

Updated 10/28/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p>9-10 Cardio Dance (Darnell) mid impact</p> <p>10-11 Stretching (Darnell) Low/mid impact</p> <p>10:30-12pm Hayes Advisory Committee Meeting</p> <p>11-1 Lunch</p> <p>11-12 BINGO</p> <p>12-1 Balance-Leg (Darnell) Low/ mid impact</p> <p>1-3 Tech Class</p> <p>3-4 Card Club</p>	<p>9-10 Walking/Bal-Leg (Darnell) Low/mid impact</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid impact</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>11-1 Lunch</p> <p>11-12 Club Memory</p> <p>12-1 Enhance Fitness (Lonnell) Low Impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>1-3 Crafts Club</p> <p>2-3 Stretching (Darnell) Low</p> <p>3-4 Game Day: Board Games</p>	<p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact</p> <p>11-12 BINGO</p> <p>11-1 Lunch</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <p>2-3 Wii Sports</p> <p>3-4 Movie & Popcorn</p>	<p>9-10 Tai Chi (Jerry-YMCA) low impact</p> <p>10-11 Line Dancing (Darnell)low/mid/high</p> <p>11-1 Lunch</p> <p>12-1 Yoga (Emily) Low impact</p> <p>1-2 Pilates (Emily) Low/ mid impact</p> <p>2-4 Painting</p>
7	8	9	10	11
<p>9-10 Enhance Fitness (Lonell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Stretching (Darnell) Low</p> <p>12-1 Medical Moment</p> <p>11-1 Lunch</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Line Dancing (Darnell) low/ mid impact</p> <p>3-4 Wii Sports</p>	<p>9-10 Cardio Dance (Darnell) mid impact</p> <p>10-11 Stretching (Darnell) Low/mid impact</p> <p>11-1 Lunch</p> <p>11-12 BINGO</p> <p>12-1 Balance-Leg (Darnell) Low/ mid impact</p> <p>1-2 Word Search Mania</p> <p>1-3 Tech Class</p> <p>3-4 Card Club</p>	<p>9-10 Walking/Bal-Leg (Darnell) Low/mid impact</p> <p>10:30-12 Townhall Meeting</p> <p>11-1 Lunch</p> <p>12-3 COVID Booster & Flu Shot Clinic</p> <p>12-1 Enhance Fitness (Lonnell) Low Impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Stretching (Darnell) Low</p> <p>3-4 Game Day: Board Games</p>	<p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact</p> <p>11-12 BINGO</p> <p>11-1 Lunch</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <p>2-4 Wii Sports</p>	<p>Hayes SWC CLOSED</p> <p>Veterans Day</p>

14	15	16	17	18
<p>9-10 Enhance Fitness (Lonell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Stretching (Darnell) Low</p> <p>12-1 Medical Moment</p> <p>11-1 Lunch</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Line Dancing (Darnell) low/ mid impact</p> <p>3-4 Wii Sports</p>	<p>9-10 Cardio Dance (Darnell) mid impact</p> <p>10-11 Stretching (Darnell) Low/mid impact</p> <p>11-1 Lunch</p> <p>11-12 BINGO</p> <p>12-1 Balance-Leg (Darnell) Low/ mid impact</p> <p>1-2 Word Search Mania</p> <p>1-3 Tech Class</p> <p>3-4 Card Club</p>	<p>9-10 Walking/Bal-Leg (Darnell) Low/mid impact</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid impact</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>11-1 Lunch</p> <p>11-12 Club Memory</p> <p>12-1 Enhance Fitness (Lonnell) Low Impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Stretching (Darnell) Low</p> <p>3-4 Game Day: Board Games</p>	<p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact</p> <p>11-12 BINGO</p> <p>11-1 Lunch</p> <p>12-1 Ward 6 Councilmember Charles Allen lunch visit</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <p>2-3 Wii Sports</p> <p>3-4 Movie & Popcorn</p>	<p>9-10 Tai Chi (Jerry-YMCA) low impact</p> <p>10-11 Line Dancing (Darnell)low/mid/high</p> <p>11-1 Lunch</p> <p>12-1 Yoga (Emily) Low impact</p> <p>1-2 Pilates (Emily) Low/ mid impact</p> <p>2-4 Painting</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
9-10 Enhance Fitness (Lonell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-12 Stretching (Darnell) Low 12-1 Medical Moment 11-1 Lunch 1-2 Strength & Resistance (Darnell) mid/high 2-3 Line Dancing (Darnell) low/ mid impact 3-4 Wii Sports	9-10 Cardio Dance (Darnell) mid impact 10-11 Stretching (Darnell) Low/mid impact 11-1 Lunch 11-12 BINGO 12-1 Balance-Leg (Darnell) Low/ mid impact 1-2 Word Search Mania 1-3 Tech Class 3-4 Card Club	9-10 Walking/Bal-Leg (Darnell) Low/mid impact 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid impact 11-12 Cardio Lite (Neatha-YMCA) Low/mid impact 11-1 Lunch 11-12 Club Memory 12-1 Enhance Fitness (Lonnell) Low Impact 1-2 Enhance Fitness (Lonnell) Mid impact 2-3 Stretching (Darnell) Low 3-4 Game Day: Board Games	Hayes SWC CLOSED Thanksgiving Day	9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Darnell)low/mid/high 11-1 Lunch 12-1 Yoga (Emily) Low impact 1-2 Pilates (Emily) Low/ mid impact 2-4 Movie & Popcorn
28	29	30		
9-10 Enhance Fitness (Lonell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-12 Stretching (Darnell) Low 12-1 Medical Moment 11-1 Lunch 1-2 Strength & Resistance (Darnell) mid/high 2-3 Line Dancing (Darnell) low/ mid impact 3-4 Wii Sports	9-10 Cardio Dance (Darnell) mid impact 10-11 Stretching (Darnell) Low/mid impact 11-1 Lunch 11-12 BINGO 12-1 Balance-Leg (Darnell) Low/ mid impact 1-2 Word Search Mania 1-3 Tech Class 3-4 Card Club	9-10 Walking/Bal-Leg (Darnell) Low/mid impact 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid impact 11-12 Cardio Lite (Neatha-YMCA) Low/mid impact 11-1 Lunch 11-12 Club Memory 12-1 Enhance Fitness (Lonnell) Low Impact 1-2 Enhance Fitness (Lonnell) Mid impact 2-3 Stretching (Darnell) Low 3-4 Game Day: Board Games		



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