

Washington Seniors Wellness Center Calendar 2023

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**

April is....




- National Minority Health Month
- Alcohol Awareness Month
- Esophageal Cancer Awareness Month
- Sarcoidosis Awareness Month
- Cushing Disease Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Occupational Therapy Month
- Stress Awareness Month
- Earth Day
- Jazz Appreciation Month
- On April 3, Martin Luther King Jr, delivered the notable I've been to the Mountain Top Speech for the striking Sanitation workers in Memphis the day before he was assassinated.
- National Month of Hope celebrating the power of hope


New Member

Orientation with Shymee
Tuesdays 1:45pm-3:00pm
RSVP is required.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am-11:00am Center(Appt only) Nutrition Consultation w/ Shymee 10:00am -11:00am Center Chair Yoga w/ Gigi 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc GAMES A PLENTY</p>    <p>5:00pm - 6:00pm Center Fitness w/ Rodney</p>  <p>Hello April. May it be a great month and bring smiles, joy, good health, and happiness to all my friends, family, and loved ones.</p>	<p>10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee (<i>see details</i>) 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/Andrea 11:00am - 12:00pm hybrid WSWC Members Assembly Meeting 11:30am-12:30pm Zoom Active Living w/ Romunda 12:30pm-1:30pm Center Strength & Conditioning w/ Stacy 1:30pm-3:00pm Center The Matter of Balance w/ Andrea & Vernetta 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 2:00pm-4:00pm Center Activities at your Leisure</p>	<p>Field Trip!  9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am-11:00am Center(Appt only) Nutrition Consultation w/ Shymee 10:00am -11:00am Center Chair Yoga w/ Gigi 10:30am-12:00pm Hybrid Comm. Session w/Shymee (<i>see details</i>) 10:45am -11:45am Trip Martha's Table Commons Lobby Market 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc 11:30am-12:30pm Zoom Active Living w/ Romunda 1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm - 4:30pm Center Drawing and Painting Art Class Ceramics Art & Mixed Media w/Candice 2:00pm-4:00pm Center Movie Day with MPD Treats Served 5:00pm - 6:00pm Center Fitness w/ Rodney</p>	<p>9:00am - 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Hybrid Nutrition w/Shymee (<i>see details</i>) 10:30am-11:30am Center Chair Exercise w/ Andrea 11:00am-1:00pm Hybrid Francis Gregory Library Margarette Snow: In recognition of Jazz Appreciation Month, a Presentation and discussion around Library Resources. 11:30am-12:30pm Zoom Active Living w/ Romunda. 12:30pm-1:30pm Center Strength & Conditioning -No Class 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Hybrid Nutrition Ed. w/ Shymee and Chef Herb (SNAP) 3:00pm-4:00pm Hybrid Community,Health session w/ Shymee (<i>see details</i>)</p>	 <p>9:45am-10:15am Center Walking Group w/Stacy 11:00am-12:00pm Hybrid Enhance Fitness- No Class Mtg ID:815 5057 3934 PW: wswc 1:00pm-2:00pm Center Line Dancing with Rita 12:30pm-4:30pm Center GAMES A PLENTY</p>     <p>APRIL 7th WORLD HEALTH DAY "Eat Healthy, Stay Healthy"</p> <p>This is National World Health Day: Value your health .Health is the wealth we all need. Without health, everything is incomplete.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">10</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:00am-11:00am Center Community Session w/ Shymee <i>(see details)</i> 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 12:00pm - 1:00pm Zoom Chatting w/ Katherine 12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">11</p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee <i>(see details)</i> 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am -12pm- Center WSWC Garden Club w/Dr. Linda Thompson 10:30am - 11:30am Center Chair Exercise w/Andrea 11:00am - 12:00pm hybrid WSWC Members Assembly MTG 11:30am-12:30pm Zoom Active Living w/ Romunda 12:30pm-1:30pm Center Strength & Conditioning w/ Stacy 1:30pm-3:00pm Center The Matter of Balance w/ Andrea & Vernetta 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 2:00pm-4:00pm Center Activities at your Leisure</p>	<p align="right">12</p>  <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am -11:00am Center Chair Yoga w/ Gigi 10:00am- 12pm- Trip HomeGoods Alexandria, VA 10:30am-12:00pm Center Community session w/ Shymee <i>(see details)</i> 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 11:30am-12:30pm Zoom Active Living w/ Romunda 1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm - 4:30pm Center Drawing and Painting Art Class 5:00pm - 6:00pm Center Fitness w/ Rodney</p>	<p align="right">13</p> <p>9:00am - 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Hybrid Community session w/ Shymee <i>(see details)</i> 10:30am-11:30am Center Chair Exercise w/Andrea 11:00am-1:00pm Center Deanwood Library w/Melissa Davis & Outreach Staff. Botanical Garden 11:00am-1:00pm Center Computer Training w/Adrian 11:30am-12:30pm Zoom Active Living w/ Romunda 12:30pm-1:30pm Center Strength & Conditioning w/ Stacy 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Hybrid Nutrition Ed. w/Shymee <i>(see details)</i> 3:00pm-4:00pm Hybrid Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p align="right">14</p>  <p>9:45am-10:15am Center Walking Group w/Stacy 10:30am-11:30am Center Spring Cleaning and Organizing Tips w/ Lavern Fitz (New WSWC Member). 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc 11:00am-1:00pm Center Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) 12:30pm-4:30pm Center GAMES A PLENTY</p> 
<p align="right">17</p>  <p align="center">PUT THIS on YOUR CALENDAR!</p> <p align="center">CENTER CLOSED</p>  	<p align="right">18</p> <p>10:00am-11:00am Center Community Session w/ Shymee <i>(see details)</i> 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/ Andrea 11:30am-12:30pm Zoom Active Living w/ Romunda 12:30pm-1:30pm Center Strength & Conditioning w/ Stacy 1:30pm-3:00pm Center The Matter of Balance w/ Andrea & Vernetta 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 2:00pm-4:00pm Center Activities at your Leisure</p>	<p align="right">19</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am -11:00am Center Chair Yoga w/ Gigi 10:00am-11:00am Hybrid Community Sessions w/ Shymee <i>(see details)</i> 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 11:30am-12:30pm Zoom Active Living w/ Romunda. 12:30pm-1:20pm Hybrid Community Sessions w/ Shymee <i>(see details)</i> 1:00pm - 2:00pm In Center Sibley Club Memory 1:00pm -4:30pm Center Drawing and Painting Art Class 2:30pm-3:30pm Center Ceramics Art & Mixed Media w/ Candice 5:00pm-6:00pm Center Fitness w/Rodney</p>	<p align="right">20</p> <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle 10:00am-11:00am Hybrid Community, Health Sessions w/Shymee <i>(see details)</i> 10:30am-11:30am Center Chair Exercise w/ Andrea 11:30am-12:30pm Zoom Active Living w/ Romunda 11:30am-12:30pm Closed Executive Board Meeting 12:30pm-1:30pm Center. Strength & Conditioning w/ Stacy 1:30pm-2:30pm Center Tai Chi w/ Jerry 1:45pm - 2:20pm Zoom Health Dialogue w/ DeLois Botts 2:30pm-3:00pm Hybrid Nutrition Education w/ Shymee 3:00pm-4:00pm Hybrid Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p align="right">21</p>   <p>9:30am-1:00pm Trip Dutch Country Farmers Market Laurel, MD 9:45am-10:15am Center Walking Group w/Stacy 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc 12:00pm-1:30pm Hybrid. WSWC Reading Group Mtg ID:815 5057 3934 PW: wswc Call in:646-931-3860 PW:971811 1:00pm-2:00pm Center Line Dancing with Rita 12:30pm-4:30pm Center GAMES A PLENTY</p> 

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
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Field Trip!


DETAILS

**Martha's Table-Commons
Lobby Market**
The Commons Building
2375 Elvans RD SE DC
Wednesday, April 5, 2023
Time: 10:45am - 11:45am
Of participants: 25


HomeGoods
3701 Richmond Hwy
Alexandria, VA 22305
Wednesday, April 12, 2023
Time: 10:00am - 12:30pm
Of participants: 20

Field Trip!


DETAILS


**Dutch Country Farmers
Market**
9701 Fort Meade Road
Laurel, Maryland
Date: Friday, April 21, 2023
Time: 9:30am - 12pm
Of participants: 28

**The Dallas Black Dance
Theatre**
PG Publick Playhouse
5445 Landover Road
Cheverly, MD 20784
Date: Thursday April 27, 2023
Time: 10:00AM-1PM
Sold Out- 25


WHAT'S NEW


8 Week Series
Tuesday 1:30pm-3:00pm
In Center

**The Matter of Balance w/ Andrea
& Vernetta**
Small group, 8-12 people, facilitated by
trained coaches. Specifically, designed
to reduce the fear of falling, view falls
as controllable, and improve activity
levels of Older Adults. The curriculum
includes group discussions, mutual
problem -solving, role play activities,
exercise training, and a few homework
assignments.

let's talk change


Removed from the Calendar
Tuesdays
1:30pm-2:30pm Zoom
Spanish Class w/Gwen

**IT'S A
Special
Day**


- **SAT 01** April Fool's Day
- **SUN 02** Palm Sunday
- **TUE 04** Martin Luther King was
assassinated at the Lorraine Motel in
Memphis, TN. He was 39 years old.
- **WED 05** National Walking Day
- **FRI 07** Good Friday
- **FRI 07** World Health Day
- **SUN 09** Easter Sunday
- **MON 14** Assassination of Abraham
Lincoln at the Ford Theater.
- **MON 17** Emancipation Day Holiday
- **TUE 18** Tax filing date delayed this
year in those states that celebrate
Emancipation Day as a Holiday
- **SAT 22** Earth Day
- **FRI 28** Arbor Day- Plant a tree in
memory of someone you lost

**IT'S A
Special
Day**


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



MONDAY

Apr 10 10:00am-11:00 am Hybrid Emancipation Proclamation Day : Presenter Bill Branch DC Archivist Topic: Untold & Undervalued series of events in the District of Columbia that played a key role in changing the course of the nation

Apr 24 10:30am-11:30 am Center Dress for Success Fresh Start Program

Topic: Returning to Work, Need an outfit to wear Fresh Start Program is what you need: Presenter: Stacey Anne Headley.

TUESDAY

Apr. 3 10:00am-11:00am Hybrid Nutrition Session w/ Giant Food Alexandra Brown, In Store Dietician Topic: Tips on how to organize & clean one's Fridge, Freezer & Pantry. Tips on when to discard can and frozen foods,

Apr 11 10:00am-11:00am Hybrid. Legal Counsel for the Elderly. Presenter: Saunya Connelly/Tenant Empowerment Specialist. Topic Hearing Valuable information about one's rights as a tenant & how Legal Counsel for the Elderly can support DC tenants 60 and older. Learn about rent control, government subsidies, accessing necessary repairs, reasonable accommodations, eviction defense and more

Apr 18 10:00am-11:00am Hybrid Need More Energy these days? Presenter: Elizabeth Dortch/ Certified Health Coach Topic: Tips to Boost your Energy Level

Apr 25 10:00am-11:00am Hybrid Allergy Season Black Nurses Association Topic: Overview of Allergies and Asthma/Prevention & Treatment Tips Presenter :Pamela Hodges (Retired Registered Nurse)

WEDNESDAY

Apr. 5 10:30am-12:00 pm Hybrid Medical Cannabis Presentation. Presenter: Nnamdi Amaechi. Topic: Back by Popular Demand and request of members to sign up for Cannabis Card and a presentation giving information about the program.

Apr. 5 2:00pm-4:00pm Center Metropolitan Police Department 7 District: Facilitator: Officer Andre Persaud & MPD Outreach Team Topic: Auto Theft presentation and a Movie Day Event with Hot Dogs and other movie treats.

Apr 12 10:30am-12:00pm Center Improv Comedy. Presenter: Improv (self-name) Topic: Laughter is good for the Soul.

Apr 19 10:00am-11:00am Hybrid University DC Workforce Development: Presenter: Workforce Development Representative (TBA) Topic: Talk about what Workforce Development is all about .. a free program providing education and skill development that Seniors can take advantage of. Tell you how to register for classes and cost.

Apr 26 10:30am-11:30am Hybrid Medstar Hospital Ask the Doc Series Presenter: TBA. Topic: Detail overview of Fibromyalgia (information Session)

THURSDAY

Apr. 6 10:00am-11:00am Hybrid Weis Market w/Christina Pelletier, In Store Dietician Topic: In support of Earth Month, Sustainable Eating

Apr. 6 11:00am-1:00pm Hybrid Francis Gregory Library Presenter: Margarette_Snow, Librarian: Topic: In recognition of Jazz Appreciation Month, a Presentation and discussion around Library Resources.

Apr 6 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee and Chef Herb (SNAP). National Celery Month Topic: Health & Nutritional benefits of Avocado w/ Cooking Demo: Avocado Toast by Chef Herb

Apr 6 3:00pm-4:00pm Hybrid April is Alcohol Awareness Month Medstar Washington Hospital Ask the Doc Series Presenter: TBA Topic: Detail overview of Alcohol & Substance Abuse & effects on the mind and body. When are you considered an Alcoholic ;treatment for Alcohol and substance abuse.

Apr. 13 11:00am-12:00pm Center Spring is in the Air Deanwood Library partnering with Botanical Garden Presenter: Botanical Garden Representative (TBA) Topic: Explore Botanical Garden (Tips on how Plants and Ferns live & grow. Talk about the Scientific Research, Conservation, display and education)

Apr. 13 2:30am-3:00pm Hybrid Health & Nutritional benefits of Feta & Spring Onions w/cooking demo Stuff Potato Skins by Chef Herb.

Apr. 13 3:00pm-4:00pm Hybrid National Museum of African History & Culture Smithsonian Institution Museum - Genealogy Presenter: Lisa Crawley Topic: Track your Roots_live.

Apr 20 10:00am-11:00am Hybrid April is Occupational Therapy Awareness Month Trinity University Presenter: Trinity University Occupational Therapy Students . Topic why is Occupational Therapy so important for Seniors? Demo on how to properly use canes & walkers . Stroke patients (what equipment is needed to help stroke victims eat, drink &walk)

Apr 20 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Health & Nutritional benefits of Turmeric w/cooking demo Chicken Kebobs by Chef Herb.

Apr 20 3:00pm-4:00pm Hybrid April is Cushing Disease Awareness Month Medstar Washington Hospital Ask the Doc Series Presenter: TBA Topic: What is Cushing Disease, symptoms, treatment (Information Session)

Apr 27 10:00am-11:00am Hybrid. Edenbridge Pace DC Healthcare, Services & Support program for Senior Adults. Presenter: Jasmine Bailey, Outreach Coordinator Topic: Learn more about the program and how it can support your individual's needs

Apr.27 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Health & Nutritional benefits of Cauliflower w/cooking demo Italian roasted Cauliflower

Apr 27 3:00pm-4:00pm Hybrid Anxiety, Depression & Isolation Medstar Washington Hospital Ask the Doc Series .Presenter: TBA Topic :Detail overview of anxiety, depression & Isolation 101

FRIDAY

Apr. 14 10:30am-11:30am Center Want to declutter? Spring Cleaning & Organizing one's home. Presenter: Lavern Fitz (New WSWC Member).