

Washington Seniors Wellness Center Calendar 2022

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010

**COVID Test & KN95 Mask
Pick Up:
Mondays 1:00pm - 3:00pm
Fridays 1:00pm - 3:00pm**



August is....






- National Eye Exam Month
- National Wellness Month
- National Immunization Awareness Month
- National Financial Awareness Month
- The Sixth District National Night Out at JC Nalle School Field Tuesday August 2,2022 Time: 2pm-6pm 219-50th St. SE DC
- Barack Obama, 44th President of the U.S. was born on August 4, 1961.
- Martin Luther King, Jr., delivered his iconic 'I Have a Dream' speech on August 28,1963
- President Johnson signed into law on August 6, 1965, the Voting Rights Act

**New Member
Orientation with Shymee
Every Tuesday 2:00-3:00**

**On Zoom:
Enter Meeting ID: 928 7552 9202
Call In #301-715-8592 or 646-558-8656
* Activities subject to change
** Masks and Proof of vaccination required**

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC 12:00pm - 1:00pm Zoom Chatting w/ Katherine 12:30M-4:30pm GAMES A PLENTY</p>    <p>5:00pm- 6:30pm Center Fitness w/ Rodney</p>	<p>Special events!</p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee (see event details) 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/ Linda Grymes 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Hybrid Tai Chi w/ Jerry - YMCA 2:00pm-6:00pm -External The Sixth District National Night Out (see event details)</p>	<p>Special events!</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am-11:00am Center(Appt only) Nutrition Consultation w/ Shymee 10:00am -11:00am Center Chair Yoga w/ Gigi 10:30am-11:30am Center-Hudson Rm Pet Therapy 10:00am-12:30pm Hybrid Living Well Virtual CDSMP Workshop 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana Mtg ID:815 5057 3934 PW: WSWC 11:00am-12:00pm Hybrid WSWC Members Assembly Meeting 11:30am-12:30pm Zoom Active Living w/ Romunda 1:00pm-2:00pm Zoom Sibley Club Memory 5:00 pm- 6:30pm Center Fitness w/ Rodney</p>	<p>9:00am - 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee(see event details) 10:00am-1:00pm Center DC Library Resources w/Margarete 10:30am-11:30am Center Chair Exercise w/ Linda Grymes 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Hybrid Tai Chi w/ Jerry - YMCA 1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Hybrid Nutrition Ed. w/ Shymee & Chef Herb (see event details) 3:00pm-4:00pm Hybrid Community, Health, Nutrition w/ Shymee(see event details)</p>	 <p>9:30am-10:00am Center Walking Group w/Stacy 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC 12:30pm-4:30pm Center GAMES A PLENTY</p>   

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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
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WASHINGTON SENIORS WELLNESS CENTER
COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE
& SPECIAL EVENTS



TUESDAY

August 2 10:00am-11:00am Hybrid Giant Food w/ Alexandra Brown. Topic: Eating Healthy on a budget.

August 2 2:00pm-6:00pm External Community Event. Sponsored by the Police Dept across all states to strengthen neighborhood spirit and police-community partnerships. Food, Music, All around fun activities.

August 9 10:00am-11:00am Hybrid Alzheimer's Assoc. Presenter: Mr. Michael Watson (Subject matter expert) Topic: Dementia-Dr's Visit, Driving, legal & Financial impact.

August 16 10:00am-11:00am Hybrid Legal Counsel for the Elderly Presenter: Katie Feiok, ESQ Topic: Managing Debt.

August 23 10:00am-11:00am Hybrid MedStar Washington Hospital Center Presenter: Dr. Kurtis Bertram/Podiatrist-Surgeon Topic: Part 2 – What you need to know about foot care.

August 30 10:00am-11:00am Hybrid 311 Unified Communication Presenter: Danielle Drumgoole Topic: The importance of receiving alerts on your Smart Devices and when to call 911 or 311 and why.

WEDNESDAY

August 3 10:00am-12:30pm Hybrid Living Well Virtual CDSMP 7-week Workshop. Presenter Vivi Cassella Session 5. Registered participants refer to Homework Session Page for discussion topic **Zoom** #301-715-8592 ID#829-4723-2168. If you are in the center but not registered, you are welcome to attend.

August 3 10:30am-11:30am Center Pet Therapy. Meet Joy, a Standard Poodle who dyes her hair Pink. Joy is a Therapeutic Visitation dog who visits patients in hospitals and other facilities. Joy will be in the Hudson room on this date; stop by and meet her and find out more about what she does as a Therapy dog.

August 10 10:00am-12:30pm Hybrid Living Well Virtual CDSMP 7-week Workshop. Presenter Vivi Cassella Session 6. Registered participants refer to Homework Session Page for discussion topic **ZOOM** #301-715-8592 ID#829-4723-2168. If you are in the center but not registered, you are welcome to attend.

WEDNESDAY (Continued)

August 17 10:00am-12:30pm Hybrid Living Well Virtual CDSMP 7-week Workshop. Presenter: Vivi Cassella Session 7. Registered participants refer to Homework Session Page for discussion topic. **Zoom** #301-715-8592 ID#829-4723-2168. If you are in the Center but not registered, you are welcome to attend

August 17 10:30am-1:00pm Center Deanwood Library Presenter: Melissa Davis & (2) Associates: Topic: Computer Bingo(Try Go)

August 17 12:00pm-1:00pm Center DACL is sponsoring an Art Workshop

August 17 1:00pm-3:00pm Center WSWC Happy Hour with dancing and non alcoholic drinks

THURSDAY

August 4 10:00am-11:00am Hybrid Weis Market w/ Christina Pelletier Topic: Eating with Gout

August 4 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee and Chef Herb Topic: Food Demo and Fact discussion about “Stone” fruit (a fruit with flesh or pulp enclosing a stone, such as a peach, plum, or cherry)

August 4 3:00pm-4:00pm Hybrid Dept of Securities, Insurances and Banking. Presenter Idriys Abdullah/Consumer Protection Advocate Topic: Reverse Mortgages & Housing Moratorium

August 11 10:00am-11:00am Hybrid MedStar Washington Hospital Center Presenter: Dr. Kushboo Agarwal Topic: Carpel Tunnel Syndrome(What you need to know)

August 11 2:30pm-3:30pm Hybrid Nutrition Session w/Shymee and Chef Herb Topic: Food Demo and fact Discussion Topic: Oven Roasted Fennel.

August 18 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee and Chef Herb. Topic: Food Demo and Fact discussion - Summer Squash Saute’

August 18 3:00pm-4:00pm Hybrid Ovation Eye Institute Presenter: Dr. Chris Burris, Ophthalmologist. Topic: Cataracts & Basic Eye Care

August 25 1:00pm-2:00pm Hybrid Lincoln Heritage Presenter: Michael Gee, Open discussion with ice cream treats around Insurance

August 25 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee and Chef Herb.

Topic: Food Demo and Fact discussion – ‘Pluot’ Summer Salad with toasted ginger, garlic and shallots drizzled with lime soy sauce dressing. **A Pluot is a hybrid fruit.** It is three parts plum and one part apricot, hence the name. They may look like a plum on the outside but on the inside it has the flesh of an apricot

August 25 3:00pm-4:00pm Hybrid Immunization Awareness Month Black Nurses Association Presenter Lois Bowman/Retired Nurse Topic: Immunization Facts A-Z