

# Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



Meet the Spring and adore Women in March



## March is....

- National Women's History Month
- International Black Women in Jazz & The Arts Month
- National Nutrition Month
- National Kidney Month
- National Colorectal Cancer Awareness Month
- Bleeding Disorders Awareness Month
- Multiple Sclerosis Month
- National Reading Month
- Deep Vein Thrombosis Prevention Awareness Month
- March 7, 1965, Historic Alabama Civil Rights March. MLK's Famous Montgomery, Alabama speech and march to ensure African Americans could exercise their constitutional right to vote
- Sunday, March 12, 2023 Daylight Saving Time begins at 2:00 A.M. On Saturday night, clocks are set forward one hour.
- First Day of Spring- March 23

## 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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>The Wilson Building</b> DC Council Oversight Hearing 1350 Pennsylvania Avenue, NW DC <b>Friday, March 3, 2023</b> <b>Time: 8:45am - 2:00pm</b> <b>Martha's Table-Commons</b> <b>Lobby Market</b> <b>Wednesday, March 8, 2023</b> <b>Time: 10:45am - 11:45am</b> The Commons Building 2375 Elvan's RD SE DC <b>PG Publick Playhouse</b> The Women in Motown <b>Date: Thursday March 9, 2023</b> <b>Time: 9:15AM-1PM</b> 5445 Landover Road Cheverly <b>Francis Gregory Library</b> Resource Presentation &amp; Hands on Activity w/Librarian Margarette Snow <b>Date: Friday March 10, 2023</b> <b>Time: 10:30am-12:00pm</b> 3660 Alabama Ave SE DC</p>	 <p><b>continued</b> <b>Senior Fun Day Out</b> Party HQ <b>Date: Tuesday March 14, 2023</b> <b>Time: 12:15pm - 3pm</b> 15606 Emerald Way Bowie, MD</p> <p><b>Golden Corral Restaurant</b> <b>Date: Thursday March 23</b> <b>Time: 10:30am - 12:30pm</b> 1001 Shoppers Way Largo, MD 20774</p> <p><b>Five Below</b> <b>Date: Thursday March 23</b> <b>Time: 12:45pm - 1:15pm</b> 10486 Campus Way South Upper Marlboro, Maryland</p>	<p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-11:00am Center (Appt only)</b> Nutrition Consultation w/ Shymee <b>10:30am-11:30am Hybrid</b> Community Session w/Shymee (<i>see details</i>) <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <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 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><b>9:00am - 9:45am Center</b> <b>Zumba Gold</b> with Michelle <b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition w/Shymee (<i>see details</i>) <b>10:00am-1:00pm Center</b> DC Library w/ Margarette Snow, Librarian highlighting Women in your Circle and Kicking off the National Women's Month Series <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>12:30pm-1:30pm Center</b> Strength &amp; Conditioning -<b>No Class</b> <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Ed. w/ Shymee and Chef Herb (SNAP)</p>	 <p><b>8:45am-2:00pm Trip</b> The Wilson Bldg. DC Counsel Oversight Hearing <b>9:45am-10:15am Center</b> Walking Group w/Stacy <b>11:00am-12:00pm Hybrid</b> Enhance Fitness- <b>No Class</b> <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>11:00am-1:00pm Center</b> Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) <b>1:00pm-2:00pm Center</b> Line Dancing with Rita <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b> </p> <p> For a Future Free of Colon Cancer™ <b>raising awareness</b> <b>about colorectal cancer</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right"><b>6</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:00am-11:00am Center</b> Community Session w/ Shymee <i>(see details)</i> <b>11:00-11:30 Hybrid</b> Nutrition Game w/ Elizabeth Dortch <i>(see 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> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>    <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right"><b>7</b></p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee <i>(see details)</i> <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/Andrea <b>11:00am - 12:00pm hybrid</b> <b>WSWC Members Assembly Meeting</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>12:30pm-1:30pm Center</b> Strength &amp; Conditioning w/ Stacy <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p align="right"><b>8</b></p> <p><b>Field Trip!</b> </p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:30am-2:00pm Center</b> Deanwood Library w/Melissa Davis &amp; Outreach Staff. Computer Bingo <b>10:45am -11:45am Trip</b> Martha's Table Commons Lobby Market <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 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>2:30pm-3:30pm Center</b> Ceramics Art &amp; Mixed Media w/ Candice <b>5:00pm - 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right"><b>9</b></p> <p><b>Field Trip!</b> </p> <p><b>9:00am - 9:45am Center</b> <b>Zumba Gold</b> with Michelle <b>9:15am-1:00pm Trip</b> PG Publick Playhouse A Tribute to the Women in Motown <b>10:00am-11:00am Hybrid</b> Community,Health session w/ Shymee <i>(see details)</i> <b>10:30am-11:30am Center</b> Chair Exercise w/Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>12:30pm-1:30pm Center</b> Strength &amp; Conditioning w/ Stacy <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:30pm Hybrid</b> Nutrition Ed. w/Shymee <i>(see details)</i> <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p align="right"><b>10</b></p>  <p><b>Field Trip!</b> </p> <p><b>9:45am-10:15am Center</b> Walking Group w/Stacy <b>10:30am-12:00pm Trip</b> <b>Francis Gregory Library</b> Resource Presentation &amp; Hands on Activity with Margarette Snow, Librarian <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></p>   
<p align="right"><b>13</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:00am-11:00am Center</b> Community Session w/ Shymee <i>(see 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> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>    <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right"><b>14</b></p> <p><b>Field Trip!</b> </p> <p><b>10:00am-11:00am Center</b> Community Session w/ Shymee <i>(see details)</i> <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>12:00pm - 3pm Trip</b> <b>Senior Fun Day Out-Party HQ</b> <b>12:30pm-1:30pm Center</b> Strength &amp; Conditioning w/ Stacy <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p align="right"><b>15</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:00am-11:00am Hybrid</b> Community Sessions w/ Shymee <i>(see 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>12:30pm-1:20pm Hybrid</b> Community Sessions w/ Shymee <i>(see details)</i> <b>1:00pm - 2:00pm In Center</b> Sibley Club Memory <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm-6:00pm Center</b> Fitness w/Rodney</p>	<p align="right"><b>16</b></p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>10:00am-11:00am Hybrid</b> Community, Health Sessions w/Shymee <i>(see details)</i> <b>10:30am-11:30am Center</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>12:30pm-1:30pm Center.</b> Strength &amp; Conditioning w/ Stacy <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p align="right"><b>17</b></p>  <p><b>9:45am-10:15am Center</b> Walking Group w/Stacy <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>11:00am-1:00pm Center</b> Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) <b>1:00pm-2:00pm Center</b> Line Dancing with Rita <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> <p><b>Happy St. Patrick's Day</b> </p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right"><b>20</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:30am-12:00pam Center</b> Capital Food Bank Grocery Plus Pick up @ WSWC <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> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney  <i>**pick up a pack of seeds in the center and plant your first spring flowers while they last.</i></p>	<p align="right"><b>21</b></p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee (<i>see details</i>) <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am -12pm- Center</b> WSWC Garden Club w/Dr. Linda Thompson <b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>12:30pm-1:30pm Center</b> Strength &amp; Conditioning w/ Stacy <b>1:00pm-3:30pm Center</b> The friends of Anacostia Park- Activities and Games <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p align="right"><b>22</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-11:00am Center (Appt Only)</b> Nutrition Consultation w/ Shymee <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <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>1:00 - 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>2:30pm-3:30pm Center</b> Ceramics Art &amp; Mixed Media w/ Candice <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right"><b>23</b></p> <p> <b>9:00am-9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>10:00am-11:00am Hybrid</b> Community Sessions w/ Shymee (<i>see details</i>) <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea + <b>10:30am - 12:30pm Trip</b> <b>Golden Corral Restaurant</b> <b>12:45pm - 1:15pm Trip</b> <b>Five Below</b> <b>11:30am-12:30pm Closed</b> Executive Board Meeting <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>12:30pm-1:30pm Center</b> Strength &amp; Conditioning w/ Stacy <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee</p>	<p align="right"><b>24</b></p> <p> <b>9:45am-10:15am Center</b> Walking Group w/Stacy <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-1:30pm Zoom</b> WSWC Reading Group <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>Call in:646-931-3860</b> <b>PW:971811</b> <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b> </p>
<p align="right"><b>27</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:00am-11:00am Hybrid</b> Community/Health Session w/Shymee (<i>see 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> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>5:00pm- 6:00pm Center</b> Fitness w/Rodney</p>	<p align="right"><b>28</b></p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee (<i>see details</i>) <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am -12pm- Center</b> WSWC Garden Club w/Dr. Linda Thompson <b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>12:30pm-1:30pm Center</b> Strength &amp; Conditioning w/ Stacy <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p align="right"><b>29</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-11:00am Center (Appt Only)</b> Nutrition Consultation w/ Shymee <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <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>12:30pm-1:30pm Center - Women's</b> History Bingo w/ Shymee win Prizes <b>1:00 - 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>2:00pm-3:00pm In Center</b> In recognition of National Nutrition Month, if you are in the Center, pick up a goody bag while they last. <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right"><b>30</b></p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>10:00am-11:00am Hybrid</b> Community Sessions w/ Shymee (<i>see details</i>) <b>10:30am-11:30am Center</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>12:30pm-1:30pm- Quarterly</b> Birthday Celebration. (<i>See details</i>) <b>12:30pm-1:30pm Center.</b> Strength &amp; Conditioning w/ Stacy <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community/Health Session w/Shymee (<i>see details</i>)</p>	<p align="right"><b>31</b></p> <p> <b>9:45am-10:15am Center</b> Walking Group w/Stacy <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> </p>

## **MONDAY**

**Mar 6 10:00am-11:00 am Hybrid** Health Regulations & Licensing Admin Code Enforcement Rodent Control Presenter: Jermaine Matthew Supv & Team. Topic: Rodent Control 101(Bed Bugs, Mice, Roaches, Rats, Ants, and other invasive pests)

**Mar 6 11:00am-11:30 am Hybrid** National Nutrition Month: Presenter: Elizabeth Dortch, WSWC Member & Health Coach Topic: Play the Nutrition Game and a chance to win a prize. What you know about Proteins, Carbs & Fats.

**Mar 13 10:00am-11:00 am Hybrid** National Caffeine Awareness Month. National Black Nurses Association: Presenter: Lois Bowman, Veteran Hospital Retired Nurse. Topic: What we need to know about Caffeine & the Body.

**Mar 20 All Day in Center** Pick up a Seed packet to get your spring flowers started (limited quantity) while supply last.

**Mar 27 10:00am-11:00am Hybrid** National Bleeding Disorder Awareness Month MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: Call your attention to inheritable blood and bleeding disorders.

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

### **TUESDAY**

**Mar. 7 10:00am-11:00am Hybrid** National Nutrition Month. Giant Food w/Alexandra Brown, In Store Dietician Topic: Food as a preventive medicine

**Mar 14 10:00am-11:00am Hybrid** National Nutrition Month. Mary's Center. Presenter: Carolyn Casey, Director Topic: Share information on a new Nutrition Program provided by Mary's Center for Seniors' nutritional benefit. (A PRODUCE BOX)

**Mar 21 10:00am-11:00am Hybrid** National Deep Vein Thrombosis (DVT) Blood Clots Awareness Month. MedStar Washington Hospital Center Ask the Doc Series Presenter: TBA Topic: Facts about DVT and Blood Clots and the risk. What actions you should take.

**Mar 28 10:00am-11:00am Hybrid** National Women's History Month Series. Mayor 's Office on Woman's Policy and Initiatives Executive Office of Mayor Muriel Bowser. Guest Speaker: Natasha T. Dupree, Associate Director Topic: Theme 2023: Every Woman has a story to tell and fits to share with the World.

### **WEDNESDAY**

**Mar. 1 10:30am-11:30am Center** National Legal Counsel for the Elderly. Presenters: Catherine Yourougou & Sean Smiley, Pro Bono Attorneys Topic: Preparing Wills & Power of Attorney, Medical Directives

**Mar. 8 10:30am-2:00pm Center** Deanwood Library w/ Melissa Davis & Outreach Staff Topic: Computer Bingo. Learn more about the computer and win prizes.

**Mar 15 10:00am-11:00am Hybrid** Internal Revenue – E Service: Presenter: IRS Representative TBA. Topic: Updates on New Tax laws/Credits for Seniors & Others

**Mar 15 12:30pm-1:30pm Hybrid \*\*Webex link TBA** Dept of Securities, Insurance & Banking w/ DC Behavioral Health Association & Association of State Mental Health Program presents a Mental Health Forum broadcasted from Hattie Holmes Wellness Center: Presenter Deputy Commissioner Ship Topic: Understanding your Mental Health Benefits and Equality (Panel discussion with Subject Matter experts)

**Mar 29 12:30pm-1:30pm Center** Celebrating Women's History Month. Women's History Bingo with Prizes

**Mar 29 2:00pm-3:00pm Center** Celebrating National Nutrition Month. If you are in the Center pick up a Nutrition Goody Bag, filled with nutritious goodies. (Limited quantity) while supply last.

### **THURSDAY**

**Mar. 2 10:00am-1:00pm Hybrid Francis** Gregory Library National Women's History Month Kick Off Presenter: Margarette\_Snow, Librarian; Topic: Spotlighting Women in your Circle and other fun activities.

**Mar. 2 10:00am-11:00am Hybrid** Weis Market w/Christina Pelletier, In Store Dietician Topic: Composting food scraps: ways to use leftover food scraps and decrease household food waste

**Mar. 2 2:30pm-3:00pm Hybrid** National Noodle Month. Nutrition Session w/Shymee & Chef Herb (SNAP) Topic: A discussion around Health and Nutritional benefits of Noodles w/cooking demo by Chef Herb.

**Mar. 9 10:00am-11:00am Hybrid** Family & Medical Counseling Services, Inc. Presenter: Mr. James Perry Topic: Narcan training (what is it and how does it work to help someone in an emergency Opioid overdose situation)

**Mar. 9 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Chef Herb (SNAP). National Celery Month Topic: Health & Nutritional benefits of celery w/ Cooking Demo by Chef Herb

**Mar. 9 3:00pm-4:00pm Hybrid** National Eating Disorder Awareness Month. Med Star Washington Hospital Center Ask the Doctor Series. Presenter: TBA Topic: What you need to know about eating disorders and the impact to your health.

**Mar. 16 10:00am-11:00am Hybrid** National Women's History Month Series. Guest Speaker: Maryonne Snow Smith, Scientist, PHD Candidate. Topic: Theme 2023 Every Woman has a story to tell and gifts to share with the World. Ms. Smith will share her personal story.

**Mar.16 3:00pm-4:00pm Hybrid** National Women's History Month Series. Guest Speaker Vanessa Gilliam Collier, Attorney at Law Topic: Theme 2023. Every Woman has a story to tell and fits to share with the world. Ms. Collier will share her personal story.

**Mar.23 10:00am-11:00am Hybrid** National Women's History Month Series. Guest Speaker Heaven Watson, North Carolina School System Music Teacher & Band Conductor: Topic: Theme 2023. Every Woman has a story to tell and fits to share with the world. Ms. Watson will share her personal story.

**Mar. 23 2:30pm-3:00pm Hybrid** National Frozen Food Month. Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Health & Nutritional benefits of Frozen Food w/cooking demo by Chef Herb.

**Mar. 23 3:00pm-4:00pm Hybrid** National Museum of African History & Culture Smithsonian Institution Museum - Genealogy Presenter: Lisa Crawley Topic: Track your Roots.

**Mar 30 12:30pm -1:30pm Hybrid** Happy Birthday celebration for our Jan/Feb/March Birthdays. Join in and sing Happy Birthday and enjoy a scrumptious slice of Sweat Potato Cake and your Birthday Card if your birthday falls in any one of these months.

**Mar 30 2:30pm-3:00pm Hybrid** National Spinach Month. Nutrition Session w/Shymee and Chef Herb (SNAP). Topic: Health & Nutritional benefits of Spinach w/ Cooking Demo of Spinach Quiche by Chef Herb

**Mar 30 3:00pm-4:00pm Hybrid** National Multiple Sclerosis Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: Knowledge is power. What is MS, who gets MS, how do you medically deal with it..

### **FRIDAY**

**Mar. 3 10:30am-11:30am Center ALL DAY** National Dress in Blue Day. Sport your favorite blue outfit in recognition of Colorectal Awareness

***\*\*\*During this National Nutrition Month have some fun. Play Nutrition Games (Cross Word Puzzles, Word Search, Word Scramble, Facts & fiction) and win prizes***