

Washington Seniors Wellness Center Calendar 2025

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



May is....

- American Stroke Awareness Month
- Mental Health Awareness
- National Allergy Awareness Month
- Older American Month
- Inflammatory Bowel Disease (IBD) Day
- High Blood Pressure Education Month
- Arthritis Awareness Month
- Bladder Cancer Awareness Month
- Celiac Awareness Month
- Healthy Vision Month
- National Physical Fitness and Sports Month
- Cinco de Mayo (May 5)
- Mother's Day (May 11)
- Memorial Day (May 26)

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
 Martha's Table-Commons Lobby Market 2375 Elvan's RD SE Wash, DC Wednesday, May 14, 2025 Time: 10:00am – 10:45am DC's Go-Go Museum & Cafe 1920 MLK Jr. Ave, SE Wednesday, May 14, 2025 Time: 10:45am – 12:15pm DPR Senior Fest 2700 MLK Jr, Ave, SE Wednesday, May 21, 2025 Time: 9:00am – 2:00pm <div style="background-color: red; color: white; padding: 5px; text-align: center;">please note</div> <p>Shymee will be out of the office Thursday May 1 & Tuesday May 27 w/ no presentations scheduled Thursday May 29 3:00pm-4:30pm (for mandatory training)</p>	  Wednesday, May 7, 2025 1:00pm-2:30pm Center Mother's Day Event – Compliments of the MPD Fun, Food, Music, Surprises  Thursday, May 15 2025 10:00am-1:00pm Center <i>see event details</i>  Friday May 23 9:00am-1:30pm Center <i>See event details</i>	  Monday May 12 10:30am-2:00pm AARP is sponsoring a Shredding Day Event at the WSWC Protect your Personal Identification and information. Bring any sensitive documents you want to dispose of safely  WSWC 40th Anniversary Celebration Thursday, May 29, 2025 Time: 10am – 1:00pm Panorama Room 1600 Morris Rd, SE <u>Must purchase ticket @ \$10.00 to attend</u>	<div style="text-align: right;">1</div> 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  Schedule your 1 on 1 Nutrition Counseling Session with Shymee Wednesday's 11:00am - 1:00pm (Appointment required	<div style="text-align: right;">2</div>  9:00am-10:15am Center Walking Group 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: WSWC 12:30pm-4:30pm Center GAMES A PLENTY  

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</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>6</p> <p>9:00am-3:00pm Center AARP Smart Drivers Course(<i>see event details</i>) 9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Virtual Medstar Ask the Doc Series- Alcohol Poisoning(<i>see event details</i>) 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 11:00am-12:00pm Hybrid Red Cross- Community Outreach(<i>see event details</i>) 10:30am - 11:30am Gym Chair Exercise w/ Andrea 1:00pm-3:00pm Center Activities at your leisure</p> 	<p>7</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -10:50am Gym Yoga w/ Andrea 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 1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm-2:30pm Center Mother's Day Event w/the MPD Team (<i>see event details</i>) 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>8</p> <p>9:00am - 10:00am Gym Zumba-Line Dancing w/Michelle 10:00am-11:00am Virtual Nutrition Ed w/MedStar Ask the Dietician Series(<i>see event details</i>) 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-12:00pm Center Cooking Demo w/ Chef Carlton 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 event details</i>) 3:00pm-3:50pm Virtual MedStar ask the Doc Series (<i>see details</i>)</p>	<p>9</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 12:30pm-4:30pm Center GAMES A PLENTY</p>  
<p>12</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -11:00am Gym Yoga w/ Andrea 10:00am-10:30am Center Sexual Harassment Presentation (<i>See event details</i>) 10:30am-2:00pm - Center AARP Fraud Prevention Presentation & Shredding Day Event (<i>See event details</i>) 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>13</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Nutrition Ed Session-Diet & Diabetes(<i>see event 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 Hybrid Community Outreach Session w/ DACL Rep TENTATIVE(see event details) 1:00pm-3:00pm Center Activities at your leisure</p>	<p>14</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 (<i>see details</i>) 10:00am-10:45am TRIP Martha's Table-Commons Lobby Market 10:45AM-12:15PM TRIP DC's Go-Go Museum & Café 11:00am-12:00pm Virtual Med Star Ask the Doc Series (<i>see details</i>) 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. 1:00pm - 2:00pm Zoom 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>15</p> <p>10:00am-1:00pm Center Health Fair - (see event details) 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</p> 	<p>16</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 12:30pm-4:30pm Center GAMES A PLENTY</p>  

Monday	Tuesday	Wednesday	Thursday	Friday
<p>19</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -11:00am Gym Yoga w/ Andrea 12:00pm – 1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Center Capital Food Bank Grocery Plus Pick up @ WSWC 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><i>*No Enhance Fitness w/ Tawana</i></p>	<p>20</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Community Outreach Session w/ the Office of People's Counsel(<i>See event details</i>) 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am – 11:30am Gym Chair Exercise w/ Andrea 1:00pm-3:00pm Center Activities at your leisure 1:30pm-2:30pm Hybrid Legal Counsel for the Elderly Medicare Patrol Presentation (<i>see event details</i>)</p>	<p>21</p>  <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 9:00am-2:00pm TRIP DPR Senior Fest 10:00am -10:50am Gym Yoga w/ Andrea 10:00AM-11:00AM Hybrid Community Outreach Session w/The Federal Communication Commission (<i>see event details</i>) 10:00am-12:00pm-Center No Sew Blanket Club (<i>see event details</i>) 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><i>*No Enhanced Fitness class w/ Tawana</i></p>	<p>22</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle 10:00am-11:00am Hybrid Community Outreach Session w/Homeland Security (<i>see details</i>) 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-12:00pm Center Cooking Demo w/ Chef Carlton 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</p>	<p>23</p>  <p>9:00am-10:15am Center Walking Group 9:00am-1:30pm Senior Fitness Day Celebrating Health & Fitness(<i>see event details</i>) 12:00pm-1:30pm Center WSWC Reading Group 12:30pm-4:30pm Center GAMES A PLENTY</p>   <p><i>*No Enhance Fitness class w/ Tawana</i></p>
<p>26</p>  	<p>27</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am – 11:30am Gym Chair Exercise w/ Andrea 1:00pm-3:00pm Center Activities at your leisure</p>	<p>28</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 (<i>see event details</i>) 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><i>*No Enhance Fitness class w/ Tawana</i></p>	<p>29</p>  <p>10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 10:00am – 1:00pm WSWC 40th Anniversary Celebration Panorama Room (<i>see event details</i>) 11:00am-1:00pm Center Computer Training w/Adrian</p>	<p>30</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 12:30pm-4:30pm Center GAMES A PLENTY</p>  

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

MONDAY

May 12, 10:00am-10:30am Center Sexual Harassment Presentation: What does it mean and how to handle incidents of sexual harassment

May 12 10:30am-2:00pm-Hybrid Older's American Month" Flip the Script on Aging. AARP presentation on Scams, Fraud Prevention and facilitating an onsite paper shredding event. Bring your personal documents that you want to safely disposed of. Refer to the flyer for details on documents accepted for Shredding.

TUESDAY

May 6 9:00am-3:00pm Center (Sunroom) AARP Smart Driver's Course; Refresh Driving Skills and Knowledge of the rules of the road. Discover proven driving methods to keep all safe. Cost: AARP Members \$20.00 Non Members: \$25.00: Discounts on Auto Insurance contingent on Insurance Carrier if Course is completed.

Lunch on your own

May 6 10:00am-11:00am Virtual Black Nurses Ass. Rep discusses: Alcohol Poisoning; Symptoms, causes, risk factors, treatments

May 6-11:00am-12:00pm Hybrid National Capital & Greater Chesapeake Region Red Cross Rep Luke Anderson tells us about the national initiative to reach more blood donors to help patients with Sickel Cell Disease

May 13-10:00am-11:00am Hybrid Dr. Vivian/ Certified Diabetic Educator from SOROGI, Inc. discusses the correlation between diet and Diabetes and shares services offered by the SOROGI organization.

May 13-11:00am-12:00pm Hybrid (Tentative) DACL Representative Christopher provides updates to the Safe at Home Program and other DACL Services.

May 20-10:00am-11:00pm Hybrid The office of the People's Counsel Representative shares the services they offered and Contact information

May 20-1:30pm-2:30pm Hybrid Legal Counsel of the Elderly, Senior Medicare Patro discusses Medicare Durable Equipment available and the acts of Fraud Associated

WEDNESDAY

May 7 1:00pm-2:30pm Center Mother's Day Celebration compliments of the DC MPD who will provide food, fun activities, Music and a Surprise for the Ladies at the WSWC. Plan to wear white and gold on that day

May 14,21,28 10:30am-12:00pm-Center In Partnership with the Les Gemmes DC Chapter representative Linda Fenell the WSWC Members participate in a craft activity making No Sew Fleece Blankets.

May 14 11:00am-12:00pm Virtual Medstar Ask the Doc Series: Signs, Symptoms, Treatments of Asthma & Allergies

May 21 10:00am-11:00am Hybrid Federal Communication Commission Rep Alma Hughes &Team shares updates on Robocalls & Text, Hearing Aid Compatibility for Wireless, Wireline phones, & other issues that impact Seniors



THURSDAY

May 8 10:00am-11:00am Virtual Medstar Ask the Dietician Series: Topic Good Fats vs Bad Fats

May 8 11:00am-12:00pm Center Cooking Demo w/Chef Carlton – Hypertension Friendly Recipe

May 8 2:20pm-2:50pm Virtual Nutrition Education w/Shymee and Chef Herb. Smart & Savvy Food Spending & Cooking Demo

May 8 3:00pm-3:50pm Virtual Medstar ask The Doc Series: Act F.A.S.T.to save a life. Common signs and symptoms of Stroke

May 15 10:00am-1:00pm Center Health Fair & Screening Event in Partnership w/ Medstar Washington Hospital Center. Flipping the Script on Aging by improving the Health of older adults. The event will include Fitness by Chloe WSWC Fitness Manager, Medstar Nutrition Department, Music by DJ Rick, Line Dancing by the members of the Cameo Club, Cooking Demo by Chef Herb, Food, Snacks and give aways. Something for everyone.

May 22 10:00am-11:00am Hybrid Homeland Security Rep. JC Cruz shares what you need to know and how to prepare for an Active Shooter incident to save your life. *Literature & Giveaways*

May 22 11:00am-12:00pm Center Cooking Demo w/Chef Carlton – Complete Nutritious Meal Recipe

May 22 2:20pm-2:50pm Virtual Nutrition Education w/Shymee and Chef Herb. Health & Nutrition Value discussion Harvest of the Month Broccoli & Cooking Demo

May 29, 10:00am-1:00pm External Event WSWC is celebrating its 40 year Anniversary at the Panorama Room in SE DC. Tickets must be purchased @ \$10:00

FRIDAY

May 23 9:00am-1:30pm Center Senior Fitness Day celebrates health and fitness. It's a day dedicated to encouraging everyone, regardless of age or ability, to get moving and embrace healthier lifestyle choices. From group demonstrations to fun fitness games ,there will be something to motivate everyone. The overall goal of Senior Fitness Day is to inspire WSWC Members to embrace the benefits of regular exercise and lead active lives.