

Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



February is....

- Black History Month
- Heart Health Month
- Senior Independence Month
- 2024 Leap Year
- Celebration of Chocolate Month
- Low Vision Awareness Month
- National Cancer Provision Month
- National Self Check your Health Month
- 2nd Ground Hog Day
- 13th Mardi Gras Fat Tuesday
- 14th Valentine's Day
- 19th Presidents' Day
- The NAACP was founded Feb 12, 1909
- The theme for 2024 Black History Month is African Americans in the Arts.

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>Thursday February 1, 2024 Film: Descendants PG Publick Playhouse 5445 Landover Road Cheverly, MD 20784 Time: 9:30AM - 1PM</p> <p>Friday February 9, 2024 Black History in Motion PG Publick Playhouse 5445 Landover Road Cheverly, MD 20784 Time: 9:30AM - 1PM</p> <p>Tuesday, February 13, 2024 Martha's Table-Commons Lobby Market The Commons Building 2375 Elvan's RD SE DC Time: 10:45am - 11:45am</p>	<p><i>What Happens in February Stays in February</i></p>    	      	<p>Field Trip! </p> <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle 10:00am-11:00am Virtual Nutrition Ed w/Shymee (<i>see event details</i>) 9:30am - 1:00pm- Trip PG Publick Playhouse Film: Descendants 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 11:00am-1:00pm Center Computer Training w/Adrian 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:30pm-3:30pm Center The Matter of Balance Class 1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Virtual Nutrition Ed w/Shymee & Chef Herb food Demo (<i>see details</i>)</p>	<p>NATIONAL Wear Red Day </p> <p>9:00am-10:15am Center 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 1:00pm - 2pm- Gym Line Dancing w/Rita 12:30pm-4:30pm Center GAMES A PLENTY </p>

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<p style="text-align: right;">5</p> <p>9:00am –10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wsw 12:00pm – 1:00pm Zoom Chatting w/ Katherine 12:30pm-4:30pm Center GAMES A PLENTY  1:00pm-2:00pm Center Tai Chi w/ Eric 5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p style="text-align: right;">6</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Milton 10:00am-11:00am Virtual Health Education w/Shymee (<i>see event details</i>) 10:00am-1:00pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am – 11:30am Gym 11:00am-1:00pm Center Blood Pressure Screening Chair Exercise w/ Andrea 11:30am-12:30pm Center Health Ed w/Shymee (<i>see event details</i>) 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-3:30pm Center The Matter of Balance Class 2:00pm-3:00pm Center Hand Dancing 2:00pm-4:00pm Center Activities at your Leisure</p>	<p style="text-align: right;">7</p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta 10:00am -11:00am Gym Chair Yoga w/ Gigi 11:00am-2:00pm – In Center or Phone 1 on 1 Nutrition Counseling w/ Shymee (Appointment required) 11:00am – 12:00pm Hybrid Member’s Assembly Meeting 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 Gym Tai Chi w/ Eric 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 1:30pm-2:30pm Center Ceramics Art & Mixed Media w/ Candice 5:00pm-6:00pm Center Fitness w/Rodney</p>	<p style="text-align: right;">8</p> <p>9:00am – 9:45am Hybrid Zumba Gold with Michelle 10:00am-11:00am Virtual Health Ed w/Shymee (<i>see event details</i>) 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 10:30am-12:00am Center SWAG ART class 11:00am-1:00pm Center Computer Training w/Adrian 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:30pm-3:30pm Center The Matter of Balance Class 1:45pm – 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Virtual Nutrition Ed w/Shymee & Chef Herb food Demo (<i>see details</i>)</p>	<p style="text-align: right;">9</p> <p>Field Trip!  9:00am-10:15am Center Walking Group 9:30am – 1:00pm- Trip PG Publick Playhouse Black History in Motion 11:00am–12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc 12:30pm-4:30pm Center GAMES A PLENTY </p>
<p style="text-align: right;">12</p> <p>BLACK HISTORY MONTH Activities! 9:00am –10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:30am-12:00pm Center Capital Food Bank Grocery Plus Pick up @ WSWC. 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 1:00pm-2:00pm Center Tai Chi w/ Eric 1:00pm-3:00pm Center Tribute to Black History The Movie Harriet is showing. 5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p style="text-align: right;">13</p> <p>Field Trip!  9:30am–10:20am Gym Strength & Cond. w/Milton 10:00am-11:00am Hybrid Community Session w/Shymee (<i>see event details</i>) 10:00am-1:00pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am–11:30am Gym Chair Exercise w/ Andrea 10:45 am-11:30am Trip Martha’s Table 11:00am-12:00pm Center Mardi Gras Mask Making 11:00am-1:00pm Center Health Ed. w/Shymee (<i>See event details</i>) 11:30am-12:30pm Zoom Active Living w/ Romunda 2:00pm-4:00pm Center Activities at your Leisure</p>	<p style="text-align: right;">14</p> <p>Valentine’s Day 9:00am-10:00am Gym Kickboxing w/Vernetta 10:00am -11:00am Gym Chair Yoga w/ Gigi 10:00am-11:00am Center Valentine Day Card Craft w/Deyanne 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 Gym Tai Chi w/ Eric 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 2:00pm-4:00pm Center Valentine’s Day Dance w/ DJRIC</p>	<p style="text-align: right;">15</p> <p>9:00am – 9:45am Hybrid Zumba Gold with Michelle 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 11:00am-1:00pm Center Computer Training w/Adrian 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:45pm – 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Virtual Nutrition Ed w/Shymee & Chef Herb food Demo (<i>see details</i>) 3:00pm-4:00pm Virtual Health Ed w/Shymee (<i>see event details</i>)</p>	<p style="text-align: right;">16</p> <p>9:00am-10:15am Center Walking Group 10:00am–3:00pm Center Friends of Anacostia Park present Acting Up Fridays at WSWC 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 12:30pm-4:30pm Center GAMES A PLENTY  1:00pm – 2pm- Gym Line Dancing w/Rita</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">19</p>  <p style="text-align: center;">CLOSED Monday February 19</p> 	<p style="text-align: right;">20</p> <p>9:30am-10:20am Gym Strength & Cond. w/Milton</p> <p>10:00am-1:00pm Center Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm-3:00pm Center Community Session w/Shymee <i>(see event details)</i></p> <p>2:00pm-4:00pm Center Activities at your Leisure</p> <p>2:00pm-3:00pm Center Hand Dancing</p>	<p style="text-align: right;">21</p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta</p> <p>10:00am -11:00am Gym Chair Yoga w/ Gigi</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana.</p> <p>11:00am-2:00pm - In Center or Phone 1 on 1 Nutrition Counseling w/ Shymee (Appointment required)</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>1:00pm - 2:00pm Center Sibley Club Memory</p> <p>1:00pm -4:30pm Center Drawing and Painting Art Class</p> <p>1:30pm-2:30pm Center Ceramics Art & Mixed Media w/ Candice</p> <p>5:00pm-6:00pm Center Fitness w/Rodney</p>	<p style="text-align: right;">22</p> <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-12:00am Center SWAG ART class</p> <p>10:30am-2:00pm Bowling</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:00pm Virtual Nutrition Ed w/Shymee & Chef Herb food Demo <i>(see details)</i></p>	<p style="text-align: right;">23</p> <p>9:00am-10:15am Center Walking Group</p> <p>9:00am-11:00am Center Trinity University Presents Cardiovascular Heart Health/ Care</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/Tawana.</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>12:00pm-1:30pm Hybrid WSWC Reading Group</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p> 
<p style="text-align: right;">26</p>  <p>Activities!</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-3:00pm Center Celebrate Black History w/ Black Owned Small Business Expo. Shop, Socialize, Small Business Panel Discussion</p> <p>10:30am-11:30 am Center Community Session w/Shymee (see details)</p> <p>11:00am-1:00pm Center Capital Food Bank Grocery Plus Pick up @ WSWC.</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana.</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 Tai Chi w/ Eric</p> <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p style="text-align: right;">27</p>   <p>9:30am-10:20am Gym Strength & Cond. w/Milton</p> <p>10:00am-11:00am Hybrid C.R. Gibbs/well known Historian talks about Black Women in Film</p> <p>10:00am-1:00pm Center Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-12:00pm Hybrid Community Session w/Shymee (see event details)</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p> <p>9:00am-5:00pm- Center Pick up a Dark Chocolate treat today w/ Healthy Benefit Tips while supply last.</p>	<p style="text-align: right;">28</p>  <p>Activities!</p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta</p> <p>10:00am -11:00am Gym Chair Yoga w/ Gigi</p> <p>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>11:00am-2:00pm - In Center or Phone 1 on 1 Nutrition Counseling w/ Shymee (Appointment required)</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</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-3:00pm Center Tribute to Black History Month The Movie Selma is showing.</p> <p>1:00pm -4:30pm Center Drawing and Painting Art Class</p> <p>5:00pm-6:00pm Center Fitness w/Rodney</p>	<p style="text-align: right;">29</p>   <p>Leap Year gives you an extra day. But a healthy heart can give you extra years.</p> <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:00pm Virtual Nutrition Ed w/Shymee & Chef Herb food Demo <i>(see details)</i></p>	<p style="text-align: right;">29</p>  <p>Bingo is back in the Center this Month. The Details and Logistics, once worked out, will be posted in the Center.</p> <p>*The Matter of Balance Class Is back. Refer to the calendar for dates and times.</p> <p>*Personal 1 on 1 Nutrition Counseling with Shymee Is back. Refer to the calendar for dates and times. *Appointment required</p>

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



MONDAY

February 12 1:00pm-3:00pm-Center A Tribute to Black History- Movie Day featuring the movie “Harriet” the story of Harriet Tubman and her acts to free slaves; Popcorn served.

February 26 10:00am-3:00pm Center Black Owned Small Business Expo. Come out support; shop, socialize, participate in small business panel discussion.

TUESDAY

February 6 10:00am-11:00am Virtual Supporting Heart Health Month with presentation by Pamela Hodge RN, Black Nurses Ass. on Cholesterol

February 6 11:00am-1:00pm Center Supporting Heart Health Month with Blood Pressure Screening on site.

February 13 10:00am-11:00am Virtual Legal Counselor for the Elderly Rep – provides an update on Medicare, Scammers & Resources.

February 13 11:00am-12:00pm Center Mardi Gras Mask Making with Deyanne. Come in and bedazzle your personal Mardi Gras Mask

February 13 11:00am-1:00pm Center Supporting National Diabetes Care Diabetic Shoe Representative presents information on the benefits and purchase process of Diabetic Shoes as well as fitting for these shoes.

February 20 10:00am-11:00am Virtual Ms. Elizabeth Dortch (Certified Health Coach) & Her “*All About Wellness Session*” discusses the Dash Diet and control of Hypertension.

February 20 1:00pm-3:00pm Center Project Talk w/ Penn State Hershey & MedStar Washington Hospital Center. Topic: Advance Directives

February 27 10:00am-11:00am-Hybrid A Tribute to Black History Month – C.R. Gibbs, renowned Historian, presents Black Women in Film

February 27 11:00am-12:00pm Hybrid Mayor’s Office of Community Relations and Services w/ Lawrence Devin provides updates on Services for Ward 7 & 8. Get on the Snow Removal Program

February 27 All Day Center Supporting February Chocolate Month. Dark Chocolate treats with Nutrition Tips will be available in the Center during this day while supply last.

WEDNESDAY

February 14 10:00am-11:00am Center Valentine Day Card Craft with Deyanne. Personalize your own Valentine Card/s to give to someone special.

February 14 2:00pm-4:00PM Center Valentine Day Dance Come on in, dance, laugh and have fun with music by DJ Rick. A special treat will be given to those in attendance.

February 28 1:00pm-3:00pm-Center A Tribute to Black History- Movie Day featuring the movie “Selma” the story of Martin Luther King Jr’s epic march from Selma to Montgomery to support Voting Rights for Blacks: Popcorn served.

THURSDAY

February 1 10:00am-11:00am Virtual Weiss w/Christina Pelletier, In Store Dietician will conduct a Heart Healthy Virtual Store Tour

February 1 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Fettucine w/ Cooking Demo: Prepare Fettucine Alfredo with Shrimp

February 8 10:00am-11:00 Virtual Ask the Cardiologist Series w/ MedStar Topic: Congenital Heart Disease

February 8 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Cabbage w/ Cooking Demo: Prepare Hearty warm Cabbage soup with all natural delicious spices & colorful veggies.

February 15 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around White Kidney Beans w/ Cooking Demo: Hearty Creamy White Chili.

February 15 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series. Topic: Sleep Apnea

February 22 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Sweet Potato w/ Cooking Demo: stuffed Sweet Potato w/Black Beans &Quinoa

February 29 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Tortellini w/ Cooking Demo: Tortellini Soup

FRIDAY

February 2 ALL DAY Center In support of Heart Health Month wear **RED** during the National Wear Red Day. Red Ribbons will be available in the Center to support this as well.

February 16 10:00am-3:00pm Center Friends of Anacostia Park, “Act Up Friday” brings fun activities to the Center.

February 23 9:00am-11:00am Center Trinity University Presents Cardiovascular Heart Health Activities in support of Heart Care