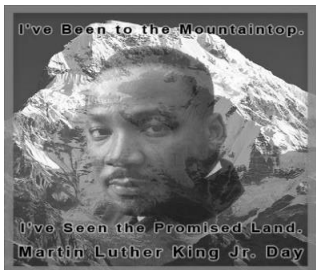


# Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



## April is....

- April 1 – April Fools' Day
- April 3 National Walking Day
- April 7<sup>th</sup> World Health Day
- April 16 DC Emancipation Day
- National Minority Health Month
- National Oral Health Month
- Alcohol Awareness Month
- Physical Wellness Month
- Esophageal Cancer Awareness Month
- Sarcoidosis Awareness Month
- Cushing Disease Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Month of Hope celebrating the power of hope
- Second Chance Month
- Emotional Overeating Awareness Month
- On April 4, Martin Luther King Jr was assassinated.




## NEW MEMBER

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

**On Zoom:**  
**Enter Meeting ID: 928 7552 9202**  
**Call In 646-558-8656**  
**Password: 083339**  
**\* Activities subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>9:00am –10:00am Gym</b> Kickboxing w/ Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am –12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm – 1:00pm Zoom</b> WSWC Bible Class <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>5:00pm- 6:00pm Gym</b> Fitness w/ Rodney</p> 	<p><b>9:30am–10:20am Gym</b> Strength &amp; Cond. w/Milton <b>10:00am-11:00am- Hybrid</b> Health Education Session <i>(see details)</i> <b>10:00am-1:00pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am–11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am-12:00pm Center</b> <b>Blood Pressure Screening</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-3:30pm Center</b> The Matter of Balance Class <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p><b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am – 12:00pm Hybrid</b> Member's Assembly Meeting <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:00pm – 2:00pm Zoom</b> Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 <b>1:30pm-2:30pm Center</b> Ceramics Art &amp; Mixed Media <b>1:00pm –4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm-6:00pm Center</b> Fitness w/Rodney</p>  <p><b>National Walking Day</b></p>	<p><b>Field Trip!</b>  <b>9:00am-10:00am Trip</b> <b>IHOP – Breakfast Laurel Md.</b> <b>10:15am-1:00PM Trip</b> <b>Sandra Johnson Band Performance</b> <b>Montpelier Art Center, Laurel Md.</b> <b>9:00am – 9:45am Hybrid</b> <b>Zumba Gold with Michelle</b> <b>10:00am-11:00am Virtual</b> Nutrition Education <i>(see details)</i> <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>10:30am-2:00pm Bowling</b> <b>10:30am-12:00am Center</b> SWAG ART class <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:30pm-3:30pm Center</b> The Matter of Balance Class <b>1:45pm – 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Virtual</b> Nutrition Ed w/Shymee &amp; Chef Herb <b>3:00pm-4:00pm Virtual</b> Health Ed Session w/Shymee <i>(see details)</i></p>	 <p><b>9:00am-10:15am Outside</b> Walking Group <b>11:00am–12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: WSWC</b></p> <p><b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>1:00pm – 2pm- Gym</b> Line Dancing w/Rita</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>8</b></p> <p><b>9:00am -10:00am Gym</b> Kickboxing w/ Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm - 1:00pm Zoom</b> WSWC Bible Class <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>5:00pm- 6:00pm Gym</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>9</b></p> <p><b>Field Trip!</b> </p> <p><b>9:30am - 10:20am Gym</b> Strength &amp; Cond. w/Milton <b>10:00am-11:00am Hybrid</b> Community Session w/Shymee <i>(see details)</i> <b>10:00am-1:00pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:45 am-1145am Trip</b> <b>Martha's Table</b> <b>10:30am - 11:30am Gym</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-3:30pm Center</b> The Matter of Balance Class <b>2:00pm-4:00pm Center</b> Activities at your Leisure <b>2:00pm-3:00pm Center</b> Hand Dancing</p>	<p style="text-align: right;"><b>10</b></p> <p><b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm-6:00pm Center</b> Fitness w/Rodney</p>	<p style="text-align: right;"><b>11</b></p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>10:00am-10:30am Virtual</b> Health Ed w/Shymee <i>(see details)</i> <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>10:30am-2:00pm Bowling</b> <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:30pm-3:30pm Center</b> The Matter of Balance Class <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Virtual</b> Nutrition Ed w/Shymee &amp; Chef Herb <i>(see details)</i> <b>3:00pm-4:00pm Virtual</b> Health Ed w/Shymee <i>(see details)</i></p>	<p style="text-align: right;"><b>12</b></p>  <p><b>9:00am-10:15am Outside</b> Walking Group <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW:</b> <b>WSWC</b></p> <p><b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> 
<p style="text-align: right;"><b>15</b></p> <p><b>9:00am -10:00am Gym</b> Kickboxing w/ Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm - 1:00pm Zoom</b> WSWC Bible Class <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm-2:30pm</b> Grocery Plus Food Delivery <b>5:00pm- 6:00pm Gym</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>16</b></p> <p><b>PUT THIS on YOUR CALENDAR!</b></p> <p><b>CENTER CLOSED</b></p>  <p><b>DC EMANCIPATION DAY</b></p> 	<p style="text-align: right;"><b>17</b></p> <p><b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana <b>11:00am-12:00pm - Hybrid</b> <b>African Mission Project Guest Speaker</b> <i>(See details)</i> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>11:00am-2:00PM- Ctr (Computer Rm)</b> <b>Diabetic Shoe Orders delivered. Anyone now interested can sign up.</b> <b>1:00pm-2:00pm Center</b> Tai Chi w/ Eric <b>1:00pm - 2:00pm Center</b> Sibley Club Memory <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>1:30pm-2:30pm Center</b> Ceramics Art &amp; Mixed Media w/ Candice <b>5:00pm-6:00pm Center</b> Fitness w/Rodney</p>	<p style="text-align: right;"><b>18</b></p> <p><b>Field Trip!</b> </p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>9:30am-11:00am Trip</b> <b>Red, White &amp; Blue Thrift Store Laurel, Md.</b> <b>10:00am-10:30am Virtual</b> Health Ed w/Shymee <i>(see details)</i> <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>10:30am-2:00pm Bowling</b> <b>10:30am-12:00am Center</b> SWAG ART class <b>11:00am-1:00pm Center.</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:00pm-2:00pm Gym</b> African American Wellness Meeting <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Virtual (see details)</b> Nutrition ed w/Shymee &amp; Chef Herb <b>3:00pm-4:00pm Virtual (see details)</b> Health Ed w/Shymee</p>	<p style="text-align: right;"><b>19</b></p>  <p><b>9:00am-10:15am Outside</b> Walking Group <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW:</b> <b>WSWC</b></p> <p><b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>1:00pm - 2pm- Gym</b> Line Dancing w/Rita</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>22</b></p> <p><b>9:00am –10:00am Gym</b> Kickboxing w/ Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am –12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm – 1:00pm Zoom</b> WSWC Bible Class <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>5:00pm- 6:00pm Gym</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>23</b></p> <p><b>9:30am – 10:20am Gym</b> Strength &amp; Cond. w/Milton <b>10:00am-11:00am Hybrid</b> Community Session w/Shymee (<i>see details</i>) <b>10:00am-1:45pm Center.</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am – 11:30am Gym</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>2:00pm-4:00pm Center</b> Activities at your Leisure <b>2:00pm-3:00pm Gym</b> Hand Dancing</p>	<p style="text-align: right;"><b>24</b></p> <p> <b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:00am-3:00pm- Center</b> <i>It's "The Color Purple" Day (see details)</i> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm – 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm-6:00pm Gym</b> Fitness w/Rodney</p>	<p style="text-align: right;"><b>25</b></p> <p><b>9:00am – 9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>10:30am-2:00pm Bowling</b> <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>11:30am-12:30pm Center</b> Member's Assembly Executive Board Meeting (Closed Session) <b>1:45pm – 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Virtual</b> Nutrition Ed. w/ Shymee &amp; Chef Herb <i>(see details)</i> <b>3:00pm-4:00pm Virtual</b> Health Ed w/Shymee (<i>see details</i>)</p>	<p style="text-align: right;"><b>26</b></p> <p> <b>9:00am-10:15am Outside</b> Walking Group <b>10:00am-1:00pm Trip</b> <b>Trinity University</b> <b>OT Lab</b> <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW:</b> <b>WSWC</b> <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b> </p>
<p style="text-align: right;"><b>29</b></p> <p><b>9:00am –10:00am Gym</b> Kickboxing w/ Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am –12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm – 1:00pm Zoom</b> WSWC Bible Class <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>5:00pm- 6:00pm Gym</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>30</b></p> <p><b>9:30am – 10:20am Gym</b> Strength &amp; Cond. w/Milton <b>10:00am-11:00am Hybrid</b> Health Education Session w/Shymee (<i>see details</i>) <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am – 11:30am Gym</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p style="text-align: right;"><b>31</b></p> <p><b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:00pm – 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm-6:00pm Center</b> Fitness w/Rodney</p>	<p style="text-align: right;"><b>Field Trip!</b>  <b>Thursday, April 4, 2024</b> <b>IHOP</b> 15004 Baltimore Ave Laurel, MD 20707 Time: 9:00am - 10:45am <b>&amp;</b> <b>Sandra Johnson Performance</b> Montpelier Arts Center 9652 Muirkirk Rd. Laurel, MD Time 10:45am - 1:00pm  <b>Tuesday, April 9, 2024</b> <b>Martha's Table-Commons Lobby</b> <b>Market</b> 2375 Elvan's RD SE Wash, DC Time: 10:45am-11:45am</p>	<p style="text-align: right;"><b>Field Trip!</b>  <b>Wednesday, April 24, 2024</b> <b>RED, WHITE &amp; BLUE</b> <b>THRIFT STORE</b> 123 Bowie Road Laurel, MD 20707 Time: 9:30am - 11:00am  <b>Friday, April 26, 2024</b> <b>Trinity University</b> <b>OT Lab</b> 125 Michigan Avenue, NE Washington, DC 20017 Time: 9:15am - 1:00pm  <b>DID YOU KNOW?</b>  <b>You can Schedule a 1 on 1</b> <b>personal nutrition</b> <b>counseling session with</b> <b>Shymee (see her for details)</b></p>

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



## TUESDAY

**April 2 10:00am-11:00am Hybrid** In support of National Parkinson Disease Month Black Nurse Association, Pamala Hodge to speak on the subject.

**April 2 11:00am-12:00pm Center** In partnership with the Black Nurses Association, on site Blood Pressure Screening will take place.

**April 9 10:00am-11:00am Hybrid Legal** Counsel for the Elderly Topic: Wills, Power of Attorney, Trust, Deeds and Property being transferred.

**April 23-10:00am-11:00am Hybrid** Introduction of new Partner AKA Si Omega Chapter in Partnership with DDOT Urban Forestry, Rep. Alexandra Grieve will speak to the members about the Free tree/flower Program to beautify the outside of your home at *no cost to you.*

**April 30 10:00am-11:00am Virtual** Elizabeth Dortch Presenter Topic: Celebrating the power of Hope; the belief that things will work out.

## WEDNESDAY

**April 17 11:00am-12:00pm Hybrid Missionary** Ethel Taylor from the Great Fellowship Church, Topic: Partner with the WSWC in a mission's project to collect/ provide everyday living essentials to Africa. *She will tell us more about how this works and what is needed.*

**April 17 11:00am-2:00PM Center (Pool Room)** Diabetic Shoe Representative will drop off previous orders and fit those who would like to now order shoes.

**April 24 11:00am-3:00pm Center.** WSWC Celebrates the Musical "The *Color Purple*". Enjoy the music from the soundtrack, play trivia (*to see how much you know*) and view the movie around 1:00pm. Wear something **Purple** (*let's make it a fun day.*)

## THURSDAY

**April 4 10:00am-11:00am Virtual** Weiss w/Christina Pelletier, Celebrating National Earth Day will discuss w/food demo GMO, Organic, Food Additives & Preservatives.

**April 4 2:30pm-3:00pm Virtual Nutrition Education** w/Shymee and Chef Herb. Nutrition discussion around Cherries w/food Demo from Chef Herb: Cherry Couscous & Arugula Salad with Balsamic Vinaigrette Dressing

**April 4 3:00pm-4:00pm Virtual** MedStar Washington Hospital Center Ask the Doc Series Topic: Emotional Eating

**April 11 10:00am-11:00am Virtual** MedStar Washington Hospital Center Ask the Doc Series Topic Sarcoidosis

**April 11 2:30pm-3:00pm Virtual Nutrition Education** w/Shymee and Chef Herb. Nutrition discussion around Turmeric w/Cooking Demo: Thai Grilled Turmeric Chicken Kabob

**April 11 3:00pm-4:00pm Virtual** MedStar Washington Hospital Center Ask the Doc Series. Topic: Vertigo

**April 18 10:00am-11:00am Virtual** Dentist Sal Selvaggio Topic: Dental Hygiene

**April 18 2:30pm-3:00pm Virtual** Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Corn w/ Cooking Demo: Corn Chowder Soup

**April 18 3:00pm-4:00pm Virtual** MedStar Washington Hospital Center Ask the Doc Series Topic: Lymphedema

**April 25 2:30pm-3:00pm Virtual** Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Okra w/ Cooking Demo: Southern Fried Okra Dish

**April 25 3:00pm-4:00pm Virtual** MedStar Washington Hospital Center Ask the Doc Series. Topic: Chronic Fatigue Syndrome