

Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010








May is....




- Arthritis Awareness Month
- Correct Posture Month
- Hepatitis Awareness Month
- Lyme Disease Awareness Month
- National Crohn's and Colitis Awareness Month
- National High Blood Pressure Education Month
- National Lupus Awareness Month
- National Mental Health Month
- National Stroke Awareness Month
- Older Americans Month
- Mother's Day – May 14th
- Eat More Fruits & Vegetables Day - May 25, 2023
- May 10, 1994 - Nelson Mandela becomes South Africa's first black president.
- On May 17, 1954, the U.S. Supreme Court unanimously ruled that segregation in public education was unconstitutional,










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 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am -11:00am Center Chair Yoga w/ Gigi 10:30am-11:30am Hybrid Community, Health, Nutrition w/Shymee(<i>see details</i>) 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc GAMES A PLENTY</p>  <p>5:00pm - 6:00pm Center Fitness w/ Rodney</p> 	<p>10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee (<i>see details</i>) 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/Andrea 11:00am - 12:00pm hybrid WSWC Members Assembly Meeting 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-3:00pm Center The Matter of Balance w/ Andrea & Vernetta 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 2:00pm-4:00pm Center Activities at your Leisure</p>	<p>Field Trip!  9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am-10:30pm Hybrid Comm. Session w/Shymee (<i>see details</i>) 10:00am -11:00am Center Chair Yoga w/ Gigi 10:45am -11:45am TRIP Martha's Table Commons Lobby Market 11:00am-12:00pm Center Comm. Session w/Shymee (<i>see details</i>) 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc 11:30am-12:30pm Zoom Active Living w/ Romunda 1:00pm - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm - 4:30pm Center Drawing and Painting Art Class Ceramics Art & Mixed Media w/Candice 5:00pm - 6:00pm Center Fitness w/ Rodney</p>	<p>9:00am - 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Hybrid Nutrition w/Shymee (<i>see details</i>) 10:00am-1:00pm- Center Francis Gregory Library with Margarette Snow, Librarian. Mother's day Crafts and Resource Day 10:30am-11:30am Center Chair Exercise w/ Andrea 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Hybrid Nutrition Ed. w/ Shymee and Chef Herb (SNAP)</p>	<p>11:00am-12:00pm Hybrid Comm. Session w/Shymee (<i>see event details</i>) 11:00am-12:00pm Hybrid Enhance Fitness w/Tawana Mtg ID:815 5057 3934 PW: wswc 1:00pm-2:00pm Center Line Dancing with Rita 12:30pm-4:30pm Center GAMES A PLENTY</p>  

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<p align="right">15</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:30am-12:00pam Center Capital Food Bank Grocery Plus Pick up @ WSWC 11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 12:00pm - 1:00pm Zoom Chatting w/ Katherine 12:30pm-4:30pm Center GAMES A PLENTY</p>  <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">16</p> <p>10:00am-11:00am Center Community Session w/ Shymee <i>(see details)</i> 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:00am -12pm- Center WSWC Garden Club w/Dr. Linda Thompson 10:30am - 11:30am Center Chair Exercise w/ Andrea 11:00am-12:00pm Center Community Session w/ Shymee <i>(see details)</i> 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-3:00pm Center The Matter of Balance w/ Andrea & Vernetta 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 2:00pm-4:00pm Center Activities at your Leisure</p>	<p align="right">17</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am -11:00am Center Chair Yoga w/ Gigi 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc 11:30am-12:30pm Zoom Active Living w/ Romunda. 10:00am-2:00pm Center Special Event with MedStar. Health Fair, vendors, fun, food, give aways <i>(see event details)</i> 1:00pm - 2:00pm In Center Sibley Club Memory 1:00pm -4:30pm Center Drawing and Painting Art Class 2:30pm-3:30pm Center Ceramics Art & Mixed Media w/ Candice 5:00pm-6:00pm Center Fitness w/Rodney</p> 	<p align="right">18</p> <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle 10:00am-11:00am Hybrid Community, Health Sessions w/Shymee <i>(see details)</i> 10:30am-11:30am Center Chair Exercise w/ Andrea 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Center Tai Chi w/ Jerry 1:45pm - 2:20pm Zoom Health Dialogue w/ DeLois Botts 2:30pm-3:00pm Hybrid Nutrition Education w/ Shymee 3:00pm-4:00pm Hybrid Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p align="right">19</p> <p>9:00am-1:00pm Center AARP Driver's Class. <i>(See event details)</i> 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc 12:00pm-1:30pm Hybrid. WSWC Reading Group Mtg ID:815 5057 3934 PW: wswc Call in:646-931-3860 PW:971811 1:00pm-2:00pm Center Line Dancing with Rita 12:30pm-4:30pm Center GAMES A PLENTY</p>  

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<p align="right">29</p>  	<p align="right">30</p> <p>10:00am-11:00am Hybrid No class scheduled, Shymee is out of office. 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/ Andrea 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-3:00pm Center The Matter of Balance w/ Andrea & Vernetta 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 2:00pm-4:00pm Center Activities at your Leisure</p>	<p align="right">31</p>  <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 9:30am-3:00pm TRIP Senior Fest – Gateway Pavilion 10:00am-11:00am Center (Appt Only) Nutrition Consultation w/ Shymee 10:00am -11:00am Center Chair Yoga w/ Gigi 11:00am - 12:00pm Hybrid Enhance Fitness w/Tawana. Mtg ID:815 5057 3934 PW: wswc 11:30am-12:30pm Zoom Active Living w/ Romunda 1:00 - 2:00pm Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592 1:00pm -4:30pm Center Drawing and Painting Art Class 5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">31</p>  <p>Martha Table-Commons Lobby Market The Commons Building Wednesday, May 3, 2023 Time: 10:45am - 11:45am The Anacostia Playhouse “Night Mother” 2020 Shannon Pl, SE Wednesday, May 10th, 2023, Time: 10:15 AM – 1:45 PM Tickets: \$10 A Taste Around the World Older Americans Month Event 5601 Connecticut Ave, NW Thursday, May 25, 2023 Time: 9:30am – 1:45pm Senior Fest – Gateway Pavilion 2700 Martin Luther King Jr, SE Wednesday, May 31, 2023 Time: 9:30 am – 3 pm</p>	<p align="right">31</p>  <p>WSWC- DACL Fashion Show In Center Monday, May 8, 2023 Time: 11:00am - 2:00pm WSWC Annual Mother’s Day Event Aging Unbound and in Abundance Thursday, May 11, 2023 Time: 2:00pm - 3:30pm Medstar Older American Health Fair Aging Unbound through Health Promotions Wednesday, May 17, 2023 Time: 10:00am - 2:00pm AARP Driver’s Class Friday May 19, 2023 Time: 9:00am-1:00pm Center (see event details for cost to participate</p>

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



MONDAY

May 1 10:30am-11:30 am Hybrid National Blood Pressure & Stroke Awareness Month. Presenter: Pamela Hodges Retired Register Nurse. Topic: Blood Pressure & Stroke Information Session with actual Blood Pressure Screenings.

May 8 11:00am-1:00pm Center Older Americans' Month Celebration. Theme. "Aging Unbound. Event: Fashion Show & Resource Fair. Presenters: DACL & Ms. Senior DC w/ Cameo Club Representatives. Fashion Show Models (your very own WSWC Members). Come on out to the event to show your support

May 22 10:00am-11:00am Hybrid National Colitis Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: What you need to know about Chron's & Colitis Disease.

May 22 1:00pm-2:00pm Center Edenbridge Pace Program. Facilitator Jasmine Bailey. Event: Family Feud come on in and participate. Should have a fun time.

TUESDAY

May 2 10:00am-11:00am Hybrid Nutrition Session w/ Giant Food Alexandra Brown, In Store Dietician Topic: The Dirty Dozen Fruits & Veggies vs. Clean Fruits & Veggies. What's in season & how to keep Fruits and Veggies fresh.

May 2,9,16,23,30 10:00am-1:45pm Center Legal Counselor for the Elderly with Bruce Rathbun. Topic: Members one on one discussion of legal matters.

May 9 10:00am-1:00pm Hybrid, Medicare & Medicaid Enrollment and Updates. Presenter: Donna Tabor/United Health Care. Topic: Information Session & Enrollment Process

May 16 10:00am-11:00am Hybrid National Kidney Foundation. Presenter: Jain Aswani Program Director. Topic: Kidney Health. Kidney Information Session & Kidney Home Testing Kit, Education & Delivery

May 16 11:00am-12:00pm Center Mayor's Office of Community Relations and Services/Executive Office of the Mayor. Presenter: Wendy Glenn Ward 8 MOCRS, Lawrence Ward 7 MOCRS & DACL Representative. Topic: Open session to address concerns and answer questions

May 23 10:00am-11:00am Hybrid, Lyme Disease Awareness Month, MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: What is Lyme Disease? How to contract it, symptoms, treatment and medication.

WEDNESDAY

May 3 10:00am-10:30 am Hybrid Transportation Part 1. Presenter: Heather Foot (Senior Advocate) Topic Transportation updates and Senior Concerns.

May 3 11:00am-12:00pm Center The DC Center for Independent Living. Presenter: Karen Arnett Topic: Breaking down barriers for people with disabilities/Information Session.

May 10 10:00am-10:30am Hybrid Transportation Part II. Presenters: Heather Foot (Senior Advocate) & Christopher (Yellow Cab Representative) Topic: Transportation Updates and Concern discussion,

May 10 10:30am-2:00pm Center Deanwood Library. Facilitator: Melissa Davis & Outreach Staff Topic: Computer Bingo (Learn & Win Prizes)

May 17 10:0am-2:00pm Center **SPECIAL EVENT.** MedStar Washington Hospital Center in Partnership with The Washington Senior Wellness Center Celebrates Older Americans Month with a Health Fair. Food, Fun, giveaways, on site Health Screenings, Healthy Cooking Demo, Health Vendors and much more. Plan to attend you will definitely find it beneficial.

May 24 1:00pm-2:00pm Center Book Club. Book Discussion (Thirteen) and book signing with the author Erica Jackson

THURSDAY

May 4 10:00am-11:00am Hybrid Weis Market w/Christina Pelletier, In Store Dietician Topic: **National Egg Month:** Health & Nutrition Benefits of Eggs w/ a healthy cooking demo

May 4 10:00am-1:00pm Center Francis Gregory Library. Presenter: Margarette Snow, Librarian Topic: Mother's Day Crafts & Resource Day.

May 4 2:30pm-3:00pm Hybrid Nutrition Session w/Shymee and Chef Herb (SNAP). National Gifts from the Garden. Topic: Health & Nutritional benefits of Fruits and Veggies from the Garden

May 11 11:00am-1:00pm Center Computer Training with Adrian. Bring your Computers, Phones, iPads and learn how they can work for you.

May 11 2:00pm -3:30pm Center Pre Mother's Day Celebration. THE WSWC is Celebrating Mother's Day for the members w/ Sandra Johnson's Music (Oldies, Jazz, R&B) Food by Rosebuds Barbeque, Specialty drinks by TamRon Mixologist & much more in store. ***Come on out and enjoy this special occasion.***

May 18 10:00am-11:00am Hybrid Suited for Change. Presenter: Diedra Yates Topic: If you are thinking about returning to the job market or looking for that dream venture you wanted to start, Ms. Yates has pointers and provide professional dressing tips.

May 18 2:30am-3:00pm Hybrid National Strawberry Month. Nutrition Session w/Shymee & Chef Herb. Health & Nutritional benefits of Strawberries w/food demo.

May 18 3:00pm-4:00pm Hybrid May is Woman Health Week. Medstar Washington Hospital Center Presenter: TBA Topic: Women Health Information Session

May 25 10:00am-11:00am Hybrid. National Arthritis & Correct Posture Awareness Month. MedStar Washington Hospital Center. Presenter: TBA Topic: Arthritis 101 – What you need to know about Arthritis and impact of Correct Posture.

May 25 11:00am-1:00pm Center Computer Training with Adrian. Bring your Computers, Phones, iPads and learn how they can work for you.

May 25 2:30pm-3:00pm Hybrid Cinco De Mayo Nutrition Session w/Shymee & Chef Herb Topic: A discussion around Health & Nutritional benefits of Mexican Dish Tamales w/cooking demo by Chef.

May 25 3:00pm-4:00pm Hybrid Medication Talk with MedStar Pharmacies. MedStar Washington Hospital Center Ask the Doc Series. Presenters: Rola Halabi & Team Topic: Basic Medication Presentation (Drug/Food Interactions, Taking Medications properly. Repercussion of not taking medication properly

FRIDAY

May 5 11:00am-12:00pm Center **Combined Presentation.** Presenters: Sunithi Selvaaraj, RD, LD. Probiotic Awareness & Donna Ruffin (Tobacco & Smoking) Topic: Health & Nutrition Benefits of Probiotic w/ Probiotic Smoothies samples & a Smoking Cessation Presentation

May 19 9:00am-1:00pm Center Hudson Room. AARP Driver's Class Cost -AARP Member \$20.00 Cash/check (Must present AARP membership card for the discount) Non-AARP Member- \$25.00 Break for Lunch 11:00am-12:00pm