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  January 2020		Green: Open Gym Yellow: Health/Nutrition Purple: New Members Black: Fitness Classes Orange: Classes/Activities	
Trips:		1	2	3
1/8 SoBE Restaurant			8:30am: Open Gym	8:30am: Open Gym
	Center Closed		9:00am: Tennis 9:00am: Zumba Gold	9:00am: Enhance
1/10 Rivertowne			9:50am: Health	Fitness
Theater		<b>4</b>	<b>Dialogue</b>	
	HAPPY	/ NFW	10:00am: Chair Yoga	10:00am: Reading
1/14 Dollar Store			10:45am: Gentle Movement	Group
	- 1		12:00 pm: Tai Chi	10:00am: Line Dancing
1/22 Publick	YEA	tK!!	12:30 pm: Pounds	
Playhouse			Away	12:00pm: Tai Chi
			1:00pm: Pilates	1,20nm, Club Mamani
1/28 Denny's			1:00 pm Cell Phones 1:00pm: Sewing	1:30pm: Club Memory
			1:00pm: Art/Crafts	2:00pm: Bingo
1/31 Rivertowne			1:45pm: Meditation	-
Theater			1:45pm: Nutrition	2:00pm: Yoga
			2:00pm: Painting	3:00nm: Onen Gym
L			3:00 pm: Open Gym	3:00pm: Open Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
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	<b>Dialogue</b>	
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	Away	
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	
13	14	15	16	17
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	<b>Dialogue</b>	
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	2:00pm: Bingo
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: Yoga
5:00pm: Fitness Class	2:00pm: New Member	1:00pm: Body Sculpt	1:00 pm Cell Phones	
	Orientation	1:30pm: Club Memory	1:00pm: Sewing	3:00pm: Open Gym
	3:00pm: Open Gym	2:00pm: Yoga	1:00pm:Art/Crafts	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2:30pm: Movie Day	1:45pm: Meditation	
		3: 00pm: Open Gym	1:45pm: Nutrition	
		5:00pm: Fitness Class	2:00pm: Painting	
			3:00 pm: Open Gym	
20	21	22	23	24
	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym
CENTER CLOSED	9:00am: Tennis	9:00am: Strength &	9:00am: Tennis	9:00am: Enhance
	9:00am: Zumba Gold	Toning	9:00am: Zumba Gold	Fitness
	10:00am: Choraleers	10:00am: Hula Hoop	10:00am: Chair Yoga	10:00am: Choraleers
	10:45am: Gentle	9:50am: Health	10:45am: Gentle	10:00am: Reading
Martin	Movement	Dialogue	Movement	Group
IVIAILIII	12:00pm: Tai Chi	10:00am: Nutrition	12:00 pm: Tai Chi	10:00am: Line Dancing
	1:00pm: Pilates	Consultations	1:00pm: Pilates	11:00am: Quilting
Luther	1:45pm: Meditation	10:30am: Enhance	1:45pm: Meditation	12:00 pm: Tai Chi
16.	2:00pm: New Member	Fitness	1:00 pm: Cell Phones	2:00pm: Bingo
King, Jr.	Orientation	11:00am: Spanish	1:00pm: Sewing	2:00pm: Yoga
	3:00pm: Open Gym	Class	1:00pm: Arts/Crafts	3:00pm: Open Gym
Holiday		1:00pm: Body Sculpt	2:00pm: Painting	
- ionaay		1:30pm: Club Memory	Class	
		2:00pm: Yoga	3:00pm: Open Gym	
		2:30pm: Movie Day		
		3: 00pm: Open Gym		
		5:00pm: Fitness Class		
		•		
27	28	15	30	31
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
9:45am: Hula Hoop	10:45am: Gentle	10:00am: Hula Hoop	10:00am: Chair Yoga	Fitness
11:30am: BEEDL	Movement	9:50am: Health	10:45am: Gentle	
10:30am: Enhance	12:00pm: Tai Chi	Dialogue	Movement	0:00am: Line Dancing
Fitness	1:00pm: Pilates	10:00am: Nutrition	12:00 pm: Tai Chi	
1:00pm: Body Sculpt	1:45pm: Meditation	Consultations	1:00pm: Pilates	12:00 pm: Tai Chi
1:00pm: Computers	2:00pm: New Member	10:30am: Enhance	1:45pm: Meditation	
2:00pm: Bingo	Orientation	Fitness	1:00 pm: Cell Phones	1:30pm: Club Memory

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-00	2-00	44.00cm. Cnonich	4.00mm. Couring	2.00mm. Dim m
3:00pm: Open Gym	3:00pm: Open Gym	11:00am: Spanish	1:00pm: Sewing	2:00pm: Bingo
5:00pm: Fitness Class		Class	1:00pm: Arts/Crafts	
		1:00pm: Body Sculpt	2:00pm: Painting	2:00pm: Yoga
		1:30pm: Club Memory	Class	
		2:00pm: Yoga	3:00pm: Open Gym	3:00pm: Open Gym
		2:30pm: Movie Day		
		3: 00pm: Open Gym		
		5:00pm: Fitness Class		

## **Meetings and Presentations**

Members Assembly Meeting-Thursday, January 2, 2020 starting at 11:00am

Lynel McFadden, Community Navigator MedStar Washington Hospital Center Washington Cancer Institute Colorectal Cancer Prevention in the Neighborhood-Colon Screening Presentation-Wednesday January 8, 2020-10:00am

Medstart Washington Hospital Center - Blood Pressure Screenings- Monday January 13, 2020-11:00am-12:30pm.

Martin Luther King Day A Day of Reflection-Tuesday January 14, 2020 (all day) starting at 10:00am I have A Dream Speech, The King Project Song, Seniors memories of King and his Assassination

Lynnitta Lockett (DOH)-SNAP ED- Nutrition Session- Wednesday January 15, 2020- 10:00am

EYL.365 Project- Inter-generational Activity- Print Making- Thursday January 16, 2020-2:30 pm-4:30 pm

Project Director's Meeting - Wednesday, January 22, 2020 starting at 11:00 am

Jillian Griffith MSPH, RDN, LDN- In- Store Nutritionist -Giant Food /United HealthCare - Healthy Eating & Wellness/ Wellness Plan -Monday January 27, 2020-10:00am

Social Security Information Presentation- Thursday January 30, 2020- 10:00am

Executive Board Meeting for Members Assembly Thursday January 30, 2020- 11:30am

\*\*Sibley Memorial Hospital / John Hopkins Medicine- Hearing Screenings- Date Forthcoming

<sup>\*\*</sup>Howard University Incontinence Study (FAME)- Date Forthcoming