

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***** SCHEDULE IS SUBJECT TO CHANGE *****</p> <p>SCHEDULE IS SUBJECT TO CHANGE *****</p>	<p>2</p>  <p>LABOR DAY CENTER CLOSED</p>	<p>3 7:30 Walk a Mile 9:00 Morning Fellowship 9: 30 Enhanced Fitness 10:45 Chat w/Nat: The Beat Goes On! Caring for Your Heart 11:00 Blood Pressure 1:30 ZUMBA 3-4 Water Aerobics 5:30pm Fitness w/Linda</p>	<p>4 9:00 Morning Fellowship 9:30 Inst. Choice 9:30 Old Skool Dancing 11:15 Pilates 1:00 Inspiration Hour 2:00 Movie</p> 	<p>5 7:30 Walk a Mile 9:00 Morning Fellowship 9:30 Chair Yoga 10: 45 Puzzles and Fun 1:30 Tai-Chi 1:30 Pokeno 2:30 CHAT w/Nat: My Plate Bingo 3-4 Water Aerobic 5:30 Game Room Quick Fit Tip 6PM Fitness Charlene</p>	<p>6 Mobile Farmers Market 3-6pm NCC 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 1:00pm</p> 
<p>MEMBER</p>	<p>9 9:00 Morning Fellowship 9:30 Senior Tabata Boot camp 10:30 Pilyo (Pilates/Yoga Mix) 10:45 Book Club: "Finding Our Roots" 1:15 Pokeno 1:15 Hand Dance</p>	<p>10 7:30 Walk a Mile 9:00 Morning Fellowship 9: 30 Enhanced Fitness 10:00 Trip to Anacostia Museum: "Verbal Gymnastics:" 10:45 Chat w/Nat: Just Say Yes to Fruits and Vegetables 11:00 Blood Pressure 1:30 ZUMBA 3-4 Water Aerobics 5:30pm Fitness w/Linda</p>	<p>11 9:00 Morning Fellowship 9:30 On The Ball 9:30 Old Skool Dancing 10:30 DCOA: SMART 911 11:15 Pilates 1:00 Inspiration Hour</p>	<p>12 7:30 Walk a Mile 9:00 Morning Fellowship 9:30 Chair Yoga 10:30 Afro Jazz 1:30 Tai-Chi 1:30 Pokeno 2:30 CHAT w/Nat: Nutrition Ball Toss 3-4 Water Aerobic 6PM Fitness Charlene</p>	<p>13 Mobile Farmers Market 3-6pm NCC 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 1:00pm</p> 
<p>WOLF</p>	<p>16 9:00 Morning Fellowship 9:30 Senior Tabata Boot camp 10:30 Pilyo (Pilates/Yoga Mix) 10:45 Issue Awareness 1:15 Pokeno 1:15 Hand Dance</p>	<p>17 7:30 Walk a Mile 9:00 Morning Fellowship 9: 30 Enhanced Fitness 10:45 Chat w/Nat: Portion Distortion 11:00 Blood Pressure 1:00 Sewing & Quilting 1:30 ZUMBA 3-45 Water Aerobics 5:30pm Fitness w/Linda</p>	<p>18 9:00 Morning Fellowship 9:30 Inst. Choice 9:30 Old Skool Dancing 10:00 – 2:00 Mobile Vision Screenings 10:30 Advisory Board Meeting 11:15 Pilates 1:00 Inspiration Hour</p>	<p>19 7:30 Walk a Mile 9:00 Morning Fellowship 9:30 Chair Yoga 10:30 Afro Jazz 1:30 Tai-Chi 1:30 Pokeno 2:30 Chat w/Nat: Diabetes Support Group 6PM Fitness Charlene</p>	<p>20 Mobile Farmers Market 3-6pm NCC 9:00 Morning Fellowship 9:30 Fitness w/Kojak 10:00 Crochet 10:45 ERGO: Fall Recovery Lecture w/ Dr. Henderson 10:30 Pilates 11:00 Line Dancing 12:30 CHAT w/Nat Lunch & Learn</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>22</p> <p>SHARE PICK UP</p> <p>FRIDAY 27</p>  <p>PART OF SENIOR SERVICE NETWORK SUPPORTED BY DCOA MANAGED BY PROVIDENCE HOSPITAL</p>	<p>23 9:00 Morning Fellowship 9:30 Senior Tabata Boot camp</p> <p>10:00-2:00</p> <p>Free Fall Risk Screenings: DC Falls Free Coalition</p> <p>10:30 Pilyo (Pilates/Yoga Mix) 1:15 Pokeno 1:15 Hand Dance</p>	<p>24 7:30 Walk a Mile</p> <p>9:00 Morning Fellowship 9:30 Enhanced Fitness</p> <p>10:45 Chat w/Nat: Is My Food Safe – Home Food Safety</p> <p>11:00 Blood Pressure 1:00 Sewing & Quilting 1:30 ZUMBA 2:30 Movie: Kings of the Evening 3-4 Water Aerobics</p> <p>5:30 Fitness w/Linda</p>	<p>25 9:00 Morning Fellowship 9:30 Inst. Choice 9:30 On The Ball 9:30 Harrington Casino Trip</p> <p>11:00 Men’s Group 11:15 Pilates 1:00 Inspiration Hour</p>	<p>26 7:30 Walk a Mile</p> <p>9:00 Morning Fellowship 9:30 Chair Yoga 10:30 Afro Jazz 1:30 Tai Chi 1:30 Pokeno 2:30 Chat w/Nat: Cooking Demo 3-4 Water Aerobic</p> <p>6PM Fitness Charlene</p>	<p>27 SHARE PICK UP</p> <p>Mobile Farmers Market 3-6pm NCC</p> <p>9:00 Morning Fellowship 9:30 Fitness w/Kojak 10:00 Crochet 10:30 Pilates 11:00 Line Dancing</p> <p>1:00 Birthday Party</p> 	
<p>29</p>  	<p>30 9:00 Morning Fellowship 9:30 Senior Tabata Boot camp 10:30 Pilyo (Pilates/Yoga Mix) 10:45 Assembly Meeting 1:15 Pokeno 1:15 Hand Dance</p> 					

SEPTEMBER



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