













MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Stay active everyday at HAYES!</p>	<p>1</p> <p>9-10 The Wall (Darnell) mid impact 10-11 Stretching (chair) (Darnell) Low/mid impact 11-12 BINGO! 11-1 LUNCH 12-1 Strength & Resistance (Darnell) mid/high 12-1:15 DC Developmental Disabilities Council: Overview of disability and aging services in DC (Zoom Presentation) 1-2 Cardio Chair (Darnell) mid 2-3 Hand Dancing</p>	<p>2</p> <p>9-10 ZUMBA! (Kathy) high imp. 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid 11-12 Cardio Lite (Neatha-YMCA) Low/mid 11-1 LUNCH 11-12 Club Memory (ZOOM) 12-1 Enhance Fitness (Lonnell) Low Impact 12-2 Crafts Club 1-2 Enhance Fitness (Lonnell) Mid impact 2-3 Line Dancing (Darnell) low/mid/high</p>	<p>3</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid 10-2 Hayes Bus Trip: Arundel Mills Mall 11-1 LUNCH</p>	<p>4</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp. 10-11 Line Dancing (Darnell) 11-12 Stretching (Emily) Low 11-12 Nutrition Education & Wellness w/ Food Jonezi 11-1 LUNCH 12-1 Pilates (Emily) mid impact 1-2 Yoga (Emily) Low impact 2-3 ZUMBA! (Kathy) high impact</p>
<p>7</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact 11-12 Cardio Chair (Darnell) 11-1 LUNCH 12-1 Medical Moment 1-2 Strength & Resistance (Darnell) mid/high impact 2-3 Stretching (floor) (Darnell) low/ mid impact</p>	<p>8</p> <p>9-10 The Wall (Darnell) mid impact 10-11 Stretching (chair) (Darnell) Low/mid impact 11-12 BINGO! 11-1 LUNCH 12-1 Strength & Resistance (Darnell) mid/high 12-1:15 DC Developmental Disabilities Council: Financial concerns in planning for the future (Zoom Presentation) 1-2 Cardio Chair (Darnell) mid 2-3 Hand Dancing</p>	<p>9</p> <p>9-10 ZUMBA! (Kathy) high imp. 10:30-12 Town Hall Meeting 11-1 LUNCH 12-1 The Wall (Darnell) mid 12-2 Crafts Club 1-2 Enhance Fitness (Lonnell) Mid 2-3 Line Dancing (Darnell) mid</p>	<p>10</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid 11-12 BINGO! 11-1 LUNCH 12-1 Strength & Resistance (Darnell) Low/mid impact 1-2 The Wall (Darnell) mid impact</p>	<p>11</p> <p>9-10 Tai Chi (Jerry-YMCA) low 10-11 Line Dancing (Darnell) 11-12 Stretching (Emily) Low/mid 11-1 LUNCH 12-1 Pilates (Emily) Low/ mid 1-2 Yoga (Emily) Low impact 2-3 ZUMBA! (Kathy) high impact 2-4 Cooking Demonstration w/ FOOD Jonezi</p>

Hayes SWC Calendar—August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Cardio Chair (Darnell)</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Stretching (floor) (Darnell) low impact</p>	<p>15</p> <p>9-10 The Wall (Darnell) mid impact</p> <p>10-11 Stretching (chair) (Darnell) Low/mid impact</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>12-1:15 DC Developmental Disabilities Council: Legal decision -making concerns in planning for the future (<i>Zoom Presentation</i>)</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Hand Dancing</p> 	<p>16</p> <p>9-10 ZUMBA! (Kathy) high imp.</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid</p> <p>11-1 LUNCH</p> <p>11-12 Club Memory (ZOOM))</p> <p>12-1 The Wall (Darnell) mid impact</p> <p>12-2 Crafts Club</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Line Dancing (Darnell)low/mid/high</p>	<p>17</p> <p>9-10 Cardio Lite (Neatha-YMCA)</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>10-2 Hayes Bus Trip: Bowling!</p> <p>11-1 LUNCH</p> <p>2:30-3:30 BINGO!</p> 	<p>18</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp.</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Stretching (Emily) Low</p> <p>11-12 Nutrition Education & Wellness w/ Food Jonezi</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) mid impact</p> <p>1-2 Yoga (Emily) Low impact</p> <p>2-3 ZUMBA! (Kathy) high impact</p> 
<p>21</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Cardio Chair (Darnell)</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Stretching (floor) (Darnell) low impact</p> 	<p>22</p> <p>9-10 The Wall (Darnell) mid impact</p> <p>10-11 Stretching (chair) (Darnell) Low/mid impact</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Hand Dancing</p> 	<p>23</p> <p>9-10 ZUMBA! (Kathy) high imp.</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 Club Memory (In Person)</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid</p> <p>11-1 LUNCH</p> <p>12-1 The Wall (Darnell) mid</p> <p>12-2 Crafts Club</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Line Dancing (Darnell)low/mid/high</p> <p>Line Dancing!</p> 	<p>24</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 The Wall (Darnell) mid impact</p> 	<p>25</p> <p>9-10 Tai Chi (Jerry-YMCA) low impact</p> <p>10-11 Line Dancing (Dar) low/mid/high</p> <p>11-12 Stretching (Emily) Low/mid impact</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) Low/ mid</p> <p>1-2 Yoga (Emily) Low</p> <p>2-3 ZUMBA! (Kathy) high impact</p> <p>2-4 Cooking Demonstration w/ FOOD Jonezi</p> 

Hayes SWC Calendar—August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	
<p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Cardio Chair (Darnell)</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Stretching (floor) (Darnell) low impact</p>	<p>9-10 The Wall (Darnell) mid impact</p> <p>10-11 Stretching (chair) (Darnell) Low/mid impact</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Hand Dancing</p> <p>3-4 Card Club</p> <p style="text-align: center;"></p>	<p>9-10 ZUMBA! (Kathy) high imp.</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid</p> <p>11-1 LUNCH</p> <p>11-12 Club Memory (ZOOM))</p> <p>12-1 The Wall (Darnell) mid impact</p> <p>12-2 Crafts Club</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Line Dancing (Darnell)low/mid/high</p> <p style="text-align: center;"></p>	<p>9-10 Cardio Lite (Neatha-YMCA)</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 The Wall (Darnell) mid impact</p> <p style="text-align: center;"></p>	<p>STRETCH!</p> 

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WARD 6

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HOWARD
UNIVERSITY