



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><b>Washington Seniors Wellness Center</b>  <b>Ward 7</b>  <b>East River Family Strengthening Collaborative</b>  <b>3001 Alabama Avenue, SE (202) 581-9355</b></p> <p><b>FEBRUARY 2019</b></p>			<p style="text-align: right;">1</p> <p>8:30am: Open Gym</p> <p>9:00am: Enhance Fitness</p> <p>10:00am: Line Dancing</p> <p>12:00 pm: Tai Chi</p> <p>2:00pm: Bingo</p> <p>2:00pm: Yoga</p> <p>3:00pm: Open Gym</p>
4	5	6	7	8
11	12	13	14	15
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

<p style="text-align: right;"><b>18</b></p> <p>8:30am: Open Gym  9:00am: Strength &amp; Toning  10:am: Hula Hoop  <b>9:50am: Nutrition</b>  10:30am: Enhance Fitness  <b>10:35am: Nutrition</b>  11:30am: BEEDL  1:00pm: Body Sculpt  1:00pm: Smart Technology  <b>1:45pm: Nutrition</b>  2:00pm: Bingo  3:00pm: Open Gym  5:00pm: Fitness Class</p>	<p style="text-align: right;"><b>19</b></p> <p>8:30am: Open Gym  9:00am: Tennis  9:00am: Zumba Gold  <b>9:50am: Nutrition</b>  10:00am: Chair Yoga  <b>10:35am: Health Dialogue</b>  10:45am: Gentle Movement  12:00pm: Tai Chi  1:00pm: Pilates  1:45pm: Meditation  2:00pm: New Member Orientation  2:30pm Let's Play Games!  2:00pm: Chicago Stepping  3:00pm: Open Gym</p>	<p style="text-align: right;"><b>20</b></p> <p>8:30am: Open Gym  8:30am: Blood Pressure  Reading (all day)  9:00am: Strength and Toning  10:00 am: Hula Hoop  10:30am: Enhance Fitness  1:30pm: Club Memory  3: 00pm: Open Gym  5:00pm: Fitness Class</p>	<p style="text-align: right;"><b>21</b></p> <p>8:30am: Open Gym  9:00am: Tennis  9:00am: Zumba Gold  <b>10:00 Am: Open Gym</b>  10:445am: Gentle Movement  12:00 pm: Tai Chi  <b>12:30pm: Pounds Away</b>  1:00pm: Pilates  1:00pm: Art  1:45pm: Meditation  2:00pm: Painting Class  3:00pm: Smartphone Technology  3:00 pm: Open Gym</p>	<p style="text-align: right;"><b>22</b></p> <p>8:30am: Open Gym  9:00am: Enhance Fitness  10:00am: Reading Group  10:30am: Line Dancing  <b>11:00am: Quilting</b>  12:00 pm: Tai Chi  <b>2:00pm: Bingo</b>  2:00pm: Yoga  3:00pm: Open Gym</p>
<p style="text-align: right;"><b>25</b></p> <p>8:30am: Open Gym  9:00am: Strength &amp; Toning  <b>9:50am: Nutrition</b>  9:45am: Hula Hoop  10:00 am Choraleers Black History Program  11:30am: BEEDL  10:30am: Enhance Fitness  <b>10:35am: Nutrition</b>  1:00pm: Body Sculpt  1:00pm: Smart Technology  <b>1:45pm: Nutrition</b>  2:00pm: Bingo  3:00pm: Open Gym  5:00pm: Fitness Class</p>	<p style="text-align: right;"><b>26</b></p> <p>8:30am: Open Gym  9:00am: Tennis  9:00am: Zumba Gold  <b>9:50am: Nutrition</b>  10:00am: Chair Yoga  <b>10:35am: Health Dialogue</b>  10:45am: Gentle Movement  12:00 pm: Tai Chi  1:00pm: Pilates  1:45pm: Meditation  2:00pm: New Member Orientation  2:00pm: Chicago Stepping  3:00pm: Open Gym</p>	<p style="text-align: right;"><b>27</b></p> <p>8:30am: Open Gym  8:30am: Blood Pressure  Reading (all day)  9:00am: Strength &amp; Toning  <b>9:50am: Health Dialogue</b>  9:45am: Hula Hoop  10:30am: Enhance Fitness  <b>10:35am: Health Dialogue</b>  11:00am: Spanish Class  1:00pm: Body Sculpt  1:00pm: January Birthday Party  1:30pm: Movie - Avengers  2:00pm: Yoga  3:00pm: Open Gym  5:00pm: Fitness Class</p>	<p style="text-align: right;"><b>28</b></p> <p>8:30am: Open Gym  9:00am: Tennis  9:00am: Zumba Gold  <b>9:50am: Health Dialogue</b>  <b>10:35am: Nutrition</b>  10:45am: Gentle Movement  12:00 pm: Tai Chi  <b>12:30 pm: Pounds Away</b>  1:00pm: Pilates  1:00pm: Art  1:45pm: Meditation  <b>1:45pm: Nutrition</b>  2:00pm: Painting Class  3:00pm: Smartphone Technology  3:00 pm: Open Gym</p>	
 <p>Green: Open Gym  Yellow: Health/Nutrition  Purple: New Members  Black: Fitness Classes  Orange: Classes/Activities</p>	<p><b>Trips:</b>  Tues. Feb. 5<sup>th</sup> Health and Wellness (Giant), 10:30am  Friday Feb. 8<sup>th</sup> Rivertowne Theatre 10:30am  Tues. Feb. 12<sup>th</sup> Health and Wellness (Giant), 10:30am  Thurs. Feb. 14<sup>th</sup> Public Playhouse, 10:30am  Tues. Feb. 19<sup>th</sup> Rinaldi's Riverdale Bowl, 10:30am  Tues. Feb. 26<sup>th</sup> Vanilla Bene'</p> <p><b>Meetings:</b>  Wed. Feb. 6<sup>th</sup>, Members Assembly 11:00am  Wed. Feb. 20<sup>th</sup> Director's Meeting with Seniors 11:00am  Thurs. Feb. 28<sup>th</sup> Members Assembly Exec. Comm. 11 am</p>		<p><b>Presentations/Activities:</b>  Thurs. Feb. 7<sup>th</sup> CR Gibbs-Underground Railroad – History of The District of Columbia 10:00am.  Thurs. Feb. 7<sup>th</sup> Martha's Table Joyful Market, 2:15pm  Mon. Feb.11<sup>th</sup> Heart Health Presentation, 10:00am  Tues. Feb. 12<sup>th</sup> Northeast Performing Arts Group, 2:00pm  Thurs. Feb.14<sup>th</sup> Presentation of Roses/Mayor's Office on Women's Policy and Initiatives 10:00am  Valentine Day Dance, 2:00pm  Mon. Feb. 25<sup>th</sup> Choraleers's Black History Program 10:00am  Wed. Feb. 27<sup>th</sup> D C Central Kitchen Cooking Demonstration, 2pm  Thurs. Feb. 28<sup>th</sup> Air Traffic Controllers Presentation, 10:00am</p>	