>th</sup> – Father’s Day Celebration
- June 14<sup>th</sup> – Popped! Movie Series
- June 19<sup>th</sup> – DAACL Senior Symposium @ Ballou HS
- June 20<sup>th</sup> – Hayes SWC Gym Rehab Celebration & BBQ
- June 26<sup>th</sup> – Paint & Sip @ 1pm
- June 27<sup>th</sup> - Trip to Amish Market (Laurel)
- June 28<sup>th</sup> – Popped! Movie Series

