


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SENIORS ON THE MOVE! COME JOIN US! ORIENTATION EVERY TUESDAY AT 2:00PM</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;">January 2020</p>			 <p>Green: Open Gym Yellow: Health/Nutrition Purple: New Members Black: Fitness Classes Orange: Classes/Activities</p>
<p>Trips: 1/8 SoBE Restaurant 1/10 Rivertowne Theater 1/14 Dollar Store 1/22 Publick Playhouse 1/28 Denny's 1/31 Rivertowne Theater</p>	<p style="text-align: center;">Center Closed</p> <p style="text-align: center;">HAPPY NEW YEAR!!</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">2</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: center;">3</p> <p>8:30am: Open Gym 9:00am: Enhance Fitness 10:00am: Reading Group 10:00am: Line Dancing 12:00pm: Tai Chi 1:30pm: Club Memory 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
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
13	14	15	16	17
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		2:30pm: Movie Day 3: 00pm: Open Gym 5:00pm: Fitness Class	1:45pm: Meditation 1:45pm: Nutrition 2:00pm: Painting 3:00 pm: Open Gym	
20	21	22	23	24
<p>CENTER CLOSED</p> <p>Martin Luther King, Jr. Holiday</p>	8:30am: Open Gym 9:00am: Tennis 9:00am: Zumba Gold 10:00am: Choraleers 10:45am: Gentle Movement 12:00pm: Tai Chi 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 1:30pm: Club Memory 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 10:00am: Chair Yoga 10:45am: Gentle Movement 12:00 pm: Tai Chi 1:00pm: Pilates 1:45pm: Meditation 1:00 pm: Cell Phones 1:00pm: Sewing 1:00pm: Arts/Crafts Class 2:00pm: Painting Class 3:00pm: Open Gym	8:30am: Open Gym 9:00am: Enhance Fitness 10:00am: Choraleers 10:00am: Reading Group 10:00am: Line Dancing 11:00am: Quilting 12:00 pm: Tai Chi 2:00pm: Bingo 2:00pm: Yoga 3:00pm: Open Gym
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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

**Howard University Incontinence Study (FAME)- Date Forthcoming