







# Hayes SWC Schedule – January 2022

Updated 12/17/21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9-10 Sit Down, Get Down 10-11 S.A.I.L. 11-12 Cardio Lite 11-1 Lunch 12-1 Full-Body CRS Adv. <input type="checkbox"/> 12-1 Medical Moment 1-2 Full-Body Chair	10-11 Line Dancing 11-1 Lunch 11-12 BINGO 12-1 Full-Body CRS Adv. <input type="checkbox"/> 1-2 Full-Body Chair	9-10 The "Wall" 10-11 Sit Down, Get Down 11-12 Cardio Lite 11-1 Lunch 11-12 Club Memory 12-1 Full-Body Adv. <input type="checkbox"/> 1-2 Full-Body Chair	9-10 Cardio Lite 10-11 Sit Down, Get Down 11-1 Lunch 12-1 Full-Body Adv. <input type="checkbox"/> 12-1 BINGO 1-2 Full-Body Chair 2-4 Movie with Popcorn	9-10 The "Wall" 10-11 S.A.I.L. 11-1 Lunch 12-1 Yoga 1-2 Line Dancing 1-2 Wii Sports 2-4 Cooking with TJay: (Menu TBD)
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9-10 Sit Down, Get Down 10-11 S.A.I.L. 11-12 Cardio Lite 11-1 Lunch 12-1 Full-Body CRS Adv. <input type="checkbox"/> 12-1 Medical Moment 1-2 Full-Body Chair 2:30-4 Tech Class	10-11 Line Dancing 11-1 Lunch 11-12 BINGO 12-1 Full-Body CRS Adv. <input type="checkbox"/> 1-2 Full-Body Chair	10:30-12 Townhall Meeting 11-1 Lunch 12-1 Full-Body Adv. <input type="checkbox"/> 12-1 Game Day 2:30-4 Tech Class	9-10 Cardio Lite 10-11 Sit Down, Get Down 11-1 Lunch 12-1 Full-Body Adv. <input type="checkbox"/> 12-1 BINGO 1-2 Full-Body Chair 2-4 Movie with Popcorn	9-10 The "Wall" 10-11 S.A.I.L. 11-12 Food Talks with TJay 11-1 Lunch 12-1 Yoga 1-2 Wii Sports 1-2 Line Dancing 2-4 Paint & Sip
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>HAYES SWC CLOSED:</b>  <b>Dr. Martin Luther King, Jr.'s            Birthday</b>	10-11 Line Dancing 11-1 Lunch 11-12 BINGO 12-1 Full-Body CRS Adv. <input type="checkbox"/> 1-2 Full-Body Chair	9-10 The "Wall" 10-11 Sit Down, Get Down 11-12 Cardio Lite 11-1 Lunch 11-12 Club Memory 12-1 Full-Body Adv. <input type="checkbox"/> 1-2 Full-Body Chair 2:30-4 Tech Class	9-10 Cardio Lite 10-11 Sit Down, Get Down 11-1 Lunch 12-1 Full-Body Adv. <input type="checkbox"/> 12-1 BINGO 1-2 Full-Body Chair 2-4 Movie with Popcorn	9-10 The "Wall" 10-11 S.A.I.L. 11-1 Lunch 12-1 Yoga 1-2 Wii Sports 1-2 Line Dancing 2-4 Cooking with TJay: (Menu TBD)

# Hayes SWC Schedule – January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9-10 Sit Down, Get Down 10-11 S.A.I.L. 11-12 Cardio Lite 11-1 Lunch 12-1 Full-Body CRS Adv.  12-1 Medical Moment 1-2 Full-Body Chair 2:30-4 Tech Class	10-11 Line Dancing 11-1 Lunch 11-12 BINGO 12-1 Full-Body CRS Adv.  1-2 Full-Body Chair	9-10 The "Wall" 10-11 Sit Down, Get Down 11-12 Cardio Lite 11-1 Lunch 11-12 Club Memory 12-1 Full-Body Adv.  1-2 Full-Body Chair 2:30-4 Tech Class	9-10 Cardio Lite 10-11 Sit Down, Get Down 11-1 Lunch 12-1 Full-Body Adv.  12-1 BINGO 1-2 Full-Body Chair 2-4 Movie with Popcorn	9-10 The "Wall" 10-11 S.A.I.L. 11-12 Food Talks with TJay 11-1 Lunch 12-1 Yoga 1-2 Wii Sports 1-2 Line Dancing 2-4 Paint & Sip
<b>31</b>				
9-10 Sit Down, Get Down 11-12 Cardio Lite 11-1 Lunch 12-1 Full-Body CRS Adv.  12-1 Medical Moment 1-2 Full-Body Chair 2:30-4 Tech Class				 = Virtual class



**HAYES SENIOR WELLNESS CENTER**  
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 Hours: Monday – Friday, 8 am to 4 pm

