

Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



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**

July is....

- July 4th Independence Day
- UV Safety Month
- Minority Mental Health Awareness Month
- Focus on Chronic Disease Month; aims to uplift the voices of those living with chronic illnesses and advocate for more accessibility accommodations for them.
- Celebrate the achievements of people with disabilities month, fostering understanding and inclusivity.
- Focus on Self Care Month
- National Grilling Month – Most popular day July 4th
- Fruits in season focus this month Watermelon, Tomatoes, Zucchini
- July 2, 1964- President Lyndon B. Johnson signed the Civil Rights Act of 1964 prohibiting discrimination based on race in public accommodations, publicly owned or operated facilities, employment and voter rights and registration

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00am – 10:00am Gym Kickboxing w/ Vernetta</p> <p>10:00am -11:00am No Class Chair Yoga</p> <p>11:00am – 12:00pm- No Class Enhance Fitness No Class Mtg ID:815 5057 3934 PW: wswc</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Class</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>5:00pm- 6:00pm Gym Fitness w/ Rodney</p> <p>please note</p> <p><i>Yoga class time has changed to Tues @ 1p and Wed @ 10a</i></p>	<p>2</p> <p>Field Trip! </p> <p>9:30am – 10:20am Gym Strength & Cond. w/ Milton</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly</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 – 2:30pm Trip Motown DC Music</p> <p>Anacostia Arts Center</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p> <p>please note</p> <p><i>Shymee is off this day and none of her sessions are scheduled</i></p>	<p>3</p> <p>9:00am-10:00am Gym Kickboxing w/ Vernetta</p> <p>10:00am -11:00am No Class Chair Yoga</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>please note</p> <p><i>Shymee is off this day and none of her sessions are scheduled</i></p>	<p>4</p> <p>PUT THIS on YOUR CALENDAR!</p> <p>WE WILL BE CLOSED IN HONOR OF <i>Independence Day</i></p>	<p>5</p> <p>PUT THIS on YOUR CALENDAR!</p> <p>WE WILL BE CLOSED IN HONOR OF <i>Independence Day</i></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8</p> <p>9:00am – 10:00am Gym Kickboxing w/ Vernetta</p> <p>10:00am-1:00pm Center Computer Training w/Adrian & Summer Youths (See details)</p> <p>10:30am-1:00pm Center Health Stations set up for Health Screenings (see details)</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 WSWC Spiritual Class</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>5:00pm- 6:00pm Gym Fitness w/ Rodney</p>	<p>9</p>  <p>9:30am – 10:20am Gym Strength & Cond. w/Milton</p> <p>10:00am-12:00pm Center Community Session w/Shymee (see details)</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly</p> <p>10:00am-1:00pm Center Computer Training w/Adrian & Summer Youths (see details)</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>10:45 am-11:45am Trip Martha's Table</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm -2:00pm Gym Yoga</p> <p>1:00pm-2:00pm Center Mary Kay Rep (See Details)</p> <p>1:00pm-2:00pm Center Diabetic Shoe Fitting</p> <p>1:30pm-2:30pm Center Fall Recovery Seminar</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p>	<p>10</p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta</p> <p>10:00am -11:00am Gym Yoga</p> <p>10:00am-1:00pm Center Computer Training w/Adrian & Summer Youths (see details)</p> <p>10:30am-11:30am Center Community Session w/Shymee (see details)</p> <p>10:30am-12:00pm Center Community Service Project w/ Les Gemmes (see event details)</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 Gym Tai Chi w/ Eric</p> <p>1:00pm – 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>5:00pm-6:00pm Center Fitness w/Rodney</p>	<p>11</p> <p>9:00am – 9:45am Hybrid Zumba Gold with Michelle</p> <p>10:00am-11:00am Center Play Family Feud w/ Host Edenbridge Pace</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-1:00pm Center Computer Training w/Adrian & Summer Youths (see details)</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 (see details)</p> <p>3:00pm-4:00pm Virtual Nutrition Ed w/Weis Dietician (see details)</p>	<p>12</p>  <p>9:00am-10:15am Outside Walking Group</p> <p>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>15</p> <p>9:00am – 10:00am Gym Kickboxing w/ Vernetta</p> <p>10:30am-1:00pm Center Health Stations set up for Health Screenings (see details)</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 WSWC Spiritual Class</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-2:30pm Grocery Plus Food Delivery</p> <p>5:00pm- 6:00pm Gym Fitness w/ Rodney</p>	<p>16</p>  <p>9:30am – 10:20am Gym Strength & Cond. w/Milton</p> <p>10:00am-11:00am Hybrid Community Session w/Shymee</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-12:00pm Center Community Session w/Shymee</p> <p>11:00am – 1:00pm Trip SWC Bowling Tournament</p> <p>Capital Plaza Lane</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm -2:00pm Gym Yoga</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p>	<p>17</p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta</p> <p>10:00am -11:00am Gym Yoga</p> <p>10:30am-12:00pm Center Community Service Project w/ Les Gemmes (see event details)</p> <p>11:00am – 12:00pm- Hybrid Enhance Fitness w/ Tawana</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>Movie Day w/ Snacks Served</p> <p>1:00pm –4:30pm Center Drawing and Painting Art Class</p> <p>5:00pm-6:00pm Center Fitness w/Rodney</p>	<p>18</p>  <p>9:00am – 9:45am Hybrid NO Zumba Gold Class</p> <p>10:00am-12:00pm Center Community Session w/Shymee (see details)</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-1:00pm Center. Computer Training w/Adrian</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>12:15pm-2:30pm Trip Bernice Fonteneau SWC African American Wellness Meeting</p> <p>1:45pm – 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:00pm Virtual (see details) Nutrition ed w/Shymee & Chef Herb</p> <p>3:00pm-4:00pm Virtual (see details) Health Ed w/Shymee</p>	<p>19</p>  <p>9:00am-10:15am Outside Walking Group</p> <p>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</p>

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<p>22</p> <p>9:00am – 10:00am Gym Kickboxing w/ Vernetta</p> <p>10:30am-1:00pm Center Health Stations set up for Health Screenings (see details)</p> <p>11:00am – 12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934</p> <p>PW: wswc</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Class</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>5:00pm- 6:00pm Gym Fitness w/ Rodney</p>	<p>23</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Milton</p> <p>10:00am-11:00am Virtual Health Education Session w/Shymee (see details)</p> <p>10:00am-1:45pm Center. Legal Counsel for the Elderly</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-12:00pm Center Community Session w/Shymee (see details)</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm - 2:00pm Gym Yoga</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p>	<p>24</p>  <p>9:00am-10:00am Gym Kickboxing w/Vernetta</p> <p>10:00am -11:00am Gym Yoga</p> <p>11:00am-2:00pm- Trip Dorothy Height Neighborhood Library Health Vision Board</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 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 – 4:30pm Center Drawing and Painting Art Class</p> <p>5:00pm-6:00pm Gym Fitness w/Rodney</p>	<p>25</p> <p>9:00am – 9:45am Hybrid NO Zumba Gold Class</p> <p>10:00am-11:00am- Virtual Health Ed Session w/ Shymee (see details)</p> <p>10:30am-11:30am No Class 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>11:30am-12:30pm Center Member's Assembly Executive Board Meeting (Closed Session)</p> <p>1:45pm – 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:00pm Virtual Nutrition Ed. w/ Shymee & Chef Herb (see details)</p> <p>3:00pm-4:00pm Virtual Health Ed w/Shymee (see details)</p>	<p>26</p>  <p>9:00am-10:15am Outside Walking Group</p> <p>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> 
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WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & SPECIAL EVENTS – DETAILS



MONDAY

July 8,15,22,29 10:30am-1:00pm Center Intergenerational Event. WSWC Partnering with Compu Center's Medical Ascension Youth Program. The Youth Participating are those interested in pursuing a Medical/Health Care Career. The Youth Will conduct medical screenings under the supervision of Health Care Professionals, Blood Pressure screenings, BMI Determination, Waist Measurement, Weight Management, Stroke Risk Assessment, etc.

TUESDAY

July 9 10:00am – 12:00pm Center Federal Communication Commission Consumer Affair Outreach Rep Shares Consumer Facing information (Lifeline Program, Robocalls& the Affordable Connectivity Wind Down) sign up for the Lifeline Program.

July 9 1:00pm-2:00pm Center Mary Kay Representative discusses proper Hand & Foot Care

July 9 1:30pm-2:30pm Center Fall Recovery Seminar

July 16 10:00am-11:00am Hybrid Donna Tabor from United Healthcare provides Medicare, Medicaid, QMB updates with Bingo and supports National Ice Cream Month with Sorbet Treats.

July 16 11:00am-12:00pm Center Red Cross DC Chapter discusses general emergency preparedness and sign up for free smoke detectors.

July 23 10:00am-11:00am Virtual Dermatologist discusses impact of UV rays from the sun on skin

July 23 11:00am-12:00pm Center Legal Counsel for the Elderly discusses Home Foreclosure, Tax Credits, Homestead, Schedule H

July 30 10:00am-11:00am Center Legal Counsel for the Elderly discusses Cost Savings Programs, Prevention of Health Care Fraud and Scams

July 30 11:00am-12:00pm Center Mayor's Office of Community Relations Rep Lawrence Devin provides important updates and discusses Seniors' concerns for Wards 7 & 8.

WEDNESDAY

July 10,17 10:30am-12:00pm-Center in Partnership with the Les Gemmes the WSWC will continue to make -No Sew Fleece Blankets. We need volunteers. Supplies will be provided. Completed Blankets will be donated to WSWC Members who receive Medical Treatments (i.e. Cancer Treatments, Dialysis etc.) Sign up for a session with Shymee

July 10 10:30am – 11:30am Center One Care DC Representative discusses their Mission, care approach and impact of connecting with zoom participants

July 17 1:00pm-3:00pm Center Movie Day; Suggested Movies, Bob Marley, Bad Boys For life or bring your favorite Movie. Snacks Served

July 31 12:00pm-1:30pm Center Lemonade anyone!! Enjoy an ice-cold drink of lemonade from Shymee's Lemonade Stand set up in the Center.

THURSDAY

July 11 10:00am-11:00am Center Edenbridge Pace host the Family Feud Game with the members of WSWC.

July 11 2:30pm – 3:00pm Virtual Nutrition Session w/Shymee and Chef Herb (SNAP) discuss Health & Nutritional value of Lettuce w/ cooking demo by Chef Herb Lettuce wrap with Veggies, Ginger, Porta Bella Mushrooms & Tofu with Peanut Butter sauce

July 11 3:00pm-4:00pm Virtual Weis Market, In Store Dietician, Christina Pelletier discuss the difference between Package Claims & Food Labels i.e. sugar free vs no sugar added. Will also perform a summer food demo

July 18 10:00am-12:00pm Center. Supporting National Hair Care Month with a presentation and demonstration by Marguerite, a Hair Care Professional

July 18 2:30pm-3:00pm Virtual Nutrition Session w/Shymee and Chef Herb (SNAP) discuss. Health & Nutritional value of fresh fruit w/ cooking demo by Chef Herb. Freezer Pop with Fresh fruit

July 18 3:00pm-4:00pm Virtual. MedStar Washington Hospital Center Ask the Doc Series discusses importance of Immunization for the elderly.

July 25 10:00am-11:00am Virtual. MedStar Washington Hospital Center Ask the Doc Series. Supporting Glioblastoma- (a fast growing and aggressive type of brain cancer) Awareness month discusses living with this, treatment and causes.

July 25 2:30am-3:00pm Virtual Nutrition Session w/Shymee & Chef Herb. **discuss** Health & Nutritional value of Watermelon w/food demo by Chef Herb Grilled Watermelon pizza w/blueberries, Parmesan and Angula or Chicken Caesar Pasta Salad

July 25 3:00pm-4:00pm Virtual. AM Ovation Eye Institute Representative, in support of UV Ray Safety Awareness Month, discusses how you can protect your eyes from injury due to UV Rays.