

Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



On Zoom:

Enter Meeting ID: 928 7552 9202

Call In 646-558-8656

Password: 083339



*** Activities subject to change**

August is....

- National Wellness Month... Create wholesome habits in your lifestyle all month long and see how much better you feel. Now is the time to take full advantage of more of the activities at the Washington Seniors Wellness Center
- National Eye Exam Month
- National Immunization Awareness Month
- Psoriasis Awareness Month
- National Mosquito Awareness Month
- National Minority Donor Awareness Month
- August 20th National Lemonade Day (Sumer's Ale). The Center will celebrate on August 30th
- August 4, 1935, the Social Security Act was signed into Law by President Franklin Roosevelt designed to pay retired workers 65 and older continued income after retirement.
- August 28th is known as the anniversary of Martin Luther King Jr's historic "I Have a Dream" speech.
- Barack Obama the 44th US President was born in Honolulu, Hawaii on August 4, 1961

New Member

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>Special Events!</p> <p>Tuesday August 8th Center 10:00am-11:00am Disability Sensitivity Training</p> <p>Monday August 21st Center 1:00pm-2:30pm Grocery Plus Food Delivery</p> <p>Monday August 21st Center 10:00am -2:00pm Vision & Medication Screening</p> <p>Wednesday August 23rd Center 2:00pm - 4:00pm WSWC End of Summer BBQ</p> <p>Thursday August 24th Center 10am - 2pm Center East of the River Mobile Fest</p> <p>Wednesday August 30th 12:00pm-1:00pm In Center Celebrate National Lemonade Day</p> | <p>1</p> <p>10:00am-11:00am Hybrid Nutrition Ed w/ Shymee <i>(see event details)</i></p> <p>10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p>10:30am - 11:30am Center Chair Exercise w/ Andrea</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p> | <p>2</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta</p> <p>10:00am-11:00am Center(Appt only) Nutrition Consultation w/ Shymee</p> <p>10:00am -11:00am Center Chair Yoga w/ Gigi</p> <p>11:00am-12:00pm Hybrid WSWC Members Assembly Meeting</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/Tawana Mtg ID:815 5057 3934 PW: WSWC</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm - 4:30pm Center Drawing and Painting Art Class</p> <p>5:00pm - 6:00pm Center Fitness w/ Rodney</p> | <p>3</p> <p>9:00am - 9:45am Center Zumba Gold with Michelle</p> <p>10:00am-11:00am Hybrid Nutrition w/Shymee <i>(see details)</i></p> <p>10:30am-11:30am Center Chair Exercise w/ Andrea</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:30pm Hybrid Nutrition Ed. & Demo w/ Shymee and Chef Herb (SNAP) <i>(see event details)</i></p> | <p>4</p>  <p>9:45am-10:15am Center Walking Group</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm-2:00pm Center Line Dancing with Rita</p> |

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| <p align="right">14</p> <p>9:00am –10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 11:00am –12:00pm- No Class Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 12:00pm – 1:00pm Zoom Chatting w/ Katherine 12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p> | <p align="right">15</p> <p>10:00am-11:00am Hybrid Health Education w/ Shymee <i>(see event details)</i> 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 Center Health Education Session w/Shymee <i>(see event details)</i> 11:30am-12:30pm Zoom Active Living w/ Romunda 1:00pm-2:00pm Center Community Relations Session w/ Shymee <i>(see event details)</i> 1:30pm-2:30pm Center Tai Chi w/ Jerry – YMCA 2:00pm-4:00pm Center Activities at your Leisure</p> | <p align="right">16</p> <p>Field Trip!</p>  <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am-1:00pm TRIP The Office of the Attorney General Credit Repair Session 10:00am -11:00am Center Chair Yoga w/ Gigi 11:00am – 12:00pm No Class Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:00pm – 2:00pm In Center Sibley Club Memory 1:00pm –4:30pm Center Drawing and Painting Art Class 5:00pm-6:00pm Center Fitness w/Rodney</p> | <p align="right">17</p>  <p align="center">CENTER IS CLOSE Staff Retreat</p> | <p align="right">18</p>  <p>9:45am-10:15am Center Walking Group 11:00am–12:00pm No Class Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC 12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm-2:00pm Center Line Dancing with Rita</p> |

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| <p style="text-align: right;">21</p> <p>9:00am –10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 9:00am -2:00pm- Center Vision & Medication Screening <i>(See event details)</i> 11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 12:00pm – 1:00pm Zoom Chatting w/ Katherine 12:30pm-4:30pm Center GAMES A PLENTY  1:00pm-2:30pm Grocery Plus Food Delivery 5:00pm- 6:00pm Center Fitness w/ Rodney</p> | <p style="text-align: right;">22</p> <p>10:00am-11:00am Hybrid Health Education Session w/Shymee <i>(see event details)</i> 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 Center Community Session w/Shymee 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Center Tai Chi w/ Jerry – YMCA 2:00pm-4:00pm Center Activities at your Leisure</p> | <p style="text-align: right;">23</p> <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 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:00pm – 2:00pm Zoom Sibley Club Memory 1:00pm –4:30pm Center Drawing and Painting Art Class 2:00pm – 4:00pm Center WSWC End of Summer BBQ  2:30pm-3:30pm Center Ceramics Art & Mixed Media w/ Candice 5:00pm-6:00pm Center Fitness w/Rodney</p> | <p style="text-align: right;">24</p> <p>9:00am – 9:45am Center Zumba Gold with Michelle 10am – 2pm Center EOTR Mobile Fest <i>(see event details)</i> 10:30am-11:30am Center Chair Exercise w/ Andrea 11:00am-1:00pm Center Computer Training w/Adrian 11:30am-12:30pm Zoom Active Living w/ Romunda. 11:30am-12:30pm Center Member’s Assembly Executive Board Meeting (Closed Session) 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:45pm – 2:20pm Zoom Health Dialogue/ DeLois Botts</p> | <p style="text-align: right;">25</p>  <p>9:45am-10:15am Center Walking Group 11:00am–12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC 12:00pm-1:30pm Zoom WSWC Reading Group Mtg ID:815 5057 3934 PW: WSWC Call in:646-931-3860 PW:971811 12:30pm-4:30pm Center GAMES A PLENTY </p> |
| <p style="text-align: right;">28</p> <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 12:30pm-4:30pm Center GAMES A PLENTY 5:00pm- 6:00pm Center Fitness w/ Rodney</p> | <p style="text-align: right;">29</p> <p>10:00am-11:00am Hybrid Health Education Session w/Shymee <i>(see event details)</i> 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 Center Community Session w/Shymee <i>(see event details)</i> 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Center Tai Chi w/ Jerry – YMCA 2:00pm-4:00pm Center Activities at your Leisure</p> | <p style="text-align: right;">30</p> <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 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:00pm – 2:00pm Zoom Sibley Club Memory 1:00pm –4:30pm Center Drawing and Painting Art Class 5:00pm-6:00pm Center Fitness w/Rodney 12:00am-1:00pm Center Celebrate National Lemonade Day with a cool Lemonade Drink </p> | <p style="text-align: right;">31</p> <p>9:00am – 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Hybrid Health Ed w/Shymee <i>(see event details)</i> 10:30am-11:30am Center Chair Exercise w/ Andrea 11:00am-12:00pm Hybrid Health Ed w/Shymee <i>(see event details)</i> 11:00am-1:00pm Center Computer Training w/Adrian 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-3:30pm Hybrid Nutrition Ed. w/ Shymee and Chef Herb (SNAP) <i>(see event details)</i></p> |  <p>Tuesday, August 8th 10:45am – 11:45am Martha's Table-Commons Lobby Market Wednesday, August 16th 10:00am – 1:00pm The Office of the Attorney General for DC 400 6th St. NW 10th Floor Washington DC Credit Repair Session  *August 14, 16, 18 No Class for Enhance Fitness w/ Tawana. *No Session with Marguerite Snow, Librarian Francis Gregory Library for August</p> |

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



MONDAY

August 21 9:00am-2:00pm Center American University Community Outreach Topic: Learn about your personal medication & participate in on site Vision Screenings.

9:00am-12:30pm Medication Counseling

10:00am-2:00pm Vision Screenings

TUESDAY

August 1 10:00am-11:00am Hybrid Giant w/Alexandra Brown, In Store Dietician Topic: Healthier Happy Hour Made Easy. Whether you're looking to reduce your alcohol or carbohydrate intake Alexandra has some easy solutions for a healthier

August 1,8,15,22,29 10:00am-1:45pm Center Legal Counselor for the Elderly with Bruce Rathbun. Topic: Members one on one discussion of legal matters.

August 8 10:00am-11:00am Hybrid Executive office of the Mayors' Office of Disability Rights. Presenter: Shelley Carr Brown & Susie topic: Disability Sensitivity Training.

August 8 11:00am-12:00pm Center Verizon Health and Accent Care Sponsored by LCHC (Leadership Council for Healthy Communities. Presenter: Jane Morrison (Accent Care) & Sam Zammel (Verizon Health) Topic: Learn about Hospice Care & Insurances

August 15 10:00am-11:00pm Hybrid Proteins, Carbohydrates and Fat Wellness Presenter: Elizabeth Dortch, Certified Health Coach. Topic: Hand Symbols- Proteins, Carbs & Fats (How to estimate measurements of food using hand Symbols)

August 22 10:00am-11:00am Hybrid. MedStar Washington Hospital Center Ask the Doc Series August is Psoriasis Awareness Month. Presenter: TBA Topic: What is Psoriasis (Symptoms, Treatment)

August 22 11:00am-12:00pm (Tentative) Center UDC Community College Workforce Development. Presenter: Daneviere Battle, Employer Outreach Coordinator Topic: Workforce Development Programs & How to Apply

August 29 10:00am-11:00am Hybrid. MedStar Washington Hospital Center Ask the Doc Series August is National Immunization Awareness Month. Presenter: TBA Topic: The importance of Immunization (Schedule for when to have vaccinations & shots for Seniors)

August 29 11:00am-12:00pm Hybrid Legal Counsel for the Elderly. Presenter: Lillian McGiverly Topic: Medicare, Transportation Services, Prevention of Health Care Fraud, Legal Counsel for the Elderly Services.

WEDNESDAY

August 9 10:30am-2:00pm Center Deanwood Library Botanical Facilitators: Melissa Davis & Outreach Team Topic: Computer Bingo (Learn & Win)

August 16 11:00am-12:00pm Center. Help Age USA. Presenter: Cindy Cox Roman, President & CEO Topic: Grandparents for Mental Health Program

August 23 2:00pm-4:00pm Center WSWC End of Summer Bash Soul Train Theme, Games, Food, Drinks by Mixologist Elaina, Music by DJ Rick, and plenty of fun activities.

August 30 12:00pm-1:00pm Center. Celebrate Lemonade Day with a nice refreshing Lemonade Drink from Shymee's Lemonade Stand

THURSDAY

August 3 10:00am-11:00am Hybrid Weis Market w/Christina Pelletier, In Store Dietician Topic: National Plant Milk month. Health and Nutritional Benefits of Plant Milks & Food Demo (Provide in center samples of a few varieties of Plant Base Milks)

August 3 2:30pm – 3:00pm Hybrid Nutrition Education w/Shymee and Chef Herb (SNAP). National Peach Month. Health & Nutritional benefits discussion on Peaches w/ cooking demo by Chef Herb (Grilled Peaches Topped with low fat cool whip).

August 10 10:00am-11:00am Hybrid. MedStar Washington Hospital Center Ask the Doc Series. August is National Gastroparesis Awareness Month. Presenters: TBA Topic: What is Gastroparesis 101 (Symptoms, Treatments, Risk Factors)

August 10,24,31 11:00am- 1:00pm Center Computer Training with Adrian. Bring your Computers, Phones, IPads, Tablets and learn how they can work for you

August 10 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee and Chef Herb (SNAP). National Goat Cheese Month. Health & Nutritional benefits discussion on Goat Cheese w/ cooking demo by Chef Herb. (Veggie Wrap w/Goat Cheese)

August 24 10:00am-2:00pm Center East of the River Mobile Fest open to the Community. Vendors, food Demos, Individual Nutrition Counseling, presentations on subjects of interest, Games, Prizes, Giveaways.

August 31 10:00am-11:00am Hybrid. Blue Rock Health Care August is National Mosquito Awareness Month. Presenter: Dr. Alka Gupta Topic: Tips on how to avoid Mosquito bites thus preventing contracting West Nile or Zika Virus and allergic reactions called Skeeter Syndrome

August 31 11:00am-12:00pm Hybrid. MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBD from the MedStar Burn Unit Topic: Burns 101 (How to treat burns & when to go to the hospital)

August 31 2:30am-3:30pm Hybrid Nutrition Session w/Shymee & Chef Herb. National Panini Month. Health & Nutritional benefits discussion on Panini Breads w/ demo by Chef Herb on how to make a Panini Sandwich using grilled chicken, bell peppers, onions, tomatoes and jazz it up with Mozzarella Cheese and a healthy spread