MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SENIORS ON THE		8:30am: Open Gym			
MOVE!	Washing	9:00am: Enhance Fitness			
COME JOIN US!	washing	10:00am: Line Dancing			
ORIENTATION	Ward 7 East River Family Strengthening Collaborative 3001 Alabama Avenue, SE (202) 581-9355			12:00 pm: Tai Chi	
EVERY TUESDAY				2:00pm: Bingo	
AT 2:00PM	3001 Mabama Memae, DE (202) 301 7555				
	FEBRUARY 2019			3:00pm: Open Gym	
	_		_		
8:30am: Open Gym	5 8:30am Open Gym	8:30am: Open Gym	8:30am: Open Gym	8 8:30am: Open Gym	
9:00am: Strength & Toning	9:00am: Tennis	8:30am: Blood Pressure Reading	9:00am: Tennis	o.soam. Open Gym	
10:am: Hula Hoop	9:00am: Zumba Gold	(all day)	9:00am: Zumba Gold	9:00am: Enhance Fitness	
10:00am: Choraleers	9:50am: Nutrition	9:00am: Strength & Toning	9:50am: Health Dialogue		
9:50am: Nutrition	10:00am: Chair Yoga	10:00 am: Hula Hoop	10:35am: Nutrition	10:00am: Reading Group	
11:30am: BEEDL	10:35am: Health Dialogue	10:30am: Enhance Fitness	10:45am: Gentle Movement	<u> </u>	
10:30am: Enhance Fitness	10:45am: Gentle Movement	10:35am: Health Dialogue	12:30 pm: Pounds Away	10:30am: Line Dancing	
10:35am: Nutrition	12:00 pm: Tai Chi	11:00am: Spanish Class	12:00 pm: Tai Chi		
1:00pm: Body Sculpt	1:00pm: Pilates	1:00pm: Body Sculpt	1:00pm: Pilates	12:00 pm: Tai Chi	
1:00pm: Smart Technology	1:45pm: Meditation	1:30pm: Club Memory	1:00pm: Art		
1:45pm: Nutrition	2:00pm: New Member Orientation	2:00pm: Yoga	1:45pm: Meditation	2:00pm: Bingo	
2:00pm: Bingo	2:00pm: Chicago Stepping	2:00pm: Food Demonstration	1:45pm: Nutrition		
3:00pm: Open Gym	2:30pm Let's Play Games!	3:00pm: Open Gym	2:30pm Chat and Chew	2:00pm: Yoga	
5:00pm: Fitness Class	3:00pm: Open Gym	5:00pm: Fitness Class	3:00pm:Smartphone Technology 3:00pm: Open Gym	3:00pm: Open Gym	
11	12	13	14	15	
8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym	
9:00am: Strength & Toning	9:00am: Tennis	8:30am: Blood Pressure	9:00am: Tennis /// Zumba Gold		
9:50am: Nutrition	9:00am: Zumba Gold	Reading (all day)	9:50am: Health Dialogue	9:00am: Enhance Fitness	
10:00am: Hula Hoop	9:50am: Nutrition	9:00am: Strength & Toning	10:35am: Nutrition		
10:00am: Choraleers	10:00am: Chair Yoga	10:00am: Hula Hoop	10:45am: Gentle Movement	10:30am: Line Dancing	
10:30am: Enhance Fitness	10:35am: Health Dialogue	9:50am: Health Dialogue	12:00 pm: Tai Chi		
11:30am: BEEDL	10:45am: Gentle Movement	10:30am: Enhance Fitness	12:30 pm: Pounds Away	12:00 pm: Tai Chi	
1:00pm: Body Sculpt	12:00 pm: Tai Chi	10:35am: Health Dialogue	1:00pm: Pilates		
1:00pm: Smart Technology	12:30 pm: Massage	11:00am: Spanish Class	1:00pm: Art	2:00pm: Bingo	
1:45pm: Nutrition	1:00pm: Pilates	1:00pm: Body Sculpt	1:45pm: Meditation 1:45pm: Nutrition		
2:00pm: Bingo	1:45pm: Meditation	2:00pm: Yoga	2:00pm: Painting Class	2:00pm: Yoga	
3:00pm: Open Gym	2:00pm: New Member Orientation	3: 00pm: Open Gym	3:00pm: Smartphone		
5:00pm: Fitness Class	2:00pm: Chicago Stepping	5:00pm: Fitness Class	3:00 pm: Open Gym	3:00pm: Open Gym	
	3:00pm: Open Gym			FRIDAY	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		

18	19	20	21	22
8:30am: Open Gvm	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym
9:00am: Strength & Toning	9:00am: Tennis		9:00am: Tennis	9:00am: Enhance Fitness
10:am: Hula Hoop	9:00am: Zumba Gold	8:30am: Blood Pressure	9:00am: Zumba Gold	10:00am: Reading Group
9:50am: Nutrition	9:50am: Nutrition	Reading (all day)	10:00 Am: Open Gym	10:30am: Line Dancing
10:30am: Enhance Fitness	10:00am: Chair Yoga	9:00am: Strength and Toning	10:445am: Gentle Movement	11:00am: Quilting
10:35am: Nutrition	10:35am: Health Dialogue	10:00 am: Hula Hoop	12:00 pm: Tai Chi	12:00 pm: Tai Chi
11:30am: BEEDL	10:45am: Gentle Movement	10:30am: Enhance Fitness	12:30pm: Pounds Away	2:00pm: Bingo
1:00pm: Body Sculpt	12:00pm: Tai Chi	1:30pm: Club Memory	1:00pm: Pilates	2:00pm: Yoga
1:00pm: Smart Technology	1:00pm: Pilates	3: 00pm: Open Gym	1:00pm: Art	3:00pm: Open Gym
1:45pm: Nutrition	1:45pm: Meditation	5:00pm: Fitness Class	1:45pm: Meditation	
2:00pm: Bingo	2:00pm: New Member Orientation	orospini Trinicos Giaco	2:00pm: Painting Class	
3:00pm: Open Gym	2:30pm Let's Play Games!		3:00pm: Smartphone Technology	
5:00pm: Fitness Class	2:00pm: Chicago Stepping		3:00 pm: Open Gym	
5.00pm. Fittless Class	3:00pm: Open Gym		o.oo piii. Open Cyiii	
25	26	27	28	
	8:30am: Open Gym	8:30am: Open Gym	8:30am: Open Gym	
8:30am: Open Gym	9:00am: Tennis	8:30am: Blood Pressure	9:00am: Tennis	
9:00am: Strength & Toning	9:00am: Tennis 9:00am: Zumba Gold	Reading (all day)	9:00am: Tennis 9:00am: Zumba Gold	
9:50am: Nutrition		9:00am: Strength & Toning		C 22 C 20
9:45am: Hula Hoop	9:50am: Nutrition	9:50am: Health Dialogue	9:50am: Health Dialogue	O at a miner
10:00 am Choraleers Blaack History	10:00am: Chair Yoga	9:45am: Hula Hoop	10:35am: Nutrition	
Program	10:35am: Health Dialogue	10:30am: Enhance Fitness	10:45am: Gentle Movement	
11:30am: BEEDL	10:45am: Gentle Movement	10:35am: Health Dialogue	12:00 pm: Tai Chi 12:30 pm: Pounds Away	
10:30am: Enhance Fitness	12:00 pm: Tai Chi	11:00am: Spanish Class	12:30 pm: Pounds Away	SEMERTHA FIFERIALE
10:35am: Nutrition	1:00pm: Pilates	1:00pm: Body Sculpt	1:00pm: Pilates	\$0163 a 277
1:00pm: Body Sculpt	1:45pm: Meditation	1:00pm: January Birthday Party	1:00pm: Art	100 pt 1700 to 1
1:00pm: Smart Technology	2:00pm: New Member Orientation	1:30pm: Movie - Avengers	1:45pm: Meditation	
1:45pm: Nutrition	2:00pm: Chicago Stepping	2:00pm: Yoga	1:45pm: Nutrition	0-01
2:00pm: Bingo	3:00pm: Open Gym	3:00pm: Open Gym	2:00pm: Painting Class	0 1
3:00pm: Open Gym		5:00pm: Fitness Class	3:00pm: Smartphone Technology 3:00 pm: Open Gym	
5:00pm: Fitness Class			3.00 pm. Open Gym	
	Trips: Tues. Feb. 5 th Health and Wellness (Giant), 10:30am		Presentations/Activities:	
PUTTHIS	Friday Feb. 8 th Rivertowne Theatre 10:30am Tues. Feb. 12 th Health and Wellness (Giant), 10:30am Thurs. Feb. 14 th Public Playhouse, 10:30am Tues. Feb. 19 th Rinaldi's Riverdale Bowl, 10:30am		Thurs. Feb. 7 th CR Gibbs-Underground Railroad – History of The District of Columbia 10:00am. Thurs. Feb. 7 th Martha's Table Joyful Market, 2:15pm Mon. Feb.11 th Heart Health Presentation, 10:00am Tues. Feb. 12 th Northeast Performing Arts Group, 2:00pm	
on YOUR I				
CALENDAR!				
	Tues. Feb. 26 th Vanilla Bene'		Thurs. Feb.14th Presentation of Roses/Mayor's Office on	
Green: Open Gym	Meetings:		Women's Policy and Initiatives 10:00am	
Vallow: Health/Nutrition			women's Policy and initiatives 10:00am	

Wed. Feb. 6th, Members Assembly 11:00am

Wed. Feb. 20th Director's Meeting with Seniors 11:00am

Thurs. Feb. 28th Members Assembly Exec. Comm. 11 am

Yellow: Health/Nutrition

Purple: New Members

Black: Fitness Classes

Orange: Classes/Activities

Valentine Day Dance, 2:00pm

Mon. Feb. 25th Choraleers's Black History Program 10:00am

Wed. Feb. 27th D C Central Kitchen Cooking Demonstration, 2pm

Thurs. Feb. 28th Air Traffic Controllers Presentation, 10:00am