MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIORS ON THE MOVE! COME JOIN US! ORIENTATION EVERY TUESDAY AT 2:00PM	Washington Seniors Wellness Center Ward 7 East River Family Strengthening Collaborative 3001 Alabama Avenue, SE (202) 581-9355 December 2019			Green: Open Gym Yellow: Health/Nutrition Purple: New Members Black: Fitness Classes Orange: Classes/Activities
2	3	4	5	6
8:30am: Open Gym		8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym
9:00am: Strength &	8:30am: Open Gym	9:00am: Strength &	9:00am: Tennis	
Toning	9:00am: Tennis	Toning	9:00am: Zumba Gold	9:00am: Enhance
10:00am: Choraleers	9:00am: Zumba Gold	10:00am: Hula Hoop	9:50am: Health	Fitness
10:00am: Hula Hoop	9:50am: Nutrition	9:50am: Health	Dialogue	40-00 Dooding
10:30am: Enhance	10:30am: Health	Dialogue	10:00am: Chair Yoga	10:00am: Reading
Fitness	Dialogue	10:00am: Nutrition	10:45am: Gentle Movement	Group
11:30am: BEEDL	10:45am: Gentle	Consultations	12:00 pm: Tai Chi	10:00am: Line Dancing
1:00pm: Body Sculpt	Movement	10:30am: Enhance	12:30 pm: Pounds	10.00aiii. Line Dancing
1:00pm: Computers	12:00 pm: Tai Chi	Fitness	Away	12:00pm: Tai Chi
2:00pm: Bingo 3:00pm: Open Gym	12:30 pm: Massage 1:00pm: Pilates	1:00pm: Body Sculpt 1:30pm: Club	1:00pm: Pilates	12.00pm. 101 om
5:00pm: Open Gym	1:45pm: Meditation	Memory	1:00 pm Cell Phones	2:00pm: Bingo
J.oopiii. Filliess Class	2:00pm: New Member	2:00pm: Yoga	1:00pm: Sewing	g -
	Orientation	3: 00pm: Open Gym	1:00pm: Art/Crafts	2:00pm: Yoga
	3:00pm: Open Gym	3:45 Tai Chi	1:45pm: Meditation	. 5
	C.Copini. Open Cym	5:00pm: Fitness Class	1:45pm: Nutrition	3:00pm: Open Gym
			2:00pm: Painting	
			3:00 pm: Open Gym	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23		25	26	27
8:30am: Open Gym	24		8:30am: Open Gym	8:30am: Open Gym
9:00am: Strength &	8:30am: Open Gym	VAICVAIC	9:00am: Tennis	9:00am: Enhance
Toning	9:00am: Tennis	WSWC	9:00am: Zumba Gold	Fitness
10:00am: Choraleers	9:00am: Zumba Gold		9:50am: Health	10:00am: Choraleers
10:00am: Hula Hoop	9 <mark>:50am: Nutrition</mark>	wishes	Dialogue	10:00am: Reading
10:30am: Enhance	10:00am: Choraleers		10:00am: Chair Yoga	Group
Fitness	10:30am: Health	you a	10:45am: Gentle	10:00am: Line Dancing
11:30am: BEEDL	Dialogue	y o u . u .	Movement	11:00am: Quilting
1:00pm: Body Sculpt	10:45am: Gentle	very	12:00 pm: Tai Chi	12:00 pm: Tai Chi
1:00pm: Computers	Movement		1:00pm: Pilates	2:00pm: Bingo
2:00pm: Bingo	12:00pm: Tai Chi	Merry	1:45pm: Meditation	2:00pm: Yoga
3:00pm: Open Gym	1:00pm: Pilates	IVICITY	1:45pm: Nutrition	3:00pm: Open Gym
5:00pm: Fitness Class	1:45pm: Meditation	Christmas	1:00 pm: Cell Phones	
	2:00pm: New Member	Cilistillas	1:00pm: Sewing	
	Orientation		1:00pm: Arts/Crafts	
	3:00pm: Open Gym		2:00pm: Painting	
			Class	
			3:00pm: Open Gym	
200	0.4	Tuin		
30	31	Trips	T 11 2277	
8:30am: Open Gym	8:30am: Open Gym	December 4th Martha's Table 2375		
9:00am: Strength &	9:00am: Tennis			
Toning	9:00am: Zumba Gold	December 6th Homeless Gift Giving Farragut Park K and L Streets, NW		
9:45am: Hula Hoop	9 <mark>:50am: Nutrition</mark>			
11:30am: BEEDL	10:30am: Health	December 10 th Amish Market		
10:30am: Enhance	Dialogue			
Fitness	10:45am: Gentle	December 13 th Rivertowne Theater Jumanji II December 19 th Mayor's Annual Holiday Gala Event December 23 rd Shiloh Family Life Center		
1:00pm: Body Sculpt	Movement			
1:00pm: Computers	12:00pm: Tai Chi			
2:00pm: Bingo	1:00pm: Pilates			
3:00pm: Open Gym	1:45pm: Meditation			
5:00pm: Fitness Class	2:00pm: New Member			
	Orientation		D1 1	
	3:00pm: Open Gym	December 26th Anacosti	a Playhouse	3

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 HOSPTIAL/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 HOSPTIAL & 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)