



















Updated 6/29/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>What classes should I take at Hayes today?</p>	 <p>Darnell says you need 7000 steps every day! Let's go!!</p>	 <p>Meet me at Hayes!</p>	 <p>Stay Active Everyday at Hayes!</p>	<p>1</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp. 10-11 Line Dancing (Darnell)</p> <p>11-12 Stretching (Emily) Low</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) mid impact</p> <p>1-2 Yoga (Emily) Low impact 2-3 ZUMBA! (Kathy) high 2-4 Movie & Popcorn</p> 
<p>4</p> <p>LABOR DAY</p> <p>Hayes SWC is CLOSED</p> 	<p>5</p> <p>9-10 The Wall (Darnell) mid impact 10-11 Stretching (chair) (Darnell) Low/mid impact 11-12 Double Nickel BINGO! 11-1 LUNCH 1-2 Cardio Chair (Darnell) mid 2-3 Line Dancing (Darnell) low/mid</p> <p>Double Nickel Bingo!</p>	<p>6</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 The Wall (Darnell) mid impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-3 Crafts Club</p> 	<p>7</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 Strength & Resistance (Darnell) Low/mid impact 2-3 The Wall (Darnell) mid impact</p> <p>SUPER BINGO</p>	<p>8</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</p> <p>2-3 ZUMBA! (Kathy) high impact 2-4 Painting</p> <p>Let's Paint</p> 

Hayes SWC Calendar—September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11</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 2-3 Stretching (floor) (Darnell) low impact</p> <p>Team Colors Day! Football is back! Wear your team's jersey today!</p> 	<p>12</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 Presentation: Legal Counsel for the Elderly 1-2 Cardio Chair (Darnell) 2-3 Line Dancing</p> 	<p>13</p> <p>9-10 ZUMBA! (Kathy) high imp. 10:30-12 Town Hall Meeting Presentation & Assessments: Cancer Awareness & Preventative Care 11-1 LUNCH 12-1 The Wall (Darnell) mid 1-2 Enhance Fitness (Lonnell) Mid 1-3 Crafts Club</p> <p>Town Hall Meeting</p> 	<p>14</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 Strength & Resistance (Darnell) Low/mid impact 2-3 The Wall (Darnell) mid impact</p> <p>SUPER BINGO</p> 	<p>15</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp. 10-11 Line Dancing (Darnell) 11-12 Stretching (Emily) Low 11-1 LUNCH 12-1 Pilates (Emily) mid impact 1-2 Yoga (Emily) Low impact 2-3 ZUMBA! (Kathy) high impact 2-4 Movie & Hotdogs</p> 
<p>18</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 2-3 Stretching (floor) (Darnell) low impact</p> <p>Did you get your steps in today?</p> 	<p>19</p> <p>9-10 The Wall (Darnell) mid impact 10-11 Stretching (chair) (Darnell) Low/mid impact 11-12 Double Nickel BINGO! 11-1 LUNCH 1-2 Cardio Chair (Darnell) 2-3 Line Dancing</p> <p><i>Double Nickel</i> Bingo!</p> <p>WEAR A HAT DAY</p> 	<p>20</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 The Wall (Darnell) mid impact 1-2 Enhance Fitness (Lonnell) Mid impact 1-3 Crafts Club</p> <p>Craft Club</p> 	<p>21</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid 10-2 Safe At Home: Falls Prevention Screenings 11-12 BINGO! 11-1 LUNCH 1-2 Strength & Resistance (Darnell) Low/mid impact 2-3 The Wall (Darnell) mid impact</p> <p>Falls Prevention Awareness Day</p> 	<p>22</p> <p>9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Darnell) low/mid/high 11-12 Stretching (Darnell) Low/mid impact 11-1 LUNCH 12-1 Pilates (Darnell) Low/ mid 1-2 Yoga (Darnell) Low 2-3 ZUMBA! (Kathy) high impact</p> 

Hayes SWC Calendar—September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	26	27	28	29
<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 Presentation: Visiting Angels</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Line Dancing</p>	<p>9-10 ZUMBA! (Kathy) high imp.</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>10-12 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 impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>1-3 Crafts Club</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 Strength & Resistance (Darnell) Low/mid impact</p> <p>2-3 The Wall (Darnell) mid impact</p>	<p>9-10 Tai Chi (Jerry-YMCA) low</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Stretching (Emily) Low/mid</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) Low/ mid</p> <p>1-2 Yoga (Emily) Low impact</p> <p>2-3 ZUMBA! (Kathy) high impact</p> <p>2-4 Painting</p>

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HOWARD
UNIVERSITY