

Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



On Zoom:

Enter Meeting ID: 928 7552 9202

Call In 646-558-8656

Password: 083339

*** Activities subject to change**

January is....

- Cervical Health Awareness Month
- Glaucoma Awareness Month
- International Quality of Life Month
- National Blood Donor Month
- National Traumatic Brain Injury Awareness Month
- Thyroid Awareness Month
- Healthy Weight Month
- Fiber Focus Month
- Stalking Awareness Month
- National Hot Tea Month
- National Apricot Month
- National Brussels Sprouts Month
- National Hot Chocolate Month
- National Spaghetti Month
- January 15, 1929 - Martin Luther King's Birthday celebrated as a national holiday

NEW MEMBER

Orientation with Shymee
Tuesdays 1:45pm-3:00pm
RSVP is required.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 	<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>2:00pm-4:00pm Center Activities at your Leisure</p> <p>2:00pm-3:00pm Center Hand Dancing</p>	<p>Field Trip! </p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta</p> <p>10:00am -11:00am Gym Chair Yoga w/ Gigi</p> <p>9:00am - 1:00pm Trip Toby Dinner Theater Miracle on 34th Street</p> <p>11:00am - 12:00pm Hybrid Member's Assembly Meeting</p> <p>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>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>Field Trip! </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>10:30am-12:00am Center SWAG ART class</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>11:00am-2:30pm Trip Regal Ballston Quarter Theater The Color Purple</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>*** 9:am-5:00pm Celebrate National Hot Chocolate month in Center (see event details)</p>	 <p>9:00am-10:15am Outside Walking Group</p> <p>10:30am-12:00pm Hudson Crochet Class w/Carmella</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>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</p>

Monday	Tuesday	Wednesday	Thursday	Friday
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WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & SPECIAL EVENTS – DETAILS



MONDAY

January 8 1:00pm-2:00pm Virtual Ovation Institute's ask the Ophthalmologist presents information around the eye to include diseases and the latest treatment.

January 22 10:30am-11:30am Virtual MedStar Washington Hospital Center Ask the Doc Series: Discussion on the Thyroid and its impact to your Health.

January 29 10:30am-11:30am Virtual MedStar Washington Hospital Center Ask the Doc Series: Discussion on Seasonal Affective Disorder

TUESDAY

January 9 10:00am-11:00am Virtual Giant w/Alexandra Brown, In Store Dietician discusses eating healthy on a budget & other wellness concern.

January 16 10:00am-11:00am Hybrid Telecommunication Relay Services. Information session on telephone services for the hearing impaired and who is eligible to participate.

January 16 11:00am-12:00pm Hybrid Mayor's Office of Community Relations and Services w/ Lawrence Devin provides updates on Services and Concerns.

January 23 10:00am-11:00am Virtual. Ms. Elizabeth Dortch & Her "*All About Wellness Session*" discusses Wellness Tips for the Winter and keeping your friends close.

January 23 11:00am-11:30am Center. Pension Relief. The Coalition to Restore DC Pension Benefit Discussion.

January 30 10:00am-11:00pm Hybrid. Estate & Financial Planning Presentation w/ T. Wesley Stancil from TWS Consulting Group

January 30 All Day in Center Celebrate National Tea Month. Get your various Tea Bags while supply last and enjoy a nice hot cup of Tea. Tea Health Benefit Tips are also available from the Nutrition Table in the Multi-Purpose Room

WEDNESDAY

January 10 10:00am-11:00am Center Coffee & Conversation with Deanwood Librarian and Special Guest to discuss Diabetes.

THURSDAY

January 4 All Day In Center Celebrate National Hot Chocolate Month. Hot Chocolate will be provided throughout the day while supply last.

January 11 10:00am-10:30 Virtual Weiss w/Christina Pelletier, In Store Dietician discusses what a realistic resolution for your health should be.

January 11 10:30am-11:30 Hybrid Department of Homeland Security discusses Winter Storm Preparedness.

January 11 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Apricot w/ Cooking Demo: Apricot sauce drizzled over baked chicken breast.

January 18 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Spaghetti Squash w/ Cooking Demo: Prepare Marinara sauce w/fresh veggies and seasonings over Spaghetti Squash.

January 18 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series. Discussion on Traumatic Brain Injuries

January 25 10:00am-11:00 Hybrid Mental Health Session w/ the Leadership Counsel for Healthy Communities discussing Loneliness, Grief, Loss

January 25 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Nutrition discussion around Brussel Sprout w/ Cooking Demo: Roasted Brussel Sprouts.

January 25 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series. Discussion around healthy eating and risk factors associated with overweight/Obese and Underweight/Frail