



# Be Healthy Have fun!



## Enjoy October 2017 Events in DC



### Argentine Tango Classes at GW



**OCT  
5**  
thru Jan 2018  
Every Thursday

Free tango classes for GW Students & Staff

- Beginner class 7:15-8:15 pm. No experience is necessary. You are welcomed to bring a friend.
- Advance-Beginner class 8:30-9:30 pm. Suitable for students who have taken tango classes before.

Location: Mitchell Hall: 514 19th St NW, Washington, DC.

### Sound Health: Community Yoga at the Kennedy Center



**OCT  
7**  
thru Aug 2018  
Every Saturday

Attend for FREE all-levels vinyasa yoga class in the Grand Foyer, part of the Kennedy Center's Sound Health program connecting the performing arts to mind-body wellness. An instructor from a different local yoga studio will lead each session. Complete a sign up form and liability waiver for each session you wish to attend. Location: Kennedy Center Grand Foyer Time: 10:15 am Length: 1 hour

### Taste of DC: Festival Grounds at RFK Stadium



**OCT  
7-8**

Experience everything DC has to offer. Restaurant row features 65+ of region's best restaurants. Wine walk plus Oktoberfest. 3 live Music stages and culinary entertainment. DC Chili Cook-Off, and Artisan market. General Admission Tickets: \$9.99

### Wine & Design at the Postal Museum



**OCT**  
2nd Thursday  
of every month  
  
5:00-7:00 pm

Happy hour and postal-theme crafting event held once a month at the Postal Museum! Whether you are a letter-writing lover, an Etsy-fanatic or just looking for something new to do - join the club! Complimentary wine or beer and leave with a unique mail-related product. Must be 21+ to drink. Alternative beverages will be provided. Location: Byrne Education Loft, National Postal Museum. Tickets: \$11.50 per person

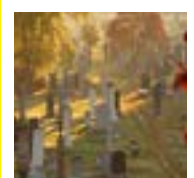
### La Santa Cecilia (Free Concerts from the Library of Congress)



**OCT  
19**  
8:00 pm

Grammy® Award-winning Los Angeles band La Santa Cecilia rocks a vivid music mix "meant to get listeners dancing and thinking at the same time" (New York Times). Location: Coolidge Auditorium. Free tickets from [Eventbrite](#) (Tickets available 09/20/2017, beginning at 10 am)

### Soul Strolls at Congressional Cemetary



**OCT  
20-21  
27-28**

Congressional Cemetery's annual twilight tours. Explore the stories of individuals buried here through guided tours and costumed interpreters. Scare level: Beware of zombie Presidents. Adults Tickets: \$22. 1 hour tour departs every 15 min. Hours: Fri 7:00-10:00 pm/Sat 6:00-10:00 pm

### Night of the Living Zoo



**OCT  
27**  
6:30-10:00 pm

Prepare to witness death defying acts and amazing oddities at Friends of the National Zoo's annual adults-only Halloween party. Gouls and goblins will enjoy craft beer, food from popular DC food trucks, a spooktacular costume contest, and DJ party, etc. Tickets: \$30 for Members/\$40 for Non-members

### Joy of Motion Dance Center (Free event at the Millennium Stage, Kennedy Center)



**OCT  
31**  
6:00 pm

Experience the motion and music of Rocky Horror just in time for Halloween. Core faculty members Jenifer Dobbins and Angela Ingram will teach "The Time Warp" and other iconic choreography from the 1975 film, followed by a performance in the Grand Foyer. Dancers of all levels are welcome!