

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**

September is....

- National HIV/AIDS and Aging Awareness
- National Immunization Month
- Fall Prevention Awareness Month
- Fatigue Awareness Month
- Healthy Aging Month
- Malnutrition Awareness Month
- National Yoga Awareness Month
- Pain Awareness Month
- Sexual Health in Older Adults Awareness Month
- Whole Grains Month
- National Atrial Fibrillation Awareness Month
- Fruit and Veggie Month
- World Rabies Awareness Month
- Labor Day Monday, September 4
- The First day of Fall, September 23, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Movie Day - Center Enjoy a good movie and some freshly popped popcorn Wednesday September 13th 2:00pm-4:00pm WSWC Birthday Celebration-Center Enjoy Jazz & Some Delicious Sweet Potato Cake and celebrate July, August & September Birthdays Wednesday, September 27th 2:00pm-3:30pm Immunization Clinic- Center On site Immunization shots administered by Howard University School of Pharmacy Flu Covid Booster, Pneumonia, Shingles, Hepatitis, Tinnitus) Wednesday September 27th 10:00am-1:00pm</p>	 <p>Fall Prevention Training-Center Facilitated by Trinity University Thursday September 21 8:30am-12:30pm AARP Driver's Safety Course- Center Learn safe driving tips and techniques. Upon Completion receive a certificate to present to your insurance agent for a possible discount on your auto policy Friday September 29th 9:00am-1:00pm Members' Assembly Gospel Fest - Center WSWC is Hosting a Gospel Concert featuring Local Talent Friday, September 29th 2:00pm-4:00pm</p>	 <p>Toby's Dinner Theatre Sister Act 5900 Symphony Woods Rd, Columbia, MD 21044 Date Wednesday September 6th Time: 9:15am – 2:00pm</p> <p>Anacostia Park Boat Ride and Arts & Craft 1500 Anacostia Dr, SE Washington, DC 20020 Tuesday, September 12, 2023 Time: 10:00am – 1:00pm</p>	 <p>* New Fitness Class on Tuesdays w/ Milton @9:30am</p> <p>*September 6,7- No Nutrition, Health, or Community Sessions; Shymee is on Vacation</p> <p>*September 11,13,15 -No Class for Enhance Fitness w/ Tawana.</p> <p>* September No Session with Marguerite Snow, Librarian Francis Gregory Library</p> <p>* September No Line Dancing Classes w/Rita</p>	 <p>9:00am-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>   

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<p style="text-align: right;">4</p>  <p>We are closed!</p>  <p>Have a safe and fun holiday!</p>	<p style="text-align: right;">5</p>  <p>We are closed!</p>  <p>Have a safe and fun holiday!</p>	<p style="text-align: right;">6</p>  <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 9:15am-2:00pm TRIP Toby's Dinner Theater- Sister Act 10:00am -11:00am Center Chair Yoga w/ Gigi 10:30am - 2:00pm Center Deanwood Library Computer Bingo 11:00am - 12:00pm Hybrid Member's Assembly Meeting 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 2:30pm-3:30pm Center Ceramics Art & Mixed Media w/ Candice 5:00pm-6:00pm Center Fitness w/Rodney</p>	<p style="text-align: right;">7</p> <p>9:00am - 9:45am Center Zumba Gold with Michelle 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</p>	<p style="text-align: right;">8</p>  <p>9:00am-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</p> <p>GAMES A PLENTY</p> 
<p style="text-align: right;">11</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 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 style="text-align: right;">12</p>  <p>9:30am - 10:20am Center Strength & Cond. w/Milton 10:00am-1:00pm TRIP Anacostia Park Boat Ride, Arts & Crafts 10:00am-11:00am Virtual Health Ed w/Shymee (<i>see details</i>) 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/ Andrea 11:30am-12:30pm Center Health Ed w/Shymee (<i>see details</i>) 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:30pm-3:00pm Center The Matter of Balance w/Andrea & Vernetta</p>	<p style="text-align: right;">13</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:30am-11:30pm Virtual Community Session w/Shymee (<i>see details</i>) 10:00am -11:00am Center Chair Yoga w/ Gigi 11:00am -12:00pm- NO CLASS Enhance Fitness w/ Tawana 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 2:00pm-4:00pm Center Movie Day 1:00pm -4:30pm Center Drawing and Painting Art Class 5:00pm-6:00pm Center Fitness w/Rodney</p>	<p style="text-align: right;">14</p> <p>9:00am - 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Virtual Health Ed w/Shymee (<i>see 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. 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Virtual Nutrition ed w/Shymee & Chef Herb food Demo (<i>see details</i>) 3:00pm-4:00pm Virtual Nutrition ed w/Shymee</p>	<p style="text-align: right;">15</p>  <p>9:00am-10:15am Center Walking Group 11:00am -12:00pm- NO CLASS Enhance Fitness w/ Tawana Center GAMES A PLENTY</p> 

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<p style="text-align: right;">18</p> <p>9:00am –10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:00am -11:00am- Virtual Health Ed w/Shymee (<i>see 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;">19</p> <p>9:30am – 10:20am Center Strength & Cond. w/Milton 10:00am-11:00am Virtual Health Education Session w/Shymee (<i>see details</i>) 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am – 11:30am Center Chair Exercise w/ Andrea 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Center Tai Chi w/ Jerry – YMCA 1:30pm-3:00pm Center The Matter of Balance w/Andrea & Vernetta 2:00pm-4:00pm Center Activities at your Leisure</p>	<p style="text-align: right;">20</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 Center 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;">21</p> <p>8:30am-12:30PM Center Community Session w/Shymee (<i>see details</i>) 9:00am – 9:45am Center Zumba Gold with Michelle 10:30am-11:30am Center Chair Exercise w/ Andrea 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 2:30pm-3:00pm Virtual Nutrition Ed. w/ Shymee & Chef Herb (<i>see details</i>) 3:00pm-4:00pm Virtual Health Ed w/Shymee(<i>see details</i>)</p>	<p style="text-align: right;">22</p>  <p>9:00am-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>
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WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & SPECIAL EVENTS - DETAILS

MONDAY

September 18 10:00am-11:00 am Virtual September is National Rabies Month. Be watchful of Racoons, foxes, wild cats and dogs who may carry rabies. Black Nurses Association Presenter: Lois Bowman, Retired Registered Nurse. Topic: 101 Discussion about risk factors, symptoms and treatments if you are bitten by an animal that has rabies.

September 25 10:00am-11:00am Hybrid September is National Yoga Awareness Month. WSWC's Yoga Instructor Gi Gi. will discuss the History of Yoga, Health Benefits, what to wear & equipment, what food to eat prior to session. She will demo the proper techniques involved in Yoga. Followed by actual participation in Gi Gi's actual Yoga class if you are in the Center.

WEDNESDAY

September 13 10:30am-11:30am Virtual MPD Safety Awareness. Presenter: Officer Persaud Topic: 101 Talk with Officer Persaud on how to keep yourself safe from Crime.

September 13 2:00pm-4:00pm Center Movie Day. Come on in, kick back and enjoy a movie with some freshly popped popcorn.

September 27 10:00am-1:00pm Center Immunization Clinic. Howard University School of Pharmacy Presenter: Dr. Tamara McCants, Professor & School of Pharmacy Students. Topic: Need Flu shot, Covid Booster, Pneumonia, Shingles, Hepatitis, Tinnitus, in Center Clinic will provide.

September 27 2:00pm-3:30pm Center WSWC's Quarterly Birthday Celebration- Come into the Center and enjoy a jazz singer and some delicious DC's own Sweet Potato Cake to celebrate the July, August, September birthdays for our members.

TUESDAY

September 12 10:00am-11:00am Hybrid Giant w/Alexandra Brown, In Store Dietician Topic: Celebrating Autumn. What's new with Fall Foods& Fall Mocktails w/ food Demo.

September 12,19,26 10:00am-1:45pm Center Legal Counselor for the Elderly with Bruce Rathbun. Topic: Members one on one discussion of legal matters.

September 12 11:30am-12:30pm Virtual to Ensure Good Health – Eat Nutritious. Proteins, Carbohydrates and Fat Wellness. Presenter: Elizabeth Dortch, Certified Health Coach. Topic: How to Balance your overall wellness by including proteins, carbohydrates and fats.

September 19 10:00am-11:00am Virtual September is National Sexual Health in Older Adults. Black Nurses Association. Presenter: Pamela Hodge, Retired Register Nurse. Topic: Candid Discussion about Sexual Health

September 26 10:00am-11:00am Hybrid Save a life. First Aid & CPR Training Presenter: DC Fire & EMS Topic: Learn how to properly give CPR & First Aid. Learn how to use the AED Machine (Non-Certification Session)

THURSDAY

September 14 10:00am-11:00am Virtual Weis Market w/Christina Pelletier, In Store Dietician Topic: Food Presentation 101. Tips and Tricks to make your food presentation stand out & a nice food Demo

September 14 2:30pm – 3:00pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). Celebrating Fruit & Veggie Month. Health & Nutrition Benefits discussion of Goat Cheese w/ Cooking Demo (Veggie Wrap w/Goat Cheese

September 14 3:00pm-4:00pm Virtual. Fatigue Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Topic: Feeling Tired these days. What are the causes of fatigue and how to cope with it.

September 21 8:30am-12:30pm Center Fall Prevention Awareness Month. Trinity University: Presenter: Richard Osborne, Field Coordinator & Trinity University Students Topic: Learn how to fall gracefully without injury.

September 21 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). Celebrating Grain Month. Health & Nutrition Benefits discussion on Barley w/cooking Demo (Barley Jambalaya)

September 21 3:00pm-4:00pm Virtual HIV/AIDS Aging Awareness Month MedStar Washington Hospital Center Ask the Doc Series Presenter: TBA Topic: Protecting yourself against living and aging with HIV. Aging related health challenges. Stigma and the need for social support for Older Adults living with HIV, taking Care of yourself and the latest treatments

September 28 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). Celebrating Apple Month. Health & Nutrition Benefits discussion on Apples w/cooking demo (Apple Cole Slaw)

September 28 3:00pm-4:00pm Virtual Malnutrition Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: What does it mean to be Malnourish? Risk factors, what are the signs, causes and symptoms.

FRIDAY

September 29 9:00am-1:00pm Center AARP Drivers' Course is Back. Presenter: Nancy Robert from AARP. Topic: Learn safe driving tips & techniques. Receive a certificate of completion at the end of the course. Present the certificate to your car insurance agent for a possible discount on your car insurance Policy.

September 29 2:00pm-4:00pm Center Member's Assembly Gospel Fest. The WSWC is hosting a Gospel Show featuring local Gospel Talent. Come on in to support and enjoy our local talent.

