








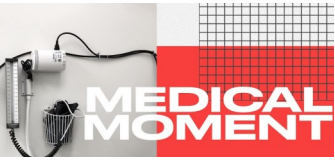



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9-10 Enhance Fitness (Lonnell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Hand Dancing Mid</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Stretching (chair) (Darnell)</p> 	<p>2</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>10-11 Computer/ Tech Class</p> <p>11-12 BINGO!</p> <p>12-1 Presentation: Avoiding SCAMS - DC Dept of Insurance, Securities & Banking</p> <p>11-1 LUNCH</p> <p>12:30-1:30 Line Dancing (Darnell)</p> <p>2-3:30 Encore Chorale</p>	<p>3</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 Club Memory (ZOOM)</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>1-3 Crafts Club</p> 	<p>4</p> <p>10-2 Hayes Bus Trip: Arundel Mills Mall</p> <p>11-1 LUNCH</p> <p>1-2 Enhance Fitness (Lonnell) Mid</p> <p>2-3 Computer/ Tech Class</p> 	<p>5</p> <p>9-10 Basic Aerobics (Nadine-YMCA)</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Hand Dancing Mid</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) Low</p> <p>1-2 Yoga (Emily) Low impact</p> 
<p>8</p> <p>9-10 Enhance Fitness (Lonnell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Hand Dancing Mid</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Stretching (chair) (Darnell)</p> 	<p>9</p> <p>9-10 Strength & Balance (Darnell) low</p> <p>10-11 Strength & Resistance (Darnell) mid</p> <p>11-12 Double Nickel BINGO!</p> <p>11-1 LUNCH</p> <p>12:30-1:30 Line Dancing (Darnell)</p> <p>2-3:30 Encore Chorale</p> <p style="font-size: 2em; font-family: cursive;"><i>Double Nickel Bingo!</i></p>	<p>10</p> <p>8:30-9:30 Hayes Family Pancake Breakfast</p> <p>10-12 Town Hall Meeting</p> <p>Guest: At-Large Council Member Anita Bonds</p> <p>Presentation: HU Nursing Students</p> <p>11-1 LUNCH</p> <p>12-1 HU Line Dancing (Darnell)</p> <p>1-2 Enhance Fitness (Lonnell) Mid</p> <p>1-3 Crafts Club</p> 	<p>11</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>10-2 Hayes Bus Trip: BOWLING!</p> <p>11-1 LUNCH</p> <p>1-2 Enhance Fitness (Lonnell) Mid</p> 	<p>12</p> <p>9-10 Basic Aerobics (Nadine-YMCA)</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Hand Dancing Mid</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) Low</p> <p>12-2 Matter of Balance (1 of 8)</p> <p>1-2 Yoga (Emily) Low impact</p> 

Hayes SWC Calendar—April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15</p> <p>SORRY WE'RE CLOSED</p> <p>Discretionary Day Closure: Hayes SWC is CLOSED</p>	<p>16</p>  <p>Hayes SWC is CLOSED</p>	<p>17</p> <p>9-3 Blood Pressure Screening: Howard Univ. Nursing</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid</p> <p>11-12 Club Memory (ZOOM)</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>1-3 Crafts Club</p>	<p>18</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>10-2 Hayes Bus Trip: Walmart Supercenter</p> <p>11-1 LUNCH</p> <p>1-2 Enhance Fitness (Lonnell) Mid</p> <p>2-3 Computer/ Tech Class</p> 	<p>19</p> <p>9-10 Basic Aerobics (Nadine-YMCA)</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Hand Dancing Mid</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) Low</p> <p>12-2 Matter of Balance (2 of 8)</p> <p>1-2 Yoga (Emily) Low impact</p> <p>Line Dancing!</p> 
<p>22</p> <p>9-10 Enhance Fitness (Lonnell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Hand Dancing Mid</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Stretching (chair) (Darnell)</p> 	<p>23</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>10-1 SAFEWAY Vaccine Clinic</p> <p>11-12 Double Nickel BINGO!</p> <p>11-1 LUNCH</p> <p>12:30-1:30 Line Dancing (Darnell)</p> <p>2-3:30 Encore Chorale</p> <p>2-4 Hayes Talent Show!</p> 	<p>24</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 Strength & Resistance (Darnell) mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>1-3 Crafts Club</p> 	<p>25</p> <p>10-2 Hayes Bus Trip: BOWLING!</p> <p>11-1 LUNCH</p> <p>1-2 Enhance Fitness (Lonnell) Mid</p> 	<p>26</p> <p>9-10 Basic Aerobics (Nadine-YMCA)</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Hand Dancing Mid</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) Low</p> <p>12-2 Matter of Balance (3 of 8)</p> <p>1-2 Yoga (Emily) Low impact</p>  <p>A MATTER OF BALANCE MANAGING CONCERNS ABOUT FALLS</p>

Hayes SWC Calendar—April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30			
9-10 Enhance Fitness (Lonnell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-12 Hand Dancing Mid 11-1 LUNCH 12-1 Medical Moment 12-1 Strength & Resistance (Darnell) mid/high 1-2 Cardio Chair (Darnell) 2-3 Stretching (chair) (Darnell)	9-10 Strength & Balance (D) 10-11 Strength & Resistance (D) 10-11 Computer/ Tech Class 11-12 BINGO! 11-1 LUNCH 12:30-1:30 Line Dancing (Darnell) 2-3:30 Encore Chorale 2-4 APRIL BIRTHDAYS CELEBRATION!			
				

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WARD 6

Website: hayesswc.com

Center hours: Monday-Friday 8am to 4pm



HOWARD
UNIVERSITY