

# Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



**On Zoom:**

**Enter Meeting ID: 928 7552 9202**

**Call In 646-558-8656**

**Password: 083339**

**\* Activities subject to change**

## 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**














November is....

- Thanksgiving Nov 28
- American Diabetes Month
- Gastroesophageal Reflux Disease Awareness
- National Epilepsy Awareness Month
- National Stress Awareness Month
- National Healthy Skin Month
- Pancreatic, Stomach, Lung Cancer Awareness Month
- COPD Awareness Month
- Election Tuesday November 5, 2024 VOTE
- Men's Health Awareness Month
- National Native American Heritage Month
- Daylight Savings Times Ends Sunday Nov 3, 2024 (Fall Back) clocks should be turned back 1 hr. Enjoy an extra hour of sleep.
- Veterans Day November 11<sup>th</sup> celebrated as Federal Holiday
- November 5, 1974 Walter Washington becomes first elected Mayor of Washington, DC
- Nov 6, 1990, Sharon Pratt Kelly makes history as the first elected woman Mayor of Washington DC.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Wednesday, Nov 6, 2024</b> Time: 1:30pm-2:30pm <b>In Center Activity</b> MPD 6 District Safety Tips &amp; Bingo (Fun, Singing, Prizes) Center</p> <p><b>Thursday, Nov 7, 2024</b> Time: 2:30pm-7:30pm <b>East of the River Senior Prom</b> Panorama Room 1600 Morris Rd. SE DC</p> <p><b>Wednesday Nov 13, 2024</b> Time: 1:30pm-2:30pm <b>In Center Activity</b> <b>Motown Name That Tunes</b> Prizes and Fun. Brush on your Motown Music</p>	 <p><b>Thursday Nov 14, 2024</b> 1:00pm - Center <b>Adult/Children CPR Certification</b> Facilitator: Chloe, Fitness Mgr. Must Register Cost is \$50.00/person</p> <p><b>Wednesday Nov 27, 2024</b> Time: 1:30pm-3:30pm <b>In Center Activity</b> <b>MOVIE DAY</b> Kick Off the Holiday Season (Best Man Holiday, This Christmas, Preacher's Wife)</p> <p><b>Friday, Nov 15, 2024</b> Center 1:00pm-3:00pm Wildtech Computer Training</p>	  <p><b>Monday, Nov 4, 2024</b> Time: 9:00am-12:30pm <b>Walmart</b> 3549 Russett Green Laurel, Md</p> <p><b>Tuesday, Nov 5, 2024</b> Time: 10:45am-11:45am <b>Martha's Table-Commons Lobby Market</b> 2375 Elvan's RD SE DC</p> <p><b>Thursday, Nov 14, 2024</b> Time: 9:45am-1:00pm <b>PG Publiack Playhouse</b> <b>Film: American Fiction</b> 5445 Landover Rd. Cheverly, Md</p>	 <p><b>Wednesday, Nov 20, 2024</b> Time: 9:00am-2:00pm <b>Arena Stage</b> <b>Play: The Other Americans</b> 1101 6<sup>th</sup> St. SW DC</p>     	 <p><b>9:00am-10:15am Outside Walking Group</b> 10:30am-11:30am Center Health Ed w/ Shymee <b>(See Details)</b> 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID: 815 5057 3934 PW: WSWC</p> <p><b>1:00pm-3:30pm Sunroom</b> <b>GAMES A PLENTY</b>   <b>1:00pm 3:00pm- Center</b> </p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b></p> <p><b>Trip!</b></p> <p>9:00am-12:30pm <b>TRIP</b> <b>Walmart – Laurel, Md.</b></p> <p>9:15am –10:00am Center Kickboxing Express w/ Chloe'</p> <p>10:15am -11:00am Gym Yoga w/ Andrea</p> <p>10:00am-1:00pm Center Donna Tabor Medicare Enrollment</p> <p>11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana.</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-3:30pm Sunroom <b>GAMES A PLENTY</b></p> <p></p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p> <p></p> <p>4:00pm- 5:00pm Center Fitness w/ Rodney</p>	<p><b>5</b></p> <p><b>Trip!</b></p> <p>9:30am – 10:20am Gym Strength &amp; Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Community Session <i>(see details)</i></p> <p>10:45 am-11:45am <b>TRIP</b> <b>Martha's Table</b></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am – 11:30am Center Chair Exercise w/ Andrea</p> <p>11:00am-12:00pm Hybrid Health Ed w/Shymee <i>(see event details)</i></p> <p>2:00pm-3:00pm Center Activities at your leisure</p> <p>*** VOTE ***</p> <p></p>	<p><b>6</b></p> <p>9:15am –10:00am Center Kickboxing Express w/ Chloe'</p> <p>10:00am -10:50am Center Yoga w/Andrea</p> <p>10:30am-11:00am Virtual Health Ed w/Shymee <i>(see details)</i></p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID:815 5057 3934 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 Center Tai Chi w/ Eric</p> <p>1:00pm –3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Center Fitness w/Rodney</p> <p></p>	<p><b>7</b></p> <p><b>Trip!</b></p> <p>9:00am – 10:00am Center <b>Zumba</b>-Line Dancing w/Michelle</p> <p>10:00am-11:00am Hybrid Nutrition Ed Session w/Shymee <i>(see event details)</i></p> <p>10:30am-11:30am Center Canvas Art w/EYL</p> <p>10:30am-11:30am Center 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 Center <b>Hand Dancing</b></p> <p>2:30pm-7:30pm <b>TRIP</b> <b>EOTR SENIOR PROM</b></p> <p>2:30pm-3:00pm Virtual Nutrition ed w/Shymee &amp; Chef Herb food Demo <i>(see details)</i></p> <p>3:00pm-4:00pm Virtual Health Ed w/Shymee <i>(see details)</i></p>	<p><b>8</b></p> <p></p> <p>9:00am-10:15am <b>Outside</b> Walking Group</p> <p>11:00am–12:00pm <b>Hybrid</b> Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934 <b>PW: WSWC</b></p> <p>1:00pm-3:30pm <b>Sunroom</b> <b>GAMES A PLENTY</b></p> <p></p> <p>1:00pm 3:00pm- Center</p> <p></p>
<p><b>11</b></p> <p></p> <p><b>CENTER IS CLOSED</b></p> <p></p> <p><b>VETERANS DAY</b></p>	<p><b>12</b></p> <p><b>Field Trip!</b></p> <p>9:30am – 10:20am Center Strength &amp; Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Community Session w/Shymee <i>(see details)</i></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1 on 1 session</p> <p>10:30am – 11:30am Center Chair Exercise w/ Andrea</p> <p>2:00pm-3:00pm Center Activities at your Leisure</p>	<p><b>13</b></p> <p>9:15am-10:00am Center Kickboxing Express w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00-11:00 Center Community Session w/Shymee <i>( see event details)</i></p> <p>11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934 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 Center Tai Chi w/ Eric</p> <p>1:00pm –3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Center Fitness w/Rodney</p>	<p><b>14</b></p> <p><b>Trip!</b></p> <p>9:45am-1:00pm <b>TRIP</b> <b>PG Publick Playhouse</b></p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>10:30am-11:30am Center Chair Exercise w/ Andrea</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>1:00pm - Center CPR Certification<i>(see event details)</i> Facilitator Chloe'</p> <p>2:30pm-3:00pm Virtual Nutrition ed w/Shymee &amp; Chef Herb food Demo <i>(see details)</i></p> <p>3:00pm-4:00pm Virtual Health Ed w/Shymee <i>(see details)</i></p>	<p><b>15</b></p> <p></p> <p>9:00am-10:15am Outside Walking Group</p> <p>11:00am–12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934 PW: <b>WSWC</b></p> <p>1:00pm-3:00pm Center <b>Wildtech Computer</b> <b>Training</b></p> <p>1:00pm-3:30pm Sunroom <b>GAMES A PLENTY</b></p> <p></p> <p>1:00pm – 3:00pm Center <b>BINGO</b></p> <p></p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p><b>9:15am -10:00am Center</b> Kickboxing Express w/ Chloe'</p> <p><b>10:00am -11:00am- Center</b> Yoga w/ Andrea</p> <p><b>10:00am -1:00pm- Center</b> Donna Tabor Medicare Enrollment</p> <p><b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b></p> <p><b>12:00pm - 1:00pm Zoom</b> WSWC Spiritual Study</p> <p><b>1:00pm-2:00pm Center</b> Tai Chi w/ Eric</p> <p><b>1:00pm-2:30pm Center</b> Grocery Plus Food Delivery</p> <p><b>1:00pm-3:30pm Center</b> <b>GAMES A PLENTY</b></p> <p> 1:00pm-3:00pm Center</p> <p><b>BINGO</b> </p> <p><b>4:00pm- 5:00pm Center</b> Fitness w/ Rodney</p>	<p>19</p> <p><b>9:30am - 10:20am Center</b> Strength &amp; Cond. w/Chloe'</p> <p><b>10:00am-11:00am Hybrid</b> Community Session w/Shymee <i>(see details)</i></p> <p><b>10:00am-12:00pm Center</b> Legal Counsel for the Elderly 1 on 1 session</p> <p><b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea</p> <p><b>2:00pm-3:00pm Center</b> Activities at your Leisure</p>	<p>20</p> <p></p> <p><b>9:15am-10:00am Center</b> Kickboxing Express w/Chloe'</p> <p><b>9:00am-2:00pm TRIP ARENA STAGE</b></p> <p><b>10:00am -10:50am Center</b> Yoga w/ Andrea</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID:815 5057 3934 PW: wswc.</b></p> <p><b>1:00pm - 2:00pm Center</b> Sibley Club Memory</p> <p><b>1:00pm-2:00pm Center</b> Tai Chi w/ Eric</p> <p><b>1:00pm -3:30pm Center</b> Drawing and Painting Art Class</p> <p><b>4:00pm-5:00pm Center</b> Fitness w/Rodney</p>	<p>21</p> <p><b>9:00am 10:00am Center</b> <b>Zumba</b>-Line Dancing w/Michelle</p> <p><b>10:00am-11:00am Hudson</b> Canvas Art w/EYL</p> <p><b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea</p> <p><b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd</p> <p><b>11:00am-1:00pm Center</b> Computer Training w/Adrian</p> <p><b>11:30am-12:30pm Center</b> Members Assembly Executive Board Meeting <i>(Closed Session)</i></p> <p><b>1:00pm-2:00pm Center</b> Hand Dancing</p> <p><b>2:30pm-3:00pm Virtual</b> Nutrition ed w/Shymee &amp; Chef</p> <p><b>Herb food Demo (see details)</b></p> <p><b>3:00pm-4:00pm Virtual</b> Health Ed w/Shymee <i>(see details)</i></p>	<p>22</p> <p></p> <p><b>9:00am-10:15am Outside</b> Walking Group</p> <p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana</p> <p><b>Mtg ID:815 5057 3934 PW: WSWC</b></p> <p><b>1:00pm-3:30pm Sunroom</b> <b>GAMES A PLENTY</b></p> <p> </p> <p><b>1:00pm - 3:00pm Center BINGO</b></p> <p></p>
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## WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & UPCOMING EVENTS – DETAILS

### **MONDAY**

**November 4, 18, 25 10:00am-1:00pm Center United** Health Care Rep Donna Tabor in Center to provide 1 on 1 assistance with Medicare Enrollment.

### **TUESDAY**

**November 5 10:00am-11:00am Hybrid** Capital Caring Health Grief Support Group, Dr. Sabrina St. Clair Talks about Holiday and Grief

**November 5 11:00am-12:00pm Hybrid** Michael Watson, Alzheimer's Ass. educates the WSWC members on the illness & warning signs

**November 12 10:00am-11:00am Hybrid Ms. McCoy** Legal Counsel for the elderly facilitates a Medicare educational session.

**November 19 10:00am-11:00am Hybrid** Latisha Atkins, Building Bridges to Success Inc. facilitates an Estate Planning Workshop

**November 26 10:00am-11:00am Virtual** MedStar Washington Hospital Ask the Doc Series: Critical Care

**November 26 11:00am-12:00pm Center** Diana Varela/Public Affairs facilitates education session on Social Security

### **WEDNESDAY**

**November 6 1:30pm-2:30pm Center** MPD 6 District Officer Thomas & Partners shares Safety tips and engages in Bingo games with prizes, entertainment and Fun *to be had*

**November 13 10:00am-11:00am Center** Katie Feiock & Elaine Barber, Legal Counsel for the Elderly shares tips on ways to save.

**November 13 1:30pm-2:30pm Center** Name that Motown Tune. Brush up on your Motown Music and come prepared to show everyone what you know and have fun. *Prizes awarded for those who name the most tunes correctly*

**November 27 1:30pm-3:30pm Center** Movie Day. Kick off the holiday season with "Best Man Holiday", "This Christmas", & "Preacher's Wife"

### **THURSDAY**

**November 7 10:00am-11:00am Virtual Weis** w/Christina Pelletier, In Store Dietician discusses correlation between Sleep and Nutrition as well as Holiday Food Safety with Cooking Demo

**November 7 2:30pm-3:00pm Virtual** Nutrition Education w/Shymee and Chef Herb discuss nutritional value of Garlic & Green Beans and a food demo: Orange-Glazed Green Beans

**November 7 3:00pm-4:00pm Virtual** MedStar Washington Hospital Center Ask the Dietician Series. Focus on Gluten

**November 14 1:00pm Center** CPR Certification facilitated by WSWC Fitness Mgr. Chloe'. Participants must register & pay a \$50 fee for a 2-year certification. Sign up begins Nov 1. See Chloe' for further details

**November 14 2:30pm-3:00pm Virtual** Nutrition Education w/Shymee and Chef Herb discuss nutritional value of Brussel Sprout with a food demo: Pecan Crusted Chicken with Brussels Sprouts and Grapes

**November 14 3:00pm-4:00pm Virtual** MedStar Washington Hospital Center Ask the Doc Series: Diabetes Epidemic

**November 21 2:30pm-3:00pm Virtual** Nutrition Education w/Shymee and Chef Herb discuss nutritional value of Duchess Potatoes with a Food Demo: Duchess Potato Casserole

**November 21 3:00pm-4:00pm Virtual** MedStar Washington Hospital Center Ask the Pharmacist Series: Antibiotics

### **FRIDAY**

**November 1 10:30am-11:30am Center** Dr. Song, Surgeon MedStar Georgetown; Topic Diabetic Feet Management and Prevention