

Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



New Member Orientation
Tuesdays 1:45pm-3:00pm
RSVP is required.
Hours of Operation
M&W 8:30am-5:00pm
T-TH-F 8:30am-4:00pm



On Zoom:
Enter Meeting ID: 928 7552 9202
Call In 646-558-8656
Password: 083339
*** Activities subject to change**

December is....

- Seasonal Depression Awareness Month
- National Impaired Driving Prevention Month
- Winter Safety Month
- National Influenza & Handwashing Awareness Month
- Crohn's & Colitis Awareness Month
- Christmas (Wednesday December 25th)
- Hanukkah- a Jewish Holiday commemorating the recovery of Jerusalem (December 25,2024 - January 2,2025)
- Kwanzaa founded in 1966 celebrating African American Culture (December 26-January 1)
- December 21, 2024, is the first day of Winter and the shortest day with the least amount of sunlight
- December 6,1865 the 13th Amendment was passed, officially abolishing slavery, freeing millions of enslaved people across the country.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>9:15am -10:00am Center Kickboxing Express w/ Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-1:00pm Center Final Session Donna Tabor Medicare Enrollment asst.</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana.</p> <p>12:00pm - 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p>  <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Center Fitness w/ Rodney</p>	<p>Trip!</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Multi-Purpose Rm. Community Session <i>(see event details)</i></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am - 11:30am Center Chair Exercise w/ Andrea</p> <p>10:45 am-11:45am TRIP Martha's Table</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>Trip!</p> <p>9:15am-10:00am Kickboxing w/Chloe'</p> <p>10:00am -10:50am Center Yoga w/ Andrea</p> <p>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>11:00am-12:00pm Hybrid Member's Assembly Meeting</p>  <p>10:30am-12:00 Noon Center Holiday Trim a Tree <i>(see event details)</i></p> <p>10:00am-11:00am Center Christmas Card Making w/Deyanne</p> <p>1:30pm-2:30pm Center MPD 6 District Safety Tips & Bingo</p> <p>11:45am-2:30pm TRIP - HU College of Dentistry Christmas Luncheon</p> <p>1:00pm - 2:00pm Zoom Sibley Club Memory</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm -3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Center Fitness w/Rodney</p>	<p>9:30am-11:30am Center Trinity University Leisure Activity Planning for Seniors</p> <p>10:30am-11:30am Center Canvas Art w/EYL</p> <p>10:30am-11:30am Center Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>1:00pm-2:00pm Center Hand Dancing</p> <p>2:30pm-3:00pm Virtual Nutrition ed w/Shymee & Chef Herb food Demo <i>(see details)</i></p> <p>3:00pm-4:00pm Virtual Health Ed w/Shymee <i>(see details)</i></p>	 <p>9:00am-10:00am Outside Walking Group</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p>   <p>1:00pm 3:00pm- Center</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <p>9:15am -10:00am Center Kickboxing Express w/ Chloe'</p> <p>10:00am -10:50am Center Yoga w/ Andrea</p> <p>10:00am -2:00pm- Center Vendor Show Extravaganza Shopping for gifts</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana.</p> <p>12:00pm - 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Center Fitness w/ Rodney</p>	<p>10</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Virtual Nutrition Ed Session w/ Shymee & Weiss Dietician <i>(see event details)</i></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am - 11:30am Center Chair Exercise w/ Andrea</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>11</p> <p>Trip!</p> <p>9:15am-10:00am Kickboxing w/Chloe'</p> <p>9:30am-2:00pm TRIP Mayor's Annual Holiday Party DC Armory</p> <p>10:00am -10:50am Center Yoga w/ Andrea</p> <p>10:00am-11:00am Center Financial Planning Ed Session with TWS Consulting Group <i>(see event details)</i></p> <p>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm -3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Center Fitness w/Rodney</p>	<p>12</p> <p>9:00am - 10:00am Center Zumba-Line Dancing w/Michelle</p> <p>10:30am-11:30am Center Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>CELEBRATE HOLIDAY FUN DAY</p> <p>Wear your most festive Christmas attire or even your tasteful pajamas - Center</p>  <p>10:00am-11:00am Holiday Crafts w/Deyanne</p> <p>1:00pm-1:45pm Solo by Mr. Callie to kick off the festivities</p> <p>Hor d'oeuvres served</p> <p>1:45pm-3:15pm Let the Games Begin <i>(see event details)</i></p> <p>***Gift exchange <i>(see event details)</i></p>	<p>13</p>  <p>9:00am-10:00am Outside Walking Group</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p>  <p>1:00pm 3:00pm- Center</p> 
<p>16</p> <p>9:15am -10:00am Center Kickboxing Express w/ Chloe'</p> <p>10:00am -10:50am Center Yoga w/ Andrea</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana.</p> <p>12:00pm - 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:30pm Center Grocery Plus Food Delivery</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Center Fitness w/ Rodney</p>	<p>17</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Center Multi-Purpose Rm Community Session <i>(see event details)</i></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am - 11:30am Center Chair Exercise w/ Andrea</p>  <p>10:00am-11:00am Center Holiday Bingo w/ Deyanne</p> <p>1:30pm-3:15pm Center Movie Day w/ Holiday themed Movies Popcorn served</p>	<p>18</p> <p>9:15am-10:00am Kickboxing w/Chloe'</p> <p>10:00am -10:50am Center Yoga w/ Andrea</p>  <p>10:00am-12:00Noon Center Mt. Moriah Baptist Church</p> <p>Black Jeopardy Game (See details)</p> <p>12:00noon-3:00pm Center Toast to the Holidays w/Elainea & Tamron serving healthy, tasty & Nutritional Seasonal beverages</p> <p>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>1:00pm - 2:00pm Center Sibley Club Memory</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm -3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Center Fitness w/Rodney</p>	<p>19</p> <p>Trip!</p> <p>9:00am - 10:00am Center Zumba-Line Dancing w/Michelle</p> <p>10:00am-11:30am Center Homeland Security Fire Prevention & Safety <i>(see event details)</i></p> <p>10:30am-11:30am Center Canvas Art w/EYL</p> <p>10:30am-11:30am Center Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>11:00am-2:00pm TRIP Arena Stage Step Afrika's Holiday Show</p> <p>1:00pm-2:00pm Center Hand Dancing</p> <p>2:30pm-3:00pm Virtual Nutrition ed w/Shymee & Chef Herb</p> <p>3:00pm-4:00pm Virtual Health Ed w/Shymee <i>(see details)</i></p>	<p>20</p>  <p>9:00am-10:00am Outside Walking Group</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>12:00pm Center Reading Group/Book Club Discuss Selections for 2025</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p>  <p>1:00pm 3:00pm- Center</p> 

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
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<p>Trip!</p> <p>9:15am –10:00am Center Kickboxing Express w/ Chloe'</p> <p>10:00am -10:50am Center Yoga w/ Andrea</p> <p>11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana.</p> <p>11:30am-2:00pm TRIP Anacostia Community Museum Kwanza Celebration</p> <p>11:30am – 2:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Center Fitness w/ Rodney</p>	<p>9:30am – 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am – 11:30am Center Chair Exercise w/ Andrea</p> <p>1:00pm-3:00pm Center Activities at your leisure</p> <p>1:00pm-3:30pm Sunroom</p> <p>GAMES A PLENTY</p> 	<p>Trip!</p>  <p>Martha's Table-Commons Lobby Market The Commons Building 2375 Elvan's RD SE Date: Tuesday, December 3, 2024 Depart: 10:30am – Return: 11:15am</p> <p>HU College of Dentistry Christmas Luncheon 600 W Street NW, Wash DC, 200059 Date: Wednesday, December 4, 2024 Depart: 11:45am- Return: 2:30pm</p> <p>Mayor's Annual Holiday Party DC Armory 2001 E Capitol St, NE Date: Wednesday, December 11, 2024 Depart: 9:30am -Return: 2:00pm</p>	<p>Trip!</p>  <p>Arena Stage Step Afrika's Holiday Show 1101 6th Street, SW, Wash DC, 20024 Thursday, December 19, 2024 Depart: 11:00am- Return: 2:00pm</p> <p>Anacostia Community Museum Kwanzaa Celebration 1901 Fort Pl, SE, Wash DC ,20020 Monday, December 30, 2024 Depart: 11:30am - Return: 2:00pm</p>  	<p>THURSDAY DECEMBER 12TH</p>  <p>HOLIDAY GAMES</p> <ul style="list-style-type: none"> • Musical Chairs • Candy Lane Stroll w/ your Ugly Sweater Contest • Soul Train Line • Finish the Proverb Game • Cotton Ball Game • What's in your purse • How many words can you make out of "MERRY CHRISTMAS"

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



MONDAY

December 2 10:00am-1:00pm Center Final Session with **United** Health Care Rep Donna Tabor in Center to provide 1 on 1 assistance with Medicare Enrollment.

December 9 10:00am-2:00pm Center Holiday Vendor Show Extravaganza. External vendors will set up tables in the Center (Hallway) to sell their merchandise. Shop for that perfect gift.

TUESDAY

December 3 10:00am-11:00am Hybrid Federal Communication Commission Reps Alma Hughes & Renee Coles to discuss the Lifeline Program & How to Communicate during and Emergency.

December 10 10:00am-11:00am Virtual Weis w/**Christina Pelletier**, In Store Dietician discusses Kitchen Gadgets & Proper Use w/ a Cooking Demo.

December 17 10:00am-11:00am Center the Power Program (Work employment program) updates by Brian Rogers & Team

December 17 10:00am-11:00 am Center Holiday Bingo w/ Deyanne

December 17 1:30pm-3:15pm Center Movie Day w/Holiday themed movies (Best Man Holiday w/ Morris Chestnut, This Christmas w/ Chris Brown, Preacher's Wife w/ Denzel Washington and Whitney Houston, Madea's Christmas w/ Tyler Perry. ***Popcorn will be served.***

WEDNESDAY

December 4 10:00am-11:00am Center Christmas Card Making w/Deyanne.

December 4 10:30am-12:00pm Center Holiday Trim A Tree 4 small trees will be decorated by WSWC Seniors and staff to add to the holiday decorations in the Center. Refer to the flyer for more details. Those who want to participate will need to sign up.

December 4 1:30pm-2:30pm Center

MPD 6 District Officer Thomas & Partners shares Safety tips and engages in Bingo games with prizes, entertainment and Fun ***to be had***

December 11 10:00am-11:00am Center TWS Consulting Group (Roderick Massey & Wesley Stancil, Financial Professionals) present an educational seminar on financial planning Budgets, for 2025: Income, Savings, and Spending Investments.

WEDNESDAY (Continued)

December 18,10:00am-12:00noon Center Mt. Moriah Baptist Church members from the Hospitality Ministry will facilitate a Black Jeopardy Game with Prizes: Immerse in Black Culture in a fun way.

December 18 12:00pm-3:00pm Center Toast to the Holiday Season w/ Elainea & Tamron LLC serving up some nutritional, healthy seasonal beverages prepared in a very special and tasty way. Come on in and try them while you enjoy the holiday sounds of the Jackson Five, Temptations, OJays, Luther and other artists; you won't be disappointed.

THURSDAY

December 5 9:30am-11:30am Center Trinity University Rep, Richard Osborne discusses leisure activity planning for Seniors.

December 5 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee and Chef Herb who discuss Holiday Food Ideas with a food demo: Fried Mac & Cheese Balls

December 5 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series: Ways to keep the pounds off during the Holiday Season

December 12 10:00am-3:15pm Center Holiday FUN DAY

Come dressed in your festive holiday attire or tasteful pajamas and join in the fun. Starting the day with Holiday Crafts and moving into a solo by our very own Mr. Callie Hammond to kick off the host of fun games we have planned. Hor d'oeuvres will be served. We will end our day of fun with a Gift exchange for those who sign up and bring in a gift. See the flyer for more details.

December 19 10:00am-11:30am Center Fire Safety Workshop with Ashley Reed & Team from Homeland Security.

December 19 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee and Chef Herb who discuss the nutritional value of Butternut Squash w/ food demo: Mashed Butternut Squash.

December 19 3:00pm- 4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series: Let's talk about those aches and pains from the hip, knee back, joints and Sciatica Nerve.

FRIDAY

December 27 11:00am-12:00pm Center Kwanzaa Celebration. CR Gibbs, Historian and his wife Bettie share a Kwanzaa experience with the Center through the spoken word and dance.