

Washington Seniors Wellness Center Calendar 2025

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



A very warm welcome to:

Varry Stoddard
 Isabelle Brown
 Philip Milbourne
 Diane Hopkins
 Henrietta Davison
 Sheryl Boykin
 Peggy Butler
 Rosemary Crockett
 Jose Retana

Betty Henderson
 Who joined the WSWC
 in AUGUST

We hope you enjoy your time here with us.

On Zoom:

Enter Meeting ID: 928 7552 9202

Call In 646-558-8656

Password: 083339

Enhance Fitness: 890 3818 1475 Pw: wswc









* Activities subject to change

**Refer to the Detail Sheet for more information on

Community, Health, Nutrition Education Sessions and our Special Events

New Member Orientation
 Tuesdays 1:45pm-3:00pm
 RSVP is highly recommended
 Lunch is served Mon-Sat
 12pm-1:00pm
 Hours of Operation
 M&W 8:30am-5:00pm
 T-TH-F 8:30am-4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>   	<p>2</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 Gym Chair Exercise w/ Andrea</p> <p>11:00am -12:00pm Hudson Bingocize w/Chloe'</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>  <p>Shymee is out of Office on Vacation September 2-8 returning September 9th</p>	<p>3</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-11:00pm Center Activity Bingo Boo & Safety Tips w/ DC MPD</p> <p>11:00am-12:00pm Hybrid Member's Assembly Meeting</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID: 890 3818 1475 Pw: wswc</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>4</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>9:00am-10:00am- Zoom HU Hospital w/ Elizabeth Dortch in 4 series discuss Senior Health Topics, Zoom: 875-49543725 No Pw Call 301-715-8592</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>5</p>  <p>9:00am-10:15am Center Walking Group</p> <p>10:00am -11:00am Hudson Bingocize w/Chloe'</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID: 890 3818 1475 Pw: wswc</p> <p>1:00pm-3:00 Center GAMES A PLENTY</p> 

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<p>15</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -11:00am Gym Yoga w/ Andrea 11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc 11:00am-12:00pm - Virtual Nutrition Session w/ Weiss Nutritionist <i>(see details)</i> 12:00pm – 1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-2:00pm Center Capital Food Bank Grocery Plus Pick up @ WSWC 1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>16</p> <p>9:00am-3:00pm Center - Hudson Room AARP Smart Drivers Course <i>(see details)</i> 9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Dept of Transportation/ Urban Forestry <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 11:00am -12:00pm Hudson Bingocize w/Chloe' 11:00am-12:00pm Hybrid River Smart Program- Beautify your yard <i>(see details)</i> 1:00pm-3:00pm Center Activities at your leisure</p>	<p>17</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-1:00pm – Center (Hudson Rm) Daily Care Pharmacy Immunization Clinic <i>(see details)</i> 10:00am-12:00pm-Center No Sew Blanket Club <i>(see details)</i> 11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc 1:00pm – 2:00pm Center Sibley Club Memory 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>18</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle 9:00am-10:00am- Zoom HU Hospital w/ Elizabeth Dortch in 4 series discuss Senior Health Topics, Zoom: 875-49543725 No Pw Call 301-715-8592 10:00am-1:00pm TRIP Farmers Market Annapolis Md 10:00am-11:00am Hybrid Pamela Hodge (RN) facilitates an info session/HIV-AIDS & Aging 10:30am-11:30am Center Craft Class w/ Candice - Charm Hat Making <i>(see details)</i> 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 11:00am-1:00pm Center Computer Training w/Adrian 2:30pm-3:00pm Virtual Nutrition ed w/ Shymee <i>(see details)</i></p>	<p>19</p>  <p>9:00am-10:15am Center Walking Group 10:00am -11:00am Hudson Bingocize w/Chloe' 11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc 1:00pm-3:00pm Center GAMES A PLENTY</p>  

Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<p>9:00am-1:00pm TRIP Trinity University- Fall Prevention Event (see details)</p> <p>9:15am-10:00am Gym Kickboxing 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: 890 3818 1475 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>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>10:00am-12:00pm Hybrid Transportation updates with Heather Foot <i>(see details)</i></p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am -12:00pm Hudson Bingocize w/Chloe'</p> <p>1:00pm-2:30pm Hybrid Department of Health Emergency Preparedness Workshop <i>(see details)</i></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 Club <i>(see details)</i></p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 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 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- Zoom HU Hospital w/ Elizabeth Dortch in 4 series discuss Senior Health Topics, Zoom: 875-49543725 No Pw Call 301-715-8592</p> <p>10:30am-11:30am Gym 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-12:00pm Center Member's Assembly Executive Board Meeting-Closed Session</p> <p>2:00pm-3:30pm Center Birthday Celebration w/ Sandra Johnson & Band <i>(see details)</i></p> 	<p>9:00am-10:15am Center Walking Group</p> <p>10:00am -11:00am Hudson Bingocize w/Chloe'</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>1:00pm-3:00pm Center GAMES A PLENTY</p>  
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WSWC COMMUNITY, HEALTH, NUTRITION EDUCATION SESSIONS & SPECIAL EVENTS *DETAILS*



MONDAY

September 15 11:00am-12:00pm Virtual Sept is Alopecia Awareness Month Nutrition Session with Weis Market Nutritionist Christina. Topic: Foods to eat for immune & Hair Conditions especially Alopecia

September 22 9:00am-1:00pm Trip Fall Prevention Awareness Week in DC Events. Trip to Trinity University to participate; Free Screenings, raffles, and much more

TUESDAY

September 9, 10:00am-11:00am Hybrid Department of License, Consumer Protection representative Sharon Thornton shares process for obtaining home & Vendor Business License, Trademark, Patent, Tips on Good vs. Bad Home improvement Contractors.

September 16, 9:00am-3:00pm Center Hudson Room AARP Smart Drivers Course returns. Refresh Driving Techniques with Instructors Renee Moore and Nancy Roberts. Discounts on Auto Insurance upon completion of Course per your Auto Insurance carrier. Must sign up to participate. Cost \$20.00 for AARP Members \$25.00 for non-AARP Members. Lunch break (1 hr.) on your own.

September 16 10:00am-11:00am Hybrid District Department of Transportation Urban Forestry representative Alexandria Grieve will provide info on free tree planting and removal programs, liability when tree falls on neighbors' car and property.

September 16 11:00am-12:00pm Hybrid Department of Energy & Environment River Smart Home Program Representative Skye Webster provides information on the Program how it works to beautify your yards.

September 23 10:00am-12:00pm Hybrid Transportation updates with Heater Foot, Senior Advocate and Yellow Cab Representative clarifies the new Metro Bus Routes, yellow cab program & fields Seniors' concerns & questions

September 23 1:00pm-2:30pm Hybrid Dept of Health Emergency Preparedness representative Rosemary McDonnell and Red Cross Team discuss general emergency preparedness, tips and techniques

September 30 10:00am-11:00am Hybrid Mayor's Office of Community Relations and Services representative Tish Atkins for Ward 7 provides updates on what's happening in DC that is meaningful and impactful to residents specifically Ward 7.

September 30 1:00pm-3:00pm Center MedStar Georgetown Hospital Rep Khaleelah Cohen Certified Senior Advocate discusses Senior Services and Resources. Actual Sign up for Services will take place



Schedule 1 on 1 Nutrition Counseling with Shymee

WEDNESDAY

September 3 10:00am-11:00pm Center Bingo Boo & Safety Tips w/ DC MPD Share in fun Bingo games, sing songs, dance a little, win prizes and share safety tips

September 10,17,24 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

September 10 1:00pm-3:00pm Center MPD District 6 Officers Medina & Persuad facilitate a Candle Making Craft.

September 17 10:00am-1:00pm Center -Hudson Room Daily Care Pharmacy Owner, with her Health Team facilitate an Immunization Clinic aimed at delivering shots for Flu, COVID, Pneumonia, Shingles, RSV etc. Must sign up to participate and bring your Red White & Blue Medicare Card.

THURSDAY

September 4,11,18,25 9:00am-10:00am Zoom only – Howard University Hospital Dr. Callendar MD, partners w/ Elizabeth Dortch, Health & Wellness Coach to facilitate a 4-week Interactive series with discussions on Important Health News and Topics specific for Seniors. **Zoom: 875-49543725 No Password or Call 301-715-8592**

September 11 10:00am-11:00am Hybrid Legal Counsel for the Elderly Senior Medicare Patrol Provides Information, Training and Installation on Smart Phones & IPADS the New Senior Medicare Patrol App.

September 11 11:00am-12:00pm Hybrid AARP President DC Local Chapter, Charles Turner shares information on AARP Resources, Membership, Local Meetings times and location.

September 11 1:00pm-2:30pm Center- WSWC Wild Thursday. Karaoke with Jai Foust from Therapize w/Jai. Jai is a Retired MPD Police Officer who will share her karaoke skills with the members. A fun time to be had by all

September 11 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee Topic: **“Crack open the facts about Eggs”**. Discuss the Health & Nutrition benefits of eating eggs daily.

September 18 10:00am-11:00am Hybrid Pamela Hodge, RN facilitate open discussion around HIV/AIDs in the Aging.

September 18 10:30am-11:30am Center Charm Hat Making w/ Candice A Craft Class to decorate a hat the charm way.

September 18 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee Topic: **Have you lost your joy for cooking**. When it's difficult to cook due to pain some eat less or not at all. Here are some tips on what to do.

September 25 2:00pm-3:30pm Center Celebrating the Birthdays of WSWC members w/Sandra Joohnson & Band: dancing and light refreshments: Sweet Potato Cake and Vanilla Ice Cream. Attire for the day represent the Center Colors of Blue & White.