


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SENIORS ON THE MOVE!</b>  <b>COME JOIN US!</b>  <b>ORIENTATION EVERY TUESDAY AT 2:00PM</b></p>	<p style="text-align: center;">Washington Seniors Wellness Center  Ward 7  East River Family Strengthening Collaborative  3001 Alabama Avenue, SE (202) 581-9355</p> <p style="text-align: center;">December  2019</p>			 <p><b>Green:</b> Open Gym  <b>Yellow:</b> Health/Nutrition  <b>Purple:</b> New Members  <b>Black:</b> Fitness Classes  <b>Orange:</b> Classes/Activities</p>
<p style="text-align: right;">2</p> <p>8:30am: Open Gym  9:00am: Strength &amp; Toning  10:00am: Choraleers  10:00am: Hula Hoop  10:30am: Enhance Fitness  11:30am: BEEDL  1:00pm: Body Sculpt  1:00pm: Computers  2:00pm: Bingo  3:00pm: Open Gym  5:00pm: Fitness Class</p>	<p style="text-align: right;">3</p> <p>8:30am: Open Gym  9:00am: Tennis  9:00am: Zumba Gold  9:50am: Nutrition  10:30am: Health Dialogue  10:45am: Gentle Movement  12:00 pm: Tai Chi  12:30 pm: Massage  1:00pm: Pilates  1:45pm: Meditation  2:00pm: New Member Orientation  3:00pm: Open Gym</p>	<p style="text-align: right;">4</p> <p>8:30am: Open Gym  9:00am: Strength &amp; Toning  10:00am: Hula Hoop  9:50am: Health Dialogue  10:00am: Nutrition Consultations  10:30am: Enhance Fitness  1:00pm: Body Sculpt  1:30pm: Club Memory  2:00pm: Yoga  3:00pm: Open Gym  3:45 Tai Chi  5:00pm: Fitness Class</p>	<p style="text-align: right;">5</p> <p>8:30am: Open Gym  9:00am: Tennis  9:00am: Zumba Gold  9:50am: Health Dialogue  10:00am: Chair Yoga  10:45am: Gentle Movement  12:00 pm: Tai Chi  12:30 pm: Pounds Away  1:00pm: Pilates  1:00 pm Cell Phones  1:00pm: Sewing  1:00pm: Art/Crafts  1:45pm: Meditation  1:45pm: Nutrition  2:00pm: Painting  3:00 pm: Open Gym</p>	<p style="text-align: right;">6</p> <p>8:30am: Open Gym  9:00am: Enhance Fitness  10:00am: Reading Group  10:00am: Line Dancing  12:00pm: Tai Chi  2:00pm: Bingo  2:00pm: Yoga  3:00pm: Open Gym</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	10	11	12	13
8:30am: Open Gym 9:00am: Strength & Toning 10:00am: Choraleers 10:00am: Hula Hoop 10:30am: Enhance Fitness 11:30am: BEEDL 1:00pm: Body Sculpt 1:00pm: Computers 2:00pm: Bingo 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Nutrition 10:30am: Health Dialogue 10:45am: Gentle Movement 12:00 pm: Tai Chi 12:30 pm: Massage 1:00pm: Pilates 1:45pm: Meditation 2:00pm: New Member Orientation 3:00pm: Open Gym	8:30am: Open Gym 9:00am: Strength & Toning 10:00am: Hula Hoop 9:50am: Health Dialogue 10:00am: Nutrition Consultations 10:30am: Enhance Fitness 11:00am: Spanish Class 1:00pm: Body Sculpt 2:00pm: Yoga 2:30pm: Movie Day 3:00pm: Open Gym 5:00pm: Fitness Class	8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 9:50am: Health Dialogue 10:00am: Chair Yoga 10:45am: Gentle Movement 12:00 pm: Tai Chi 12:30 pm: Pounds Away 1:00pm: Pilates 1:00 pm Cell Phones 1:00pm: Sewing 1:00pm: Art/Crafts 1:45pm: Meditation 1:45pm: Nutrition 2:00pm: Painting 3:00 pm: Open Gym	8:30am: Open Gym 9:00am: Enhance Fitness 0:00am: Line Dancing 12:00 pm: Tai Chi 1:30pm: Club Memory 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym
16	17	18	19	20
Closed due to Renovation	Closed due to Renovation	Closed due to Renovation	Closed due to Renovation	Closed due to Renovation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>8:30am: Open Gym</p> <p>9:00am: Strength &amp; Toning</p> <p>10:00am: Choraleers</p> <p>10:00am: Hula Hoop</p> <p>10:30am: Enhance Fitness</p> <p>11:30am: BEEDL</p> <p>1:00pm: Body Sculpt</p> <p>1:00pm: Computers</p> <p>2:00pm: Bingo</p> <p>3:00pm: Open Gym</p> <p>5:00pm: Fitness Class</p>	<p>8:30am: Open Gym</p> <p>9:00am: Tennis</p> <p>9:00am: Zumba Gold</p> <p>9:50am: Nutrition</p> <p>10:00am: Choraleers</p> <p>10:30am: Health Dialogue</p> <p>10:45am: Gentle Movement</p> <p>12:00pm: Tai Chi</p> <p>1:00pm: Pilates</p> <p>1:45pm: Meditation</p> <p>2:00pm: New Member Orientation</p> <p>3:00pm: Open Gym</p>	<p><b>WSWC</b> wishes you a very <b>Merry</b> <b>Christmas</b></p>	<p>8:30am: Open Gym</p> <p>9:00am: Tennis</p> <p>9:00am: Zumba Gold</p> <p>9:50am: Health Dialogue</p> <p>10:00am: Chair Yoga</p> <p>10:45am: Gentle Movement</p> <p>12:00 pm: Tai Chi</p> <p>1:00pm: Pilates</p> <p>1:45pm: Meditation</p> <p>1:45pm: Nutrition</p> <p>1:00 pm: Cell Phones</p> <p>1:00pm: Sewing</p> <p>1:00pm: Arts/Crafts</p> <p>2:00pm: Painting Class</p> <p>3:00pm: Open Gym</p>	<p>8:30am: Open Gym</p> <p>9:00am: Enhance Fitness</p> <p>10:00am: Choraleers</p> <p>10:00am: Reading Group</p> <p>10:00am: Line Dancing</p> <p>11:00am: Quilting</p> <p>12:00 pm: Tai Chi</p> <p>2:00pm: Bingo</p> <p>2:00pm: Yoga</p> <p>3:00pm: Open Gym</p>
<b>30</b>	<b>31</b>	<p><b>Trips</b></p> <p>December 4<sup>th</sup> Martha's Table 2375</p> <p>December 6<sup>th</sup> Homeless Gift Giving Farragut Park K and L Streets, NW</p> <p>December 10<sup>th</sup> Amish Market</p> <p>December 13<sup>th</sup> Rivertowne Theater Jumanji II</p> <p>December 19<sup>th</sup> Mayor's Annual Holiday Gala Event</p> <p>December 23<sup>rd</sup> Shiloh Family Life Center</p> <p>December 26<sup>th</sup> Anacostia Playhouse</p>		
<p>8:30am: Open Gym</p> <p>9:00am: Strength &amp; Toning</p> <p>9:45am: Hula Hoop</p> <p>11:30am: BEEDL</p> <p>10:30am: Enhance Fitness</p> <p>1:00pm: Body Sculpt</p> <p>1:00pm: Computers</p> <p>2:00pm: Bingo</p> <p>3:00pm: Open Gym</p> <p>5:00pm: Fitness Class</p>	<p>8:30am: Open Gym</p> <p>9:00am: Tennis</p> <p>9:00am: Zumba Gold</p> <p>9:50am: Nutrition</p> <p>10:30am: Health Dialogue</p> <p>10:45am: Gentle Movement</p> <p>12:00pm: Tai Chi</p> <p>1:00pm: Pilates</p> <p>1:45pm: Meditation</p> <p>2:00pm: New Member Orientation</p> <p>3:00pm: Open Gym</p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

**Presentations/Activities**

- 12/3 -12/9 / 2019 – NATIONAL HANDWASHING AWARENESS WEEK - (REMEMBER TO WASH YOUR HANDS)**
- 12/4/-12/4/2019- NATIONAL INFLUENZA VACCINATION WEEK (CDC)- (REMEMBER TO GET YOUR FLU SHOT)**
- 12/1/-2019- SIBLEY MEMORIAL HOSPITAL/JOHN HOPPKINS MEDICINE -HEARING SCREEINGS SIGN UP**
- 12/1/2019- HOWARD UNIVERSITY INCONTINENCE STUDY SIGN UP**
- 12/4/ 2019- HOLIDAY SAFETY PRESENTATION – OFFICER PERSAUD- 10:00am**
- 12/4/2019 – MEMBERS ASSEMBLY MEETING 11:00AM**
- 12/9/2019- SOLAR FOR ALL PROGRAM PRESENTATION (DC GOV.)- 10:00am**
- 12/9/2019-WSWC HOLIDAY CELEBRATION (FEATURING LADY MARY & DC LEGENDARY MUSICIANS INC. BAND)- 2:00pm**
- 12/10/2019-DC NURSING ASSOCIATION (UP DATE OF UNITED MEDICAL HOSPITAL & HEALTH INFORMATION)- 10:00am**
- 12/11/2019 – PROGRAM DIRECTOR’S MEETING – 11:00 AM**
- 12/11/2019- CHEF JACKIE (HEALTHY COOKING LITTLE BEETS REASTUARNT)-2:00pm**
- 12/12/2019-HIV AWARENESS & INFECTIOUS DISEASES (TB, HEPATITIS,) -DC HEALTH DEPT.-10:00am (TENTATIVE DATE/TIME)**
- 12/19/2019 = MAYOR’S ANNUAL HOLLIDAY CELEBRATION – DC ARMORY 10:00am – 2:00pm**
- 12/26/2019 – EXECUTIVE MEETING OF THE MEMBERS ASSEMBLY – 11:30 am**
- 12/23/2019-1/1/2020- NUTRITION CLASS SUSPENDED (VACATION)**