

# Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010

Happy  
FATHER'S DAY



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



## 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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>9:00am -10:00am Gym Kickboxing w/ Vernetta 10:00am-2:00pm Center <b>VENDOR FAIR ( see event details)</b> 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 <b>GAMES A PLENTY</b>  1:00pm-2:00pm Center Tai Chi w/ Eric 5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p><b>Field Trip!</b>  9:30am - 10:20am Gym Strength &amp; Cond. w/Milton 10:00am-11:00am Virtual Nutrition Ed Session w/Shymee <i>(see details)</i> 11:00am-12:00pm Center Community Session w/Shymee <i>(see details)</i> 10:45 am-11:45am Trip <b>Martha's Table</b> 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</p>	<p>9:00am-10:00am Gym Kickboxing w/Vernetta 10:00am -11:00am Gym Chair Yoga w/ Gigi 10:00am-11:00am Center <b>Mary Kay Rep discusses Hand &amp; Foot Care</b> 11:00am - 12:00pm Hybrid <b>Member's Assembly Meeting</b> 11:00am - 12:00pm 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</p>	<p><b>Field Trip!</b>  9:00am - 9:45am Hybrid Zumba Gold with Michelle 9:45am-12:00pm Trip <b>Friends of Anacostia Park</b> 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 &amp; Chef Herb <i>(see details)</i> 3:00pm-4:00pm Virtual Health Ed Session w/Shymee <i>(see details)</i></p>	<p> 9:00am-10:15am Outside Walking Group 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: WSWC</b> 12:30pm-4:30pm Center <b>GAMES A PLENTY</b>  1:00pm - 2pm- Gym Line Dancing w/Rita</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">24</p> <p><b>9:00am –10:00am Gym</b> Kickboxing w/ Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>10:00am-11:00am- Virtual</b> Health Education Session <i>(see event details)</i> <b>11:00am –12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm – 1:00pm Zoom</b> WSWC Spiritual Study <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>5:00pm- 6:00pm Gym</b> Fitness w/ Rodney</p>	<p style="text-align: right;">25</p> <p><b>Field-Trip!</b></p>  <p><b>9:30am – 10:20am Gym</b> Strength &amp; Cond. w/Milton <b>9:00am – 2:00pm Trip</b> <b>13<sup>th</sup> Annual Senior</b> <b>Symposium @ Ballou SHS</b> <b>10:00am-11:00am Virtual</b> Health Education Session w/Shymee <i>(see details)</i> <b>10:30am – 11:30am Gym</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p style="text-align: right;">26</p> <p><b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi <b>10:30am-12:00pm Center</b> <b>Community Service Project w/ Les Gemmes</b> <i>(see event details)</i> <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:00am-12:00pm Virtual</b> <b>Clinton Burnside from Howard University</b> <b>facilitates an open discussion on Men's Health</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>12:00pm-3:00pm Center</b> <b>Father's Day Annual Fish Fry &amp; w/DJ Rick (See</b> <b>event details)</b> <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm – 2:00pm Zoom</b> Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 <b>1:00pm –4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm-6:00pm Gym</b> Fitness w/Rodney</p>	<p style="text-align: right;">27</p> <p><b>9:00am – 9:45am Hybrid</b> <b>Zumba Gold with Michelle</b> <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>11:30am-12:30pm Center</b> <b>Member's Assembly Executive</b> <b>Board Meeting (Closed Session)</b> <b>1:45pm – 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Virtual</b> Nutrition Ed. w/ Shymee &amp; Chef Herb <i>(see event details)</i> <b>3:00pm-4:00pm Virtual</b> Health Ed w/Shymee <i>(see</i> <i>details)</i></p>	<p style="text-align: right;">28</p>  <p><b>9:00am-10:15am Outside</b> Walking Group <b>Time:TBD Trip</b> <b>WSWC Men Fishing Trip</b> <b>11:00am–12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW:</b> <b>WSWC</b> <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> 
<p><b>Field-Trip!</b></p>  <p><b>Tuesday, June 4, 2024</b> <b>Martha's Table-Commons</b> <b>Lobby Market</b> 2375 Elvan's RD SE Wash, DC <b>Time: 10:45am-11:45am</b></p> <p><b>Thursday, June 6, 2024</b> <b>Friends of Anacostia Park</b> Anacostia Skate Pavilion <b>Time: 9:45am-12:00pm</b></p> <p><b>Thursday, June 13, 2024</b> <b>Summer of Soul</b> PG Publick Playhouse Cheverly, MD <b>Time: 10:15am - 12:45pm</b></p>	<p><b>Field-Trip!</b></p>  <p><b>Thursday June 20, 2024</b> <b>Hattie Holmes SWC</b> 324 Kennedy Street, NW African American Wellness Meeting <b>1:00pm-2:00pm</b></p> <p><b>Tuesday, June 25, 2024</b> <b>13<sup>th</sup> Annual</b> <b>Senior Symposium @</b> <b>Ballou Senior HS</b> <b>Time: 9:00am-2:00pm</b></p> <p><b>Friday, June 28, 2024</b> <b>WSWC Men's Fishing Trip</b> <b>Lunch will be provided.</b> <b>Time: 10:30am-4:00pm</b></p>	<p><b>Upcoming</b> <b>Events</b></p>  <p><b>Monday June 3 10:00am-2:00pm</b> <b>Center</b> <b>VENDOR DAY.</b> Summer Shopping. Vendors selling handmade crafts, jewelry, vintage items etc <b>June 4 11:00am- 12:00pm Center</b> Heather Foote, Senior Advocate discusses what's new in Transportation &amp; Concerns <b>June 11 11:00am-2:00pm Center</b> <b>(Sunroom)</b> Diabetic Shoe Fitting, purchase &amp; delivery of previous orders <b>June 11 11:00am- 12:00pm Center</b> From the Major's office of Lawrence Devin MOCA Ward 7 provides updates on What's New in the City&amp; Address Seniors' Concerns</p>	<p><b>Upcoming</b> <b>Events</b></p>  <p><b>Monday, June 17 11:00am-</b> <b>11:45am Center</b> Criminal Record Sealing Presentation Presenter TBA</p> <p><b>Thursday June 26 11:00am-</b> <b>12:00pm Virtual</b> Clinton Burnside from Howard University facilitates an open discussion Session around Men's Health <b>June 26 12:00pm-3:00pm</b> <b>Center</b> Father's Day Celebration with the Annual Fish fry, dancing and some great music</p>	<p><b>DID YOU</b>  <b>KNOW?</b></p> <p><b>You can Schedule a 1</b> <b>on 1 personal</b> <b>nutrition counseling</b> <b>session with Shymee</b> <b>(See her for details)</b></p>  <p><b>LGBTQ+</b> <b>PRIDE</b> <b>month</b> BUILDING A CULTURE OF INCLUSION</p>

**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 playlist.

**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 7 provides 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