

Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



December is....

- Seasonal Depression Awareness Month
- National Impaired Driving Prevention Month
- Winter Safety Month
- National Influenza & Handwashing Awareness Month
- Crohn's & Colitis Awareness Month
- National Car Donation Month
- Christmas (Monday December 25th)
- Hanukkah a Jewish Holiday commemorating the recovery of Jerusalem (December 7-15)
- Kwanzaa founded in 1966 is a holiday celebrating African American Culture (December 26-January 1)
- December 21, the longest night of the year is the first day of Winter in 2023
- December 6, 1865 the 13th Amendment was passed, officially abolishing slavery freeing millions of enslaved people across the country.




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
 <p>Final Session in Center For assistance with Medicare, Medicaid Enrollment & Social Security (Open enrollment closes December 7th.) Donna Tabor will be available in Center to assist. Date: Tuesday December 5, 2023 Time: 10:00am-11:00am</p> <p>***Welcome WSWC New Staff Hannah Thomas Data Entry Specialist</p> <p>*****Shymee Vacation (Tuesday December 19, 2023- Tuesday January 2, 2024) Her Zoom Classes & Activities are cancelled for those dates.</p>	 <p>Dec 12, 10:45am-11:30am Martha's Table-Commons Lobby Market The Commons Bld. 2375 Elvan's Rd. SE DC</p> <p>Dec 13, 9:00am-1:00pm Mayor Muriel Bowser Annual Senior Holiday Celebration DC Stadium Armory 2001 E. Capitol St. SE Washington, DC.</p> <p>Dec 15, 9:45am-12:30pm Holiday in Harmony PG Publick Playhouse 5445 Landover Rd Hyattsville, MD</p>	 <p>Kick off to the Holiday's! Arts & Crafts Activity with Deyanne-Center Date: Friday December 1, 2023 Time: 1:30pm-2:30pm</p> <p>Holiday Scavenger Hunt with Santa's Helpers - Center Date: Tuesday December 5, 2023 Time: 11:00am-12:00noon</p> <p>Welcome to Holiday Bingo with Santa's Helpers- Center Date: Monday December 11, 2023 Time: 1:00pm-2:30pm:</p> <p>Come On Down to the Price Is Right – Center ***Fun and Prizes Sponsored by Mt. Mount Moriah Vivian Smith WSWC & Members Date: Thursday December 14, 2023 Time: 10:00am-11:00am</p>	 <p>Let's Rock the House!!! WSWC Holiday & Birthday (Oct, Nov, Dec,) Celebration- Center</p>  <p>Date: Monday December 18, 2023 Time: 2:00pm-4:00pm</p> <p>*****DJ RIC In the House, Rosebuds' Cater, Elaina & Tam (Mixology) Card Decoration with Deyanne (Morning)</p> <p>Ugly Sweater & Red Shoe Contest. (Afternoon) Come Prepared to Model May the Best Person Win!!!! Creativity, Prizes, Fellowship</p> <p>WSWC Kwanzaa Celebration Celebrating History, Values, Family, Community and Culture Date: Thursday December 28, 2023 Time: 1:30pm-3:00pm Facilitator: Ms. Delores Botts WSWC Health Educator</p>	 <p>9:00am-10:15am Outside Walking Group 10:30am-12:00pm Hudson Crochet Class w/Carmella 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm - 2pm- Gym Line Dancing w/Rita 1:30pm-2:30pm Center Arts & Crafts with Deyanne to kick off the Holiday</p>

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WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & UPCOMING EVENTS - DETAILS



MONDAY

December 4 10:30am-11:30am Hybrid Internal Revenue Service to educate Seniors(targeted) on Tax Scams and Identity Theft.

December 11 10:30am-11:30am Virtual Skin & Hair Care Problems.

December 11 1:00pm-2:30pm Center Holiday Bingo w/Santa's Helpers.

December 18 2:00pm-4:00pm Center Annual Holiday Party and Birthday Celebration (Oct, Nov, Dec) with food, Music, Dance and Prizes and just have some plain old fun.

TUESDAY

December 5 10:00am-11:00am Virtual Giant w/Alexandra Brown, In-Store Dietician discusses what you need to know about Salt for your Health.

December 5 10:00am-1:00pm-Center Final Session to take advantage of Donna Tabor's assistance with Medicare/Medicaid Enrollment (Open Enrollment closes on 12/7/2023).

December 5 11:00am-12:00noon Center Holiday Scavenger Hunt Activity w/prizes.

December 5 1:00pm-2:30pm Center Pop Up Shop. Shop for the Holiday with Mary Kay, Paparazzo Jewelry & Head Wraps (with a Demo on how to tie them).

December 12 10:00am-11:00am Hybrid National Influenza Month & Importance of Handwashing discussion

THURSDAY

December 7 10:00am-11:00 Hybrid Weiss w/Christina Pelletier, In Store Dietician discusses Holiday Food Safety Awareness & Portion Size.

December 7 11:00am-12:00pm Virtual Officer Persaud provides tips on Holiday Safety.

December 7 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb Nutrition discussion w/ Food Demo Pomegranate Salad & Dressing.

December 14 10:00am-11:00 Center Price is Right Game (Come on Down!!!) sponsored by Mt. Moriah: fun, prizes, and lots of laughs.

December 14 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Nutritionist Series. Discussion on Crohn's & Colitis.

December 14 10:00am-11:00am Center 3rd Session in a Men's Health Series-A Man's State of Mind.

December 14 2:30pm-3:00pm Virtual Giant w/Alexandra Brown, In-Store Dietician celebrates the Holiday with festive beverage demo Holiday Pomegranate Mocktail.

December 14 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Nutritionist Series. Healthy Eating for the Aging.

December 28 1:30pm-3:00pm Center Kwanza Celebration

FRIDAY

December 1 1:30pm-2:30pm Center Deyanne kicks off the Holidays with an Arts& Crafts Activity.