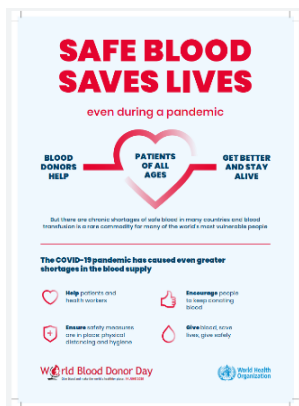
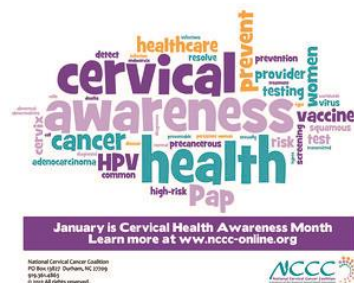


Washington Seniors Wellness Center Calendar for JANUARY 2022
On Zoom: 1 301-715-8592 or 1 646-558-8656 Meeting ID: 928 7552 9202 Password: 083339
HAPPY NEW YEAR!!!

Blood Donor Month



Cervical Health Awareness




***Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00am – 10:45am Chair Yoga/Mindfulness Meditation with Tawana On Zoom	9:00am – 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom	10:00am – 10:45am Chair Yoga/Mindfulness Meditation with Tawana On Zoom	9:00am – 9:45am Zumba Gold with Michelle On Zoom	9:00am – 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom
11:30 am – 12:30pm Chatting with Katherine (BEEDL) (WSWC member) On Zoom	10:00am-10:30am Community Session w/ Shymee Giant Food w/ Melanie Berdyk Topic: Intermittent Fasting On Zoom	11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom	10:00am-10:45am Cardio-Lite/Strength & Resistance w/ Linda Grymes YMCA Fit & Well Seniors ID: 861-3709-9516 Or call 301-715-8592 On Zoom	1:00pm – 2:00pm Enhance Fitness w/ Tawana On Zoom
1:00pm – 2:00pm Enhance Fitness with Tawana On Zoom	10:30am-11:00am Community Session SNAP w/ Chef Herb Topic: Homemade	1:00pm – 2:00pm Enhance Fitness w/ Tawana On Zoom	10:00am – 11:00am Community Session w/ Shymee	2:00pm to 3:00pm Bingo On Zoom (Electronic Card Emailed w/ Monthly Calendar or Call the Office to Get a Copy Mailed)
5:00 pm- 6:30pm Fitness w/ Rodney Jordan		1:00 pm – 2:00 pm Sibley Club Memory ID: 975-5829-0633		

Monday	Tuesday	Wednesday	Thursday	Friday
<p>On Zoom</p>	<p>Chicken Noodle Soup Good for Cold & Flu Season On Zoom</p> <p>11:00am – 12:00pm WSWC Members Assembly Meeting On Zoom (Use Breakout Room)</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom</p> <p>1:30pm – 2:30pm Spanish Class with Gwen McLaughlin On Zoom</p>	<p>Or call 301-715-8592 On Zoom</p> <p>5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom</p>	<p>Insurance Specialist Karen Bernola Topic: Life Insurance & Medicare Advantage Plans On Zoom</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom</p> <p>1:45pm – 2:20pm Health Dialogue w/ DeLois Botts On Zoom</p>	<p>IN-PERSON ACTIVITIES ON ZOOM UNTIL FURTHER NOTICE. MEALS GRAB-AND- GO 11:00am-1:00pm</p> <p>Please call WSWC Director: Ms. Anderson with any questions 202-631- 3716</p>
<p style="text-align: right;">10</p> <p>10:00am – 10:45am Chair Yoga/Mindfulness Meditation with Tawana On Zoom</p> <p>11:30 am – 12:30pm Chatting with Katherine (BEEDL) (WSWC)</p>	<p style="text-align: right;">11</p> <p>9:00am – 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom</p> <p>10:00am-11:00am Community Session w/ Shymee</p>	<p style="text-align: right;">12</p> <p>10:00am – 10:45am Chair Yoga/Mindfulness Meditation with Tawana On Zoom</p> <p>10:00am-11:00am Nutrition Consultation w/ Shymee</p>	<p style="text-align: right;">13</p> <p>9:00am – 9:45am Zumba Gold with Michelle On Zoom</p> <p>10:00am-10:45am Cardio-Lite/Strength & Resistance w/ Linda</p>	<p style="text-align: right;">14</p> <p>9:00am – 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom</p> <p>11:00am-12:00pm Art SWAG Works DC w/ Lisa Greene-Clarke</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>member) On Zoom</p> <p>1:00pm – 2:00pm Enhance Fitness with Tawana On Zoom</p> <p>5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom</p>	<p>Office of the Peoples Counsel w/ Jean Bethel Topic: Utility Companies On Zoom</p> <p>10:00am-2:00pm Legal Counsel for the Elderly w/ Bruce Rathbun (Please Call to Register) 11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:00pm-2:00pm WSWC Orientation w/ Shymee In Center</p> <p>1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom</p> <p>1:30pm – 2:30pm Spanish Class with Gwen McLaughlin On Zoom</p>	<p>On Zoom</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:00pm – 2:00pm Enhance Fitness w/ Tawana On Zoom</p> <p>1:00 pm – 2:00 pm Sibley Club Memory ID: 975-5829-0633 Or call 301-715-8592 On Zoom</p> <p>2:30-3:30pm Visual Arts Class w/ Candice Napper On Zoom</p> <p>5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom</p>	<p>Grymes YMCA Fit & Well Seniors ID: 861-3709-9516 Or call 301-715-8592 On Zoom</p> <p>10:00am-1:00pm Technology & Crafts w/ Francis Gregory Librarian Margarette Snow In Center</p> <p>10:00am-11:00am Emergency Management w/ Mr. Cruz Topic: Conversations w/ DACL and Community Partners Preparing for Emergencies On Zoom</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom</p> <p>1:45pm – 2:20pm Health Dialogue w/ DeLois Botts On Zoom</p>	<p>On Zoom</p> <p>1:00pm – 2:00pm Enhance Fitness w/ Tawana On Zoom</p> <p>2:00pm to 3:00pm Bingo On Zoom (Electronic Card Emailed w/ Monthly Calendar or Call the Office to Get a Copy Mailed)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>2:30pm-3:30pm Nutrition Education w/ Shymee Topic: Benefits of a Fiber Enriched Diet In Center/On Zoom</p>	
<p style="text-align: right;">17</p> <p>WSWC CLOSED MLK OBSERVED!!</p>  <p style="text-align: right;">17</p>	<p style="text-align: right;">18</p> <p>9:00am – 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom</p> <p>10:00am-11:00am Community Sessions w/ Shymee Colorectal Cancer Prevention in the Neighborhood w/ Lynel McFadden Topic: Importance of Screening for Colorectal Cancer On Zoom</p> <p>10:00am-2:00pm Legal Counsel for the Elderly w/ Bruce Rathbun (Please Call to Register)</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:30pm-2:30pm Tai Chi w/ Jerry Simpson</p>	<p style="text-align: right;">19</p> <p>10:00am-11:00am Nutrition Consultation w/ Shymee On Zoom</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:00pm – 2:00pm Enhance Fitness w/ Tawana On Zoom</p> <p>1:00 pm – 2:00 pm Sibley Club Memory ID: 975-5829-0633 Or call 301-715-8592 On Zoom</p> <p>5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom</p>	<p style="text-align: right;">20</p> <p>9:00am – 9:45am Zumba Gold with Michelle On Zoom</p> <p>10:00am-10:45am Cardio-Lite/Strength & Resistance w/ Linda Grymes YMCA Fit & Well Seniors ID: 861-3709-9516 Or call 301-715-8592 On Zoom</p> <p>10:00am-11:00am NMAAHC w/ Lisa Crawley & Hannah Scruggs Topic: Genealogy (Ancestors & Burial Practices in the Black Community) On Zoom</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:30pm-2:30pm</p>	<p style="text-align: right;">21</p> <p>9:00am – 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom</p> <p>10:00am-11:00am Program Director’s Meeting On Zoom</p> <p>11:30am-12:30pm WSWC Members Book Club On Zoom</p> <p>1:00pm – 2:00pm Enhance Fitness w/ Tawana On Zoom</p> <p>2:00pm to 3:00pm Bingo On Zoom (Electronic Card Emailed w/ Monthly Calendar or Call the Office to Get a Copy Mailed)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom</p> <p>1:30pm – 2:30pm Spanish Class with Gwen McLaughlin On Zoom</p>		<p>Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom</p> <p>1:45pm – 2:20pm Health Dialogue w/ DeLois Botts On Zoom</p> <p>2:30pm-3:30pm Nutrition Education w/ Shymee On Zoom</p>	
<p style="text-align: right;">24</p> <p>10:00am-11:00am A Conversation with DHCF w/ DACL Brittany & Alice Thompson/ Outreach Specialists Topic: DHCF Dual Choice Program On Zoom</p> <p>11:30 am – 12:30pm Chatting with Katherine (BEEDL) (WSWC member) On Zoom</p> <p>1:00pm – 2:00pm Enhance Fitness with Tawana On Zoom</p> <p>2:00pm to 3:00pm</p>	<p style="text-align: right;">25</p> <p>9:00am – 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom</p> <p>10:00am-2:00pm Legal Counsel for the Elderly w/ Bruce Rathbun (Please Call to Register)</p> <p>10:00am-11:00am Community sessions w/ Shymee A Conversation with Department of Energy & DACL w/ Jennifer & Alice Thompson Topic: Weatherization Programs & Utility Discounts On Zoom</p>	<p style="text-align: right;">26</p> <p>10:00am-11:00am Nutrition Consultation w/ Shymee On Zoom</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:00pm – 2:00pm Enhance Fitness w/ Tawana On Zoom</p> <p>1:00 pm – 2:00 pm Sibley Club Memory ID: 975-5829-0633 Or call 301-715-8592 On Zoom</p>	<p style="text-align: right;">27</p> <p>9:00am – 9:45am Zumba Gold with Michelle On Zoom</p> <p>10:00am-10:45am Cardio-Lite/Strength & Resistance w/ Linda Grymes YMCA Fit & Well Seniors ID: 861-3709-9516 Or call 301-715-8592 On Zoom</p> <p>10:00am-10:45am American Red Cross Topic: Blood Donor Month & The Importance of Donating Blood On Zoom</p>	<p style="text-align: right;">28</p> <p>9:00am – 10:00am Body Drill Conditioning w/ Rodney Jordan On Zoom</p> <p>10:00am-11:00am Program Director’s Meeting On Zoom</p> <p>11:30am-12:30pm WSWC Members Book Club On Zoom</p> <p>1:00pm – 2:00pm Enhance Fitness w/ Tawana On Zoom</p> <p>2:00pm to 3:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bingo On Zoom (Electronic Card Emailed w/ Monthly Calendar or Call the Office to Get a Copy Mailed)</p> <p>5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom</p>	<p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom</p> <p>1:30pm - 2:30pm Spanish Class with Gwen McLaughlin On Zoom</p>	<p>2:30-3:30pm Visual Arts Class w/ Candice Napper On Zoom</p> <p>5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom</p>	<p>11:30am-12:30pm Members Assembly Executive Board Meeting On Zoom (Use Breakout Room)</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 On zoom</p> <p>1:45pm - 2:20pm Health Dialogue w/ DeLois Botts On Zoom</p> <p>2:30pm-3:30pm Nutrition Education w/ Shymee On Zoom</p>	<p>Bingo On Zoom (Electronic Card Emailed w/ Monthly Calendar or Call the Office to Get a Copy Mailed)</p>
<p style="text-align: right;">31</p> <p>11:30 am - 12:30pm Chatting with Katherine (BEEDL) (WSWC member) On Zoom</p> <p>1:00pm - 2:00pm Enhance Fitness with</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tawana In Center</p> <p>2:00pm to 3:00pm Bingo On Zoom (Electronic Card Emailed w/ Monthly Calendar or Call the Office to Get a Copy Mailed)</p> <p>5:00 pm- 6:30pm Fitness w/ Rodney Jordan On Zoom</p>				