

Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



NEW MEMBER

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

Hours Of Operation

M&W 8:30am-5:00pm

T, Th, F 8:30am-4:00pm








*** Activities subject to change**

October is....

- Breast Cancer Awareness Month
- Emotional Wellness Month
- Health Literacy Month
- Healthy Lung Month
- Medical Ultrasound Awareness Month
- Liver Cancer Awareness Month
- National Hygiene Month
- National Domestic Violence Awareness Month
- National Spinach Month
- National Pork Month
- Vegetarian Awareness Month
- National Sudden Cardiac Arrest Awareness Month
- Halloween Thursday October 31st
- Indigenous Peoples' Day, October 14th Fed. Holiday
- International Day of Older Persons – October 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>let's talk change</p> <p>*Hours of Operation M & W 8:30am-5:00pm T, Th, F 8:30am-4:00pm</p> <p>*Kickboxing Express W/Chloe' M&W 9:15am-10am</p> <p>*Yoga w/Andrea M&W 10:15am-11am</p> <p>*Zumba/ Line Dancing w/Michelle (40 min Zumba 20 min Line Dancing) 1st&3rd Thursday of the Month</p> <p>*Canvas Art & Mix Media w/ EYL 1st & 3rd Thursday of the Month</p> <p>*Hand Dancing will resume in November</p> <p>DISCONTINUED SORRY</p> <p>*Active Living w/ Romunda *Health Dialog w/Ms. Botts *SWAG Art w/Lisa</p> | <p>1</p> <p>9:30am – 10:20am Gym Strength & Cond w/Chloe'</p> <p>10:00AM-11:00AM Hybrid Self-Care w/ Mary Care Rep w/ Breast Cancer Survivor Testimony</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1 on 1 session</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>2:00pm-3:00pm Center Activities at your Leisure</p> <p>Special Events!</p> <p>10:00am-1:00pm Center Vendor Carolyn's Breast Cancer has Accessories & Tee Shirts for sale. Stand setup in the Center</p> | <p>2</p> <p>9:15am-10:00am Gym Kickboxing Express w/Chloe'</p> <p>10:15am -11:00am Gym Yoga w/ Andrea</p> <p>11:00am-12:00pm Hybrid Member's Assembly Meeting</p> <p>11:00am – 12:00pm Gym Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm – 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm-3:30pm Hudson Drawing and Painting Art Class</p> <p>1:30am-2:30pm Center MPD 6 District Safety Tips & Bingo</p> <p>4:00pm-5:00pm Center Fitness w/Rodney</p> | <p>3</p> <p>Field Trip!</p> <p>9:00am – 10:00am Gym Zumba -Line Dancing w/ Michelle</p> <p>10:00am-11:00am Virtual Nutrition Ed Session w/Shymee & Weis Market Nutritionist (see event details)</p> <p>10:00am -11:00am Hudson Canvas Art w/EYL</p> <p>10:30am-11:30am Gym 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>12:00pm - 2:00pm TRIP Anacostia Art Center Zora Neal Hurston</p> <p>2:30pm - 3:00pm Virtual Nutrition Ed w/Shymee & Medstar Dietician (see event details)</p> <p>3:00pm-4:00pm Virtual Health Ed w/Shymee & Medstar Ask the Doc Series (see event details)</p> | <p>4</p> <p>9:15am-10:15am Outside Walking Group</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: WSWC</p> <p>12:30pm-3:00pm Sunroom GAMES A PLENTY</p> <p>1:00pm-3:00pm Center BINGO IS BACK</p> |

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|---|---|---|---|--|
| <p>7</p> <p>9:15am –10:00am Gym Kickboxing Express w/ Chloe'</p> <p>10:15am-11:00pm Gym Yoga w/Andrea</p> <p>10:00am-11:00am Hybrid Health Ed Session w/Shymee <i>(see event details)</i></p> <p>10:00am-1:00pm Center Carolyn's Breast Cancer Vendor Sells Accessories & Tee Shirts</p> <p>11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana.</p> <p>11:00am-12:00pm Virtual Community Session <i>(see details)</i></p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center BINGO is BACK</p> <p>4:00pm-5:00pm Center Fitness w/ Rodney</p>  <p><i>(see event Details)</i></p> | <p>8</p> <p>9:30am – 10:20am Gym Strength & Cond w/Chloe'</p> <p>10:00am-12:00am Center Health Education w/Shymee & Medstar Georgetown Hospital <i>(see event details)</i></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly- 1 on 1 session</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>1:00-3:00pm Center Tamron LLC is conducting a Juicing Workshop w/fun taste testing and music</p> <p>2:00pm-3:00pm Center Activities at your Leisure</p>  <p><i>(see event details)</i></p> | <p>9</p> <p>9:15am-10:00am Gym Kickboxing Express w/Chloe'</p> <p>10:15am -11:00am Gym Yoga w/ Andrea</p> <p>11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</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 –3:00pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Center Fitness w/Rodney</p> | <p>10</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-11:30am Center Legal Counsel for the Elderly Medicare Patrol Medicare Bingo Education Session</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd.</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>2:30pm-3:00pm Virtual Nutrition Ed w/Shymee & Chef Herb <i>(see event details)</i></p> <p>3:00pm-4:00pm Virtual Health Education w/Shymee & MedStar Ask the Doc Series <i>(see event details)</i></p> | <p>11</p>  <p>9:00am-10:15am Outside Walking Group</p> <p>11:00am–12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc</p> <p>12:30pm-3:00pm Sunroom GAMES A PLENTY</p>   <p>1:00pm-3:00pm Center BINGO IS BACK</p>  |
| <p>14</p>   | <p>15</p> <p>10:00am-11:00am Hybrid Health Education Session w/Shymee & Howard University <i>(see details)</i></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1 on 1 session</p> <p>10:00am-12:00PM Center Victoria Pinky's Breast Cancer Info Table & Raffle Giveaway</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>2:00pm-3:00pm Center Activities at your Leisure</p>  <p><i>(see event Details)</i></p> | <p>16</p> <p>9:15am-10:00am Gym Kickboxing Express w/Cholie'</p> <p>10:15am -11:00am Gym Yoga w/Andrea</p> <p>11:00am – 12:00pm Hybrid Enhanced Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc</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 Gym Fitness w/Rodney</p> | <p>17</p> <p>9:00am – 10:00am Gym Zumba -Line Dancing w/ Michelle</p> <p>10:00am -11:00am Hudson Canvas Art w/EYL</p> <p>10:30am-11:30am Gym 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>18</p>  <p>9:00am-10:15am Outside Walking Group</p> <p>11:00am–12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: WSWC</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p>   <p>1:00pm-3:00pm Center BINGO IS BACK</p>  |

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| <p>21</p> <p>9:15am -10:00am Gym Kickboxing Express w/ Chloe' 10:15am -11:00am Gym Yoga w/ Andrea 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 12:00pm - 1:00pm Zoom WSWC Spiritual Study 1:00pm-3:30pm Center GAMES A PLENTY 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-2:30pm Center Grocery Plus Food Pickup 1:00pm-3:00pm Center BINGO IS BACK 4:00pm- 5:00pm Gym Fitness w/ Rodney  (see event Details)</p> | <p>22</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1 on 1 session 10:30am - 11:30am Gym Chair Exercise w/ Andrea 2:00pm-3:00pm Center Activities at your Leisure</p> | <p>23</p> <p>9:15am-10:00am Gym Kickboxing Express w/Chloe' 10:15am -11:00am Gym Yoga w/Andrea 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm -3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney</p> | <p>24</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4714 St. Barnabas Rd 11:00am-1:00pm Center Computer Training w/Adrian</p> | <p>25</p> <p> 9:00am-10:15am Outside Walking Group 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc 1:00pm-3:30pm Sunroom GAMES A PLENTY  1:00pm-3:00pm Center BINGO IS BACK </p> |
| <p>28</p> <p>9:15am -10:00am Hybrid Kickboxing Express w/ Chloe' 10:15am-11:00am Gym Yoga w/Andrea 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc 12:00pm - 1:00pm Zoom WSWC Spiritual Study 1:00pm-3:30pm Center GAMES A PLENTY 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center BINGO IS BACK 4:00pm- 5:00pm Gym Fitness w/ Rodney  (see event Details)</p> | <p>29</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1 on 1 session 10:00am-11:00am Hybrid Health Education w/Shymee & The Black Nurses' Association (see event details) 10:30am - 11:30am Gym Chair Exercise w/ Andrea 2:00pm-3:00pm Center Activities at your Leisure</p> | <p>30</p> <p>9:15am-10:00am Gym Kickboxing Express w/Chloe' 10:15am -11:00am Gym Yoga w/Andrea 10:00am-1:00pm Center Breast Cancer Awareness Month Grand Finale Event (see event details) 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wsw 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm -3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney  (see event Details)</p> | <p>31</p> <p>10:00am-11:00am Hybrid Legal Counsel for the Elderly Probate & General Question Session 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4714 St. Barnabas Rd 11:00am-1:00pm Center Computer Training w/Adrian 11:30am-12:30pm Sunroom Executive Board Meeting (for Board Members only) 2:30pm-3:00pm Virtual Nutrition Ed w/Shymee & Chef Herb 3:00pm-4:00pm Virtual Health Ed w/Shymee & MedStar (see details)  ALL DAY EVENT Celebrating National Food Month w/ Trivia Contest (see event Details) (see event Details)</p> | <p> October 16-25, 2024, No Nutrition, Health, Community Sessions, Orientation; Shymee is out of office  Oct 7, 21, 28,2024 10:00am-1:00pm Ctr. Donna Tabor is providing Annual Medicare Enrollment Assistance</p> |

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

THURSDAY

October 3 10:00am-11:00am Virtual Nutrition Session with Weis Market Dietician Christina Pelletier discusses the impact of various foods on Sleep with Food Demo

October 3,10,17,24,31 10:00am-1:00pm Center Tech Talk with Adrian. Hands on Computer & Phone Tech Training.

October 3 2:30pm – 3:00pm Virtual Nutrition Education w/Shymee and MedStar Washington Hospital Dietician discusses the Health & Nutrition Benefit of Vitamins & Minerals

October 3 3:00pm-4:00pm Virtual October is Sudden Cardiac Arrest Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Topic: What is Sudden Cardiac Arrest and Risk Factors?

October 10 10:30am-11:30am Center Legal Counsel for the Elderly Medicare Patrol, Ms. McCoy, Outreach Specialist Facilitates a Medicare Bingo Ed. Session

October 10 2:30pm-3:00pm Virtual October is National Salmon Month. Join Shymee & Chef Herb in discussion about the Health & Nutrition Benefits of Salmon w/a cooking Demo by Chef Herb: Salmon Skewers with Colorful Veggies served over Brown Rice

October 10 3:00pm-4:00pm Virtual October is National Ultrasound Awareness Month. MedStar Washington Hospital Center Ask the Doc Series Presenter discusses What an Ultrasound is and when it is needed and how radiation from an Ultrasound may affect health.

October 31 10:00am-11:00am Hybrid Legal Counsel for the Elderly, Attorney Elizabeth Noel & Catherine Yourougou ESQ discuss the topic of Probate & answers general questions.

October 31 2:30pm-3:00pm Virtual October is National Sausage and Gumbo Month. Shymee and Chef Herb (SNAP) discuss the Health & Nutrition Benefits of Sausage w/cooking demo by Chef Herb: New Orleans Style Gumbo

October 31 3:00pm-4:00pm Virtual October is National check your Meds Month. MedStar Washington Hospital Center Ask the Doc Series. Presenter discusses the safe way to take your medication.

October 31 All Day-Center Celebrating National Food & Cookbook Month with Food Trivia Contest (Only WSWC members can participate) Directions: Trivia Questions' Sheet will be handed out from the Multipurpose room for all those interested in participating. The completed answer sheets, completed with name and contact number to Shymee by end of Day. Oct, 31st. Shymee will announce the winner at 11:00am Mon, Nov 4th. The winner will win the Tamera Hall "A Confident Cook" Cook book w/recipes for joyous no pressure fun in the Kitchen

WEDNESDAY

October 2 1:30pm-2:30pm Center MPD 6 District Officer Thomas & Partner discusses Safety and facilitates Bingo games

October 30 10:00am-1:00pm Center Breast Cancer Awareness Month Grand Finale Event. Pretty "N" Pink. Fashion Show & Luncheon featuring Marissa Mitchell, Fox 5 Anchorwoman as the Fashion Show Emcee. ***Registration is required to secure your seat. Wrist bands will be given to you once you are checked off the list on the day of. That's your ticket to enter the event. No Wrist Band No Entrance. This is to ensure we can accommodate seats for those that registered.

Tabor will be on site to assist members with medicare updates and enrollment. She will be set up in the Mancave.

October 7 10:00am-1:00pm Center Carolyn's Breast Cancer Accessories & Tee Shirts for Sale. Vendor table set up in Center (2nd Date)

October 7 11:00am-12:00pm Center Dept of Insurance Securities and Banking Rep. Dolly Turner, Chief of Staff facilitates an Estate Planning Workshop

TUESDAY

October 1 10:00am-11:00am Hybrid Mary Kay Specialist Kimberly O'Neal discusses Self Care with Breast Cancer i.e. skin care, makeup application as well as personal testimony from Breast Cancer Survivor.

October 1 10:00am-1:00pm Center Carolyn's Breast Cancer Accessories & Tee Shirts for Sale Vendor Table set up in Center (1st Date)

October 1,8,15,22,29 10:00am-12:00pm Center Legal Counsel for the Elderly Members one on one session to discuss legal matters.

October 8 10:00am-12:00 noon Center Medstar Georgetown Hospital Dr. Lucy De La Cruz, Chief of Breast Surgery discusses Breast Cancer in Men & Women and how to take charge of one's Health. Test one's Knowledge in a Bingo game

October 8 1:00pm-3:30pm Center Tamron LLC, Owner Elainea brings awareness to staying Healthy through a Juicing Workshop. With Special Guest Danielle Pruden 2x Breast Cancer Survivor who tells her Cancer Story and how juicing helped during her Cancer Treatments.

October 15 10:00am-11:00am Hybrid Howard University Cancer Center Cherie Spencer, Director of Community Outreach Shares information on the various Cancer Programs Provided by the Hospital., ie free & low-cost services.

October 15 10:00am-12:00noon Center Victoria Pinky's Breast Cancer Information Distribution Table set up in Center & Raffle Giveaways

October 29 10:00am-11:00am Hybrid October is National Hygiene Awareness Month. Pamela Hodge, RN from the Black Nurses Association discusses the importance of Good Hygiene on your Health