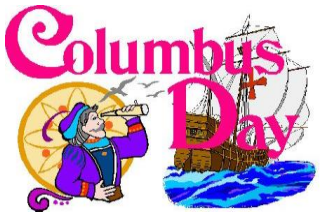
OCTOBER 2016

WASHINGTON SENIORS WELLNESS CENTER
3001 Alabama Ave SE Washington, DC 20020
(202) 581-9355

Monday	Tuesday	Wednesday	Thursday	Friday
3- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A **10:00 Choraleers** 10:30 Nutrition B 10:30 EnhanceFitness **11:00 New Member's Orientation** 11:30 BEEDL 1:00 EnhanceFitness **1:30 Bingo** 1:45 Nutrition E 5:00 FITNESS	**4-**8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C **10:00 Learn About Your Kidneys Presentation** 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 1:00 Pilates 1:45 Relaxation/Stress Reduction **2:00 Diabetes Education**	**5-** 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **11:30Members Assembly Meeting** 1:00 EnhanceFitness ***1:00 Club Memory*** 2:00 Yoga **2:15 Volunteer w/Martha's Table @ Anne Beers ES** 5:00 FITNESS	**6-** 8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F **2:00 New Member's Orientation**	**7-** 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness **1:30 Bingo** 2:00 Yoga
10- **We Are Closed In Observance of Columbus Day!** 	**11-**8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C **10:30 Let's Take A Trip: Eastern Market** 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 1:00 Pilates 1:45 Relaxation/Stress Reduction **2:00 Diabetes Education**	**12-** 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **1:00 Blood Pressure Reading** 1:00 EnhanceFitness 2:00 Yoga **2:00 Food Demonstration** 5:00 FITNESS	**13-** 8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates **2:00 New Member's Orientation**	**14-** 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing **10:30 Let's Go and Get Lunch: Copper Canyon Grill** 11:00 Quilters 1:00 EnhanceFitness **1:30 Bingo** 2:00 Yoga

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17- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A **10:00 Choraleers** 10:30 Nutrition B 10:30 EnhanceFitness **11:00 New Member's Orientation** 11:30 BEEDL 1:00 EnhanceFitness **1:30 Bingo** 1:45 Nutrition E 5:00 FITNESS	**18-**8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 1:00 Pilates 1:45 Relaxation/Stress Reduction **2:00 Diabetes Education**	**19-** 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **12:00 Brown Bag Lunch Presentation w/ Atty. Ciji Dodds – Be In the Know About Refinancing Your Home** ***1:00 Club Memory*** 1:00 EnhanceFitness **1:00 Blood Pressure Reading** 2:00 Yoga 5:00 FITNESS	**20-** 8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F **2:00 New Member's Orientation**	**21-** 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing **10:30 Let's Take A Trip: River Towne AMC - TYLER PERRY'S BOO! A MADEA HALLOWEEN** 11:00 Quilters 1:00 EnhanceFitness **1:30 Bingo** 2:00 Yoga

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24- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A **10:00 Choraleers** **10:00 Legal Counsel for the Elderly** 10:30 Nutrition B 10:30 EnhanceFitness **11:00 New Member's Orientation** 11:30 BEEDL 1:00 EnhanceFitness **1:30 Bingo** 1:45 Nutrition E 5:00 FITNESS	**25-** 8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi 1:00 Pilates 1:45 Relaxation/Stress Reduction **2:00 Diabetes Education**	**26-** 8:00 Open Gym 9:00 Strength and Toning **9:00 "Pretty in Pink"- Breast Cancer Awareness Month Presentation** 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 EnhanceFitness 10:30 Spanish Class 10:35Health Dialogue B **12:00 Brown Bag Lunch Presentation w/ Office of Disability Rights-Vision Zero** 1:00 EnhanceFitness 2:00 Yoga **2:00 Food Demonstration** **1:00 Blood Pressure Reading** 5:00 FITNESS	**27-** 8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F **2:00 New Member's Orientation** **3:00 Volunteer w/Martha's Table @ Stanton ES**	**28-** 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing **10:00 Book Club** 11:00 Quilters 1:00 EnhanceFitness **1:30 Bingo** 2:00 Yoga

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31- 8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Nutrition A 10:30 Nutrition B 10:30 EnhanceFitness **11:00 New Member's Orientation** 11:30 BEEDL 1:00 EnhanceFitness **1:30 Bingo** 1:45 Nutrition E 5:00 FITNESS				

Schedule subject to change

Center Hours:
Monday: 8:00 am-6:30 pm
Tuesday: 8:00 am-5:00 pm
Wednesday: 8:00 am-6:30 pm

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Thursday: 8:00 am-5:00 pm
Friday: 8:00 am-5:00 pm

Please consider making a donation to WSWC to support our *Social Activities* and *Special Programs*. Please make checks out to *WSWC/ERFSC.
Thank You!