July 2013
Revised (Subject To Change)
Ward 6: HAYES SENIOR WELLNESS CENTER
500 K St. NE 202-727-0357

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9-10 Walk Club 10-12 Computers 11-12 Current News 12-1 Lunch 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 1-2 Games 1-2 Computers 2:00 Yoga 3-4 Strength&Resistance(B)	2 10:00 Chat&Chew Tree 11-12 Games 12-1 Lunch 1:30-2:00 Choice Time 2-3 Cardio Lite 3-4 Hand Dance	3 9-10 Walk Club 10-11 Chat&Chew 10-11 Crochet 11-12 Exercise 12-1 Lunch 1-2 Games 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B	4 *Center Closed* 	5 10-11 Chat&Chew 10-11 Exercise 11:00-12:00 Inspiration & Meditation 12-1 Lunch 1-2 Games 1:00 Stength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B)
8 9-10 Walk Club 10-12 Computers 11-12 Current News 12-1 Lunch 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 1-2 Games 1-2 Computers 2:00 Yoga 3-4 Strength&Resistance(B)	9 10:00 Chat&Chew 10:30 Shoppers/Dollar 11-12 Games 12-1 Lunch 1:30-2:00 Choice Time 2-3 Cardio Lite 3-4 Hand Dance	10 9-10 Walk Club 10-11 Chat&Chew 10-11 Crochet 11-12 Exercise 12-1 Lunch 1-2 Games 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B)	11 10-11 Chat&Chew 10-12 Computers 10:30 Bowling-Call Alice 2/397-1725 11-12 Wellness Lecture 12-1 Lunch 1-2 Games 1-2 Computers 2-3 Cardio Lite 3-4 Line Dance 4:00-4:30 Hand Dance	12 10-11 Chat&Chew 10-11 Exercise 12-1 Lunch 1-2 Games 1:00 Stength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B)
15 9-10 Walk Club 10-12 Computers 11-12 Current News 12-1 Lunch 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 1-2 Games 1-2 Computers 2:00 Yoga 3-4 Strength&Resistance(B)	16 10:00 Chat&Chew 10:30 Golden Corral 11-12 Games 12-1 Lunch 1:30-2:00 Choice Time 2-3 Cardio Lite 3-4 Hand Dance	17 9-10 Walk Club 10-11 Chat&Chew 10-11 Crochet 11-12 Exercise 11-12 Ice Cream Social 12-1 Lunch 1-2 Games 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B)	18 10-11 Chat&Chew 10-12 Computers 12-1 Lunch 1-2 Games 1-2 Computers 2-3 Cardio Lite 3-4 Line Dance 4:00-4:30 Hand Dance	19 10-11 Chat&Chew 10-11 Exercise 12-1 Lunch 1-2 Games 1:00 Stength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B) over

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 9-10 Walk Club 10-12 Computers 11-12 Current News 12-1 Lunch 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 1-2 Games 1-2 Computers 2:00 Yoga 3-4 Strength&Resistance(B)	23 10-11 Chat&Chew 11-12 Games 12-1 Lunch 1:30-2:00 Choice time 2-3 Cardio Lite 3-4 Hand Dance	24 9-10 Walk Club 10-11 Chat&Chew 10-11 Crochet 11-12 Exercise 12-1 Lunch 1-2 Games 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B)	25 10-11 Chat&Chew 10-12 Computers 11-12 Wellness Lecture 12-1 Lunch 1-2 Games 1-2 Computers 2-3 Cardio Lite 3-4 Line Dance 4:00-4:30 Hand Dance	26 10-11 Chat&Chew 10-11 Exercise 11:00-12:00 Inspiration & Meditation 12-1 Lunch 1-2 Games 1:00 Stength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B)
29 9-10 Walk Club 10-12 Computers 11-12 Current News 12-1 Lunch 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 1-2 Games 1-2 Computers 2:00 Yoga 3-4 Strength&Resistance(B	30 10-11 Chat&Chew 11-12 Games 12-1 Lunch 1:30-2:00 Choice time 2-3 Cardio Lite 3-4 Hand Dance	31 9-10 Walk Club 10-11 Chat&Chew 10-11 Crochet 11-12 Exercise 12-1 Lunch 1-2 Games 1:00 Strength&Resistance(I) 1:30 Butts&Gutts 2:00 Yoga 3-4 Strength&Resistance(B)		