

Washington Seniors Wellness Center Calendar 2025

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

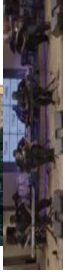
July is....

- July 4th Independence Day
- UV Safety Month
- Minority Mental Health Awareness Month
- Celebrate the achievements of people with disabilities month; fostering understanding and inclusivity.
- Focus on Self Care Month
- National HIV Awareness Month
- Sarcoma and Bone Cancer Awareness Month
- Social Wellness Month
- National Grilling Month – Most popular day July 4th
- Fruits in season focus this month Watermelon, Tomatoes, Zucchini

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

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Excursions Martha's Table-Commons Lobby Market The Commons Building 2375 Elvan's RD SE DC Date: Wednesday, July 09 Time: 10:45am – 11:30am Lunchtime Yoga with Danya 1201 Sycamore Dr SE ste 103 Washington, DC Date: Wednesday, July 09 Time: 12:00pm -1:30pm Sunset Fishing Beacon Marina Dock A 255 Lore Road Solomons, MD 20688 Date: Tuesday, July 15 Time: 11:00am-9:00pm	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  Shymee is out of Office on Vacation July 1-7 returning July 8 th . Chloe' is out of Office on Vacation July 21-28 returning July 29 th .	9:15am-10:00am Gym Kickboxing w/Chloe' 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 Center Enhance Fitness w/ Tawana. 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	9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle 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  	  Have an Awesome 4th of July

Monday	Tuesday	Wednesday	Thursday	Friday
7 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am-11:00am Gym Yoga w/ Andrea 10:30am-11:30am Hybrid Diabetic Education & Nutrition Series-3 Sessions (see details) 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:928 7552 9202 PW: 083339 12:00pm-1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center  4:00pm-5:00pm Gym Fitness w/ Rodney	8 9:30am-10:20am Gym Strength & Cond. w/Chloe' 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:00am-1:00pm Center Medstar Ask the Doc Series- Table Set up in Hallway with Lung Disease literature and Blood Pressure Screenings (see details) 10:30am-11:30am Center Food Matters- Nutrition Series (Session 1) Facilitated by AU Hospital (see details) 10:30am-11:30am Gym Chair Exercise w/ Andrea 1:00pm-3:00pm Center Activities at your leisure	9 9:15am-10:00am Gym Kickboxing w/Chloe' 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:928 7552 9202 PW: 083339 12:00-pm-1:30pm TRIP Lunchtime Yoga with Danya 1:00pm-2:00pm Zoom Sibley Club Memory ID: 97 5-5829-0633 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	10 9:00am-10:00am Gym Zumba -Line Dancing w/Michelle 10:00am-11:00am - Virtual Nutrition Session w/ Weiss Nutritionist (see details) 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 11:00am-12:00pm - Hybrid DC Health Dept -Compurecycling Center's Tobacco Cessation Program (see details) 11:00am-1:00pm Center Computer Training w/Adrian 1:00pm-2:00pm Gym Hand Dancing 1:00pm-2:00pm Center Activity WSWC Wild Thursday Karaoke with Jai (see details) 2:20pm-2:50pm Virtual Nutrition ed w/ Chef Herb & Shymee (see details)	11  9:00am-10:15am Center Walking Group 11:00am-12:00pm No Class Enhance Fitness 1:00pm-3:00 Center GAMES A PLENTY  
14 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am-11:00am Gym Yoga w/ Andrea 10:30am-11:30am Hybrid Diabetic Education & Nutrition Series-3 Sessions (see details) 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:928 7552 9202 PW: 083339 12:00pm-1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center Capital Food Bank Grocery Plus Pick up @ WSWC 1:00pm-3:00pm Center  4:00pm-5:00pm Gym Fitness w/ Rodney	15 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 Hybrid Food Matters- Nutrition Series (Session 2) Facilitated by AU Hospital (see details) 10:30am-11:30am Gym Chair Exercise w/ Andrea 12:00pm-1:00pm Center Legal Counsel for the Elderly & Office of Tenant Advocate discusses housing issues (see details) 1:00pm-3:00pm Center Activities at your leisure 11:00am-9:00pm Trip Sunset Fishing -Solomons Island 	16 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am-10:50am Gym Yoga w/ Andrea 10:00am-12:00pm-Center No Sew Blanket Club (see details) 10:00am-12:00pm Center Summer Medical Ascension Community Health hands-on-health (see details) 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:928 7552 9202 PW: 083339 1:00pm-2:00pm Center Sibley Club Memory 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-2:00pm Center- Computer Rm 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	17 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 10:00am-12:00pm Center Leadership Council for Healthy Communities presents "The Blue Print for Wellness"(see details) 11:00am-1:00pm Center Computer Training w/Adrian 2:20pm-2:50pm Virtual Nutrition ed w/ Chef Herb & Shymee (see details)  	18  9:00am-10:15am Center Walking Group 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:928 7552 9202 PW: 083339 1:00pm-3:00pm Center GAMES A PLENTY  

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28 10:00am -11:00am Gym Yoga w/ Andrea 10:30am-11:30am Hybrid Diabetic Education & Nutrition Series 3 Sessions (see details) 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:928 7552 9202 PW: 083339 12:00pm - 1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center  4:00pm- 5:00pm Gym Fitness w/ Rodney	29 9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:00am-2:00pm Center National Diabetic Care -Drop off orders, taking new orders <i>(see details)</i> 10:30am-11:30am Hybrid Food Matters- Nutrition Series (Session 4) Facilitated by AU Hospital <i>(see details)</i> 10:30am - 11:30am Gym Chair Exercise w/ Andrea 1:00pm-3:00pm Center Activities at your leisure  	30 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-12:00pm-Center No Sew Blanket Club <i>(see details)</i> 10:00am-12:00pm Center Summer Medical Ascension Community Health hands-on-health <i>(see details)</i> 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:928 7552 9202 PW: 083339 1:00pm - 2:00pm Center Sibley Club Memory 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-2:30pm Center Activity Summer Fling w/Side by Side Band <i>(see details)</i> 1:00pm -3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney	31 10:00am-11:00am Center Legal Counsel for the Elderly Senior Medicare Patrol provides info on Volunteer Recruitment 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 12:00pm-2:00pm Activity Throwback Movie Day **Cold Watermelon served 	Special Events!  Sip and Paint w/ Candice Thursday July 24 11:00am-12:00pm Center   1:00pm-2:00pm Center Wild Thursday July 10th Karaoke with Jai   Wednesday July 30 1:00pm-2:30pm Center Summer Fling



MONDAY

July 7, 14, 28 10:30am-11:30am Hybrid Diabetes Education and Nutrition program by Soorogi Inc. (**3 Sessions**) **Presenter** Dr. Vivian/ Diabetic Educator/Registered Dietician Topic: Healthy Eating, Physical Activity, Monitoring Medications all to prevent complications w/Cooking Demo, * **Must sign up**

WEDNESDAY (continued)

July 30 1:00pm-2:30pm Center Summer Fling w/ Side by Side Band. Dance to the tunes of the Side-by-Side Band. MPD and Officer Thomas will provide a surprise treat.

TUESDAY

July 8 10:00am-1:00pm Center Medstar ask the Doc Series Topic Lung Diseases, setting up a table in the Center Hallway to talk about the Diseases, dispense Literature, and perform blood pressure screenings.

July 8, 15, 22, 29 10:30am-11:30am Center 4 weeks/ 1 hour Nutrition Class facilitated by George Washington Hospital, Robin McClave Program Director and Team of subject matter experts on "Food Matters". Topics such as Healthy Eating Nutrition Facts around labeling, Meal Planning with a Cooking Demo. Prizes, and recipe Bag giveaway. ** **Must sign up**

July 15 12:00pm-1:00pm Hybrid Legal Counsel for the Elderly Attorney Deborah Wright & Office of Tenant Advocate Representative will discuss how to handle Landlord disputes and other housing issues.

July 29 10:00am-2:00pm Center (Computer Room) Diabetic footwear focus specifically on 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. Previous orders available for pick up. ** Free to Medicare Clients with Medicare Advantage Plan.

WEDNESDAY

July 2 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.

July 9, 16, 23, 30 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

July 16, 23, 30 10:00am-12:00pm Center Summer Medical Ascension Community Health Sessions are Back in the Center with Nita Finley and her Summer Medical Students to support the WSWC with Blood Pressure Screenings, BMI Determinations, Weight Management Counseling, Opioid Education, Visual Acuity Exams, Stroke Risk Assessments, Nutrition Guidance, facts about your A1C level, what it means and how impactful it is to a Pre-Diabetic/Diabetic person.

July 16 1:00pm-2:00pm Center- Computer Room Broach Collection Club. If you are interested in Broach collection, then join the WSWC Broach Club where you can share and trade Broaches.

THURSDAY

July 3, 10, 17, 24, 31, 10:00am-1:00pm Center DC Government OCTO Tech Talk and Basic Digital Literacy Skills. Adrian Sutton along with Summer Youth Students teach members how to navigate their Smart devices.

July 10, 10:00am-11:00am Virtual Nutrition Session with Weis Market Nutritionist Christina. Topic: Safety tips for serving summer foods. Introduces "Shade" Veggies and Fruits

July 10 11:00am-12:00pm Hybrid DC Health Department- Compu recycling Center's DC Quit Program Representative Antonio Brown, Health Analyst for Tobacco Control discusses Tobacco Cessation Tools, Services and Resources.

July 10 1:00pm-2:00pm Center WSWC Wild Thursday. Karaoke with Jai Foust from Therapize w/Jai. Jai is a Retired MPD Police Officer

July 10 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb Topic: TBA: Nutritional value w/ cooking demo.

July 17 10:00am-12:00pm Hybrid the Blueprint for Wellness Presented by Leadership Council for Healthy Communities. Presenters Joeta Patterson/Chief Financial Officer & Lead Community Health Workers, Kenneth Coleman & Donna Ruffin present in detail the importance of Biometric Screening (Quest Diagnostic) as the first step on your path to wellness.

July 17 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb Topic: Harvest of the Month: Egg Plant.: Nutritional value w/ cooking demo

July 24 11:00am-12:00pm Center Hot Fun in the Summertime Paint & Sip Activity with Candice. **Refreshments provided.

July 24 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb Topic: TBA: Nutritional value w/ cooking demo

July 31 10:00am-11:00am Hybrid Legal Counsel for the Elderly Medicare Patrol. Topic: Volunteer recruitment; shares information about their Volunteer Program.

July 31 12:00pm-2:00pm Center Throwback Movie Day. Watch those Good old back in the day movies and enjoy a cold Watermelon treat.



Schedule your 1 on 1 Nutrition Counseling with Shymee