

# 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**



**New Member  
Orientation with Shymee  
Tuesdays 1:45pm-3:00pm  
RSVP is required**



Happy New Year  
**2023**

**On Zoom:**

**Enter Meeting ID: 928 7552 9202**

**Call In 646-558-8656**

**Password: 083339**

**\* Activities subject to change**


**\*\* Masks required**

January is








- January 1 -New Year's Day, the most celebrated Holiday around the world
- Love your Liver Month
- Cervical Health Awareness Month
- National Glaucoma Awareness Month
- National Stalking Awareness Month
- Thyroid Awareness Month
- National Blood Donor Month
- Poverty Awareness Month
- International Quality of Life Month (improving the quality of Life one lives)
- January 1, 1863 - The Emancipation Proclamation by President Abraham Lincoln freed the slaves in the states rebelling against the Union.
- January 15, 1929 - Martin Luther King's Birthday celebrated as a national holiday third Monday in January (January 16- 2023)
- January 30, 1956- One month after the beginning of the Montgomery Bus Boycott, the home of Dr. Martin Luther King Jr was bombed while wife and oldest daughter were inside.
- January 1955- Marian Anderson became the first African American vocal soloist at the Metropolitan Opera.

| Monday                      | Tuesday  | Wednesday   | Thursday   | Friday  |
|-----------------------------|--|---|--|---|
| 2                           | 3  | 4   | 5  | 6   |
| <p><b>CENTER CLOSED</b></p> | <p><b>10:00am-1:45pm Center</b><br/>Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p><b>10:30am - 11:30am Center</b><br/>Chair Exercise w/ Linda</p> <p><b>11:00am-12:00pm Hybrid</b><br/>WSWC Members Assembly Meeting</p> <p><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda</p> <p><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy</p> <p><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry - YMCA</p> <p><b>1:30pm-2:30pm Zoom</b><br/>Spanish Class w/Gwen</p> <p><b>2:00pm-4:00pm Center</b><br/>Activities at your Leisure w/Deyanne</p> | <p><b>9:00am-10:00am Hybrid</b><br/>Kickboxing w/Vernetta</p> <p><b>10:00am -11:00am Center</b><br/>Chair Yoga w/ Gigi</p> <p><b>11:00am-12:00pm Hybrid</b><br/>Enhance Fitness w/Tawana</p> <p><b>Mtg ID:815 5057 3934 PW: wswc</b></p> <p><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda</p> <p><b>1:00pm - 2:00pm Zoom</b><br/>Sibley Club Memory</p> <p><b>ID: 975-5829-0633 or call 301-715-8592</b></p> <p><b>1:00pm - 4:30pm Center</b><br/>Drawing and Painting Art Class</p> <p><b>2:30pm-3:30pm Center</b><br/>Ceramics Art &amp; Mixed Media w/ Candice</p> <p><b>5:00pm - 6:00pm Center</b><br/>Fitness w/ Rodney</p> | <p><b>9:00am - 9:45am Center</b><br/>Zumba Gold with Michelle</p> <p><b>10:00am-1:00pm Center</b><br/>DC Library w/ Ms. Margarette Snow (Librarian)</p> <p><b>10:30am-11:30am Center</b><br/>Chair Exercise w/ Linda</p> <p><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda</p> <p><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy</p> <p><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry - YMCA</p> <p><b>1:45pm - 2:20pm Zoom</b><br/>Health Dialogue/ DeLois Botts</p> <p><b>2:30pm-3:00pm Hybrid</b><br/>Nutrition Ed. w/ Shymee</p> | <p><b>9:45am-10:15am Center</b><br/>Walking Group w/Stacy</p> <p><b>10:00am -11:00am Center</b><br/>Chair Yoga w/ Gigi</p> <p><b>11:00am-12:00pm Hybrid</b><br/>Enhance Fitness w/ Tawana</p> <p><b>Mtg ID:815 5057 3934 PW: wswc</b></p> <p><b>11:00am-1:00pm Center</b><br/>Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10)</p> <p><b>1:00pm-2:00pm Center</b><br/>Line Dancing with Rita</p> <p><b>12:30pm-4:30pm Center</b><br/>GAMES A PLENTY</p> |

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <p align="right"><b>9</b></p> <p><b>9:00am -10:00am Hybrid</b><br/>Kickboxing w/ Vernetta<br/><b>10:00am -11:00am- Center</b><br/>Chair Yoga w/ Gigi<br/><b>10:30am -12pm- Center</b><br/>WSWC Garden Club w/Dr.<br/>Linda Thompson<br/><b>11:00am -12:00pm- Hybrid</b><br/>Enhance Fitness w/ Tawana<br/><b>Mtg ID:815 5057 3934</b><br/><b>PW: wswc</b><br/><b>12:00pm - 1:00pm Zoom</b><br/>Chatting w/ Katherine<br/><b>12:30pm-4:30pm Center</b><br/><b>GAMES A PLENTY</b><br/><br/><b>1:00pm -2:30pm Center</b><br/>Edenbridge Health Family Feud<br/><b>5:00pm- 6:00pm Center</b><br/>Fitness w/ Rodney</p> | <p align="right"><b>10</b></p> <p><b>Field Trip!</b><br/><br/><b>10:00am-11:00am Hybrid</b><br/>Community, Health, Nutrition<br/>Sessions w/ Shymee (<i>see details</i>)<br/><b>10:00am-1:45pm Center</b><br/>Legal Counsel for the Elderly w/<br/>Bruce Rathbun<br/><b>10:45am -11:45am Trip</b><br/>Martha's Table Common Lobby<br/>Market<br/><b>10:30am - 11:30am Center</b><br/>Chair Exercise w/ Linda<br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy<br/><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry - YMCA<br/><b>1:30pm-2:30pm Zoom</b><br/>Spanish Class w/Gwen<br/><b>2:00pm-4:00pm Center</b><br/>Activities at your Leisure<br/>w/Deyanne</p> | <p align="right"><b>11</b></p> <p><b>Field Trip!</b><br/><br/><b>9:00am-10:00am Hybrid</b><br/>Kickboxing w/Vernetta<br/><b>9:45am-10:30am Trip</b><br/>Martin Luther King Jr Memorial<br/>and MLK Jr Library<br/><b>10:00am-11:00am Hybrid</b><br/>Community Sessions w/ Shymee (<i>see details</i>)<br/><b>10:00am - 11:00am Center</b><br/>Chair Yoga w/ Gigi<br/><b>10:30am-2:00pm Center</b><br/>Deanwood Library w/Melissa Davis &amp;<br/>Outreach Staff. Computer Bingo<br/><b>11:00am-12:00pm Hybrid</b><br/>Enhance Fitness w/Tawana<br/><b>Mtg ID:815 5057 3934 PW: wswc</b><br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>1:00pm - 2:00pm Zoom</b><br/>Sibley Club Memory<br/><b>ID: 975-5829-0633 or call 301-715-8592</b><br/><b>1:00pm - 4:30pm Center</b><br/>Drawing and Painting Art Class<br/><b>5:00pm - 6:00pm Center</b><br/>Fitness w/ Rodney</p> | <p align="right"><b>12</b></p> <p><b>9:00am - 9:45am Center</b><br/><b>Zumba Gold</b> with Michelle<br/><b>10:00am-11:00am Hybrid</b><br/>Community,Health session w/<br/>Shymee(<i>see details</i>)<br/><b>10:30am-11:30am Center</b><br/>Chair Exercise w/ Linda<br/><b>11:00am-1:00pm Center</b><br/>Computer Training w/Adrian<br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy<br/><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry - YMCA<br/><b>1:45pm - 2:20pm Zoom</b><br/>Health Dialogue/ DeLois Botts<br/><b>2:30pm-3:00pm Hybrid</b><br/>Nutrition Ed. w/ Shymee (<i>see details</i>)<br/><b>3:00pm-4:00pm Hybrid</b><br/>Community, Health Sessions<br/>w/Shymee (<i>see details</i>)</p> | <p align="right"><b>13</b></p> <p><br/><b>9:45am-10:15am Center</b><br/>Walking Group w/Stacy<br/><b>11:00am-12:00pm Hybrid</b><br/>Enhance Fitness w/ Tawana<br/><b>Mtg ID:815 5057 3934</b><br/><b>PW: wswc</b><br/><b>12:30pm-4:30pm Center</b><br/><b>GAMES A PLENTY</b><br/></p>   |
| <p align="right"><b>16</b></p> <p><br/><b>PUT THIS on YOUR CALENDAR!</b><br/><br/><b>CENTER CLOSED</b><br/><br/></p>  | <p align="right"><b>17</b></p> <p><b>10:00am-11:00am Center</b><br/>Community Session w/<br/>Shymee (<i>see details</i>)<br/><b>10:00am-1:45pm Center</b><br/>Legal Counsel for the Elderly w/<br/>Bruce Rathbun<br/><b>10:30am - 11:30am Center</b><br/>Chair Exercise w/ Linda<br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/<br/>Stacy<br/><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry - YMCA<br/><b>1:30pm-2:30pm Zoom</b><br/>Spanish Class w/Gwen<br/><b>1:30pm-4:00pm Center</b><br/>Wellness Activities w/Friends<br/>of the Anacostia Park</p>  | <p align="right"><b>18</b></p> <p><b>9:00am-10:00am Hybrid</b><br/>Kickboxing w/Vernetta<br/><b>10:00am-11:00am Center</b><br/>(Deanwood Library w/ Melissa Davis<br/><b>see event Sheet for details.</b><br/><b>10:00am -11:00am Center</b><br/>Chair Yoga w/ Gigi<br/><b>11:00am - 12:00pm Hybrid</b><br/>Enhance Fitness w/ Tawana<br/><b>Mtg ID:815 5057 3934 PW: wswc</b><br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>1:00pm - 2:00pm Zoom</b><br/>Sibley Club Memory<br/><b>ID: 975-5829-0633 or call 301-715-8592</b><br/><b>1:00pm -4:30pm Center</b><br/>Drawing and Painting Art Class<br/><b>2:30pm-3:30pm Center</b><br/>Ceramics Art &amp; Mixed Media w/ Candice<br/><b>5:00pm-6:00pm Center</b><br/>Fitness w/Rodney</p>  | <p align="right"><b>19</b></p> <p><b>9:00am - 9:45am Hybrid</b><br/><b>Zumba Gold</b> with Michelle<br/><b>10:00am-11:00am Hybrid</b><br/>Community, Health Sessions<br/>w/Shymee (<i>see details</i>)<br/><b>10:30am-11:30am Center</b><br/>Chair Exercise w/ Linda<br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy<br/><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry<br/><b>1:45pm - 2:20pm Zoom</b><br/>Health Dialogue w/ DeLois Botts<br/><b>2:30pm-3:00pm Hybrid</b><br/>Nutrition Education w/ Shymee<br/><b>3:00pm-4:00pm Hybrid</b><br/>Community, Health Sessions<br/>w/Shymee (<i>see details</i>)</p>   | <p align="right"><b>20</b></p> <p><br/><b>9:45am-10:15am Center</b><br/>Walking Group w/Stacy<br/><b>10:00am -11:00am Center</b><br/>Chair Yoga w/ Gigi<br/><b>11:00am-12:00pm Hybrid</b><br/>Enhance Fitness w/ Tawana<br/><b>Mtg ID:815 5057 3934 PW: wswc</b><br/><b>11:00am-1:00pm Center</b><br/>Art SWAG Works DC w/ Lisa<br/>Greene-Clarke (Limit 10)<br/><b>1:00pm-2:00pm Center</b><br/>Line Dancing with Rita<br/><b>12:30pm-4:30pm Center</b><br/><b>GAMES A PLENTY</b><br/></p> |



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <p align="right"><b>23</b></p> <p><b>9:00am -10:00am Hybrid</b><br/>Kickboxing w/ Vernetta<br/><b>10:00am -11:00am- Center</b><br/>Chair Yoga w/ Gigi<br/><b>10:30am-11:30am Hybrid</b><br/><b>Community Session w/Shymee</b><br/><i>(see details)</i><br/><b>10:30am -12pm- Center</b><br/>WSWC Garden Club w/Dr. Linda Thompson<br/><b>11:00am -12:00pm- Hybrid</b><br/>Enhance Fitness w/ Tawana<br/><b>Mtg ID:815 5057 3934</b><br/><b>PW: wswc</b><br/><b>12:00pm - 1:00pm Zoom</b><br/>Chatting w/ Katherine<br/><b>12:30pm-4:30pm Center</b><br/><b>GAMES A PLENTY</b><br/><br/><b>5:00pm- 6:00pm Center</b><br/>Fitness w/ Rodney</p> | <p align="right"><b>24</b></p> <p><b>10:00am-11:00am Hybrid</b><br/>Community, Health, Nutrition Sessions w/ Shymee <i>(see details)</i><br/><b>10:00am-1:45pm Center</b><br/>Legal Counsel for the Elderly w/ Bruce Rathbun<br/><b>10:30am - 11:30am Center</b><br/>Chair Exercise w/ Linda<br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy<br/><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry - YMCA<br/><b>1:30pm-2:30pm Zoom</b><br/>Spanish Class w/Gwen<br/><b>2:00pm-4:00pm Center</b><br/>Activities at your Leisure w/Deyanne</p> | <p align="right"><b>25</b></p> <p><b>9:00am-10:00am Hybrid</b><br/>Kickboxing w/Vernetta<br/><b>10:00am-11:00am Center (Appt Only)</b><br/>Nutrition Consultation w/ Shymee<br/><b>10:00am -11:00am Center</b><br/>Chair Yoga w/ Gigi<br/><b>10:30am-11:30am Center</b><br/>Community Session w/Shymee<i>(see details)</i><br/><b>11:00am - 12:00pm Hybrid</b><br/>Enhance Fitness w/ Tawana<br/><b>Mtg ID:815 5057 3934 PW: wswc</b><br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>1:00 - 2:00pm Zoom</b><br/>Sibley Club Memory<br/><b>ID: 975-5829-0633 or call 301-715-8592</b><br/><b>1:00pm -4:30pm Center</b><br/>Drawing and Painting Art Class<br/><b>2:30pm-3:30pm Center</b><br/>Ceramics Art &amp; Mixed Media w/ Candice<br/><b>5:00pm- 6:00pm Center</b><br/>Fitness w/ Rodney</p>   | <p align="right"><b>26</b></p> <p><b>9:00am - 9:45am Hybrid</b><br/><b>Zumba Gold with Michelle</b><br/><b>10:00am-11:00am Hybrid</b><br/>Community Sessions w/ Shymee<br/><i>(see details)</i><br/><b>10:30am-11:30am Center</b><br/>Chair Exercise w/ Linda<br/><b>11:00am-1:00pm Center</b><br/>Computer Training w/Adrian<br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy<br/><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry<br/><b>1:45pm - 2:20pm Zoom</b><br/>Health Dialogue w/ DeLois Botts<br/><b>2:30pm-3:00pm Hybrid</b><br/>Nutrition Education w/ Shymee<br/><b>3:00pm-4:00pm Hybrid</b><br/>Community, Health Sessions w/Shymee</p> | <p align="right"><b>27</b></p> <p><br/><b>9:45am-10:15am Center</b><br/>Walking Group w/Stacy<br/><b>9:45am-10:15am Trip</b><br/>Reginald F. Lewis Museum in Baltimore, <b>Tix: \$9</b><br/>Mo's Seafood Restaurant<br/><b>11:00am-12:00pm Hybrid</b><br/>Enhance Fitness w/ Tawana<br/><b>Mtg ID:815 5057 3934</b><br/><b>PW: wswc</b><br/><b>12:00pm-1:30pm Zoom</b><br/>WSWC Reading Group<br/><b>Mtg ID:815 5057 3934</b><br/><b>PW: wswc Call in:646-931-3860 PW:971811</b><br/><b>12:30pm-4:30pm Center</b><br/><b>GAMES A PLENTY</b><br/></p>    |
| <p align="right"><b>30</b></p> <p><b>9:00am -10:00am Hybrid</b><br/>Kickboxing w/ Vernetta<br/><b>10:00am -11:00am- Center</b><br/>Chair Yoga w/ Gigi<br/><b>10:00am-11:00am Hybrid</b><br/>Community/Health Session w/Shymee <i>(see details)</i><br/><b>11:00am -12:00pm- Hybrid</b><br/>Enhance Fitness w/ Tawana<br/><b>Mtg ID:815 5057 3934</b><br/><b>PW: wswc</b><br/><b>12:00pm - 1:00pm Zoom</b><br/>Chatting w/ Katherine<br/><b>12:30pm-4:30pm Center</b><br/><b>GAMES A PLENTY</b><br/><br/><b>5:00pm- 6:00pm Center</b><br/>Fitness w/Rodney</p>   | <p align="right"><b>31</b></p> <p><b>10:00am-11:00am Hybrid</b><br/>Community, Health, Nutrition Sessions w/ Shymee <i>(see details)</i><br/><b>10:00am-1:45pm Center</b><br/>Legal Counsel for the Elderly w/ Bruce Rathbun<br/><b>10:30am - 11:30am Center</b><br/>Chair Exercise w/ Linda<br/><b>11:30am-12:30pm Zoom</b><br/>Active Living w/ Romunda<br/><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy<br/><b>1:30pm-2:30pm Center</b><br/>Tai Chi w/ Jerry - YMCA<br/><b>1:30pm-2:30pm Zoom</b><br/>Spanish Class w/Gwen<br/><b>2:00pm-4:00pm Center</b><br/>Activities at your Leisure w/Deyanne</p> | <p align="center"><br/><b>January 2023 Trips</b><br/><b>Martha's Table-Commons Lobby Market</b><br/>Tues, January 10, 2023 10:45am-11:45am<br/>The Commons Building<br/>2375 Elvan's RD SE Wash DC<br/><b>Martin Luther King, Jr Memorial</b><br/>Wed, January 11, 2023, 9:45am - 10:45am<br/>1964 Independence Ave SW Wash. DC<br/><b>Martin Luther King, Jr Library Tour</b><br/>Wed January 11, 2023, 11:00am -12:00pm<br/>901 G St NW Wash. DC<br/><b>The Reginald F. Lewis Museum of Maryland</b><br/><b>African American History &amp; Culture</b><br/>Friday Jan. 27, 2023, 9:30am - 11:45am<br/>830 East Pratt Street, Baltimore, MD 21202<br/><b>Tix: \$9</b><br/><b>Mo's Seafood Restaurant</b><br/>Friday Jan. 27, 2023 12:00pm - 2:00pm<br/>7600 Eastern Ave, Baltimore, MD</p> | <p align="center"></p> <p><b>January 1</b> -New Year's Day<br/><b>January 3</b> - Women Rock Day<br/><b>January 6</b> - National Take Down the Christmas Tree Day<br/><b>January 9</b>- National Law Enforcement Appreciation Day<br/><b>January 11</b> - National THANK YOU Day<br/><b>January 16</b> - Martin Luther King's Day<br/><b>January 19</b>-National Popcorn Day<br/><b>January 20</b>- National Gourmet Coffee Day<br/><b>January 24</b>-National Compliment Day</p>  | <p align="center"></p> <p><b>Every Tuesday &amp; Thursday</b><br/><b>12:30pm-1:30pm Center</b><br/>Strength &amp; Conditioning w/ Stacy<br/><b>January 9<sup>th</sup></b><br/><b>1:00pm -2:30pm Center</b><br/>Edenbridge Health Family Feud<br/><b>January 9<sup>th</sup> &amp; 23<sup>rd</sup></b><br/><b>10:30am -12pm- Center</b><br/>WSWC Garden Club w/Dr. Linda Thompson<br/><b>Every 2<sup>nd</sup> and 3<sup>rd</sup></b><br/><b>Wednesday of the Month</b><br/><b>January 11 &amp; 18 In Center</b><br/><b>Times Vary</b><br/>Deanwood Library with Melissa &amp; Outreach Staff<br/>Topics vary <i>(see event details)</i></p> |

# WASHINGTON SENIORS WELLNESS CENTER

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

### DETAILS



#### **MONDAY**

**Jan 23 10:30am-11:30am Hybrid Genealogy** NMAAHC Presenter: Lisa Crawley Outreach Specialist Topic: Exploring your Family Tree

**Jan. 30 10:00am-11:00 am Hybrid In** recognition of Thyroid Awareness Month, DC Health Department Facilitator Gloria Jones Dinkins, Nurse Practitioner, and a member of the Black Nurses Association. Topic: Thyroid 101. Medical Facts and Myths about the Thyroid.

#### **TUESDAY**

**Jan 10 10:00am-11:00am Hybrid** Alzheimer Association. Presenter Michael Wade Topic: The Alzheimer Education Series Topic TBA

**Jan 17 10:00am-11:00am Hybrid** DDOT Presenter Heather Fotte, Senior Advocate Topic: Update on Transportation; Keeping Seniors Safe. What's New in Transportation with DDOT

**Jan 24 10:00am-11:00am Hybrid** Estate Planning & Scams, **Dept.** of Securities, Insurance & Banking Presenter: Idriys Abdullah, Consumer Protection Advocate Topic: Need to update your Will & Power of Attorney documents.

**Jan 31 10:00am-11:00am Hybrid Consumer** Regulatory Affairs Office What's New: Presenter: Mr. Dan Weaver & Juanda Mixon Special Assistants Office of the Director: Topic: Overview of what the new branch of Consumer Regulatory Affairs is all about.

#### **WEDNESDAY**

**Jan. 11 10:00am-11:00am Hybrid** MPD Sixth District. Presenter Officer Persaud. Topic National Slavery & Human Trafficking Prevention Month. Learn more about this topic.

**Jan.11 10:30am-2:00pm Center** Deanwood Library w/ Melissa Davis and Outreach Staff Topic: Computer Bingo. Learn more about the computer and win prizes

**Jan.18 10:00am-11:00am Center** Deanwood Library new book club w/ Melissa Davis and Outreach Staff Topic: Carter G. Woodson \*\*\* Supply books for discussion

**Jan.25 10:30am-11:30am Center** Keeping One's Skin & Hands Healthy & Beautiful. Winter Months are Brutal on Skin with Mary Kay Consultant Kimberly O'Neal. Topic: Facial, Skin Care & Hand Care Sessions

#### **THURSDAY**

**Jan. 5 10:00am-1:00pm Center** DC Library w/Ms. Margarette Snow (Librarian)

Topic: TBA

**Jan. 12 10:00am-11:00am Hybrid** Weis Market w/Christina Pelletier, In Store Dietician Topic: New Year, New You. Goal Setting, Eating Healthy & Maintaining a Healthy Weight.

**Jan. 12 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

**Jan. 12 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Nutritional benefits of Sunchoke (a root vegetable) w/cooking demo by Chef Herb.

**Jan. 12 3:00pm-4:00pm Hybrid** Celebrating the Life of Martin Luther King -. Saint Matthews Baptist Church Pastor Emeritus Maxwell M. Washington. Topic: Keeping the dream alive.

**Jan. 19 10:00am-11:00am Hybrid** Quality Sleep, Sound Mind, Happy World. Presenter: Elizabeth Dortch (WSWC Member) Certified Health Coach. Topic: What do we mean about Quality of Sleep?

**Jan. 19 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Chef Herb. Topic: Health & Nutritional Benefits of Yucca Root w/ Cooking Demo by Chef Herb.

**Jan. 19 3:00pm- 4:00pm Hybrid** Beautifying One's Hair (Keeping it Healthy), Part 2 Hair Care with Bryon Joseph (Colorist, Hairstylist) Owner/Operator of Bryon Joseph Hair Salon. Topic: All about Hair Care.

**Jan 26 10:00am-11:00am Hybrid** Family and Medical Counseling Services Fill one's Paper with the Breathings of One's Heart. The True Meaning of Journaling. Presenter: Kyla Flanagan, Outreach Specialist Topic: Journal Writing (How to Master Journal Writing 101) \*\*Bring your own journal to this session

**Jan. 26 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Nutritional benefits of Water Chestnuts w/cooking demo by Chef Herb.