

# Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010








## May is....






- Arthritis Awareness Month
- Correct Posture Month
- Hepatitis Awareness Month
- Lyme Disease Awareness Month
- National Crohn's and Colitis Awareness Month
- National High Blood Pressure Education Month
- National Lupus Awareness Month
- National Mental Health Month
- National Stroke Awareness Month
- Older Americans Month
- Mother's Day – May 14<sup>th</sup>
- Eat More Fruits & Vegetables Day - May 25, 2023
- May 10, 1994 - Nelson Mandela becomes South Africa's first black president.
- On May 17, 1954, the U.S. Supreme Court unanimously ruled that segregation in public education was unconstitutional,










## New Member

Orientation with Shymee  
Tuesdays 1:45pm-3:00pm  
RSVP is required.

**On Zoom:**  
**Enter Meeting ID: 928 7552 9202**  
**Call In 646-558-8656**  
**Password: 083339**  
**\*\* Activities subject to change**

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:30am-11:30am Hybrid</b> Community, Health, Nutrition w/Shymee(see details) <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>GAMES A PLENTY</b></p>  <p><b>5:00pm - 6:00pm Center</b> Fitness w/ Rodney</p> 	<p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee (see details) <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/Andrea <b>11:00am - 12:00pm hybrid</b> <b>WSWC Members Assembly Meeting</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-3:00pm Center</b> The Matter of Balance w/ Andrea &amp; Vernetta <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p><b>Field Trip!</b>  <b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-10:30pm Hybrid</b> Comm. Session w/Shymee (see details) <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:45am -11:45am TRIP</b> Martha's Table Commons Lobby Market <b>11:00am-12:00pm Center</b> Comm. Session w/Shymee (see details) <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:00pm - 2:00pm Zoom</b> Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 <b>1:00pm - 4:30pm Center</b> Drawing and Painting Art Class Ceramics Art &amp; Mixed Media w/Candice <b>5:00pm - 6:00pm Center</b> Fitness w/ Rodney</p>	<p><b>9:00am - 9:45am Center</b> Zumba Gold with Michelle <b>10:00am-11:00am Hybrid</b> Nutrition w/Shymee (see details) <b>10:00am-1:00pm- Center</b> Francis Gregory Library with Margarette Snow, Librarian. Mother's day Crafts and Resource Day <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Ed. w/ Shymee and Chef Herb (SNAP)</p>	<p><b>11:00am-12:00pm Hybrid</b> Comm. Session w/Shymee (see event details) <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/Tawana <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>1:00pm-2:00pm Center</b> Line Dancing with Rita <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right"><b>8</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>11:00am-2:00pm Center</b> <b>WSWC- DACL Fashion Show (see event details)</b> <b>12:00pm - 1:00pm Zoom</b> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right"><b>9</b></p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee <i>(see details)</i> <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-3:00pm Center</b> The Matter of Balance w/ Andrea &amp; Vernetta <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p align="right"><b>10</b></p> <p><b>Food Trip!</b>  <b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-10:30am Hybrid</b> Community session w/ Shymee <i>(see details)</i> <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:00am- 12pm- TRIP</b> Anacostia Playhouse Washington, DC <b>10:30am-2:00pm Center</b> Deanwood Computer Bingo <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:00pm - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm - 4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm - 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right"><b>11</b></p> <p><b>9:00am - 9:45am Center</b> <b>Zumba Gold</b> with Michelle <b>10:30am-11:30am Center</b> Chair Exercise w/Andrea <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:00pm-3:30pm Center</b> <b>SPECIAL EVENT</b> <i>Pre-Mother's Day Celebration. Entertainment, food, drinks and much more.</i> <i>(See details)</i></p> 	<p align="right"><b>12</b></p> <p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>11:00am-1:00pm Center</b> Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> 
<p align="right"><b>15</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:30am-12:00pam Center</b> Capital Food Bank Grocery Plus Pick up @ WSWC <b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm - 1:00pm Zoom</b> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right"><b>16</b></p> <p><b>10:00am-11:00am Center</b> Community Session w/ Shymee <i>(see details)</i> <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:00am -12pm- Center</b> WSWC Garden Club w/Dr. Linda Thompson <b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea <b>11:00am-12:00pm Center</b> Community Session w/ Shymee <i>(see details)</i> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-3:00pm Center</b> The Matter of Balance w/ Andrea &amp; Vernetta <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p align="right"><b>17</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>10:00am-2:00pm Center</b> Special Event with MedStar. Health Fair, vendors, fun, food, give aways <i>(see event details)</i> <b>1:00pm - 2:00pm In Center</b> Sibley Club Memory <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>2:30pm-3:30pm Center</b> Ceramics Art &amp; Mixed Media w/ Candice <b>5:00pm-6:00pm Center</b> Fitness w/Rodney</p> 	<p align="right"><b>18</b></p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>10:00am-11:00am Hybrid</b> Community, Health Sessions w/Shymee <i>(see details)</i> <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p align="right"><b>19</b></p> <p><b>9:00am-1:00pm Center</b> AARP Driver's Class. <i>(See event details)</i> <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm-1:30pm Hybrid.</b> WSWC Reading Group <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>Call in:646-931-3860</b> <b>PW:971811</b> <b>1:00pm-2:00pm Center</b> Line Dancing with Rita <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">22</p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:00am-11:00 am Center</b> Community Session w/ Shymee <i>(see details)</i> <b>10:00am -12pm- Center</b> WSWC Garden Club w/Dr. Linda Thompson <b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm - 1:00pm Zoom</b> Chatting w/ Katherine <b>1:00pm-2:00pm Center</b> Edenbridge Pace Program – Family Feud Game <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right">23</p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee <i>(see details)</i> <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-3:00pm Center</b> The Matter of Balance w/ Andrea &amp; Vernetta <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p align="right">24</p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:00am-10:30am Hybrid</b> Community/Health Session w/ Shymee <i>(see details)</i> <b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:00 - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call</b> <b>301-715-8592</b> <b>1:00pm-2:00pm Center</b> Book Club. Book discussion with book signing with Author. <i>(see event details)</i> <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right">25</p> <p> <b>9:00am-9:45am Hybrid</b> Zumba Gold with Michelle <b>9:30am-1:45pm TRIP</b> A Taste Around the World Older Americans Month Event <b>10:00am-11:00am Hybrid</b> Community Sessions w/ Shymee <i>(details)</i> <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Closed</b> Executive Board Meeting <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee</p>	<p align="right">26</p> <p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>11:00am-1:00pm Center.</b> Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) <b>12:00pm-1:30pm Hybrid</b> WSWC Reading Group <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>Call in:646-931-3860</b> <b>PW:971811</b> <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>   <b>Removed</b> <b>Fridays 9:45am-10:15am</b> <b>Center</b> Walking Group w/Stacy</p>
<p align="right">29</p>   	<p align="right">30</p> <p><b>10:00am-11:00am Hybrid</b> No class scheduled, Shymee is out of office. <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-3:00pm Center</b> The Matter of Balance w/ Andrea &amp; Vernetta <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p align="right">31</p> <p> <b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>9:30am-3:00pm TRIP</b> Senior Fest – Gateway Pavilion <b>10:00am-11:00am Center (Appt Only)</b> Nutrition Consultation w/ Shymee <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:00 - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call</b> <b>301-715-8592</b> <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p> <b>Martha Table-Commons Lobby</b> <b>Market</b> The Commons Building Wednesday, May 3, 2023 Time: 10:45am - 11:45am <b>The Anacostia Playhouse</b> <b>"Night Mother"</b> 2020 Shannon Pl, SE Wednesday, May 10th, 2023, Time: 10:15 AM - 1:45 PM Tickets: \$10 <b>A Taste Around the World</b> <b>Older Americans Month Event</b> 560 41<sup>st</sup> St, NW Thursday, May 25, 2023 Time: 9:30am - 1:45pm <b>Senior Fest –</b> Gateway Pavilion 2700 Martin Luther King Jr, SE Wednesday, May 31, 2023 Time: 9:30 am - 3 pm</p>	<p align="center"></p> <p><b>WSWC- DACL Fashion Show</b> <b>In Center</b> Monday, May 8, 2023 Time: 11:00am - 2:00pm <b>WSWC Annual Mother's</b> <b>Day Event</b> Aging Unbound and in Abundance Thursday, May 11, 2023 Time: 2:00pm - 3:30pm <b>Medstar Older American</b> <b>Health Fair</b> Aging Unbound through Health Promotions Wednesday, May 17, 2023 Time: 10:00am - 2:00pm <b>AARP Driver's Class</b> Friday May 19, 2023 <b>Time: 9:00am-1:00pm Center</b> ( see event details for cost to participate</p>



# WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & SPECIAL EVENTS *DETAILS*



## MONDAY

**May 1 10:30am-11:30 am Hybrid** National Blood Pressure & Stroke Awareness Month. Presenter: Pamela Hodges Retired Register Nurse. Topic: Blood Pressure & Stroke Information Session with actual Blood Pressure Screenings.

**May 8 11:00am-1:00pm** Center Older Americans' Month Celebration. Theme. "Aging Unbound. Event: Fashion Show & Resource Fair. Presenters: DACL & Ms. Senior DC w/ Cameo Club Representatives. Fashion Show Models (your very own WSWC Members). Come on out to the event to show your support

**May 22 10:00am-11:00am Hybrid** National Colitis Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: What you need to know about Chron's & Colitis Disease.

**May 22 1:00pm-2:00pm Center** Edenbridge Pace Program. Facilitator Jasmine Bailey. Event: Family Feud come on in and participate. Should have a fun time.

## TUESDAY

**May 2 10:00am-11:00am Hybrid** Nutrition Session w/ Giant Food Alexandra Brown, In Store Dietician Topic: The Dirty Dozen Fruits & Veggies vs. Clean Fruits & Veggies. What's in season & how to keep Fruits and Veggies fresh.

**May 2,9,16,23,30 10:00am-1:45pm Center** Legal Counselor for the Elderly with Bruce Rathbun. Topic: Members one on one discussion of legal matters.

**May 9 10:00am-1:00pm Hybrid, Medicare** & Medicaid Enrollment and Updates. Presenter: Donna Tabor/United Health Care. Topic: Information Session & Enrollment Process

**May 16 10:00am-11:00am Hybrid** National Kidney Foundation. Presenter: Jain Aswani Program Director. Topic: Kidney Health. Kidney Information Session & Kidney Home Testing Kit, Education & Delivery

**May 16 11:00am-12:00pm Center** Mayor's Office of Community Relations and Services/Executive Office of the Mayor. Presenter: Wendy Glenn Ward 8 MOCRS, Lawrence Ward 7 MOCRS & DACL Representative. Topic: Open session to address concerns and answer questions

**May 23 10:00am-11:00am Hybrid, Lyme** Disease Awareness Month, MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: What is Lyme Disease? How to contract it, symptoms, treatment and medication.

## WEDNESDAY

**May 3 10:00am-10:30 am Hybrid Transportation Part 1.** Presenter: Heather Foot (Senior Advocate) Topic Transportation updates and Senior Concerns.

**May 3 11:00am-12:00pm Center** The DC Center for Independent Living. Presenter: Karen Arnett Topic: Breaking down barriers for people with disabilities/Information Session.

**May 10 10:00am-10:30am Hybrid Transportation Part II.** Presenters: Heather Foot (Senior Advocate) & Christopher (Yellow Cab Representative) Topic: Transportation Updates and Concern discussion,

**May 10 10:30am-2:00pm Center** Deanwood Library. Facilitator: Melissa Davis & Outreach Staff Topic: Computer Bingo (Learn & Win Prizes)

**May 17 10:0am-2:00pm Center** **SPECIAL EVENT.** MedStar Washington Hospital Center in Partnership with The Washington Senior Wellness Center Celebrates Older Americans Month with a Health Fair. Food, Fun, giveaways, on site Health Screenings, Healthy Cooking Demo, Health Vendors and much more. Plan to attend you will definitely find it beneficial.

**May 24 1:00pm-2:00pm Center Book** Club. Book Discussion (Thirteen) and book signing with the author Erica Jackson

## THURSDAY

**May 4 10:00am-11:00am Hybrid Weis** Market w/Christina Pelletier, In Store Dietician Topic: **National Egg Month:** Health & Nutrition Benefits of Eggs w/ a healthy cooking demo

**May 4 10:00am-1:00pm Center** Francis Gregory Library. Presenter: Margarette Snow, Librarian Topic: Mother's Day Crafts & Resource Day.

**May 4 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Chef Herb (SNAP). National Gifts from the Garden. Topic: Health & Nutritional benefits of Fruits and Veggies from the Garden

**May 11 11:00am-1:00pm Center** Computer Training with Adrian. Bring your Computers, Phones, iPads and learn how they can work for you.

**May 11 2:00pm -3:30pm Center** Pre Mother's Day Celebration. THE WSWC is Celebrating Mother's Day for the members w/ Sandra Johnson's Music (Oldies, Jazz, R&B) Food by Rosebuds Barbeque, Specialty drinks by TamRon Mixologist & much more in store. ***Come on out and enjoy this special occasion.***

**May 18 10:00am-11:00am Hybrid** Suited for Change. Presenter: Diedra Yates Topic: If you are thinking about returning to the job market or looking for that dream venture you wanted to start, Ms. Yates has pointers and provide professional dressing tips.

**May 18 2:30am-3:00pm Hybrid** National Strawberry Month. Nutrition Session w/Shymee & Chef Herb. Health & Nutritional benefits of Strawberries w/food demo.

**May 18 3:00pm-4:00pm Hybrid** May is Woman Health Week. Medstar Washington Hospital Center Presenter: TBA Topic: Women Health Information Session

**May 25 10:00am-11:00am Hybrid.** National Arthritis & Correct Posture Awareness Month. MedStar Washington Hospital Center. Presenter: TBA Topic: Arthritis 101 – What you need to know about Arthritis and impact of Correct Posture.

**May 25 11:00am-1:00pm Center** Computer Training with Adrian. Bring your Computers, Phones, iPads and learn how they can work for you.

**May 25 2:30pm-3:00pm Hybrid** Cinco De Mayo Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Health & Nutritional benefits of Mexican Dish Tamales w/cooking demo by Chef.

**May 25 3:00pm-4:00pm Hybrid** Medication Talk with MedStar Pharmacies. MedStar Washington Hospital Center Ask the Doc Series. Presenters: Rola Halabi & Team Topic: Basic Medication Presentation (Drug/Food Interactions, Taking Medications properly. Repercussion of not taking medication properly

## FRIDAY

**May 5 11:00am-12:00pm Center** **Combined Presentation.** Presenters: Sunithi Selvaaraj, RD, LD. Probiotic Awareness & Donna Ruffin (Tobacco & Smoking) Topic: Health & Nutrition Benefits of Probiotic w/ Probiotic Smoothies samples & a Smoking Cessation Presentation

**May 19 9:00am-1:00pm Center Hudson Room.** AARP Driver's Class Cost -AARP Member \$20.00 Cash/check (Must present AARP membership card for the discount) Non-AARP Member- \$25.00 Break for Lunch 11:00am-12:00pm