

# Washington Seniors Wellness Center Calendar 2022

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



**COVID Test & KN95 Mask Pick Up:**  
**Mondays 1:00pm – 3:00pm**  
**Fridays 1:00pm – 3:00pm**

**New Member Orientation with Shymee**  
**Tuesdays 2:00pm-3:00pm**

**On Zoom:**  
**Enter Meeting ID: 928 7552 9202**  
**Call In 646-558-8656**  
**Password: 083339**  
*\* Activities subject to change*  
**\*\* Masks and Proof of vaccination required**

## December is....

- Christmas
- Kwanzaa
- Hanukkah
- Art & Architecture Month
- Egg Nog Month
- Handwashing Month
- Learn a Foreign Language
- National Drunk Driving Prevention Month
- National Fruit Cake Month
- National I Holiday Safety and Identify Theft Prevention and Awareness Month
- National Kale Month
- Procrastination Awareness Month
- Read a New Book Month
- Root Vegetable Month
- Safe Toys & Gifts Month
- Bingo Birthday Month
- Tropical Fruit Month
- World AIDS Awareness Month
- Write a Friend Month
- Depression & Anxiety & (Holiday Blues)

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>merry christmas</b>  <b>happy hanukkah</b>  <b>joyous kwanzaa</b>  <b>happy holidays</b>  <b>which ever you prefer.</b></p> <p>let's talk. <b>change</b></p> <p><i>Shymee will be on Vacation Monday December 26, 2022, thru Thursday January 5, 2023. Her zoom classes &amp; activities are cancelled for that time.</i></p> <p><b><u>New to the Calendar</u></b>  <b>Tuesdays in center</b>  <b>2:00pm-4:00pm</b>  <b>Activities at your Leisure w/Deyanne</b></p>	 <p><b>FOR THE MONTH</b></p> <p><b>Dec 1, 10:30am-1:30pm</b>  <b>Christmas Tree Store</b>                  2925 Festival Way, Waldorf, MD</p> <p><b>Dec 6 - 10:30am-1:30pm</b>  <b>DACL 24<sup>th</sup> Annual Mayor's Senior Holiday Event-DC Armory</b>                  2001 E Capitol St, SE</p> <p><b>Dec 8 - 12:45pm - 3pm</b>  <b>Downtown Holiday Market</b>                  8<sup>th</sup> &amp; F St, NW</p> <p><b>Dec 13, 12:45pm-3:00pm</b>  <b>Martha's Table-Commons Lobby</b>                  The Commons Bld.                  2375 Elvan's RD S.E. DC</p> <p><b>Dec 15 - 10:30am-1:30pm</b>  <b>2<sup>nd</sup> Ave Thrift Superstore</b>                  201 Fort Meade Rd Laurel, MD</p> <p><b>Dec 21-9:30am-12:30pm</b>  <b>Toby's Dinner Show- \$74.22</b>                  It's a Wonderful Life                  Columbia, MD</p> <p><b>Dec 30-10:30am-2:00pm</b>  <b>Odyssey New Year's Eve Cruise - \$75 Boat</b> leaves from the SW DC Wharf</p>	 <p><b>Dec 1, 1955</b> Rosa Parks refused to give up her seat on a crowded bus to a White passenger in Montgomery, Alabama</p> <p><b>Dec. 2</b>, International day for the abolition of Slavery</p> <p><b>Dec 15, 1791</b> Bill of Rights, which represent the first 10 amendments to the Constitution, was ratified guaranteeing civil rights and liberties to all</p> <p><b>Dec 23, 1867</b>, Sarah Breedlov—who would later be known as <b>Madam C. J. Walker, Activist, Entrepreneur, Philanthropist</b>—who made her fortune thanks to her homemade line of Hair Products for African American Hair, was born this day Dec. 23rd</p> <p><b>Dec 25<sup>th</sup></b> Christmas Celebration</p> <p><b>Dec 26-January 1 Kwanzaa</b>                  Kwanzaa is not a religious holiday but a celebration of African heritage and culture. It is a seven-day celebration from December 26 to January 1 that features the lighting of the kinara each day, like the lighting of the menorah during Hanukkah. Each day is represented by a principle of Kwanzaa.</p>	 <p><b>9:00am – 9:45am Center</b>  <b>Zumba Gold with Michelle</b></p> <p><b>10:00am-11:00am Hybrid</b>                  Community, Health, Nutrition w/ Shymee</p> <p><b>10:00am-1:00pm Center</b>                  DC Library w/ Ms. Margarette Snow (Librarian)</p> <p><b>10:30am-1:30pm Trip</b>                  Christmas Tree Store</p> <p><b>10:30am-11:30am Center</b>                  Chair Exercise w/ Linda</p> <p><b>11:30am-12:30pm Zoom</b>                  Active Living w/ Romunda</p> <p><b>1:30pm-2:30pm Center</b>                  Tai Chi w/ Jerry - YMCA</p> <p><b>1:45pm – 2:20pm Zoom</b>                  Health Dialogue/ DeLois Botts</p> <p><b>2:30pm-3:00pm Hybrid</b>                  Nutrition Ed. w/ Shymee</p> <p><b>3:00pm-4:00pm Hybrid</b>                  Community, Health, Nutrition w/Shymee</p>	<p>1</p>  <p><b>9:45am-10:15am Center</b>                  Walking Group w/Stacy</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>11:00am-1:00pm Center</b>                  Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10)</p> <p><b>12:30pm-4:30pm Center</b>  <b>GAMES A PLENTY</b></p>  <p>2</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>5</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:00am-11:00am Center</b> Mary Kay Representative Kimberly McKinney will help you look fabulous for the Holiday. <b>10:00am-12:30pm- Center</b> Living Well Virtual CDSMP Workshop <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> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>6</b></p> <p style="text-align: center;"><b>Field Trip!</b> </p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>1030am 1:30pm DC Armory</b> DACL Christmas Luncheon <b>10:30am - 11:30am Center</b> Chair Exercise w/ Linda <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen <b>2:00pm-4:00pm Center</b> Activities at your Leisure w/Deyanne</p>	<p style="text-align: right;"><b>7</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-11:00am Center(Appt only)</b> Nutrition Consultation w/ Shymee <b>10:00am-11:00am Center MMPD Sixth</b> District Officer Persaud Holiday Safety Tips <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>11:00am-12:00pm Hybrid</b> WSWC Members 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>12:00pm-200pm Center-</b> Side by Side Band ushering in the holiday season with live music and dancing <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>2:30pm-3:30pm 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>8</b></p> <p style="text-align: center;"><b>Field Trip!</b> </p> <p><b>9:00am - 9:45am Center</b> <b>Zumba Gold</b> with Michelle <b>10:00am-11:00am Hybrid</b> Community,Health session w/ Shymee <b>10:30am-11:30am Center</b> Chair Exercise w/ Linda <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> DACL Outreach Specialist Alice Thompson- Safe at Home Program <b>12:45pm - 3pm</b> Downtown Holiday Market <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Ed. w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Hair Care with Bryan. A Special Presentation you won't want to miss</p>	<p style="text-align: right;"><b>9</b></p> <p style="text-align: center;"></p> <p><b>9:45am-10:15am Center</b> Walking Group w/Stacy <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>11:00am-12:00pm Center</b> Christmas Bingo w/ Deyanne in Recognition of Bingo's Birthday Month  <b>1:00pm-2:00pm Center</b> Line Dancing with Rita <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b> </p>
<p style="text-align: right;"><b>12</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:00am-12:30pm Center</b> Living Well Virtual CDSMP Workshop <b>11:00am-12:00pm Center</b> Holiday Craft w Deyanne <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> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>13</b></p> <p style="text-align: center;"><b>Field Trip!</b> </p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/ Linda <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>12:45pm -3:00pm Trip</b> Martha's Table Common Lobby Market <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen <b>2:00pm-4:00pm Center</b> Activities at your Leisure w/Deyanne</p>	<p style="text-align: right;"><b>14</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-11:00am Center</b> Community Session w/ Shymee <b>10:00am -11:00am Center</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>15</b></p> <p style="text-align: center;"><b>Field Trip!</b> </p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>10:30am-11:30am Center -</b> Come meet and greet Joy the Service Dog. She coming to Center dressed for the Holiday, <b>10:30am-11:30am Center</b> Chair Exercise w/ Linda <b>10:30am-1:30pm Trip</b> 2nd Ave Thrift Superstore Laurel, Md <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee</p>	<p style="text-align: right;"><b>16</b></p> <p style="text-align: center;"></p> <p><b>9:45am-10:15am Center</b> Walking Group w/Stacy <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:00am-1:00pm Center</b> Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) <b>1:00pm-2:00pm Center</b> Line Dancing with Rita <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b> </p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">19</p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta</p> <p><b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi</p> <p><b>10:00am-12:30pm- Center</b> Living Well Virtual CDSMP Workshop</p> <p><b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b></p> <p><b>12:00pm - 1:00pm Zoom</b> Chatting w/ Katherine</p> <p><b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right">20</p> <p><b>Field Trip!</b></p>  <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee</p> <p><b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p><b>10:30am - 11:30am Center</b> Chair Exercise w/ Linda</p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA</p> <p><b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen</p> <p><b>1:30pm - 4:30pm</b> WSWC Christmas Brunch <i>RSVP is required to attend</i></p> <p><b>2:00pm-4:00pm Center</b> Activities at your Leisure w/Deyanne</p>	<p align="right">21</p> <p><b>Field Trip!</b></p>  <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta</p> <p><b>9:30am-12:30pm</b> <b>Toby's Dinner Show- Cost-\$74.22</b> It's a Wonderful Life- Columbia, MD</p> <p><b>10:00am-11:00am Center (Appt Only)</b> Nutrition Consultation w/ Shymee</p> <p><b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: wswc</b></p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:00 - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b></p> <p><b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class</p> <p><b>2:30pm-3:30pm Center</b> Ceramics Art &amp; Mixed Media w/ Candice</p> <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right">22</p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold with Michelle</b></p> <p><b>10:00am-11:00am Hybrid</b> Community Sessions w/ Shymee</p> <p><b>10:30am-11:30am Center</b> Chair Exercise w/ Linda</p> <p><b>11:00am-1:00pm Center</b> Computer Training w/Adrian</p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry</p> <p><b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee</p> <p><b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee</p>	<p align="right">23</p>  <p><b>9:45am-10:15am Center</b> Walking Group w/Stacy</p> <p><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 align="right">26</p>  <p align="center"><b>PUT THIS on YOUR CALENDAR!</b></p> <p align="center"><b>CENTER CLOSED FOR THE HOLIDAY</b></p> 	<p align="right">27</p> <p><b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p><b>10:30am - 11:30am Center</b> Chair Exercise w/ Linda</p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA</p> <p><b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen</p> <p><b>2:00pm-4:00pm Center</b> Activities at your Leisure w/Deyanne</p>	<p align="right">28</p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta</p> <p><b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: wswc</b></p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:00 - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b></p> <p><b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class</p> <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right">29</p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold with Michelle</b></p> <p><b>10:30am-11:30am Center</b> Chair Exercise w/ Linda</p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>11:30am-12:30pm Closed</b> Executive Board Meeting</p> <p><b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry</p> <p><b>1:00pm-2:30pm Hybrid</b> Kwanzaa Presentation /Celebration w/DeLois Botts</p>	<p align="right">30</p>  <p><b>Field Trip!</b></p>  <p><b>9:45am-10:15am Center</b> Walking Group w/Stacy</p> <p><b>10:30am-2:00pm- Wharf</b> Odyssey New Year's Eve Cruise <b>Cost \$75</b></p> <p><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> 

**WASHINGTON SENIORS WELLNESS CENTER**  
**COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE**  
**& SPECIAL EVENTS**



**MONDAY**

**Dec 5 10:00am-12:30pm Center (Hudson Rm)** Medstar Washington Hospital Living Well Program. Facilitators Charles Debnam, Kisha Copeland Topic: TBA

**Dec. 5 10:00am-11:00am Center** Want to look Fabulous for the Holiday. Mary Kay has what you need. Presenter: Kimberly McKinney (Mary Kay Consultant)

**Dec 12 10:00am-12:30pm Center (Hudson Rm)** Medstar Washington Hospital Living Well Program. Facilitators Charles Debnam, Kisha Copeland Topic: TBA

**Dec 19 (Final Session) 10:00am-12:30pm Center (Hudson Rm)** Medstar Washington Hospital Living Well Program. Facilitators Charles Debnam, Kisha Copeland Topic: TBA

**Dec 19 10:00am-11:00am Hybrid** National Nurses Association Presenter: Teresa Butler, Social Worker. Topic: Emotional Wellness/Depression in the Elderly

**TUESDAY**

**Dec 6 10:00am-11:00am Hybrid.** Giant Food w/ In Store Dietician, Alexandria Brown. Topic: Mindful Eating

**Dec 6 10:00am-2:00pm** Trip to Mayor's 24<sup>th</sup> year Holiday Celebration at the DC Armory. Transportation will be provided.

**Dec. 8 10:00am-11:00am Hybrid** Alzheimer Association. Presenter Michael Wade Topic: The Alzheimer Education Series Understanding and responding to Dementia related behaviors.

**Dec 20 2:00pm-4:30PM Center WSWC** Holiday Brunch. Come and enjoy our special holiday event we have planned especially for you. **You must pre-register to attend.** You can dance to the music of rocking DJ Rick, enjoy the nonalcoholic drinks prepared by Mixologist Elaina and enjoy the great chicken and waffle brunch along with other added favorites prepared just for you. As part of our community outreach this season, the WSWC adopted two DC families. We will present our gifts to the family representatives on this day. Thanks to the generous donations of the WSWC members, staff, family and friends we were able to purchase Tablets for each Child's Christmas wish.

**WEDNESDAY**

**Dec. 7 10:00am-11:00pm Center** MPD Sixth District. Presenter Officer Persaud. Topic Holiday Safety Tips and how to protect yourself against Identity Theft

**Dec 7 12:00pm-2:00pm Center** WSWC Celebrating the Holiday Season with the Side-by-Side Band. Let's get our party on and have some fun while we usher in the holiday season

**Dec.14 10:00am-11:00am Hybrid** December is Hand Washing Awareness Month. DC Health Department. Presenter: Maribelle Sabio Topic: When Why & How to properly wash your hands to prevent bacteria spread.

**Dec 21 10:00am-11:00am Hybrid Giant** Food w/ Alexandria Brown, In Store Dietician Topic: Holiday Celebration Dish – Sweet Potato/Avocado Toast.

**THURSDAY**

**Dec 1 10:00am-11:00am Hybrid National Veggie Month** Weis Market w/Christina Pelletier (Health & Nutritional Benefit) discussion of the benefits of Ginger & Garlic (Healthy Root Veggies) Cooking Demo TBA.

**Dec 1 10:00am-1:00pm Center** DC Library w/Ms. Margarete Snow (Librarian) Topic: Making Christmas Cards and Journal Writing.

**Dec 1 1:00pm-2:00pm Center** Zion Family Practice. Dr. Hagan: Topic: Medication Talk

**Dec 8 10:00am-11:00am Hybrid** Emotional Wellness FMSC inc. (Network Affiliate of United Health Care). Presenter: Kyla Flanagan & Jacqueline Weans Topic: Mental Health Rejuvenation; Loneliness, Anxiety, Suicide during the holiday is real / The presenters will discuss how to cope with it.

**Dec 8 11:00am-1:00pm Center** Tech Talk with Adrian Topic: Need assistance with texts, picture taking, emailing etc. bring your Phone, laptop, iPad. into the center

**Dec 8 11:30-12:30pm Center** Safe at Home Awareness Month. DACL Presentation.

Presenter Alice Thompson, DACL Outreach Specialist. Topic: Safe at Home Program (what you need to know) & other programs available

**Dec 8 2:30m-3:00pm Hybrid** Nutrition Session w/Shymee & Chef Herb Topic: December is Exotic Fruit Month A discussion around Nutritional benefits of Jackfruit w/Food Demo by Chef Chickpea & Jackfruit Curry

**Dec 8 3:00pm-4:00pm Hybrid**

Hair Care discussion with Bryn, Hair Care Specialist who will share Hair Care necessities that you won't want to miss. You can never know too much about hair care.

**Dec 15 10:30am-11:30am Center** Joy the Service dog is back dressed in her Christmas attire to visit the Center members and spread a little love and cheer. She loves to be petted and enjoys showing off some of her tricks

**Dec 15 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Chef Herb In recognition of National Kale Month. Topic: Health & Nutritional Benefits of Kale w/Food Demo by Chef Herb: Kale Salad with Cranberries, apples, sliced persimmons, and walnuts

**Dec 22 2:30pm-3:30pm Hybrid** Nutrition Session w/Shymee and Chef Herb Holiday Dish. Topic: Health & Nutritional Benefits of Scallops w/ Food Demo by Chef Herb: Air Fried Lemon Pepper Scallops with Vegetables

**Dec 29 1:00pm-2:30pm Center** Kwanzaa Celebration w/ Ms. Delores Botts WSWC Health Educator

**FRIDAY**

**Dec. 12 11:00am-12:00pm Center in recognition of Bingo's Birthday Month** play Christmas Bingo w/ Deyanne. Win the game and get a prize