




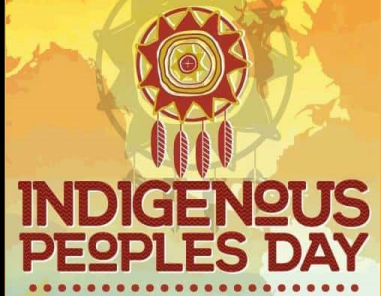




















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9-10 Enhance Fitness (Lonnell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Cardio Chair (Darnell)</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Stretching (floor) (Darnell) low impact</p> <p></p>	<p>3</p> <p>9-10 Outdoor Walking Class (Darnell) low impact</p> <p>10-11 Strength & Resistance (Darnell) mid/high</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Line Dancing (Darnell) low/mid</p> <p></p>	<p>4</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>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>1-3 Crafts Club</p> <p></p>	<p>5</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>11-12:30 SUPER BINGO!</p> <p>11-1 LUNCH</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Strength & Resistance (Darnell) mid/high</p> <p></p>	<p>6</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp.</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Stretching (Darnell) Low</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) mid impact</p> <p>1-2 Yoga (Emily) Low impact</p> <p></p>
<p>9</p> <p>Hayes SWC is CLOSED</p> <p></p> <p>INDIGENOUS PEOPLES DAY</p>	<p>10</p> <p>9-10 Outdoor Walking Class (Darnell) low impact</p> <p>10-11 Strength & Resistance (Darnell) mid impact</p> <p>11-12 Double Nickel BINGO!</p> <p>11-1 LUNCH</p> <p>1-2 Cardio Chair (Darnell) mid</p> <p>2-3 Line Dancing (Darnell) low/mid</p> <p></p>	<p>11</p> <p>10:30-12 Town Hall Meeting</p> <p>11-1 LUNCH</p> <p>12-1 The Wall (Darnell) mid</p> <p>1-2 Enhance Fitness (Lonnell) Mid</p> <p>1-3 Crafts Club</p> <p></p>	<p>12</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>11-12:30 SUPER BINGO!</p> <p>11-1 LUNCH</p> <p>1-2 Enhance Fitness (Lonnell) Mid</p> <p>2-3 Strength & Resistance (Darnell) mid impact</p> <p></p>	<p>13</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp.</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Stretching (Darnell) Low</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) mid impact</p> <p>1-2 Yoga (Emily) Low impact</p> <p>2-4 Painting</p> <p></p>

Hayes SWC Calendar—October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16</p> <p>9-10 Enhance Fitness (Lonnell) 10-11 Enhance Fitness (Lonnell) mid 11-12 Cardio Chair (Darnell) 11-1 LUNCH 12-1 Medical Moment 1-2 Strength & Resistance (Darnell) mid/high 2-3 Stretching (floor) (Darnell)</p> 	<p>17</p> <p>9-10 Outdoor Walking Class (Darnell) low impact 10-11 Strength & Resistance (Darnell) mid/high 11-12 BINGO! 12-1 Presentation: Legal Counsel for the Elderly; Medicare 11-1 LUNCH 1-2 Cardio Chair (Darnell) 2-3 Line Dancing (Darnell) low/mid</p> 	<p>18</p> <p>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 The Wall (Darnell) mid impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-4 Pumpkin Carving Contest!</p> 	<p>19</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid 11-12:30 SUPER BINGO! 11-1 LUNCH 1-2 Enhance Fitness (Lonnell) Mid impact 2-3 Strength & Resistance (Darnell) mid/high</p> 	<p>20</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp. 10-11 Line Dancing (Darnell) 11-12 Stretching (Darnell) Low 11-1 LUNCH 12-1 Pilates (Emily) mid impact 1-2 Yoga (Emily) Low impact 2-4 Painting</p> 
<p>23</p> <p>9-10 Enhance Fitness (Lonnell) Low impact 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 2-3 Stretching (floor) (Darnell) low impact</p> 	<p>24</p> <p>9-10 Outdoor Walking Class (Darnell) low impact 10-11 Strength & Resistance (Darnell) mid/high 11-12 Double Nickel BINGO! 12-1 Presentation: Senior Concierge Service 11-1 LUNCH 1-2 Cardio Chair (Darnell) mid 2-3 Line Dancing (Darnell) low/mid</p> 	<p>25</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid 10-12 Club Memory (In Person) 11-12 Cardio Lite (Neatha-YMCA) Low/mid 11-1 LUNCH 12-1 The Wall (Darnell) mid impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-3 Crafts Club</p> 	<p>26</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid 11-12:30 SUPER BINGO! 11-1 LUNCH 1-2 Enhance Fitness (Lonnell) Mid impact 2-3 Strength & Resistance (Darnell) mid/high</p> 	<p>27</p> <p>9-10 Tai Chi (Jerry-YMCA) low 11-12 Stretching (Darnell) Low 11-1 LUNCH 12-1 Pilates (Emily) mid impact 1-2 Yoga (Emily) Low impact 1-4 HAYES OKTOBERFEST (with Line Dancing)</p> 

Hayes SWC Calendar—October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	Meanwhile, over on H Street, NE . . .		
9-10 Enhance Fitness (Lonnell) Low impact 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 2-3 Stretching (floor) (Darnell) low impact 	9-10 Outdoor Walking Class (Darnell) low impact 10-11 Strength & Resistance (Darnell) mid/high 11-12 BINGO! 11-1 LUNCH 1-2 Cardio Chair (Darnell) 2-3 Line Dancing (Darnell) low/mid 			

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WARD 6

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HOWARD
UNIVERSITY