

Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



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*

July is....

- UV Safety Month
- Minority Mental Health Awareness Month
- World Hepatitis Awareness Month
- World Sjogren Awareness Month
- International Strep Awareness Month
- Arthritis Awareness Month
- Focus on Self Health Month
- Fruits in season focus this month Watermelon, Tomatoes, Zucchini
- National Grilling Month – Most popular day July 4th
- July 4th Independence day, The U S celebrates Independence Day as a Federal Holiday to commemorate the adoption of the Declaration of Independence
- July 2,1964- President Lyndon B, Johnson signed the Civil Rights Act of 1964 prohibiting discrimination on the basis of race in public accommodations, publicly owned or operated facilities, employment and voter rights and registration

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta</p> <p>10:00am -11:00am- Center Chair Yoga w/ Gigi</p> <p>11:00am -12:00pm- No Class Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934</p> <p>PW: wswc</p> <p>12:00pm - 1:00pm Zoom Chatting w/ Katherine</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	 <p>CENTER IS CLOSED</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</p> <p>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</p> <p>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>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>11:00am-1:00pm Center Francis Gregory Library w/ Margarette Snow, Librarian</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>9:45am-10:15am Center Walking Group</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934</p> <p>PW: WSWC</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm-2:00pm Center Line Dancing with Rita</p> <p>NO CLASS IN JULY</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">10</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:00am-11:00am Hybrid Community Relations Session w/ Shymee (<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  5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p style="text-align: right;">11</p> <p>Field Trip!  10:00am-11:00am Hybrid Health Ed 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 10:45am - 11:45am TRIP Martha's Table-Commons Lobby Market 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;">12</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:30am-12:00pm Center Community Relations Session w/Shymee (<i>see event details</i>) 10:00am -11:00am Center Chair Yoga w/ Gigi 10:00am-2:00pm Center Special one on one Computer Training Session w/Adrian & Team 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 2:00pm-3:30pm WSWC Quarterly Birthdays Celebration (<i>See event details. Special cake being served and Jazz on the patio</i>) 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;">13</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-1:00pm Center Computer Training w/Adrian & Team 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 Food Demo w/ Chef Herb (SNAP) (<i>see event details</i>)</p>	<p style="text-align: right;">14</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 12:30pm-4:30pm Center GAMES A PLENTY </p>
<p style="text-align: right;">17</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 11:00am-12:00pm Hybrid Community Relations Session w/ Shymee (<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  5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p style="text-align: right;">18</p> <p>10:00am-11:00am Hybrid Community Relations Session w/ Shymee (<i>see event details</i>) Free SWAG Bags given out. 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>) <i>Summer treat provided</i> 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;">19</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:30am-1:00pm Center Deanwood Library Special presentation from the Botanical Garden (<i>see event details as date may change to 7/26 at same time</i>) 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 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 style="text-align: right;">20</p> <p>9:00am - 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Hybrid Health Ed Session w/Shymee (<i>see event details</i>) 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 Food Demo w/Chef Herb (SNAP) (<i>see event details</i>) 3:00pm-3:30pm Center- WSWC Watermelon fest (<i>sliced watermelon served</i>)-</p>	<p style="text-align: right;">21</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 12:30pm-4:30pm Center GAMES A PLENTY  1:00pm-2:00pm Center Line Dancing with Rita No Class in July</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">24</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:30am-11:30am Hybrid Community Relations Session w/ Shymee (<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  5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p style="text-align: right;">25</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; free give- aways</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;">26</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:30am-1:00pm Center Deanwood Library alternate date for Botanical Garden presentation (<i>see event details confirm date w/ Shymee</i>) 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. 12:00pm-1:30pm-Center WSWC Celebrate Lemonade Day (<i>see event details</i>) 1:00pm - 2:00pm Zoom Sibley Club Memory 1:00pm -4:30pm Center Drawing and Painting Art Class 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;">27</p> <p> 9:00am - 9:45am Center Zumba Gold with Michelle 9:15am - 10:30am TRIP Highlands Café & Grill 10:45am - 12:00pm TRIP ROSES 10:00am-11:00am or 3:00pm- 4:00pm Hybrid Health Ed w/Shymee (<i>see event details and confirm with Shymee actual time before attending</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. 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 style="text-align: right;">28</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;">31</p> <p> 9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:30am-11:30am Hybrid Community Relations Session w/ Shymee (<i>see event details</i>) 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 11:00AM-12:30PM TRIP ARTEC HOUSE 12:00pm - 1:00pm Zoom Chatting w/ Katherine 1:00pm-2:30pm Center Mary Kay Hands/Nails Pamper Day must sign up to participate (<i>see event details</i>) 12:30pm-4:30pm Center GAMES A PLENTY 5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p> Friday 1:00pm-2:00pm Center Line Dancing with Rita No Class in July Tuesday 10:00am -12pm- Center WSWC Garden Club w/Dr. Linda Thompson No Class in July</p>	<p> Quarterly Birthdays Celebration - Center/ Jazz on the patio. Cool out with Marcia Baird while enjoying a slice of birthday cake Wednesday, July 12, 2023 Time:2p:00pm-3:30pm WSWC Watermelon Feast - Center Chef Herb: Watermelon Strawberry Smoothie & Fresh Watermelon Slices served.... Thursday, July 20, 2023 Time: 2:30pm - 3:30pm Mary Kay Hands/Nails Pamper Day w/ Kimberly& team- Center. Monday, July 31,2023 Time: 1:00pm-2:00pm WSWC Celebrates Lemonade Day -Center Enjoy a refreshing drink of Lemonade prepared in the Center Wednesday July 26,2023 Time: 12:00pm-1:30pm</p>	<p> Martha's Table-Commons Lobby Market The Commons Building 2375 Elvan's RD SE Tuesday, July 11, 2023 Time: 10:45am - 11:45am Highlands Café & Grill 3200 Pennsylvania Ave. SE, Washington, DC 20020 Thursday, July 27th, 2023 Time: 9:15am - 10:30am Roses 7706 Marlboro Pike, Forestville, MD Thursday, July 27th, 2023 Time: 10:45am - 12:00pm Artec House Monday, July 31, 2023, 1238 Maryland Ave SW Washington, DC 20024 Time: 11:00am - 12:30pm Ticket: \$20</p>	<p> INFORMATION ONLY Transportation updates Metro System Learn more about the New income-qualified reduced fare program for SNAP participants and how to qualify. Use this link https://www.wmata.com/about /news/Metro-Lift-launches- june-20.cfm For-Hire Vehicle Advisory Council. Learn more about the purpose of this organization in providing alternative transportation options. The FHVAC meets on a quarterly basis and more often as needed. Contact Number for Meeting Time and Location 202 645-6018. Obtain updates from the link below https://dfhv.dc.gov/page/hire- vehicle-advisory-council</p>

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



MONDAY

July 10 10:00am-10:30am Hybrid Office of the State Superintendent of Education (OSSE) Higher Education Financial Services. Presenter: Sir Walter Hemphill, Management Analyst & Team. Topic: Learn about DC Tag Programs & Financial Resources

July 17 11:00am-12:00pm Hybrid Capital Area Food Bank Presenter: TBA Food Bank Representative Topic: What one needs to know about the Food Bank. What is the Food Bank and how does it support the community?

July 24 10:30am-11:30am Hybrid. Board of Elections Presenter: TBA Board of Election Representative. Topic: Update on Voting changes and Laws.

July 31 10:30am-11:30am Hybrid. Med Star Washington Hospital Center. Ask the Doc Series Sjogren's Syndrome. Presenter: TBA. Topic: Definition, Symptoms, Medication,

July 31 1:00pm-2:30pm Center (Hudson Rm) Mary Kay Day. Hands/Nail Pamper Day/ Facilitator: Kimberly O'Neal & Team. Limited slots. Must sign up to participate

TUESDAY

July 11,18,25 10:00am-1:45pm Center Legal Counselor for the Elderly with Bruce Rathbun. Topic: Members one on one discussion of legal matters.

July 11 10:00am-11:00am Hybrid MedStar Washington Hospital Ctr. Ask the Doc Series. Arthritis & Correct Posture. Presenter: TBA. Topic: Arthritis Symptoms, Medications, Treatments

July 18 10:00am-11:00am Hybrid, The Dept. of Bldg. & Licensing & Consumer Protection office of the Director. Presenter: Delianne Hutchinson-Acct. Mgr. & Inez Saki-Tay, Acct. Mgr. Topic: How to select a good Contractor for Home Improvement Projects & When to obtain a Business License & learn the process of Trade & Patent. (FREE SWAG BAGS DISTRIBUTED)

July 18 11:00am-12:00pm Hybrid MedStar Washington Hospital Ctr. Ask the Doc Series Women's Health Presenter: Dr. Samra Agonafer, MedStar Washington Hospital Pharmacist. Topic: Safe Medication / UTI

July 18 1:00pm-2:00pm Center Michael Ghee Independent Insurance Agent will have a Resource Table sharing information on Life Insurances and Burial arrangements; have a refreshing Summer Treat while talking with Michael.

July 25 10:00am-11:00pm Hybrid MedStar Washington Hospital Ctr. Ask the Doc Series Streptococcal Pharyngitis (Strep Throat) Presenter: TBA Topic: Symptoms, Treatments, Medication

July 25 11:00am-12:00pm Hybrid Mayor's Office of Community Relations and Services/Executive Office of the Mayor. Presenter: MOCRS Lawrence Devin Ward 7, MOCRS Wendy Glenn Ward 8, DDOT, Fire Dept. Outreach Topic: Open session to address new and previous session concerns. Status on DDOT actions w/ Q & A. Will give away, Free Smoke Detectors and/or Battery-Operated Radios

WEDNESDAY

July 12, 10:30am-12:00pm Center. District of Columbia Dept of Insurance, Securities & Banking. Presenter: Thedford Collins, Special Asst. Office of the Commissioner Topic: Reverse Mortgage Seminar w/Reverse Mortgage Panelist.

July 12 10:00am – 2:00pm Center Special Session with Adrian & Team. Computer Training with one-on-one individual attention.

July 12 2:00pm-3:30pm Center WSWC Birthday Quarterly Celebration (April, May, June Birthdays. Come and enjoy some delicious birthday cake and wish the members Happy Birthday. Jazz on the Patio. Cool Out Wednesday with Marcia Baird

July 19 or July 26 10:30am-1:00pm Center Deanwood Library Botanical Garden Presentation: Topic: Learn more about Gardens & Plants. (Check with Shymee for confirmed date)

July 26 12:00pm-1:30pm Center. Celebrate Lemonade Day with a nice refreshing Lemonade Drink prepared in the Center.

THURSDAY

July 6 10:00am-11:00am Hybrid Weis Market w/Christina Pelletier, In Store Dietician Topic: Food Safety for the Summer Months & Grilling Tips. For National Watermelon Month a food Demo-Watermelon Cucumber Salad.

July 6 11:00am-1:00pm Center Francis Gregory Library. Presenter: Margarette Snow, Librarian Topic: Library Resources

July 6 2:30pm – 3:30pm Hybrid Nutrition Session w/Shymee and Chef Herb (SNAP). Health & Nutritional benefits discussion on Cabbage w/ cooking demo by Chef Herb Turkey Cheeseburger Cabbage Wrap.

July 13 10:00am-11:00am Hybrid. MedStar Washington Hospital Center Ask the Doc Series. Presenters: TBA Topic: Pneumonia -Symptoms, treatments & when is Pneumonia contagious and/or deadly

July 13,27 11:00am- 1:00pm Center Computer Training with Adrian & Team. Bring your Computers, Phones, iPads and learn how they can work for you.

July 13 2:30pm-3:30pm Hybrid Nutrition Session w/Shymee and Chef Herb (SNAP). Health & Nutritional benefits discussion on Tomatoes w/ cooking demo by Chef Herb. Break from meat; Tomato Sandwich

July 20 10:00am-11:00am Hybrid. MedStar Washington Hospital Center Ask the Doc Series. Presenters: TBA. Topic: Sleep Apnea Disorder: Symptoms, Health Risks, Treatments

July 20 2:30am-3:00pm Hybrid Nutrition Session w/Shymee & Chef Herb. Health & Nutritional benefits discussion on Watermelon w/food demo by Chef Herb Watermelon/Strawberry Smoothie.

July 20 3:00pm-3:30pm Center - If you are in the Center or want to drop by; enjoy a slice of watermelon as a refreshing summer treat.

July 27 10:00am-11:00am or 3:00pm-4:00pm Hybrid. MedStar Washington Hospital Center Ask the Doc Series. Presenters: TBA Topic: Hepatitis -Symptoms, Medications, Treatments Time is currently pending. Confirm time with Shymee prior to attending.

July 27 2:30pm-3:30pm Hybrid Nutrition Session w/Shymee and Chef Herb (SNAP). Health & Nutritional benefits discussion on Zucchini w/ cooking demo by Chef Herb. Zucchini Boat w/sausage ,tomatoes ,and other nutritious ingredients.