

# Washington Seniors Wellness Center Calendar for June 2021

On Zoom: 1 301-715-8592 or 1 646-558-8656 Meeting ID: 928 7552 9202

Password: 083339

Elder Abuse Awareness Month

*HAPPY FATHER'S DAY!!!!*

Mens Health Month

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Attention:</b> Contact Lillian and/or Shymee to register for classes/sessions that you are interested in attending.</p> <p>Only 12 people, at a time, in the gym, per class</p> <p>Only 20 people, at a time, in the Multi- Purpose Room, per session.</p> <p>Only 8 – 10 people, at a time, in the Hudson and Sun Room</p> <p>OPEN GYM: See Calendar You will be allowed 30 minutes on the equipment</p> <p><b>UPDATED FORMS:</b> All forms need to be updated to attend fitness classes/gym. Contact Lillian to receive your Physician's Statement and Intake forms to update.</p>	<p style="text-align: right;">1</p> <p>Nutrition/Health/Community Class Sessions with Shymee Topic: Money Smart Presenter: Idriys Abdullah Consumer Protection Advocate District of Columbia Department of Insurance, Securities, and Banking</p> <p>10:00am – 11:00am On Zoom</p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm On Zoom</p>	<p style="text-align: right;">2</p> <p><b>Strength and Toning with Lillian</b> 9:30am – 10:30 On Zoom</p> <p>Yoga with Jakuta 10:30am – 11:30am On Zoom</p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p><b>Sibley Club Memory</b> 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592 ID: 975-5829-0633</p> <p><b>Art Class</b> With Candice Napper On Zoom 3:00pm – 4:00pm</p>	<p style="text-align: right;">3</p> <p><b>Zumba Gold</b> with Michelle 9:00am – 10:00am On Zoom</p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p><b>Health Dialogue</b> with DeLois Botts 1:45 pm – 2:20 pm On Zoom</p>	<p style="text-align: right;">4</p> <p>Yoga with Jakuta 3:00pm – 4:00pm On Zoom</p>
<p style="text-align: right;">7</p> <p><b>OPEN GYM</b> 8:30AM – 9:00PM</p> <p><b>Strength and Toning: with Lillian</b></p>	<p style="text-align: right;">8</p> <p><b>OPEN GYM</b> 8:30AM – 12:00PM</p> <p>Nutrition/Health/Community</p>	<p style="text-align: right;">9</p> <p><b>OPEN GYM</b> 8:30AM – 9:00AM</p> <p><b>Strength and Toning: with Lillian</b></p>	<p style="text-align: right;">10</p> <p><b>OPEN GYM</b> 8:30AM – 9:00AM</p> <p><b>Zumba Gold</b> with Michelle</p>	<p style="text-align: right;">11</p> <p><b>OPEN GYM</b> 8:30AM – 10:00AM</p> <p>Bingo with Theresa 10:30am – 12:30pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00am – 10:00am <b>Hybrid</b></p> <p>Chair Yoga/Grounding Meditation with Lillian 10:00am – 10:30am <b>Hybrid</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>(At Washington Seniors Wellness Center)</b></p> <p>Chatting with Katherine (BEEDL) (WSWC member) 11:30 am – 12:30pm <b>On Zoom</b></p> <p>WSWC Members Assembly Meeting <b>On Zoom</b> 12:30pm – 1:30pm</p>	<p>Class Sessions with Shymee Presenter: Ms. Jillian Griffith MPH, RD LD Giant In- Store Nutritionist Topic: Hydration and Summer Time Beverages 10:00am-11:00am <b>On Zoom</b></p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm <b>On Zoom</b></p>	<p>9:00am- 10:00am <b>Hybrid</b></p> <p>Nutrition Consultant 10:00am – 11:00am <b>On Zoom</b></p> <p>Yoga with Jakuta 10:30am – 11:30am <b>On Zoom</b></p> <p>Bingo with Lulu 10:30am – 12:30pm <b>MultiPurpose Room</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>(At Washington Seniors Wellness Center)</b></p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Sibley Club Memory 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592</p> <p>VIRTUAL ART SHOW With Candice Napper 3:00pm – 4:00pm <b>On Zoom</b></p>	<p>9:00am – 10:00am <b>On Zoom</b></p> <p><b>OPEN GYM</b> <b>11:00AM – 12:00PM</b></p> <p><b>Art Class</b> With Candice Napper 10:00am – 11:00am <b>(At Washington Seniors Wellness Center)</b></p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Health Dialogue with DeLois Botts 1:45pm – 2:20pm <b>On Zoom</b></p> <p>Nutrition /Health/Community Class Sessions with Shymee A Conversation with Ward 5's Bob King The District's longest serving ANC Commissioner. Topic: Discussions around new voting procedures for 2022; 3:00pm – 4:00pm <b>On Zoom</b></p>	<p><b>MultiPurpose Room</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>(At Washington Seniors Wellness Center)</b></p> <p>Yoga with Jakuta 3:00pm – 4:00pm <b>On Zoom</b></p>
<p><b>OPEN GYM</b> <b>8:30AM – 9:00AM</b></p>	<p><b>OPEN GYM</b> <b>8:30AM – 12:00PM</b></p>	<p><b>OPEN GYM</b> <b>8:30AM – 9:00AM</b></p>	<p><b>OPEN GYM</b> <b>8:30AM – 9:00AM</b></p>	<p><b>OPEN GYM</b> <b>8:30AM – 10:00AM</b></p>
14	15	16	17	18

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Strength and Toning: with Lillian</b> 9:00am – 10:00am <b>Hybrid</b></p> <p>Chair Yoga/Grounding Meditation with Lillian 10:00am – 10:30am <b>Hybrid</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>(At Washington Seniors Wellness Center)</b></p> <p>Chatting with Katherine (BEEDL) (WSWC member) 11:30 am – 12:30pm <b>On Zoom</b></p>	<p>Nutrition/Health/Community Class Sessions with Shymee UDC/SNAP Presenter: Chef Herb Holden Topic: Scrumptious Summer Time Dish 10:00 am – 11:00 am <b>On Zoom</b></p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm <b>On Zoom</b></p>	<p><b>Strength and Toning: with Lillian</b> 9:00am- 10:00am <b>Hybrid</b></p> <p>Nutrition Consultant with Shymee 10:00am – 11:00am In her office</p> <p>Yoga with Jakuta 10:30am – 11:30am <b>On Zoom</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>At Washington Seniors Wellness Center</b></p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Sibley Club Memory 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592</p>	<p><b>Zumba Gold</b> with Michelle 9:00am – 10:00am On Zoom</p> <p><b>OPEN GYM</b> 11:00AM – 12:00PM</p> <p><b>Art Class</b> With Candice Napper 10:00am – 11:00am MultiPurpose Room</p> <p><b>Active Living Everyday</b> Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Health Dialogue with DeLois Botts 1:45pm – 2:20pm <b>On Zoom</b></p> <p>Nutrition / Health/ Community Class Sessions with Shymee Presenter: Donna Tabor United Health Care Rep. Topic: Bingo/Prizes/ Health Care Information 3:00pm – 4:00pm <b>On Zoom</b></p>	<p>Bingo with Theresa 10:30am – 12:30pm <b>MultiPurpose Room</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>At Washington Seniors Wellness Center</b></p> <p>Program Director's Meeting 12:00pm – 1:00pm <b>On Zoom</b></p> <p>Yoga with Jakuta 3:00pm – 4:00pm <b>On Zoom</b></p>
<p><b>OPEN GYM</b> 8:30AM – 9:00AM</p> <p><b>Strength and Toning: with Lillian</b></p> <p style="text-align: right;">21</p>	<p><b>OPEN GYM</b> 8:30AM – 9:30AM</p> <p>Nutrition / Health/ Community</p> <p style="text-align: right;">22</p>	<p><b>OPEN GYM</b> 8:30AM – 9:00AM</p> <p><b>Strength and Toning: with Lillian</b></p> <p style="text-align: right;">23</p>	<p><b>OPEN GYM</b> 8:30AM – 9:00AM</p> <p><b>Zumba Gold</b> with Michelle</p> <p style="text-align: right;">24</p>	<p><b>OPEN GYM</b> 8:30AM – 10:00AM</p> <p>Bingo with Theresa 10:30am – 12:30pm</p> <p style="text-align: right;">25</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00am – 10:00am <b>Hybrid</b></p> <p>Chair Yoga/Grounding Meditation with Lillian 10:00am – 10:30am <b>Hybrid</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>(At Washington Seniors Wellness Center)</b></p> <p>Chatting with Katherine (BEEDL) (WSWC member) 11:30 am – 12:30pm <b>On Zoom</b></p> <p>Cell Phone/IPAD Class With Al Hathaway 1:00pm – 2:00pm</p> <p>Enhance Fitness with Tawana 1:00pm – 2:00pm <b>Hybrid</b></p> <p><b>OPEN GYM</b> 3:00PM – 4:30PM</p>	<p>Class Sessions with Shymee Presenter: Malcolm Doster Consumer Protection Advocate District of Columbia Department of Insurance Securities and Banking Topic: Stock Market Series Investment Options 10:00am-11:00am <b>(MultiPurpose Room)</b></p> <p>Gentle Movement 10:30am – 11:30am <b>Hybrid</b></p> <p><b>OPEN GYM</b> 1:30pm – 4:30pm</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm <b>On Zoom</b></p>	<p>9:00am- 10:00am <b>Hybrid</b></p> <p>Nutrition Consultant with Shymee 10:00am – 11:00am In her office</p> <p>Yoga with Jakuta 10:30am – 11:30am <b>On Zoom</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>At Washington Seniors Wellness Center)</b></p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Enhance Fitness with Tawana 1:00pm – 2:00pm <b>Hybrid</b></p> <p><b>OPEN GYM</b> 3:00PM – 4:30PM</p> <p>Sibley Club Memory 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592</p>	<p>9:00am – 10:00am <b>Hybrid</b></p> <p><b>Nutrition Session</b> with Shymee 10:00am – 11:00am In Hudson Room</p> <p><b>Art Class</b> With Candice Napper 10:00am – 11:00am MultiPurpose Room</p> <p>Gentle Movement 10:30am – 11:30am <b>Hybrid</b></p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Members Assembly Executive Board Mtg 11:30am – 12:30PM <b>On Zoom</b></p> <p>Nutrition with Shymee 12:30pm – 1:30pm <b>(Sun Room)</b></p> <p><b>OPEN GYM</b> 1:00PM – 4:30PM</p> <p>Health Dialogue with DeLois Botts 1:45pm – 2:20pm <b>On Zoom</b></p>	<p>MultiPurpose Room</p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>At Washington Seniors Wellness Center)</b></p> <p>WSWC Members Book Club 11:30am to 1:00pm <b>(MultiPurpose Room)</b></p> <p>Enhance Fitness with Tawana 1:00pm – 2:00pm <b>Hybrid</b></p> <p>Cell Phone/IPAD Class With Al Hathaway 1:00pm – 2:00pm</p> <p>Yoga with Jakuta 3:00pm – 4:00pm <b>On Zoom</b></p> <p><b>OPEN GYM</b> 3:00PM – 4:30PM</p>

Monday	Tuesday	Wednesday	Thursday	Friday
			Summer <b>PRIDE</b> Fun House Party with DJ Flav- WKYS- Youth/ WSWC Seniors 3:00pm-5:00pm In-Center & Virtual	
<p style="text-align: right;">28</p> <p><b>OPEN GYM:</b> 8:30AM – 9:00PM</p> <p><b>Strength and Toning:</b> with Lillian 9:00am – 10:00am <b>Hybrid</b></p> <p>Chair Yoga/Grounding Meditation with Lillian 10:00am – 10:30am <b>Hybrid</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>(At Washington Seniors Wellness Center)</b></p> <p>Chatting with Katherine (BEEDL) (WSWC member) 11:30 am – 12:30pm <b>On Zoom</b></p> <p>Cell Phone/IPAD Class With AI Hathaway 1:00pm – 2:00pm</p> <p>Enhance Fitness with Tawana 1:00pm – 2:00pm <b>Hybrid</b></p>	<p style="text-align: right;">29</p> <p><b>OPEN GYM: 8:30AM – 4:30PM</b></p> <p>Nutrition/Health/Community Class Sessions with Shymee Adrian Sutton Project Coordinator Connect DC- Digital Inclusion Initiative Office of the Chief Technology Officer (OCTO) Government of District of Columbia Topic: Tech Talk with Seniors 10:00 am – 11:00 am <b>Hybrid</b></p> <p>Gentle Movement 10:30am – 11:30am <b>Hybrid</b></p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm <b>On Zoom</b> <b>On Zoom</b></p>	<p style="text-align: right;">30</p> <p><b>OPEN GYM:</b> 8:30AM – 9:00AM</p> <p><b>Strength and Toning:</b> with Lillian 9:00am- 10:00am <b>Hybrid</b></p> <p>Nutrition Consultant with Shymee 10:00am – 11:00am In her office</p> <p>Yoga with Jakuta 10:30am – 11:30am <b>On Zoom</b></p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>(At Washington Seniors Wellness Center)</b></p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Enhance Fitness with Tawana 1:00pm – 2:00pm <b>Hybrid</b></p> <p><b>OPEN GYM 3PM – 4:30PM</b></p>	<p style="text-align: right;">1</p> <p><b>OPEN GYM</b> 8:30AM – 9:00AM</p> <p><b>Zumba Gold</b> with Michelle 9:00am – 10:00am <b>Hybrid</b></p> <p><b>Nutrition Session</b> with Shymee 10:00am – 11:00am In Hudson Room</p> <p><b>Art Class</b> With Candice Napper 10:00am – 11:00am MultiPurpose Room</p> <p><b>Gentle Movement</b> 10:30am – 11:30am <b>Hybrid</b></p> <p><b>OPEN GYM</b> 12:30PM – 4:30PM</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm <b>On Zoom</b></p> <p>Nutrition with Shymee 12:30pm – 1:30pm <b>(Sun Room)</b></p>	<p style="text-align: right;">2</p> <p><b>OPEN GYM</b> 8:30AM – 10:00AM</p> <p>Bingo with Theresa 10:30am – 12:30pm MultiPurpose Room</p> <p>T'ai Chi With Eric Jordan 11:00am – 12:00pm <b>(At Washington Seniors Wellness Center)</b></p> <p>Enhance Fitness with Tawana 1:00pm – 2:00pm <b>Hybrid</b></p> <p>Cell Phone/IPAD Class With AI Hathaway 1:00pm – 2:00pm</p> <p>Yoga with Jakuta 3:00pm – 4:00pm <b>On Zoom</b></p> <p><b>OPEN GYM</b> 3:00PM – 4:30PM</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPEN GYM 3PM – 4:30PM</b>			<b>Health Dialogue with DeLois Botts 1:45pm – 2:20pm On Zoom</b>	

**Cell Phone Numbers:**

**Lillian 202-744-9649**

**Shymee: 202-316-0206**