

Washington Seniors Wellness Center Calendar 2025

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



June is....














- National Men's Health Month
- Black Music Month
- Black Lives Matter Month
- LGBTQ Pride Month
- National Fresh Fruit and Vegetable Month
- National Hunger Awareness Month
- Scleroderma Awareness Month
- National Soul Food Month
- Perennial Gardening Month
- Rebuild Your Life Month
- National Dairy Month
- June 15: Father's Day
- June 19: JUNTEENTH – Freedom Day
- June 20 First Day of Summer and the longest day in 2025

New Member Orientation
Tuesdays 1:45pm-3:00pm
RSVP is required
Lunch is served Mon-Sat
12pm-1:00pm
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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am-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-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>3</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am -Hybrid Prime Workshop (see details) 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 11:00am-12:00pm-Hybrid Transportation updates (see details) 10:30am - 11:30am Gym Chair Exercise w/ Andrea 1:00pm-3:00pm Center Activities at your leisure</p>	<p>4</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am-10:50am Gym Yoga w/ Andrea 10:00am-11:00pm Center Activity Bingo Boo & Safety Tips w/ DC MPD 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 12.45pm-3:00pm TRIP Miller's Farm 1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm -3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney</p>	<p>5</p> <p>9:00am - 10:00am Gym Zumba-Line Dancing w/Michelle 10:00am-11:00am Hybrid Legal Counsel for the Elderly Medicare Patrol shares info on Medicare Fraud and Services (see details) 10:30am-11:30am Center Canvas Art w/EYL 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 11:00am-12:00pm Virtual Medstar ask the Dietician Series- It's all about Carbs (see details) 11:00am-1:00pm Center Computer Training w/Adrian 2:20pm-2:50pm Virtual Nutrition ed w/ Chef Herb & Shymee (see details) 3:00pm-3:45pm Virtual Medstar Ask the Doc Series- Lyme Disease (see details)</p>	<p>6</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 1:00pm-3:00 Center</p> <p>GAMES A PLENTY</p> 

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<p>9</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -11:00am Gym Yoga w/ Andrea 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 11:00am-12:00pm Hybrid DACL Dementia Program <i>(see details)</i> 12:00pm - 1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>10</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid League of Women's Voters shares DC Statehood & Home Rule updates <i>(see details)</i> 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am - 11:30am Gym Chair Exercise w/ Andrea 10:30am-12:00pm Center Blood Pressure Screening 11:00am-12:00pm Hybrid FCC Reps share important info Older Adults need to know <i>(see details)</i> 1:00pm-3:00pm Center Activities at your leisure</p>	<p>11</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-12:00pm- Center WSWC No Sew Blanket Club 10:45am-11:30am TRIP Martha's Table 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center Badges & Barber- Men's Event w/ DC MPD Activity (see details) 1:00pm -3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney</p>	<p>12</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 10:30am-2:00pm Center Throwback Movie Day <i>(see details)</i> 11:00am-1:00pm Center Computer Training w/Adrian 1:00pm-2:00pm Gym Hand Dancing 2:20pm-2:50pm Virtual Nutrition ed w/ Chef Herb & Shymee <i>(see details)</i></p> 	<p>13</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 1:00pm-3:00 Center GAMES A PLENTY</p> 
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<p>23</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -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 12:30pm-2:00pm-Center Spring into Summer (Activity) Visit Shymee's Lemonade Stand (see details) 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>24</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Rep from Mayors Office to provide updates (see details) 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am – 11:30am Gym Chair Exercise w/ Andrea 11:00am-12:00pm Hybrid Health Insurance Updates & Ice Cream Social w/ Donna Tabor (see details) 1:00pm-3:00pm Center Activities at your leisure</p>	<p>25</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-12:00pm-Center No Sew Blanket Club (see details) 10:00am-12:00pm Center Activity COFFEE WITH A COP! (see details) 11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 1:00pm – 2:00pm Center Sibley Club Memory 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-2:00pm Center WSWC Broach Collection/Sharing Club (see details) 1:00pm –3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney</p>	<p>26</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle 10:00am-11:00am Virtual Medstar Ask the Doc Series- Topic Overhydration (see details) 10:30am-11:30am Center Canvas Art w/EYL 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 11:00am-1:00pm Center Computer Training w/Adrian 11:00am-12:00pm Center Member's Assembly Executive Board Meeting-Closed Session 2:30pm-3:30pm Center Nutrition Ed w/ Chef Herb & Shymee (see details)</p>	<p>27</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 Center WSWC Reading Group 1:00pm-3:00pm Center GAMES A PLENTY</p>  
<p>30</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -11:00am Gym Yoga w/ Andrea 11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana. 12:00pm – 1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>Trip! </p> <p>Miller's Farm 10140 Piscataway Rd Clinton, MD Date: June 4, 2025 Time: 12:45pm -3:00pm</p> <p>Martha's Table-Commons The Commons Building 2375 Elvan's RD SE Wash,DC Date: Wednesday, June 11, 2025 Time: 10:45am – 11:30am Tour: Therapeutic Recreation Center 3030 G Street, SE Waash DC Date: June 18, 2025 Time: 10:00am – 10:45am Tour: Medstar Family Center 3924 Minnesota Ave, NE Wash DC Date: June 18, 2025 Time:10:45am – 12:00pm</p>	<p>Special Events!</p> <p>Men Only -Pre Father's Day Event!!! Badges & Barbers Sponsored by MPD Date: Wednesday June 11, 2025 Time: 1:00pm-3:00pm Sunroom & Patio Center* Real Talk, Refreshments, Free Shape Ups</p>   <p>Spring Into Summer Stop By Shymee's Lemonade Stand Cold Lemonade & Ice Tea for everyone Date: Monday June 23, 2025 Time: 12:30pm- 2:00pm Center Hallway</p> 	<p>Special Events!</p> <p>Coffee With A Cop Building Relationships One Cup at a Time Date: Wednesday June 25, 2025 Time: 10:00am-12:00noon Facilitators MPD (Officer Jason Medina, Officer Persaud & Other Officers) Center Multipurpose Room *** Coffee, Tea & Refreshments</p>  <p>Throwback Movie Day. Date: Thursday June 12, 2025 Time: 12:30pm- 2:00pm</p> 	<p>AWARENESS MONTH</p>  <p>June is NATIONAL MEN'S HEALTH AWARENESS MONTH</p>  <p>JUNETEENTH INDEPENDENCE DAY BECAUSE BLACK LIVES MATTER</p> 

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

MONDAY

June 9 11:00am-12:00pm Hybrid DACL Dementia Series with Giovanna Hunt Social Worker, CDP. Provides details about Dementia; signs symptoms, how to help and resources.

June 23 12:30pm-2:00pm Center **Spring into Summer**

Stop by Shymee's Lemonade Stand in the Hallway for a cold refreshing cup of Lemonade or Iced Tea.

TUESDAY

June 3 10:00am-11:00am Hybrid Prime Workshop with presenter Mike Lee CEO of 501C8 Impact Initiative. Provides information on a host of topics i.e. how to protect your retirement with the volatility of the market, how to build generational wealth for your kids, overpaying for insurance, how to access scholarships, etc.

June 3 11:00am-12:00pm Hybrid Transportation Updates and Concerns w/ Heather Foote/ Senior Advocate

June 10 10:00am-11:00am Hybrid League of Women's Voters Chair Anne Anderson shares DC Statehood & Home Rule updates and rights of DC Citizens under Home Rule.

June 10 10:30am-12:00pm Center (Sunroom) Blood Pressure Screening with Pamela Hodge RN. Stop by and have your Pressure taken. Its always good to be on top of your numbers.

June 10 11:00am-12:00pm Hybrid Federal Communication Commission Rep. Alma Hughes & Team will share important info on various topics: illegal robocalls and texts, hearing aid compatibility for wireline equipment, Consumer help center and how it works, etc.

June 17 10:00am-11:00am Center Clinton Burnside, Howard University Outreach Rep discusses Men's Health, latest incidence and mortality trends and importance of an annual assessment for early detection.

June 17 10:00am-2:00pm Center Sunroom Diabetic footcare focus specifically footwear. Come talk with Karami, the Diabetic Shoe Specialist and allow her to fit you for shoes to enable you to wear the right shoes in support of your Diabetes.

June 17 11:00am-12:00pm Hybrid Christopher Ingram, DACL Community Outreach Rep shares information about the Safe at Home Program, DACL Services, Utility Discount Program & Weatherization

June 24 10:00am-11:00am Hybrid Latisha Atkins from the Mayors Office of Community Affairs provides updates on DC Budget outcome on Capitol Hill, answer previous questions & concerns, shares city services and resources available to residents.

June 24 11:00am-12:00pm Hybrid Donna Tabor Insurance Broker will provide an ice-cream treat while engaging in open discussion around Medicare Advantage Plans with Kaiser, First Care, Blue Cross/Blue Shield, United Health Care, Humana etc. Learn how these plans deal with Doctor visits, hospital and emergency visits, prescription cost, Denial Plans, labs, Xray, etc.



WEDNESDAY

June 4 10:00am-11:00pm Center Bingo Boo & Safety Tips w/ DC MPD. Share in these fun Bingo games, sing songs, dance a little, win prizes and share safety tips

June 11,18,25 10:00am-12:00pm Center No Sew Blanket Craft with Linda Fennell. Must provide your own Blanket Kit and necessary supplies to complete the blanket on site. *See Linda for additional information* if interested

June 11 1:00pm-3:00pm Center "Badges and Barbers w/MPD" event for. Men only as a Father's Day Celebration. Get free haircuts, beard trims, refreshments, engage in barbershop talk ranging from lighthearted to more serious to include a variety of topics, including news, sports, local events, and even personal matters.

June 25 10:00am-12:00pm Center "Coffee with A Cop" Building relationships one cup at a time. Facilitators: Officer Persaud, Officer Medina and other MPD officers. enjoy a warm beverage and engage in conversation with members. You can ask questions, share information about your neighborhood and learn about the people who protect and serve you. Coffee, Tea & Danishes provided

June 25 1:00pm-2:00pm Hybrid Broach Collection Club. If you are interested in Broach collection, then join the WSWC Broach Club where you can share and trade Broaches.

THURSDAY

June 5 10:00am-11:00am Center Legal Counsel for the Elderly Medicare Patrol discuss how to protect your Medicare Information from Fraud activities.

June 5 11:00am-12:00pm Virtual Medstar ask the Dietician. Let's talk Carbs. What's the difference between Good and Bad Carbs?

June 5 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb. Topic Hydration; foods that keep you hydrated w/ cooking Demo

June 5 3:00pm- 3:50pm Virtual MedStar Washington Hospital Center Ask the Doc Series: Ticks & Lyme Disease. What happens if untreated.

June 12 10:30am-2:00pm Center Throwback Movie Day. Watch those Good old fashion back in the day movies and enjoy some movie refreshments.

June 12 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb Topic: Harvest of the Month Peaches: Nutritional value w/ cooking demo.

June 26 10:00am-11:00am Virtual MedStar Washington Hospital Center Ask the Doc Series: Overhydration, Symptoms and treatment and when to call 911.

June 26 2:30pm-3:30pm Center Nutrition Ed w/ Shymee and Chef Herb Topic: Food Safety & Cooking Demo