

# WASHINGTON SENIORS WELLNESS CENTER

## SEPTEMBER 2015

3001 Alabama Ave. SE  
Washington, DC. 20020

202-581-9355

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
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| <p>Center Hours:<br/>Monday: 8:00am-7:00pm<br/>Tuesday: 7:30am-5:00pm<br/>Wednesday:8:00am-7:00pm<br/>Thursday: 7:30am-5:00pm<br/>Friday: 8:00am-5:00pm</p>        | <p><b>1</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Fitness Class C<br/>9:50 Fitness Class D<br/>9:50 Nutrition C<br/>10:35 Health Dialogue D<br/>10:45 Gentle Movement C/D<br/><b>11:30 MEMBER'S ASSEMBLY</b><br/>12:00T'ai' Chi<br/>12:30 Tennis<br/>1:15 Fitness Class F<br/>1:30 Chronic Disease Class<br/>2:00 Advance Benefits of America</p> | <p><b>2</b><br/>8:00 Open Gym<br/>9:00 Fitness Class A<br/>9:50 Fitness Class B<br/>9:50 Health Dialogue A<br/>10:30 Spanish Class<br/>10:30 EnhanceFitness<br/>10:35Health Dialogue B<br/><b>1:00 CLUB MEMORY</b><br/>1:15 Weightlifting Wednesdays w/Mosi<br/>2:00 Yoga<br/><b>5:00PM—7:00PM FITNESS</b></p> | <p><b>3</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Zumba<br/>9:50 Fitness Class D<br/>9:50 Health Dialogue C<br/>10:00 Vascular Access Center (arterial disease awareness)<br/>10:35 Nutrition D<br/>10:45 Gentle Movement C/D<br/>12:00 T'ai Chi<br/>1:00 Art Class<br/>1:15 Fitness Class F<br/>1:30 Diabetes Education<br/>1:45 Nutrition F</p>                               | <p><b>4</b><br/>9:00 EnhanceFitness<br/>10:00 Fitness Assessments<br/>10:00 Line Dancing<br/>11:00 Quilters<br/>1:30 Fit Fridays with Mosi<br/>2:00 Yoga</p>  |
| <p><b>7</b></p>  <p style="text-align: center;">Center Closed for the Holiday</p> | <p><b>8</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Fitness Class C<br/>9:50 Fitness Class D<br/>9:50 Nutrition C<br/>10:35 Health Dialogue D<br/>10:45 Gentle Movement C/D<br/>11:30 Choraleers<br/>12:00T'ai' Chi<br/>12:30 Tennis<br/>1:15 Fitness Class F<br/>1:30 Chronic Disease Class</p>  | <p><b>9</b><br/>8:00 Open Gym<br/>9:00 Fitness Class A<br/>9:50 Fitness Class B<br/>9:50 Health Dialogue A<br/>10:30 Spanish Class<br/>10:30 EnhanceFitness<br/>10:35Health Dialogue B<br/>1:15 Weightlifting Wednesdays w/Mosi<br/>2:00 Yoga<br/>2:00 Food Demonstration<br/><b>5:00PM—7:00PM FITNESS</b></p> | <p><b>10</b><br/>7:30 Open Gym<br/>9:00 Blood Pressure Screening<br/>9:00 Tennis<br/>9:00 Zumba<br/>9:50 Fitness Class D<br/>9:50 Health Dialogue C<br/><b>10:30 Senior Medicare Info (One on One)</b><br/>10:35 Nutrition D<br/>10:45 Gentle Movement C/D<br/>12:00 T'ai Chi<br/>1:00 Art Class<br/>1:15 Fitness Class F<br/>1:30 Diabetes Education Class<br/>1:45 Nutrition F</p> | <p><b>11</b><br/>9:00 EnhanceFitness<br/>10:00 Fitness Assesments<br/>10:00 Line Dancing<br/>11:00 Quilters<br/>1:30 Fit Fridays with Mosi<br/>2:00 Yoga</p>  |
| <p><b>14</b><br/>8:00 Open Gym<br/>9:00 Fitness Class A<br/>9:50 Fitness Class B<br/>9:50 Nutrition A<br/>10:30 Nutrition B<br/>10:30 EnhanceFitness</p>           | <p><b>15</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Fitness Class C<br/>9:50 Fitness Class D<br/>9:50 Nutrition C<br/>10:00 Rite-Aid Flu Clinic<br/>10:35 Health Dialogue D<br/>10:45 Gentle Movement C/D</p>  | <p><b>16</b><br/>8:00 Open Gym<br/>9:00 Fitness Class A<br/>9:50 Fitness Class B<br/>9:50 Health Dialogue<br/>10:30 Spanish Class<br/>10:30 EnhanceFitness<br/>10:35Health Dialogue B<br/><b>1:00 CLUB MEMORY</b></p>  | <p><b>17</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Zumba<br/>9:50 Fitness Class D<br/>9:50 Health Dialogue C<br/>10:30 Healthy Homes Project<br/>10:35 Nutrition D<br/>10:45 Gentle Movement C/D</p>  | <p><b>18</b><br/>9:00 EnhanceFitness<br/>10:00 Line Dancing<br/>10:00 Fitness Assessments<br/>11:00 Quilters<br/>1:30 Fit Fridays with Mosi<br/>2:00 Yoga</p> |

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| <p>11:30 BEEDL<br/>1:15 Fitness<br/>1:45 Nutrition E<br/>5:00 PM-7:00PM Fitness</p>   | <p>12:00T'ai' Chi<br/>1:15 Fitness Class F<br/>1:30 Chronic Disease Class</p>   | <p>1:15 Weightlifting<br/>Wednesdays w/Mosi<br/>2:00 Yoga<br/>5:00PM—7:00PM FITNESS</p>   | <p>12:00 T'ai Chi<br/>1:00 Art Class<br/>1:15 Fitness Class F<br/>1:30 Diabetes Education Classes<br/>1:45 Nutrition F</p>  |  |
| <p><b>21</b><br/>8:00 Open Gym<br/>9:00 Fitness Class A<br/>9:50 Fitness Class B<br/>9:50 Nutrition A<br/>10:30 Nutrition B<br/>10:30 EnhanceFitness<br/>11:30 BEEDL<br/>1:15 Fitness<br/>1:45 Nutrition E<br/>5:00 PM-7:00PM Fitness</p> | <p><b>22</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Fitness Class C<br/>9:50 Fitness Class D<br/>9:50 Nutrition C<br/>10:35 Health Dialogue D<br/>10:45 Gentle Movement C/D<br/>11:30 Choraleers<br/>12:00T'ai' Chi<br/>1:15 Fitness Class F<br/>1:30 Chronic Disease Class</p> | <p><b>23</b><br/>8:00 Open Gym<br/>9:00 Fitness Class A<br/>9:50 Fitness Class B<br/>9:50 Health Dialogue<br/>10:00 FALLS PREVENTION DAY<br/>10:30 Spanish Class<br/>10:30 EnhanceFitness<br/>10:35Health Dialogue B<br/>1:15 Weightlifting<br/>Wednesdays w/Mosi<br/>2:00 Yoga<br/>5:00PM—7:00PM FITNESS</p> | <p><b>24</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Zumba<br/>9:50 Fitness Class D<br/>9:50 Health Dialogue C<br/>10:35 Nutrition D<br/>10:45 Gentle Movement C/D<br/>12:00 T'ai Chi<br/>1:00 Art Class<br/>1:15 Fitness Class F<br/>1:45 Nutrition F</p> | <p><b>25</b><br/>9:00 EnhanceFitness<br/>10:00 Line Dancing<br/>10:00 Fitness Assessments<br/>11:00 Quilters<br/>1:30 Fit Fridays with Mosi<br/>2:00 Yoga</p>                        |
| <p><b>28</b><br/>8:00 Open Gym<br/>9:00 Fitness Class A<br/>9:50 Fitness Class B<br/>9:50 Nutrition A<br/>10:30 Nutrition B<br/>10:30 EnhanceFitness<br/>11:30 BEEDL<br/>1:15 Fitness<br/>1:45 Nutrition E<br/>5:00 PM-7:00PM Fitness</p> | <p><b>29</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Fitness Class C<br/>9:50 Fitness Class D<br/>9:50 Nutrition C<br/>10:35 Health Dialogue D<br/>10:45 Gentle Movement C/D<br/>12:00T'ai' Chi<br/>1:15 Fitness Class F<br/>1:30 Chronic Disease Class</p>                      | <p><b>30</b><br/>8:00 Open Gym<br/>9:00 Fitness Class A<br/>9:50 Fitness Class B<br/>9:50 Health Dialogue C<br/>10:30 Spanish Class<br/>10:35Health Dialogue B<br/>10:30 EnhanceFitness<br/>1:15 Weightlifting Wednesdays<br/>w/Mosi<br/>2:00 Yoga<br/>2:00 Food Demonstration<br/>5:00PM—7:00PM FITNESS</p>  | <p><b>1</b><br/>7:30 Open Gym<br/>9:00 Tennis<br/>9:00 Zumba<br/>9:50 Fitness Class D<br/>9:50 Health Dialogue Class<br/>10:35 Nutrition D<br/>10:45 Gentle Movement C/D<br/>1:15 Fitness Class F<br/>1:00 Art Class<br/>1:45 Nutrition F</p>                 | <p><b>2</b><br/>9:00 EnhanceFitness<br/>10:00 Fitness Assessments<br/>10:00 Line Dancing<br/>10:00 Reading Group<br/>11:00 Quilters<br/>1:30 Fit Fridays with Mosi<br/>2:00 Yoga</p> |