

Washington Seniors Wellness Center Calendar 2023

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**



**HELLO
February**

2023

On Zoom:

Enter Meeting ID: 928 7552 9202

Call In 646-558-8656

Password: 083339

*** Activities subject to change**

**** Masks required**

February is....

- Black History Month
- American Heart Health Month
- National Cancer Prevention Month
- National Senior Independence Month
- International Month of Black Women in the Arts
- National Health Self-Check Month
- Mardi Gras
- Fit February Month
- Ground Hog Day –February 2
- Valentine’s Day - February 14
- Presidents’ Day- February 20 (Center Closed)
- NAACP founded - February 12, 1909
- Frederick Douglas Birthday - February 1
- Rosa Parks Birthday – February 4
- John Lewis Birthday – February 21
- W.E.B. Dubois Birthday – February 23

New Member




Orientation with Shymee

Tuesdays 1:45pm-3:00pm

RSVP is required

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am-11:00am Center(Appt only) Nutrition Consultation w/ Shymee 10:00am-11:00am Hybrid Community, Health, Nutrition w/Shymee <i>(see details)</i> 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 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 2:30pm-3:30pm Center Ceramics Art & Mixed Media w/ Candice 5:00pm - 6:00pm Center Fitness w/ Rodney</p>	<p>Field Trip! 9:00am - 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Hybrid Community, Health, Nutrition w/Shymee 10:30am-1:00PM-Trip NMAAHC and Lunch @ the Sweet Home Cafe 10:00am-1:00pm Center DC Library w/ Margarette Snow, Librarian 10:30am-11:30am Center Chair Exercise w/ Stacy 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-3:30pm Hybrid Nutrition Ed. w/ Shymee</p>	<p> 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 11:00am-1:00pm Center Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) 1:00pm-2:00pm Center Line Dancing with Rita 12:30pm-4:30pm Center GAMES A PLENTY National WEAR RED Day </p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">6</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta</p> <p>10:00am -11:00am- Center Chair Yoga w/ Gigi</p> <p>10:00am-11:00am Hybrid Francis Gregory Library w/Margarette Snow highlighting Girls & Women in Sports</p> <p>10:30am -11:30am- Center WSWC Garden Club w/Dr. Linda Thompson</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc</p> <p>12:00pm - 1:00pm Zoom Chatting w/ Katherine</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm -2:30pm Center Edenbridge Health Family Feud</p> <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">7</p>  <p>10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee <i>(see details)</i></p> <p>10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p>10:45am -11:45am Trip Martha's Table Commons Lobby Market</p> <p>10:30am - 11:30am Center Chair Exercise- (No Class)</p> <p>11:00am - 12:00pm hybrid WSWC Members Assembly Meeting</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>12:30pm-1:30pm Center Strength & Conditioning w/ Stacy</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>1:30pm-2:30pm Zoom Spanish Class w/Gwen</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p>	<p align="right">8</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta</p> <p>10:00am-11:00am Hybrid Community Sessions w/ Shymee <i>(see details)</i></p> <p>10:00am -11:00am Center Chair Yoga w/ Gigi</p> <p>10:30am-2:00pm Center Deanwood Library w/Melissa Davis & Outreach Staff. Computer Bingo</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm - 2:00pm Zoom Sibley Club Memory</p> <p>ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm - 4:30pm Center Drawing and Painting Art Class</p> <p>5:00pm - 6:00pm Center Fitness w/ Rodney</p>	<p align="right">9</p> <p>9:00am - 9:45am Center Zumba Gold with Michelle</p> <p>10:00am-11:00am Hybrid Community,Health session w/ Shymee <i>(see details)</i></p> <p>10:30am-11:30am Center Chair Exercise -(No Class)</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>12:30pm-1:30pm Center Strength & Conditioning w/ Stacy</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:30pm Hybrid Nutrition Ed. w/Shymee <i>(see details)</i></p>	<p align="right">10</p>  <p>9:15am-1:00pm Trip PG Publick Playhouse Black History in Motion- Musical</p> <p>9:45am-10:15am Center Walking Group w/Stacy</p> <p>9:30am-11:00am Center Trinity University Presents: Accessing Healthcare Through Technology</p> <p>11:00am-12:00pm Hybrid Enhance Fitness-no class Mtg ID:815 5057 3934 PW: wswc</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p> 
<p align="right">13</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta</p> <p>10:00am -11:00am- Center Chair Yoga w/ Gigi</p> <p>10:00am-11:00 am Hybrid DACL Alice Thompson Sharing Resources that promote a safe independent lifestyle for Seniors,</p> <p>10:30am -12pm- Center WSWC Garden Club w/Dr. Linda Thompson</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc</p> <p>12:00pm - 1:00pm Zoom Chatting w/ Katherine</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p> <p>1:00pm -2:00pm Center Edenbridge Health Family Feud Senior Independence Month & Recreational Therapy</p> <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">14</p> <p>10:00am-11:00am Center Community Session w/ Shymee <i>(see details)</i></p> <p>10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p>10:30am - 11:30am Center Chair Exercise w/ Stacy</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>12:30pm-1:30pm Center Strength & Conditioning w/ Stacy</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>1:30pm-2:30pm Zoom Spanish Class w/Gwen</p> <p>1:30pm-4:00pm Center Wellness Activities w/Friends of the Anacostia Park</p> <p>2:00pm-3:30pm Center Community Session w/ Shymee <i>(see details)</i></p> <p>All Day In Center Enjoy Sweet Treats</p> 	<p align="right">15</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta</p> <p>10:30am-2:00pm Center Deanwood Library w/ Melissa Davis see event Sheet for details.</p> <p>10:30am-12:00pam Center Capital Food Bank Grocery Plus Sign-up Event and receive groceries if eligible.</p> <p>10:00am -11:00am Center Chair Yoga w/ Gigi</p> <p>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm - 2:00pm Zoom Sibley Club Memory</p> <p>ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm -4:30pm Center Drawing and Painting Art Class</p> <p>2:30pm-3:30pm Center Ceramics Art & Mixed Media w/ Candice</p> <p>5:00pm-6:00pm Center Fitness w/Rodney</p>	<p align="right">16</p>  <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle</p> <p>10:00am-11:00am Hybrid Community, Health Sessions w/Shymee <i>(see details)</i></p> <p>10:30am-11:30am Center Chair Exercise w/ Stacy</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>11:30am-12:45pm Trip The Spice Suite- Black Owned Retail</p> <p>12:30pm-1:30pm Center. Strength & Conditioning w/ Stacy</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry</p> <p>1:45pm - 2:20pm Zoom Health Dialogue w/ DeLois Botts</p> <p>2:30pm-3:00pm Hybrid Nutrition Education w/ Shymee</p> <p>3:00pm-4:00pm Hybrid Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p align="right">17</p>  <p>9:45am-10:15am Center Walking Group w/Stacy</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc</p> <p>11:00am-1:00pm Center Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10)</p> <p>1:00pm-2:00pm Center Line Dancing with Rita</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p> <p>2:00pm-4:00pm Center Movie -Woman King</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">20</p>  	<p style="text-align: right;">21</p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee (<i>see details</i>)</p> <p>10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p>10:30am - 11:30am Center Chair Exercise w/ Stacy</p> <p>10:30am - 11:30am- Center WSWC Garden Club w/Dr. Linda Thompson</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>12:30pm-1:30pm Center Strength & Conditioning w/ Stacy</p> <p>1:00pm-3:30pm Center The friends of Anacostia Park- Activities and Games</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>1:30pm-2:30pm Zoom Spanish Class w/Gwen</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p>	<p style="text-align: right;">22</p>  <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta</p> <p>10:00am-11:00am Center (Appt Only) Nutrition Consultation w/ Shymee</p> <p>10:00am -11:00am Center Chair Yoga w/ Gigi</p> <p>10:00am-11:00am Center Introduction to Sewing Class w/ DACL</p> <p>10:30am-2:00pm Trip 2nd Ave. Thrift Super Store, Laurel Md</p> <p>11:00am - 12:00pm Hybrid Enhance Fitness -no class Mtg ID:815 5057 3934 PW: wswc</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>12:30pm-1:30pm Center Name that Loves Song Activity with Deyanne Nicholas (Prizes)</p> <p>1:00 - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm -4:30pm Center Drawing and Painting Art Class</p> <p>2:30pm-3:30pm Center Ceramics Art & Mixed Media w/ Candice</p> <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p style="text-align: right;">23</p> <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle</p> <p>10:00am-11:00am Hybrid Community Sessions w/ Shymee (<i>see details</i>)</p> <p>10:30am-11:30am Center Chair Exercise w/ Stacy</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>12:30pm-1:30pm Center Strength & Conditioning w/ Stacy</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry</p> <p>1:45pm - 2:20pm Zoom Health Dialogue w/ DeLois Botts</p> <p>2:30pm-3:00pm Hybrid Nutrition Education w/ Shymee</p> <p>3:00pm-4:00pm Hybrid Community, Health Sessions w/Shymee</p>	<p style="text-align: right;">24</p>  <p>9:45am-10:15am Center Walking Group w/Stacy</p> <p>9:30am-11:00am Center Trinity University Presents: Managing Cardiovascular Health and Recovery</p> <p>9:00am-12:00am Trip Shirley Chisholm at THEARC, DC *Lunch Provided</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc</p> <p>12:00pm-1:30pm Zoom WSWC Reading Group Mtg ID:815 5057 3934 PW: wswc</p> <p>Call in:646-931-3860 PW:971811</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>
<p style="text-align: right;">27</p>  <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta</p> <p>9:30am-2:00pm Trip Walmart & Copper Canyon Grill lunch</p> <p>Arundel Mills 10:00am - 11:00am- Center Chair Yoga w/ Gigi</p> <p>10:00am-11:00am Hybrid Community/Health Session w/Shymee (<i>see details</i>)</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc</p> <p>12:00pm - 1:00pm Zoom Chatting w/ Katherine</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p> <p>5:00pm- 6:00pm Center Fitness w/Rodney</p>	<p style="text-align: right;">28</p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee (<i>see details</i>)</p> <p>10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p>10:30am - 11:30am Center Chair Exercise w/ Linda</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>12:30pm-1:30pm Center Strength & Conditioning w/ Stacy</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>1:00pm-4:00pm Center WSWC Motown Jam with DJ Ric- <i>It's a Party!</i></p> <p>1:30pm-2:30pm Zoom Spanish Class w/Gwen</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p>	<p style="text-align: right;">28</p>  <p>DETAILS National Museum of African American History & Culture. Sweet Home Café Thurs. Feb 2,2023 10:30am-1:00pm 1400 Constitution Ave Wash DC</p> <p>Martha's Table-Commons Lobby Market Tues, Feb 7,2023 10:45am-11:45am The Commons Building 2375 Elvan's RD SE Wash DC</p> <p>PG Publick Playhouse Black History in Motion-Musical Friday, Feb 10, 2023 9:15am - 1:00pm 5445 Landover Rd. Cheverly, Md. (Sold Out)</p> <p>The Spice Suite- Black Woman Owned Thurs. Feb 16,2023 11:30am -12:45pm 2201 Channing St.NE Wash. DC</p> <p>2nd Ave Thrift Super Store Wednesday Feb 22, 2023 10:30am - 2:00pm 201 Fort Meade R. Laurel, Md</p>	<p style="text-align: right;">28</p>  <p>DETAILS (Continued) Shirley Chisholm At THEARC Friday Feb. 24,2023 9:00am-12:00pm 1901 Mississippi Ave SE Wash. DC *Lunch Provided</p> <p>Walmart & Copper Canyon Grill(lunch) Arundel Mills Mon, Feb. 27, 2023, 9:30am-2:00pm 7000 Arundel Mills Cir. Hanover, Md</p>  <p>Feb 15,2023 10:30am-11:30am- Center Capital Food Bank: Grocery Plus Sign-up Event Follow Up Feb 21,2023 1:00pm-3:30pm- Center The Friends of Anacostia Park- Activities & Games Februray 28, 2023 1:00pm-4:00pm In Center WSWC Motown Jam. <i>It's a Party!</i></p>	 <p>February 1- National Freedom Day February 1 National Girls and Women in Sports Day- it's all about breaking the gender stereotypes built around the sports industry. February 2 -Ground Hog Day February 3- National Wear Red Day to raise awareness about cardiovascular disease. February 4 - World Cancer Day February 14- Valentine's Day February 17-National Random Acts of Kindness Day February 20- Presidents' Day</p>

WASHINGTON SENIORS WELLNESS CENTER

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



THURSDAY

Feb. 2 10:00am-11:00am Hybrid Weis Market w/Christina Pelletier, In Store Dietician Topic: Eating Heart Healthy.

Feb. 2 2:30pm-3:30pm Hybrid Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Health and Nutritional benefits of Fettuccine Alfredo w/cooking demo by Chef Herb.

Feb. 9 10:00am-11:00am Hybrid Congestive Heart Failure Awareness Month the Black Nurses Association. Presenter: Joanne Hill Topic: Congestive Heart Failure 101. What you need to know and recognize the symptoms

Feb. 9 2:30pm-3:30pm Hybrid Nutrition Session w/Shymee and Chef Herb. National Sweet Potato Month Topic: Health & Nutritional benefits of the sweet potato w/ Cooking Demo of a stuffed sweet potato by Chef Herb

Feb 16 10:00am-11:00am Hybrid Heart Health Awareness Month. Speak with the Cardiologist: Ask the Doc Series with Medstar Washington Hospital Center. Presenter: Dr. Zemekdun Topic: Learn about Atrial Fibrillation, Congestive Heart Failure and Peripheral Artery Disease.

Feb. 16 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Health & Nutritional benefits of Cabbage w/cooking demo by Chef Herb.

Feb. 16 3:00pm-4:00pm Hybrid National Self Check Health Month. Bluerock Care Ask the Doc Series w/ Presenter Dr. Alka, Gupta MD Topic: Be proactive with your health care. This serves as a reminder to put your health first every day. It is possible for us (and ultimately our responsibility) to take charge of our health.

Feb. 23 10:00am-11:00am Hybrid National Cancer Prevention Month. Speak with the Oncologist. Ask the Doc Series with Medstar Washington Hospital

Feb. 23 2:30pm-3:00pm Hybrid National Cherry Month. Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Health & Nutritional benefits of Cherries w/cooking demo by Chef Herb.

Feb. 23 3:00pm-4:00pm Hybrid Celebrating Black History Month with Pastor Emeritus Maxwell M. Washington of the Saint Matthews Baptist Church: Topic: What was it like to Pastor a predominately African American Church for over 50 years.

MONDAY

Feb 6 10:00am-11:00 am Hybrid National Girls & Women in Sports Month. Celebrating women in sports w/ Francis Gregory Librarian, Margarette Snow to honor the achievements of girls and women in sports and bring awareness to the impact of gender stereotypes built into the sports industry.

Feb 13 10:00am-11:00 am Hybrid National Senior Independence Month. DACL Presenter: Alice Thompson Topic: Sharing Resources that promote a safe independent life style,

Feb 27 10:00am-11:00 am Hybrid Celebrating Black History with CR Gibs Historian/Author Topic: 2023 Black History Month Theme “Black Resistance” and the untold story.

TUESDAY

Feb. 7 10:00am-11:00am Hybrid National Heart Health Month. Giant Food w/Alexandra Brown, In Store Dietician Topic: Food as a preventive medicine

Feb 14 10:00am-11:00am Hybrid Legal Counsel for the Elderly celebrates Black History Month. Presenter: Darnetta Bascomb, Legal Counselor. Topic: Sharing Black History facts and LCE Resources and Services.

Feb 14 2:00pm-3:30pm Hybrid Alzheimer Association w/ Chef Herb. Presenter Michael Watson. Topic: Advancing the Science around Alzheimer and Dementia Research (**Final Series Session**) and cooking demo w/ Chef Herb

Feb 14 All Day in the Center Happy Valentine’s Day Share your Valentine wishes with others in the Center and receive some Valentine treats.

Feb 21 10:00am-11:00am Hybrid Dehydration. Elizabeth Dortch, Certified Health Coach & WSWC Member. Topic: Discussion around causes, signs, severity ,impact to Health and how to fix it.

Feb 28 10:00am-11:00am Hybrid History of Finance in Black America .Dept of Securities, Insurance & Banking Presenter: Idriys Abdullah, Consumer Protection Advocate Topic: 10 Black Finance Leaders in History & tips on how to improve and or sustain your finances in uncertain times

Feb 28 1:00pm-4:00pm. Motown Jam with the sounds that made Black history with DJ Rick. Enjoy the sounds of Motown past and present and dancing to the beat. Open invitation to all members. Come on in and enjoy yourself!

WEDNESDAY

Feb. 1 10:00am-11:00am Hybrid United Health Care. Presenter: Donna Tabor, Insurance Specialist. Topic: Important Medicare, Medicaid, Advantage Updates

Feb. 8 10:30am-2:00pm Center Deanwood Library w/ Melissa Davis and Outreach Staff Topic: Computer Bingo. Learn more about the computer and win prizes

Feb 15 10:30am-12:00pm Center Grocery Plus Sign-Up Presentation. In Partnership with the DC Food Bank: Facilitators Jesse Pearlmutter, CSFP Partnership Coordinator & Team: Topic: Learn more about the Grocery Plus Services & sign up and receive groceries (if eligible)

Feb 22 10:00am-11:00 Center Sewing with Jaz presented by DACL Topic: Introduction to Sewing Class. If you are interested in learning how to sew this could be an opportunity.