Washington Seniors Wellness Center Calendar 2023 Phone 202-581-6010

3001 Alabama Ave SE Washington DC 20020



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

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 14th ٠
- 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,

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

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
9:00am -10:00am Hybrid	10:00am-11:00am Hybrid	Field Teip!	9:00am – 9:45am Center	11:00am-12:00pm Hybrid
Kickboxing w/ Vernetta	Community, Health, Nutrition		Zumba Gold with Michelle 10:30am-11:30am Center	Enhance Fitness w/Tawana.
10:00am -11:00am- Center	Sessions w/ Shymee (see details) 10:00am-1:45pm Center	9:00am-10:00am Hybrid	Chair Exercise w/Andrea	Mtg ID:815 5057 3934
Chair Yoga w/ Gigi	Legal Counsel for the Elderly w/	Kickboxing w/Vernetta	11:00am-1:00pm Center	PW: wswc
11:00am -12:00pm- Hybrid	Bruce Rathbun	10:00am-10:30am Hybrid	Computer Training w/Adrian	11:00am-1:00pm Center
Enhance Fitness w/ Tawana.	10:30am - 11:30am Center	Community session w/ Shymee (see details	11:30am-12:30pm Zoom	Art SWAG Works DC w/ Lisa
Mtg ID:815 5057 3934	Chair Exercise w/Andrea	10:00am -11:00am Center	Active Living w/ Romunda	Greene-Clarke (Limit 10)
PW: wswc	11:30am-12:30pm Zoom	Chair Yoga w/ Gigi	1:30pm-2:30pm Center	12:30pm-4:30pm Center
11:00am-2:00pm Center	Active Living w/ Romunda	10:00am- 12pm- TRIP	Tai Chi w/ Jerry - YMCA	GAMES A PLENTY
WSWC- DACL Fashion Show (see	1:30pm-3:00pm Center	Anacostia Playhouse	1:45pm – 2:20pm Zoom Health Dialogue/ DeLois Botts	
event details)	The Matter of Balance w/	Washington, DC 10:30am-2:00pm Center	2:00pm-3:30pm Center	
12:00pm – 1:00pm Zoom	Andrea & Vernetta	Deanwood Computer Bingo	SPECIAL EVENT Pre-Mother's Day	
Chatting w/ Katherine	1:30pm-2:30pm Center	11:00am-12:00pm Hybrid	Celebration. Entertainment, food, drinks	
12:30pm-4:30pm Center GAMES A PLENTY	Tai Chi w/ Jerry – YMCA 2:00pm-4:00pm Center	Enhance Fitness w/ Tawana.	and much more.	
GAMES AT LENT I	Activities at your Leisure	Mtg ID:815 5057 3934 PW: wswc	(See details)	
SHIST ST	fictivities at your Deisare	11:30am-12:30pm Zoom		
		Active Living w/ Romunda	🥭	
5:00pm- 6:00pm Center		1:00pm – 2:00pm Zoom	10 Harry	
Fitness w/ Rodney		Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592	Meller	
FASHION SHOW		1:00pm - 4:30pm Center	DAY	
19 4 Ca 26 19 28 59 24		Drawing and Painting Art Class		
		5:00pm - 6:00pm Center		
ALC: EN SILVAN		Fitness w/ Rodney		
15	16	17	18	19
9:00am -10:00am Hybrid	10:00am-11:00am Center	9:00am-10:00am Hybrid	9:00am - 9:45am Hybrid	9:00am-1:00pm Center
Kickboxing w/ Vernetta	Community Session w/	Kickboxing w/Vernetta	Zumba Gold with Michelle	AARP Driver's Class. (See
10:00am -11:00am - Center	Shymee (see details)	10:00am -11:00am Center	10:00am-11:00am Hybrid	event details)
Chair Yoga w/ Gigi	10:00am-1:45pm Center	Chair Yoga w/ Gigi	Community, Health Sessions	11:00am-12:00pm Hybrid
10:30am-12:00pam Center	Legal Counsel for the Elderly w/	11:00am - 12:00pm Hybrid	w/Shymee (see details)	Enhance Fitness w/ Tawana
Capital Food Bank Grocery Plus	Bruce Rathbun	Enhance Fitness w/ Tawana.	10:30am-11:30am Center	Mtg ID:815 5057 3934
Pick up @ WSWC	10:00am -12pm- Center	Mtg ID:815 5057 3934 PW: wswc	Chair Exercise w/ Andrea	PW: wswc
11:00am -12:00pm- Hybrid	WSWC Garden Club	11:30am-12:30pm Zoom	11:30am-12:30pm Zoom	12:00pm-1:30pm Hybrid. WSWC Reading Group
Enhance Fitness w/ Tawana.	w/Dr. Linda Thompson	Active Living w/ Romunda.	Active Living w/ Romunda	Mtg ID:815 5057 3934
Mtg ID:815 5057 3934	10:30am - 11:30am Center	10:00am-2:00pm Center	1:30pm-2:30pm Center	PW: wswc
PW: wswc	Chair Exercise w/ Andrea	Special Event with MedStar. Health	Tai Chi w/ Jerry	Call in:646-931-3860
12:00pm – 1:00pm Zoom	11:00am-12:00pm Center	Fair, vendors, fun, food, give aways (see	1:45pm – 2:20pm Zoom	PW:971811
Chatting w/ Katherine	Community Session w/	event details)	Health Dialogue w/ DeLois Botts	1:00pm-2:00pm Center
12:30pm-4:30pm Center	Shymee (see details	1:00pm – 2:00pm In Center	2:30pm-3:00pm Hybrid	Line Dancing with Rita
GAMES A PLENTY	11:30am-12:30pm Zoom	Sibley Club Memory	Nutrition Education w/ Shymee	12:30pm-4:30pm Center
	Active Living w/ Romunda	1:00pm -4:30pm Center	3:00pm-4:00pm Hybrid	GAMES A PLENTY
	1:30pm-3:00pm Center	Drawing and Painting Art Class	Community, Health Sessions	
5:00pm- 6:00pm Center	The Matter of Balance w/	2:30pm-3:30pm Center	w/Shymee (see details)	
Fitness w/ Rodney	Andrea & Vernetta	Ceramics Art & Mixed Media w/ Candice		
	1:30pm-2:30pm Center	5:00pm-6:00pm Center		
	Tai Chi w/ Jerry – YMCA	Fitness w/Rodney		SMART DRIVER
	2:00pm-4:00pm Center	Health & Wellness Fair		SAFETY COURSE
	Activities at your Leisure	& Wellness Fair		

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

WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & SPECIAL EVENTS DETAILS Upcoming Events

MONDAY

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

<u>May 8 11:00am-1:00pm</u> 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 <u>May 22 10:00am-11:00am Hybrid</u> 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.

<u>May 22 1:00pm-2:00pm Center</u> 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.

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

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

<u>May 16 11:00am-12:00pm Center</u> 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

<u>May 23 10:00am-11:00am Hybrid, Lyme</u> 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.

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

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

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

<u>May 17 10:0am-2:00pm Center</u> 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.

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

THURSDAY

<u>May 4 10:00am-11:00am Hybrid Weis</u> Market w/Christina Pelletier, In Store Dietician Topic: National Egg Month: Heath & Nutrition Benefits of Eggs w/ a healthy cooking demo <u>May 4 10:00am-1:00pm Center</u> Francis Gregory Library. Presenter: Margarette Snow, Librarian Topic: Mother's Day Crafts & Resource Day.

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

<u>May 11 11:00am-1:00pm Center</u> Computer Training with Adrian. Bring your Computers, Phones, IPads and learn how they can work for you.

<u>May 11 2:00pm -3:30pm Center</u> 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.*

<u>May 18 10:00am-11:00am Hybrid</u> 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.

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

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

<u>May 25 10:00am-11:00am Hybrid</u>. 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.

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

<u>May 25 2:30pm-3:00pm Hybrid</u> 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.

<u>May 25 3:00pm-4:00pm Hybrid</u> 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

<u>FRIDAY</u>

May 5 11:00am-12:00pm CenterCombined Presentation. Presenters: Sunithi Selvaaraj, RD,LD.Probiotic Awareness & Donna Ruffin (Tobacco & Smoking) Topic: Health & NutritionBenefits of Probiotic w/ Probiotic Smoothies samples & a Smoking Cessation PresentationMay19 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