Hayes SWC Schedule – March 2023

Updated 2/28/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9-11 Blood Pressure Screening 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid 11-12 Cardio Lite (Neatha-YMCA) Low/mid impact 11-12 Club Memory (Zoom) 11-1 Lunch 12-1 Enhance Fitness (Lonnell) Low Impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-3 Blood Pressure Screening 1-4 Crafts Club 2-3 Strength & Resistance (Darnell) mid/high	**2** 9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid impact 11-12 BINGO 11-1 Lunch 12-1 Strength & Resistance (Darnell) Low/mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 1-3 Tech Class 2-3 ZUMBA! (Kathy) mid/high	**3** 9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Darnell)low/mid/high 11-12 Stretching (Emily) Low/mid impact 11-1 Lunch 12-1 Pilates (Emily) Low/ mid impact 1-2 Yoga (Emily) Low impact 2-4 Painting
6 9-10 Enhance Fitness (Lonell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-1 Lunch 12-1 Medical Moment 12-1 Cardio Chair 1-2 Strength & Resistance (Darnell) mid/high 2-3 Stretching (floor) (Darnell) low impact	**7** 9-10 Bal-Leg (Darnell) mid impact 10-11 Stretching (chair) (Darnell) Low/mid impact 11-1 Lunch 11-12 Senior Medicare Patrol Presents: BINGO 12-1 Strength & Resistance (Darnell) mid/high 1-2 Cardio Chair 1-3 Tech Class 1-3 Capital City Food Bank: Cooking Demonstration 2-3 Music Therapy 3-4 Card Club	**8** 9-10 The Wall (Darnell) Low/mid impact 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid 11-12 Cardio Lite (Neatha-YMCA) Low/mid impact 11-1 Lunch 11-12 DC DOT Presentation 12-1 Enhance Fitness (Lonnell) Low Impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-4 Crafts Club 2-3 Line Dancing (Darnell)low/mid/high 3-4 Strength & Resistance (Darnell) mid/high	**9** 9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid 10 -2 Hayes Bus Trip: Crafts:Seven Corners; Joann's/Michael's 11-12 BINGO 11-1 Lunch 12-1 Strength & Resistance (Darnell) Low/mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 2-3 ZUMBA! (Kathy) mid/high	**10** 9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Darnell)low/mid/high 11-12 Stretching (Emily) Low/mid impact 11-1 Lunch 12-1 Pilates (Emily) Low/ mid impact 1-2 Yoga (Emily) Low impact 2-4 Cooking Demonstration w/FOOD Jonezi

13	14	15	16	17
9-10 Enhance Fitness (Lonell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-1 Lunch 12-1 Medical Moment 12-1 Cardio Chair (Darnell) mid 1-2 Strength & Resistance (Darnell) mid/high impact 2-3 Stretching (floor) (Darnell) low/ mid impact	9-10 Bal-Leg (Darnell) mid impact 10-11 Stretching (chair) (Darnell) Low/mid impact 11-12 BINGO 11-1 Lunch 12-1 Strength & Resistance (Darnell) mid/high 1-2 Cardio Chair (Darnell) mid 2-3 Music Therapy 3-4 Card Club	9-10 The Wall (Darnell) Low/mid impact 9-10:30 Blood Pressure Screening 10:30-12 Townhall Meeting 11-1 Lunch 12-1 Enhance Fitness (Lonnell) Low Impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-3 Blood Pressure Screening 1-4 Crafts Club 2-3 Line Dancing (Darnell)low/mid/high 3-4 Strength & Resistance (Darnell) mid/high	9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid 10 -2 Hayes Bus Trip: Amish Market 11-12 BINGO 11-1 Lunch 12-1 Strength & Resistance (Darnell) Low/mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 1-3 Tech Class 2-3 ZUMBA! (Kathy) mid/high	9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Darnell)low/mid/high 11-12 Stretching (Emily) Low/mid impact 11-12 Health Talks w/ Kayla 11-1 Lunch 12-1 Pilates (Emily) Low/ mid impact 1-2 Yoga (Emily) Low impact 2-3 Nutrition Education & Wellness w/ Food Jonezi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 9-10 Enhance Fitness (Lonell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-1 Lunch 12-1 Medical Moment 12-1 Cardio Chair (Darnell) mid 1-2 Strength & Resistance (Darnell) mid/high 2-3 Stretching (floor) (Darnell) low/ mid impact	**21** 9-10 Bal-Leg (Darnell) mid impact 10-11 Stretching (chair) (Darnell) Low/mid impact 11-12 BINGO 11-1 Lunch 12-1 Strength & Resistance (Darnell) mid/high 1-2 Cardio Chair (Darnell) mid 1-3 Tech Class 2-3 Music Therapy 3-4 Card Club	**22** 9-10 The Wall (Darnell) Low/mid impact 9-11 Blood Pressure Screening 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid 11-12 Cardio Lite (Neatha-YMCA) Low/mid impact 11-1 Lunch 11-1 Club Memory (In Person) 12-1 Enhance Fitness (Lonnell) Low Impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-3 Blood Pressure Screening 1-4 Crafts Club 2-3 Line Dancing (Darnell)low/mid/high 3-4 Strength & Resistance (Darnell) mid/high	**23** 9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact 10 -2 Hayes Bus Trip: Bowling! 11-12 BINGO 11-1 Lunch 12-1 Strength & Resistance (Darnell) Low/mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 2-3 ZUMBA! (Kathy) mid/high	**24** 9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Dar) low/mid/high 11-12 Stretching (Emily) Low/mid impact 11-12 Health Talks w/ Kayla 11-1 Lunch 12-1 Pilates (Emily) Low/ mid impact 1-2 Yoga (Emily) Low impact 2-4 Cooking Demonstration w/ FOOD Jonezi
27 9-10 Enhance Fitness (Lonell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-1 Lunch 12-1 Medical Moment 12-1 Cardio Chair 1-2 Strength & Resistance (Darnell) mid/high 2-3 Stretching (floor) (Darnell) low/ mid impact	**28** 9-10 Bal-Leg (Darnell) mid impact 10-11 Stretching (chair) (Darnell) Low/mid impact 11-12 BINGO 11-1 Lunch 12-1 Strength & Resistance (Darnell) mid/high 1-2 Cardio Chair (Darnell) mid 2-3 Music Therapy	**29** 9-10 The Wall (Darnell) Low/mid impact 9-11 Blood Pressure Screening 10-11 Sit Down, Get Down(Neatha-YMCA) L/M 11-12 Cardio Lite (Neatha-YMCA) Low/mid 11-1 Lunch 11-12 Club Memory (ZOOM) 12-1 Enhance Fitness (Lonnell) Low Impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-3 Blood Pressure Screening 1-4 Crafts Club 2-3 Line Dancing (Darnell)low/mid/high 3-4 Strength & Resistance (Darnell) mid/high	**30** 9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact 11-12 BINGO 11-1 Lunch 12-1 Strength & Resistance (Darnell) Low/mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 2-3 ZUMBA! (Kathy) mid/high	**31** 9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Darnell)low/mid/high 11-12 Stretching (Emily) Low/mid impact 11-12 Health Talks w/ Kayla 11-1 Lunch 12-1 Pilates (Emily) Low/ mid impact 1-2 Yoga (Emily) Low 2-3 NutritionEducation & Wellness w/ Food Jonezi

DACL
DEPARTMENT OF AGING AND COMMUNITY LIVING
LIVE BOLDLY

HAYES SENIOR WELLNESS CENTER
500 K Street, NE 202-727-0357
WARD 6

Website: www.hayesswc.com
Hours: Monday – Friday, 8 am to 4 pm

HAYES
Senior Wellness Center