# Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010 '



LIVE BOLDLY

New Member Orientation with Shymee Tuesdays 2:00pm-3:00pm RSVP is required. On Zoom: Enter Meeting ID: 928 7552 9202 Call In 646-558-8656 Password: 083339

**\*\*** Activities subject to change

June is....

- National Men's Health Month
- Black Music Month
- LGBTQ Pride Month
- National Fresh Fruit and Vegetable Month
- National Hunger Awareness Month
- Scleroderma Awareness Month
- Myasthenia Gravis Awareness Month
- National Cytomegalovirus Awareness Month
- National Soul Food Month
- Perennial Gardening Month
- Rebuild Your Life Month
- National Dairy Month
- June 16: Father's Day
- June 19: JUNTEENTH
- June 20: First Day of Summer and the longest day in 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
3 9:00am -10:00am Gym Kickboxing w/ Vernetta 10:00am-2:00pm Center VENDOR FAIR ( see event details) 10:00am -11:00am- Gym Chair Yoga w/ Gigi 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana 12:00pm - 1:00pm Zoom WSWC Spiritual Study 12:30pm-4:30pm Sunroom GAMES A PLENTY Micro Spiritual Study 12:00pm-2:00pm Center Tai Chi w/ Eric 5:00pm - 6:00pm Center Fitness w/ Rodney	4 Field Trip! 2010 9:30am - 10:20am Gym Strength & Cond. w/Milton 10:00am-11:00am Virtual Nutrition Ed Session w/Shymee (see details) 11:00am-12:00pm Center Community Session w/Shymee (see details) 10:45 am-11:45am Trip Martha's Table 10:30am - 11:30am Gym Chair Exercise w/ Andrea 11:30am-12:30pm Zoom Active Living w/ Romunda 2:00pm-4:00pm Center Activities at your Leisure 2:00pm-3:00pm Gym Hand Dancing	5 9:00am-10:00am Gym Kickboxing w/Vernetta 10:00am -11:00am Gym Chair Yoga w/ Gigi 10:00am-11:00am Center Mary Kay Rep discusses Hand & Foot Care 11:00am - 12:00pm Hybrid Member's Assembly Meeting 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. 11:30am-12:30pm Hybrid Enhance Fitness w/ Tawana. 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:00pm - 2:00pm Zoom Sibley Club Memory 1:00pm -4:30pm Hudson Room Drawing and Painting Art Class 1:00pm-2:00pm Gym Tai Chi w/ Eric 5:00pm-6:00pm Gym Fitness w/Rodney	6 Field Trip! 2:00am - 9:45am Hybrid Zumba Gold with Michelle 9:45am-12:00pm Trip Friends of Anacostia Park 10:00am-11:00am Hybrid Health Ed Session <i>(see details)</i> 10:30am-11:30am Gym Chair Exercise w/ Andrea 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 <i>(see details)</i> 3:00pm-4:00pm Virtual Health Ed Session w/Shymee <i>(see details)</i>	<b>7 9:00am-10:15am Outside 9:00am-10:15am Outside</b> Walking Group <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: WSWC 12:30pm-4:30pm Center GAMES A PLENTY WY WY 1:00pm - 2pm- Gym</b> Line Dancing w/Rita	



Monday	Tuesday	Wednesday	Thursday	Friday
10	11	12	13	14
9:00am -10:00am Gym	9:30am – 10:20am Gym	9:00am-10:00am Gym	Field Trip!	
Kickboxing w/ Vernetta	Strength & Cond. w/Milton	Kickboxing w/Vernetta		
10:00am -11:00am Gym	10:00am-11:00am Virtual	10:00am -11:00am Gym	9:00am – 9:45am Hybrid	
Chair Yoga w/ Gigi	Nutrition Ed Session	Chair Yoga w/ Gigi 10:00am-11:00am Center	Zumba Gold with Michelle	
11:00am -12:00pm-	w/Shymee (see details)	Community Session w/Shymee <i>(see</i>	10:15am-12:45pm Trip	
Hybrid	<b>10:30am – 11:30am Gym</b> Chair Exercise w/ Andrea	details)	Summer of Soul	
Enhance Fitness w/ Tawana.	<b>11:00am-12:00pm Center</b>	10:30am-12:00pm Center	PG Publick Playhouse	9:00am-10:15am Outside
Mtg ID:815 5057 3934	Community Session	<b>Community Service Project w/ Les</b>	10:30am-11:30am Gym	Walking Group
PW: wswc	w/Shymee <i>(see details)</i>	Gemmes (see event details)	Chair Exercise w/ Andrea	11:00am-12:00pm
11:30-2:00 Center	11:00am-2:00pm Center	11:00am – 12:00pm Hybrid	<b>11:00am-1:00pm Center</b>	Hybrid
Celebration of Black Music	Diabetic shoe fitting &	Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc	Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b>	Enhance Fitness w/
(see details)	delivery in the Sunroom	11:30am-12:30pm Zoom	Active Living w/ Romunda.	Tawana
12:00pm – 1:00pm Zoom	11:30am-12:30pm Zoom	Active Living w/ Romunda.	1:45pm – 2:20pm Zoom	Mtg ID:815 5057 3934
WSWC Spiritual Study	Active Living w/ Romunda	1:00pm-2:00pm Gym	Health Dialogue/ DeLois Botts	PW: WSWC
12:30pm-4:30pm Center GAMES A PLENTY	2:00pm-4:00pm Center	Tai Chi w/ Eric	2:30pm-3:00pm Virtual	<b>12:30pm-4:30pm</b> Center
	Activities at your Leisure	1:00pm – 2:00pm Zoom	Nutrition Ed w/Shymee & Chef	GAMES A PLENTY
🗰 🏆 🚤	2:00pm-3:00pm Gym	Sibley Club Memory	Herb <b>(see details)</b>	
1:00pm-2:00pm Gym	Hand Dancing	ID: 975-5829-0633 or call 301-715-8592 1:00pm -4:30pm Center	3:00pm-4:00pm Virtual	
Tai Chi w/ Eric		Drawing and Painting Art Class	Health Ed w/Shymee (see details)	
5:00pm- 6:00pm Gym		5:00pm-6:00pm Center		
Fitness w/ Rodney		Fitness w/Rodney		
17	18	19	20	21
9:00am -10:00am Gym	9:30am - 10:20am Gym	<u>C</u>	Field Trip!	
Kickboxing w/ Vernetta	Strength & Cond. w/Milton	DITTHIS		
10:00am -11:00am Gym	10:00am-11:00am	OUR	9:00am - 9:45am Hybrid	
Chair Yoga w/ Gigi 10:00am-11:00am Center	Virtual	CALENDAR!	Zumba Gold with Michelle	
Health Ed Session W/Shymee	Health Education Session	CALENDAT	10:30am-11:30am Gym	9:00am-10:15am Outside
(see details)	w/Shymee <b>(see details)</b>	Center is closed in	Chair Exercise w/ Andrea	Walking Group
11:00am-11:45 Center	10:30am - 11:30am Gym		11:00am-1:00pm Center.	11:00am-12:00pm Hybrid
Community Session w/Shymee	Chair Exercise w/ Andrea	Observance of	Computer Training w/Adrian	Enhance Fitness w/
( see details)	11:00am-12:00pm		11:30am-12:30pm Zoom	Tawana
11:00am –12:00pm- Hybrid	Center		Active Living w/ Romunda. 12:00pm-2:00pm TRIP	Mtg ID:815 5057 3934 PW: WSWC
Enhance Fitness w/ Tawana.	Health Education Session		Hattie Holmes SWC	FW: WSWC
<b>12:00pm – 1:00pm Zoom</b> WSWC Spiritual Study	w/Shymee (see details)		African American Wellness	12:30pm-4:30pm Center
<b>12:30pm-4:30pm Center</b>	11:30am-12:30pm Zoom		Meeting	GAMES A PLENTY
GAMES A PLENTY	Active Living w/ Romunda		1:45pm – 2:20pm Zoom	
1:00pm-2:00pm Gym	2:00pm-4:00pm Center	JUNE 19	Health Dialogue/ DeLois Botts	
Tai Chi w/ Eric	Activities at your Leisure			1:00pm – 2pm- Gym
1:00pm-2:30pm	2:00pm-3:00pm Gym Hand Dancing			Line Dancing w/Rita
Grocery Plus Food Delivery				
<b>5:00pm- 6:00pm Gym</b> Fitness w/ Rodney		SOLL INT		
Finless w/ Kouney		Celebrate Freedom		

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
9:00am -10:00am Gym	Field Trip!	9:00am-10:00am Gym	9:00am - 9:45am Hybrid	
Kickboxing w/ Vernetta	T.I.C.G. TIMP:	Kickboxing w/Vernetta	Zumba Gold with Michelle	
10:00am -11:00am Gym		10:00am -11:00am Gym		
-		Chair Yoga w/ Gigi	10:30am-11:30am Gym	Field Trip!
Chair Yoga w/ Gigi		10:30am-12:00pm Center	Chair Exercise w/ Andrea	LIGIO.Tob:
10:00am-11:00am- Virtual	9:30am – 10:20am Gym	Community Service Project w/ Les Gemmes	11:00am-1:00pm Center	
Health Education Session	Strength & Cond. w/Milton	(see event details)	Computer Training w/Adrian	
(see event details)	9:00am – 2:00pm Trip	11:00am – 12:00pm Hybrid	11:30am-12:30pm Zoom	9:00am-10:15am Outside
11:00am –12:00pm- Hybrid	13 <sup>th</sup> Annual Senior	Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc	Active Living w/ Romunda.	Walking Group
Enhance Fitness w/ Tawana.	Symposium @ Ballou SHS	11:00am-12:00pm Virtual		Time:TBD Trip
	10:00am-11:00am Virtual	Clinton Burnside from Howard University	11:30am-12:30pm Center	-
Mtg ID:815 5057 3934	Health Education Session	facilitates an open discussion on Men's Health	Member's Assembly Executive	WSWC Men Fishing Trip
PW: wswc	w/Shymee <b>(see details)</b>	11:30am-12:30pm Zoom	Board Meeting (Closed Session)	11:00am-12:00pm Hybrid
12:00pm – 1:00pm Zoom	10:30am - 11:30am Gym	Active Living w/ Romunda.	1:45pm – 2:20pm Zoom	Enhance Fitness w/ Tawana
WSWC Spiritual Study	Chair Exercise w/ Andrea	12:00pm-3:00pm Center	Health Dialogue/ DeLois Botts	Mtg ID:815 5057 3934 PW:
12:30pm-4:30pm Center	11:30am-12:30pm Zoom	Father's Day Annual Fish Fry & w/DJ Rick (See event details)	2:30pm-3:00pm Virtual	WSWC
GAMES A PLENTY	Active Living w/ Romunda	1:00pm-2:00pm Gym	Nutrition Ed. w/ Shymee & Chef	12.20mm 4.20mm Conton
	2:00pm-4:00pm Center	Tai Chi w/ Eric	Herb (see event details)	<b>12:30pm-4:30pm</b> Center
STATE OF COMES	Activities at your Leisure	1:00pm – 2:00pm Zoom		GAMES A PLENTY
		Sibley Club Memory	3:00pm-4:00pm Virtual	
1:00pm-2:00pm Gym		ID: 975-5829-0633 or call 301-715-8592	Health Ed w/Shymee <b>(see</b>	
Tai Chi w/ Eric		1:00pm -4:30pm Center	details)	
5:00pm- 6:00pm Gym		Drawing and Painting Art Class		
Fitness w/ Rodney		5:00pm-6:00pm Gym		
Fitness w/ Rouney		Fitness w/Rodney	<b>T</b> T	
Field Trip!	Field Trip!	Upcoming Events	Upcoming Events Monday, June 17 11:00am-	DID YOU KNOW?
Tuesday, June 4, 2024	Thursday June 20, 2024	Monday June 3 10:00am-2:00pm	11:45am Center	You can Schedule a 1
Martha's Table-Commons	Hattie Holmes SWC	<u>Center</u>		on 1 personal
Lobby Market	324 Kennedy Street, NW	VENDOR DAY. Summer Shopping.	Criminal Record Sealing	nutrition counseling
2375 Elvan's RD SE Wash, DC	African American Wellness	Vendors selling handmade crafts,	Presentation Presenter TBA	session with Shymee
Time: 10:45am-11:45am	Meeting	jewelry, vintage items etc	<u>Thursday June 26 11:00am-</u>	(See her for details)
	1:00pm-2:00pm	June 4 11:00am- 12:00pm Center	12:00pm Virtual	(see her jor details)
Thursday, June 6, 2024		Heather Foote, Senior Advocate discusses	Clinton Burnside from Howard	
Friends of Anacostia Park	Tuesday, June 25, 2024	what's new in Transportation & Concerns	University facilitates an open	LGBTQ+
Anacostia Skate Pavilion	13 <sup>th</sup> Annual	June 11 11:00am-2:00pm Center	discussion Session around Men's	LODIGT
Time: 9:45am-12:00pm	Senior Symposium @	(Sunroom) Diabetic Shoe Fitting,	Health	
Third Stroum 12100pm	Ballou Senior HS	purchase & delivery of previous orders	June 26 12:00pm-3:00pm	
Thursday, June 13, 2024	Time: 9:00am-2:00pm	June 11 11:00am- 12:00pm Center	Center Father's Day Celebration	
Summer of Soul		From the Major's office of Lawrence	with the Annual Fish fry, dancing	month
PG Publick Playhouse	Friday, June 28, 2024	Devin MOCA Ward 7 provides updates on	and some great music	
Cheverly, MD	WSWC Men's Fishing Trip	What's New in the City& Address	and some great music	BUILDING A CULTURE OF INCLUSION
Time: 10:15am - 12:45pm	Lunch will be provided.	Seniors' Concerns		
11116. 10.15am • 12:45pm	Time: 10:30am-4:00pm			
	Lorocam Hoopm			

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

#### MONDAY

June 3 10:00am-2:00pm Center VENDOR DAY. Summer Shopping. Vendors will have tables set up in the Center to sell items; handmade crafts, jewelry, vintage items etc. Come on out and shop, socialize and enjoy the fun and music.

June 10 10:30am-2:00pm Center June is Black Music Month. Come celebrate and enjoy Music provided by Tursonya as she shares her paylist.

June 17 10:00am-11:00am Center MedStar Montgomery Medical Center Ask the Doc Series. Geriatric Psychiatrist, Anam Amid discusses Mental Health June 17 11:00am-11:45am Center Presentation on Criminal Record Sealing

June 24 10:30am-11:30am Virtual June is rebuild your Life Month.

Rebuild your Life with a personalized Wellness Plan presented by Elizabeth Dortch, Health Coach

## **TUESDAY**

June 4 10:00am-11:00am Virtual June is National Ice Tea & Fruit Month. Alexandra Brown, Giant Store Dietician will discuss the Health & Nutrition benefits of Fruit & Tea, Storage and recipes with a food demo on ways to prepare refreshing teas, and a fruit salad

June 4 11:00am- 12:00pm Center Heather Foote, Senior Advocate discusses what's new in Transportation & Concerns

June 11 10:00am-11:00am Virtual June is Grilling & Food Safety Month. Christina Pelletier, Weis Store Dietician will discuss the topic and provide a foot demo showing a light and refreshing summer dish.

June 11 11:00am- 12:00pm Center From the Major's office of Community Relations, Lawrence Devin MOCA Ward 7provides updates on What's New in the City& Address Seniors' Concerns

June 11 11:00am-2:00pm Center (Sun Room) Diabetic Shoe Fitting, purchase & delivery of previous orders

June 18-10:00am-11:00am Virtual MedStar Ask the Dietician Series

Ms. Anna Abbott, discusses the theory behind Intuitive eating; think before you eat, tune into your hunger levels, encourages self-care

June 18-11:00am-12:00pm Center Oral Health Part II. Sal Selvaggio, Dentist resumes discussion on Oral Hygiene and the connection with your overall health June 25 10:00am-11:00am Virtual June is National Scleroderma Awareness Month, join Lois Bowmen, Registered Nurse as she discusses the causes, effects and treatments for Scleroderma, a chronic autoimmune disease.

## **WEDNESDAY**

June 5 10:00am-11:00am Center Mary Kay Rep, Kimberly discusses Hand & Foot Care

June 12 10:00am-11:00am Center Capital Caring Health Grief Support Group Rep discusses grief support when you have lost a loved one, loss of independency, job loss.

#### WEDNESDAY( Continued)

June 12,26, 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 June 26 11:00am-12:00pm Virtual June is Men's Health Month. Howard University Hospital Presenter Clinton Burnside, Senior Outreach Coordinator will engage in a open talk forum regarding Men's Health. June 26 12:00pm-3:00pm Center WSWC is Celebrating Father's Day with its 2<sup>nd</sup> Annual Fish Fry and music by DJ Rick.

## THURSDAY

June 6 10:00am-11:00 Hybrid June is Aphasia Awareness Month. Pamela Hodges, Retired Nurse discusses the causes, effects and treatments of Aphasia, a language disorder.

June 6 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Health & Nutrition Value discussion of Tofu and Color Veggie Food. Cooking Demo: Stir Fry Vegetable in a Soy Sesame Sauce

June 6 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series Presenter discusses the cause and treatment of Myasthenia Gravis, a chronic autoimmune disease that causes weakness in voluntary muscles, especially those that control the eyes, mouth, throat, limbs.

June 13 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb. Health & Nutrition Value discussion on Green Tomatoes w/ cooking demo: Fried Green Tomatoes.

June 13 3:00pm-4:00pm Virtual May is National Hydration Awareness Month. Medstar ask The Doc Series Presenter will discuss the causes, symptoms and treatments of proper Hydration.

June 27 2:30pm-3:00pm Virtual June is Watermelon Month Nutrition Ed w/Shymee and Chef Herb. Health & Nutrition Value discussion of Watermelon w/Cooking Demo: Watermelon Salad with Feta, Cucumber and Mint.

June 27 3:00pm-4:00 Virtual June is Cytomegalovirus Awareness MedStar Washington Hospital Center Ask the Doc Series Presenter discusses the causes, effects and treatment of Cytomegalovirus, an infection related to the viruses that cause chickenpox, herpes simplex, mononucleosis.

## **FRIDAY**

June 28 10:30am-4:00pm Men's Annual Fishing Trip