



November 2014 (Revised)
Ward 6: HAYES SENIOR WELLNESS CENTER
500K St. NE. 202-727-0357

<http://huhealthcare.com/healthcare/hospital/specialty-services/hayes-senior-wellness-center>

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<p>3</p> <p>8:30-9:30 Walk Club</p> <p>9-12 Computers</p> <p>11-12 Line Dance</p> <p>11:30-1 Lunch</p> <p>1-2 Nutrition Awareness</p> <p>1-2 Strength&Resist (A)</p> <p>1-2 Computers</p> <p>2-2:30 Circuit Training</p> <p>2-3 Yoga</p> <p>3-4 Strength&Resist</p>	<p>4</p> <p>7:30-8:30 Open Gym</p> <p>10-11 Chat&Chew</p> <p>10-1:30 Circuit Training</p> <p>10-30-11:00 Butts/Guts/Abs</p> <p>11-12 Boxing/Self Defense</p> <p>11-1:30 Physical Assess</p> <p>11:30-1 Lunch</p> <p>1:00-2:30 Health Promotion Arthritis and Cancer</p> <p>2-3 Cardio Lite</p> <p>3-4 Cooking Demo</p> <p>3-4 Hand Dance</p> <p>4:30-6:30 Open Gym</p>	<p>5</p> <p>8:30-9:30 Walk Club</p> <p>10:11:30 Arts & Crafts</p> <p>11-12 Sit&Get Fit</p> <p>11:30-1 Lunch</p> <p>1-2 Nutrition Awareness</p> <p>1-2 Strength&Resist (A)</p> <p>2-2:30 Circuit Training</p> <p>2-3 Yoga</p> <p>3-4 Strength&Resist (1)</p>	<p>6</p> <p>7:30-8:30 Open Gym</p> <p>9-12 Computers</p> <p>10:10:30 Circuit Training</p> <p>10-11 Chat&Chew</p> <p>10:30-11 Butts/Guts/Abs</p> <p>10-2 Massage Therapy</p> <p>11-12 Boxing</p> <p>12-1 Lunch</p> <p>1-2 Computers</p> <p>2-3 Cardio Lite</p> <p>4-4:30 Hand Dance</p> <p>4:30-6:30 Open Gym</p>	<p>7</p> <p>8:30-9:30 Walk Club</p> <p>9-9:15 Gym Closed-Cin</p> <p>10-11 Chat&Chew</p> <p>10:11:30 Arts & Crafts</p> <p>11-12 Sit&Get Fit</p> <p>11:30-1 Lunch</p> <p>1-2 Strength&Resist (A)</p> <p>2-2:30 Circuit Training</p> <p>2-3 Meditation</p> <p>3-4 Strength&Resist (1)</p>	<p>8</p> <p>9:00 Tai Chi</p> <p>10:00 Cardio Lite</p> <p>11:00 Boxing/Self</p> <p>12:00-1:00 Lunch</p> <p>12:00 Pound Workout</p> <p>1-2 Computers</p>
<p>10</p> <p>8:30-9:30 Walk Club</p> <p>9-12 Computers</p> <p>11-12 Line Dance</p> <p>11:30-1 Lunch</p> <p>1-2 Nutrition Awareness</p> <p>1-2 Strength&Resist (A)</p> <p>1-2 Computers</p> <p>2-2:30 Circuit Training</p> <p>2-3 Yoga</p> <p>3-4 Strength&Resist</p>	<p>11</p> 	<p>12</p> <p>8:30-9:30 Walk Club</p> <p>10:11:30 Arts & Crafts</p> <p>11-12 Sit&Get Fit</p> <p>11:30-1 Lunch</p> <p>1-2 Medication Brown Bag</p> <p>1-2 Strength&Resist (A)</p> <p>2-2:30 Circuit Training</p> <p>2-3 Yoga</p> <p>3-4 Strength&Resist (1)</p>	<p>13</p> <p>7:30-8:30 Open Gym</p> <p>9-12 Computers</p> <p>10:30-12:30 Costco</p> <p>10:10:30 Circuit Training</p> <p>10:30-11 Butts/Guts/Ab</p> <p>10-2 Massage Therapy</p> <p>11-12 Boxing</p> <p>11:30-1 Lunch</p> <p>1-2 Games</p> <p>1-2 Computers</p> <p>2-3 Cardio Lite</p> <p>4-4:30 Hand Dance</p> <p>4:30-6:30 Open Gym</p>	<p>14</p> <p>8:30-9:30 Walk Club</p> <p>9-9:15 Gym Closed – Cin</p> <p>10-11 Chat&Chew</p> <p>10-11:30 Arts and Crafts</p> <p>11-12 Sit&Get Fit</p> <p>11:30-1 Lunch</p> <p>1-2 Strength&Resist(A)</p> <p>2-2:30 Circuit Training</p> <p>2-3 Yoga</p> <p>3-4 Strength&Resist</p>	<p>15</p> <p>9:00 Tai Chi</p> <p>10:00 Cardio Lite</p> <p>10:00-11:30 Spanish Instruction</p> <p>11:00 Boxing/Self</p> <p>12:00-1:00 Lunch</p> <p>12:00 Pound Workout</p> <p>1-2 Computers</p>

OVER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17 8:30-9:30 Walk Club 9-12 Computers 11-12 Line Dance 11:30-1 Lunch 1-2 Nutrition Awareness 1-2 Strength&Resist (A) 1-2 Computers 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist</p>	<p>18 7:30-8:30 Open Gym 10-11 Chat&Chew 10-11:30 Circuit Training 10-12 Memory Screening 10-30-11:00 Butts/Guts/Abs 11-12 Boxing/Self Defense 11-1:30 Physical Assess 11:30-1 Lunch 12:45-2:00 Nutrition Lecture 1:00-2:30 Dementia and Insomnia 2-3 Cardio Lite 3-4 Cooking Demo 3-4 Hand Dance 4:30-6:30 Open Gym</p>	<p>19 8:30-9:30 Walk Club 10:11:30 Arts & Crafts 11-12 Sit&Get Fit 11:30-1 Lunch 1-2 Nutrition Awareness 1-2 Strength&Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist (1)</p>	<p>20 7:30-8:30 Open Gym 9-12 Computers 10-11 Chat&Chew 10-10:30 Circuit Training 10-2 Massage Therapy 10:30-11 Butts/Guts/Abs 11-12 Boxing 11:30-1 Lunch 1-2 Games 1-2 Computers 2-3 Cardio Lite 4-4:30 Hand Dance 4:30-6:30 Open Gym</p> <p>27 <i>Happy Thanksgiving</i> </p>	<p>21 8:30-9:30 Walk Club 9-9:15 Gym Closed – Cin 10-11 Chat&Chew 10-11:30 Arts&Crafts 11-12 Sit&Get Fit 11:30-1 Lunch 1-2 Health Promotion Lecture: School of Social Work 1-2 Strength&Resist(A) 1-2:30 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist</p>	<p>22 9:00 Tai Chi 10:00 Cardio Lite 10:00-11:30 Spanish Instruction 11:00 Boxing/Self 12:00-1:00 Lunch 12:00 Pound Workout 1-2 Computers</p>
<p>24 8:30-9:30 Walk Club 9-12 Computers 11-12 Line Dance 11-12 Current News 12-1 Lunch 1-2 Nutrition Awareness 1-2 Strength&Resist (A) 1-2 Computers 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist (1)</p>	<p>25 7:30-8:30 Open Gym 10-11 Chat&Chew 10-10:30 Circuit Training 10:30-11:00 Butts/Guts/Abs 10:30-12:30 Walmart 11-12 Boxing/Self Defense 11-1:30 Physical Assess 12-1 Lunch 1:00-2:30 Health Promotion Diabetes 2-3 Cardio Lite 3-4 Cooking Demo 4:30-6:30 Open Gym</p>	<p>26 8:30-9:30 Walk Club 10:11:30 No Class Arts & Crafts 11-12 Sit&Get Fit 11:30-1 Lunch 1-2 Nutrition Awareness 1-2 Strength&Resist (A) 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist (1)</p>	<p><i>Citrine, also, is your birthstone</i> </p>	<p>28 8:30-9:30 Walk Club 9-9:15 Gym Closed – Cin 10-11 Chat&Chew 10-11:30 Arts and Crafts 11-12 Sit&Get Fit 11:30-1 Lunch 1-2 Strength&Resist(A) 1-2:30 2-2:30 Circuit Training 2-3 Yoga 3-4 Strength&Resist</p>	<p>29 9:00 Tai Chi 10:00 Cardio Lite 10:00-11:30 Spanish Instruction 11:00 Boxing/Self 12:00-1:00 Lunch 12:00 Pound Workout 1-2 Computers</p> <p><i>Chrysanthemum is your flower</i> </p>
	<p><i>If you were born in November, Topaz Is your birthstone</i> </p>				