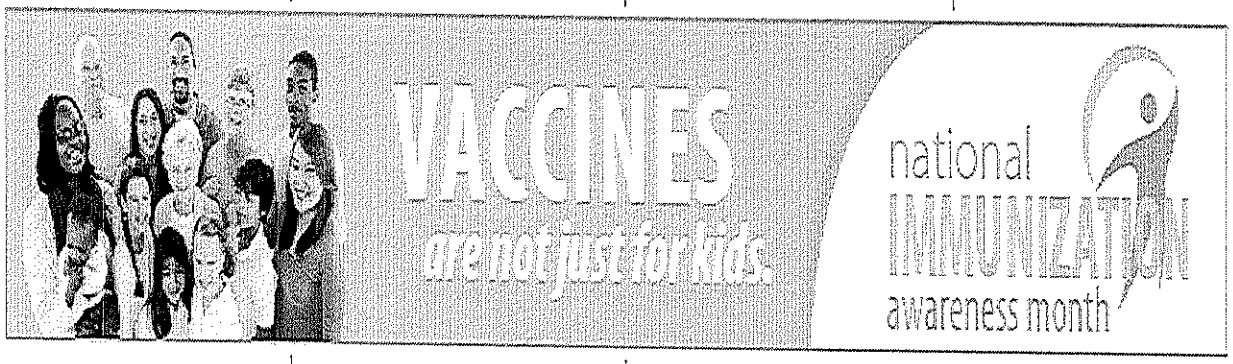
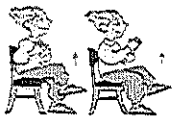
CONGRESS HEIGHTS SENIOR WELLNESS CENTER 3500 M. L. K. JR. AVE., SE WASHINGTON DC 20032 (202) 563-7225

********** SCHEDULE IS SUBJECT TO CHANGE ********** AUGUST 2014	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					**1** 9:00 Morning Fellowship **9:30 Fitness w/Kojak** 10:00 Crochet 10:30 Pilates 11:00 Line Dancing **12:30 CHAT W/Nat: Lunch & Learn: Catfish Month** **1:00pm** BINGO
	4 9:00 Morning Fellowship 9:30 Senior Tabata Boot Camp **10:30 Pilyo** 1:15 Pokeno **1:30 Chair Fitness Class w/ Regina** 	**5** 9:00 Morning Fellowship 9:30 Enhanced Fitness 10:30-2:30 Sunshine Club **10:45 Chat W/Nat – Vaccines Aren't Just for Kids** **What Vaccines do YOU need?** **11:00 Blood Pressure** 1:30 ZUMBA 3-4 Water Aerobics **5:30 Fitness w/Charlene**	**6 9am – 11am** **Mobile Market** 9:00 Morning Fellowship 9:30 Instructor Choice 9:30 Old Skool Dancing **10:45 Rebuilding Together: "CHRISTMAS In APRIL"** 11:15 Pilates 1:00 Inspiration Hour **3:00 Theatrical Program Savoy Elementary Students** 	**7** 9:00 Morning Fellowship 9:30 Chair Yoga **9:30 Trip to Get Fresh Festival** 1:30 Tai-Chi 1:30 Pokeno **2:30 Chat w/Nat – MyPlate Bingo** **5:30 Fitness w/Charlene**	**8** 9:00 Morning Fellowship **9:30 Fitness w/Kojak** 10:00 Crochet 10:30 Pilates 11:00 Line Dancing **12:30 CHAT W/Nat: Lunch & Learn: Zucchini Day** **1:00pm** BINGO
14	**11** 9:00 Morning Fellowship 9:30 Senior Tabata Boot camp **10:30 Pilyo** **10:45 Department of Health: DC Eat Smart Move More Program** 1:15 Pokeno **1:30 Chair Fitness Class w/ Regina**	**12** 9:00 Morning Fellowship 9:30 Enhanced Fitness **10:45 Chat w/Nat – Prevent. Detect. Live** **11:00 Blood Pressure** 1:30 ZUMBA 3-45 Water Aerobics **5:30 Fitness w/Charlene**	**13 9am – 11am** **Mobile Market** 9:00 Morning Fellowship **9:30 Senior Tabata Boot camp Summer Challenge** 9:30 Old Skool Dancing **10:45 Issue Awareness** 11:15 Pilates 1:00 Inspiration Hour **1:30 Chair Fitness Class w/ Regina**	**14** 9:00 Morning Fellowship 9:30 Chair Yoga 1:30 Tai-Chi 1:30 Pokeno **2:30 Chat w/Nat: Diabetes Support Group** 3-45 Water Aerobics **5:30 Fitness w/Charlene**	**15** 9:00 Morning Fellowship **9:30 Fitness w/Kojak** 10:00 Crochet 10:30 Pilates 11:00 Line Dancing 11:00 Medicare Patrol **12:30 CHAT W/Nat: Lunch & Learn: Sandwich Month**

PART OF SENIOR SERVICE NETWORK SUPPORTED BY DCOA / MANAGED BY PROVIDENCE HOSPITAL

SHARE PICK UP FRIDAY August 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PART OF SENIOR SERVICE NETWORK SUPPORTED BY DCOA MANAGED BY PROVIDENCE HOSPITAL	**18** 9:00 Morning Fellowship 9:30 Senior Tabata Boot camp **10:30 Pilyo** **11:00 Puzzles and Fun** 1:15 Pokeno **1:30 Chair Fitness Class w/ Regina**	**19** 9:00 Morning Fellowship 9:30 Enhanced Fitness **11:00 Family Matters SNAP Presentation** 1:00 Blood Pressure 1:30 ZUMBA 3-45 Water Aerobics **5:30 Fitness w/Charlene**	**20 9am – 11am Mobile Market** 9:00 Morning Fellowship 9:30 Instructor Choice **10:30 Advisory Board Meeting** 9:30 Old Skool Dancing 11:15 **Pilates** 1:00 Inspiration Hour	**21** 9:00 Morning Fellowship 9:30 Chair Yoga **11:00 Trip to Fredrick Douglass House: $5** 1:30 Tai-Chi 1:30 Pokeno 3-45 Water Aerobics **5:30 Fitness w/Charlene**	**22 SHARE PICK UP** 9:00 Morning Fellowship **9:30 Fitness w/Kojak** 10:00 Crochet 10:30 Pilates 11:00 Line Dancing **12:30 CHAT W/Nat: Lunch & Learn: Waffle Day** **1:00 Birthday Party**
PROVIDENCE HOSPITAL	**25** 9:00 Morning Fellowship 9:30 Senior Tabata Boot camp **10:30 Pilyo** **10:45 Member Assembly** 1:15 Pokeno **1:30 Chair Fitness Class w/ Regina**	**26** 9:00 Morning Fellowship 9:30 Enhanced Fitness **10:45 Chat w/Nat: More Than Skin Deep** 11:00 Blood Pressure 1:30 ZUMBA 3-45 Water Aerobics **5:30 Fitness w/Charlene**	**27 9am – 11am Mobile Market** 9:00 Morning Fellowship **9:30 Senior Tabata Boot camp Summer Challenge** 9:30 Old Skool Dancing **11:00 MEN'S GROUP** 11:15 Pilates 1:00 Inspiration Hour **1:30 Chair Fitness Class w/ Regina**	**28** 9:00 Morning Fellowship 9:30 Chair Yoga 1:30 Tai-Chi 1:30 Pokeno **2:30 Chat w/Nat: Nutrition Taboo** 3-45 Water Aerobics **5:30 Fitness w/Charlene**	**29** 9:00 Morning Fellowship **9:30 Fitness w/Kojak** 10:00 Crochet 10:30 Pilates 11:00 Line Dancing **12:30 CHAT W/Nat: Lunch & Learn: Lobster Month** **2:00 Movie Extravaganza!**

AUGUST

SHARE FOOD NETWORK
Extending Your Food Budget

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