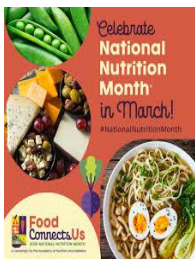
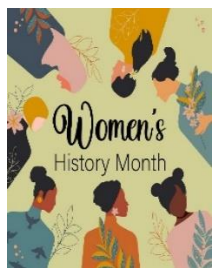


Washington Seniors Wellness Center Calendar 2025

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**

March is....

- National Women's History Month
- International Black Women in Jazz & The Arts Month
- National Nutrition Month
- National Kidney Month
- National Colorectal Cancer Awareness Month
- Multiple Sclerosis Month
- National Tuberculosis Month
- Sunday, March 9, 2025 Daylight Saving Time begins at 2:00 A.M. Clocks are set forward one hour. Spring Forward!!
- First Day of Spring Thursday- March 20, 2025
- Saint Patrick Day Monday, March 17, 2025
- On March 21, 1965 Martin Luther King Jr led an estimated 3,200 Civil Rights demonstrators on the historic March from Selma, Alabama to Montgomery State Capital known as the Alabama Freedom March

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Trip!</p> <p>9:15am -10:00am Gym Kickboxing Express w/ Chloe'</p> <p>9:15am-12:00pm TRIP DC Seniors Cameo Club</p> <p>10:00am -11:00am Center Yoga w/ Andrea</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wsw</p> <p>12:00pm - 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p> <p>BINGO!</p> <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>Trip!</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Community Session w/ Shymee (<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 Gym Chair Exercise w/ Andrea</p> <p>10:45am-11:45am TRIP Martha's Table</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p> <p>Old WHIST</p>	<p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-11:100am Center Bingo Boo w/ MPD</p> <p>10:00am-12:00pm Center No Sew Blanket Crafting</p> <p>11:00am-12:00pm-Hybrid Members' Assembly Meeting</p> <p>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana.</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-2:00pm Gym 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>9:00am - 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>10:00am-11:00am Hybrid Nutrition Ed w/Shymee & Weis Nutritionist (see Event details)</p> <p>10:30am-11:30am Center 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>1:00pm -2:00pm Gym Hand Dancing</p> <p>2:20pm-2:50pm Virtual Nutrition ed w/Shymee & Chef Herb</p>	<p>Trip!</p> <p>9:00am-10:00am Outside Walking Group</p> <p>9:30am - 12:30pm- TRIP Highland Café & Grill</p> <p>11:00am -12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc</p> <p>1:00pm 3:00pm- Center</p> <p>BINGO!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <p>9:15am – 10:00am Gym Kickboxing Express w/ Chloe'</p> <p>10:00am - 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>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>11</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Tentative Community Session w/ Shymee (see event details)</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-12:00pm- Pool WSWC Men's Health Initiative Meeting</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>12</p>  <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-12:00pm Center No Sew Blanket Crafting</p> <p>11:00am-1:45pm TRIP Fresh Market Grocery (Crofton MD)</p> <p>1:00pm – 2:00pm Zoom Sibley Club Memory</p> <p>1:00pm-2:00pm Gym 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>13</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>10:00am-11:00am Center Community Session w/Shymee(see event details)</p> <p>11:00am-12:00pm Virtual Health Ed w/Shymee (see details)</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>2:20pm-2:50pm Virtual Nutrition ed w/Shymee & Chef Herb</p> <p>3:00pm-3:50pm Virtual Health Ed w/Shymee (see details)</p>	<p>14</p>   <p>9:00am-10:00am Outside Walking Group</p> <p>11:00am-1:45pm TRIP Unique Thrift Store</p> <p>1:00pm 3:00pm- Center</p> 
<p>17</p> <p>9:15am – 10:00am Gym Kickboxing Express w/ Chloe'</p> <p>10:00am - 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>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Center Fitness w/ Rodney</p> 	<p>18</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Health Ed w/Shymee (see event details)</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-12:00pm Health Ed Session w/Shymee (see event details)</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p> 	<p>19</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-12:00pm Center No Sew Blanket Crafting</p> <p>11:00am – 12:00pm Hybrid Enhance 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 Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Women's History Movie Day – "Hidden Figure"</p> <p>1:00pm – 3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Center Fitness w/Rodney</p>	<p>20</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>10:00am-12:00 Noon Center Community Event with WSWC Participation (see event details)</p> <p>10:30am-11:30am Center 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>1:00pm – 2:00pm Gym Hand Dancing</p> <p>1:00pm-2:00pm Hybrid Nutrition Presentation w/Dr. Chimene Castor (see event details)</p>	<p>21</p>   <p>9:00am-10:00am Outside Walking Group</p> <p>11:15am -2:30pm-Trip Blossom Tea Party</p> <p>12:00pm Center Reading Group/Book Club</p> <p>1:00pm 3:00pm- Center</p> 

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>9:15am – 10:00am Gym Kickboxing Express w/ Chloe'</p> <p>10:00am - 11:00am Gym Yoga w/ Andrea</p> <p>10:30am-11:30 Center Nutrition Bingo w/Shymee</p> <p>11:30am – 2:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym 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-11:00am Virtual Community Session w/Shymee (<i>see details</i>)</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>1:00pm-3:00pm Center Women's History Movie Day "The Six Triple Eight"</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p> 	<p>Trip!</p> <p>5:00am-4:00 pm TRIP Sight & Sound Theatres Lancaster, PA</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-12:00pm Center No Sew Blanket Crafting</p> <p>10:30am-11:30am Center Nutrition Ed Session w/Shymee (<i>see details</i>)</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</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 Gym 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>FIRST DAY OF Spring MARCH 20</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>10:00am-11:00pm Center Community Session (<i>See event details</i>)</p> <p>11:00am-12:00pm Center Community Session (<i>See event details</i>)</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>2:20pm-3:20pm Hybrid Nutrition ed w/Shymee & Chef Herb (<i>see event 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 1:00pm 3:00pm- Center</p> 
<p>31</p> <p>9:15am – 10:00am Gym Kickboxing Express w/ Chloe'</p> <p>10:00am - 11:00am Gym Yoga w/ Andrea</p> <p>10:30am-11:30am Hybrid Community Session (<i>See event details</i>)</p> <p>11:30am-12:30pm Center Remix 2024 Slide show of 2024 Events in WSWC</p> <p>11:30am – 2:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:30pm-2:30pm Center Community Session (<i>see details</i>)</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>Trip!</p>  <p>DC Senior's Cameo Club MLK Library Auditorium 901 G St, NW Date: Monday, March 3, 2025 Time: 9:15am – 12pm</p> <p>Martha's Table-Commons Lobby Market The Commons Building 2375 Elvan's RD SE Date: Tuesday, March 4, 2025 Time: 10:30am – 11:15am</p> <p>Highland Café & Grille 3200 Pennsylvania Ave, SE Date: Friday, March 7, 2025 Time: 9:30am-11am</p>	<p>Trip!</p>  <p>Fresh Market Grocery (Crofton MD) 1153 MD-3 Gambrills MD 21054 Date: Wednesday March 12, 2025 Time: 11:00am - 1:30pm</p> <p>Unique Thrift Store 10141 New Hampshire Ave. Silver Spring, MD Date: Friday, March 14, 2025 Time: 10:00am- 12:30pm</p> <p>Blossom Tea Party Walter E. Washington Convention Center Date: Friday, March 21, 2025 Time: 11:15am – 2:30pm</p> <p>Sight & Sound Theatres Lancaster, PA Date: March 26, 2025 Randomly Selected</p>	<p>Take Note!</p> <p>Water Aerobics @ Barry Farms Pool will resume on Wednesdays & Fridays 11am -1:30pm 3/5, 3/7, 3/12, & 3/14</p>  <p>WOMEN'S HISTORY MONTH</p> 	<p>THINGS TO DO</p> <p>Schedule your 1 on 1 Nutrition Counseling Session with Shymee Wednesday's 11:00am - 1:00pm (Appointment required) Daylight Saving</p> 

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



MONDAY

March 24 10:30am-11:30am Center Celebrating National Nutrition Month; Nutrition Bingo w/Shymee

March 31 10:30am-11:30am Center Hybrid

League of Women Voters of DC share information about the organization and women voting rights

March 31 11:30am-12:30pm Center Remix 2024. View a picture slide show of the 2024 events held in the WSWC.

March 31 1:30pm-2:30pm Center

Senior DC Queens Club present & Cameo Book Signing

TUESDAY

March 4 10:00am-11:00am Hybrid Legal Counsel for the Elderly: Topic Life Planning Outreach.

March 11 10:00am-11:00am Hybrid (Tentative) Lawrence Devin from Councilman Wendell Felder's Office connecting DC citizens with relevant resources and contact information

March 11 11:00am-12:00noon Center WSWC Health Initiative for Men (HIM) Managing High Blood Pressure Make Your Own Spice Blend

March 18 10:00am-11:00 am Hybrid Dental Health Month Topic: Dental Hygiene presentation w/ Dental Hygiene Kits

March 25 10:00am-11:00am Hybrid Celebrating Women's History Month spotlighting Dr. Lisa Boyle, President Medstar Georgetown Hospital (Against All Odds: Pathway to becoming President)

March 25 1:00pm-3:00pm Center Women's History Movie Day showing "The Six Triple Eight Movie" (snacks *provided*)

WEDNESDAY

March 5 10:00am-11:00am Center Bingo Boo with MPD & Safety Tips

March 5,12,19,26 10:00am-12:00noon Center WSWC No Sew Blanket Club: Working on your own no sew blanket project. Facilitator Linda Fennell

March 19 1:00pm-3:00pm Center Women History Movie Day: "Hidden Figures"

March 26 10:30am-11:30am Center Celebrating National Nutrition month with a Healthy Snack presentation by Shymee & /tasty samples.

THURSDAY

March 6 10:00am-11:00am Hybrid Nutrition Ed w/ Weiss Nutritionist Christina in Support of this year's National Nutrition Month Theme: "Food Connect us". Christina discusses the relationship with food influenced by Culture, health, traditions w/ a Cooking Demo.

THURSDAY (continued)

March 6 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb Health & Nutritional Benefits Spaghetti Squash w/ Food Demo: Spaghetti Squash Lo Mein.

March 13 10:00am-11:00am Center Legal Counsel for the Elderly sr. Medicare Patrol facilitates the fun Medicare Bingo Game & Learn more about Legal Counsel for the Elderly Services

March 13 11:00am-12:00noon Virtual Ask the Doc: Measles Outbreak: update and risk to Seniors

March 13 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits of Fish Tacos w/ food demo

March 13 3:00pm- 3:50pm Virtual MedStar Washington Hospital Center Ask the Doc Series: How to Protect your Kidney & manage kidney disease

March 20 10:00am-11:00am Center Celebrating Women History Month spotlighting National Council of Negro Women & Mary Mcleod Bethune Council House with a presentation by Park Ranger John Fowler

March 20 11:50am-12:00pm Center Celebrating Women History Month Part 3 WSWC Member, Vivian Smith will share her journey as a NCNW Member.

*End the Session with the Black Anthem -Lift Every Voice and Sing lead by Ms. Margaret Baily w/WSWC Members & NCNW Members

March 20 1:00pm-1:50pm Center Healthy Cooking for Seniors: Nourishing Your Body with Flavor and Care Presentation and Recipe Book

March 27 10:00am-11:00am Hybrid Red Cross Rep & Team discuss the National Initiative to reach more blood donors to help patients with Sickle Cell Disease

March 27 11:00am-12:00pm Virtual Foods & Friends Organization Director provides information about its Program, eligibility requirements & How the Program Works

March 27 2:20pm-3:20pm Hybrid Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits of the harvest of the month, Onion's w/ a cooking demo in Center: French Onion Soup

*****2025 March Madness Men's NCAA (Basketball Tournament)**

Viewed in the Man Cave in the WSWC Center

First Four: Tues March 18-Wed March 19

First Round: Thurs March 20-Fri March 21

2nd Round: Thurs March 22-Fri March 23

Sweet 16: Thurs March 27-Fri March 28

NCAA Champion Game: Monday April 7