

# Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



## May is....

- American Stroke Awareness Month
- Mental Health Awareness
- National Allergy Awareness Month
- Older American Month
- Inflammatory Bowel Disease (IBD) Day
- High Blood Pressure Education Month
- Arthritis Awareness Month
- Bladder Cancer Awareness Month
- Celiac Awareness Month
- Healthy Vision Month
- National Walking Month
- Cinco de Mayo ( May 5)
- Mother's Day ( May 12)
- Eat More Fruit And Vegetables Day( May 21)
- Memorial Day ( May 27)










## 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
<p><b>Special Events!</b></p> <p><b>Thursday May 2, 2024</b> 2:00pm-4:00pm Center <b>Mother's Day Tea Party</b></p> <p><b>Monday, May 6, 2024</b> 10:30am -1:00pm- Center DACL w/Vendors will hold a Senior Resource Fair</p> <p><b>Wednesday, May 15, 2024</b> 11:00am-12:00pm Hybrid <b>Older American Month</b> <i>Powering through Connections</i> Presented by WSWC Director Mosi Tomlinson</p> <p><b>Tuesday, May 7, 2024</b> 10:00am-1:00pm Center DC Board of Elections/Voting machine use demo <i>(see details)</i></p> <p><b>Tuesday, May 21, 2024</b> 11:00am-12:00pm Sunroom Blood Pressure Checks in the SunRoom</p>	<p><b>Special Events! Continued</b></p> <p><b>Thursday, May 16, 2024</b> 11:00am-12:00pm Center Federal Communication Comm. Outreach <i>(see details)</i></p> <p><b>Friday, May 17, 2024</b> 9:00am-3:00pm Center AARP Smart Driver Course</p> <p><b>Field Trip!</b></p>  <p><b>May 7, 10:45am-11:30am</b> <b>Martha's Table- Commons Lobby Market</b> 2375 Elvan's RD S.E. DC</p> <p><b>May 10, 9:30am-12:00pm</b> <b>Planet Word Museum</b> 935 13<sup>th</sup> Street, NW DC</p> <p><b>May 29, 9:00am-2:00pm</b> <b>Senior Fest</b> 4200 Connecticut Ave, NW</p>	<p>9:00am-10:00am Gym Kickboxing w/Vernetta</p> <p>10:00am -11:00am Gym Chair Yoga w/ Gigi</p> <p>10:30am-12:00pm Center Community Service Project w/ Les Gemmes <i>(see event details)</i></p> <p>11:00am - 12:00pm Hybrid Member's Assembly Meeting</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 Zoom Sibley Club Memory ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm -4:30pm Hudson Room Drawing and Painting Art Club</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:30pm-2:30pm Computer Room Ceramics Art &amp; Mixed Media w/ Candice.</p> <p>5:00pm-6:00pm Gym Fitness w/Rodney</p>	<p>9:00am - 9:45am Gym Zumba Gold with Michelle</p> <p>10:00am-11:00am Virtual Nutrition Education <i>(see details)</i></p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>10:30am-12:00am Hudson SWAG ART class</p> <p>11:00am-1:00pm Computer Computer Training w/Adrian</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:00pm-4:00pm Center Mother's Day Tea Party <i>( See details)</i></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 Sunroom <b>GAMES A PLENTY</b></p>  <p>1:00pm - 2pm- Gym Line Dancing w/Rita</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>6</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>10:30am -1:00pm- Center</b> DACL Holds a Senior Resource Fair at WSWC <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> WSWC Spiritual Study <b>12:30pm-4:30pm Sunroom</b> <b>GAMES A PLENTY</b>  <b>1:00pm-2:00pm Center</b> Tai Chi w/ Eric <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>7</b></p> <p><b>9:30am - 10:20am Gym</b> Strength &amp; Cond. w/Milton <b>10:00am-1:00pm Center</b> DC Board of Elections/Voting Process <i>(see details)</i> <b>10:45 am-11:45am Trip</b> <b>Martha's Table</b> <b>10:00am-1:45pm Hudson</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Gym</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p>	<p style="text-align: right;"><b>8</b></p> <p><b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi 10:30am-12:00pm Center Community Service Project w/ Les Gemmes <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 Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm -4:30pm Hudson Room</b> Drawing and Painting Art Club <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>9</b></p> <p><b>9:00am - 9:45am Gym</b> <b>Zumba Gold</b> w/Michelle <b>10:00am-11:00am Hybrid</b> Health Ed Session w/Shymee <i>(see event details)</i> <b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am-12:00pm Center</b> Tech Talk 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 food Demo <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>10</b></p>  <p><b>9:00am-10:15am Outside</b> Walking Group <b>9:30am-12:00pm Trip</b> <b>Planet Word Museum</b> <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>12:30pm-4:30pm</b> Sunroom <b>GAMES A PLENTY</b> </p>
<p style="text-align: right;"><b>13</b></p> <p><b>9:00am-4:00PM Center</b> <i>(Multipurpose Rm)</i> <b>Movie Day</b><i>(see event details)</i> <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-</b> <b>No Class, Enhance Fitness</b> <b>12:00pm - 1:00pm Zoom</b> WSWC Spiritual Study <b>12:30pm-4:30pm Sunroom</b> <b>GAMES A PLENTY</b>  <b>1:00pm-2:00pm Center</b> Tai Chi w/ Eric <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>14</b></p> <p><b>10:00am-11:00am Hybrid</b> SNAP Outreach discussion and program sign up <i>(see details)</i> <b>10:00am-1:00pm Hudson</b> Legal Counsel for the Elderly w/ Bruce Rathbun <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 <b>2:00pm-3:00pm Gym</b> Hand Dancing</p>	<p style="text-align: right;"><b>15</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>10:30am-12:00pm Center</b> Community Service Project w/ Les Gemmes <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- Hybrid</b> Older American Month Presentation <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:00pm - 2:00pm Center</b> Sibley Club Memory <b>1:00pm -4:30pm Hudson Room</b> Drawing and Painting Art Club <b>1:00pm-2:00pm Center.</b> Tai Chi w/ Eric <b>1:30pm-2:30pm Computer Room</b> Ceramics Art &amp; Mixed Media w/ Candice. <b>5:00pm-6:00pm Gym</b> Fitness w/Rodney</p>	<p style="text-align: right;"><b>16</b></p> <p><b>9:00am - 9:45am Gym</b> <b>Zumba Gold</b> with Michelle <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd <b>10:30am-12:00am Hudson</b> SWAG ART Class <b>11:00am-12:00pm Center</b> FCC Outreach <b>11:00am-12:00pm Sun Room</b> <b>Diabetic shoe Fitting/Purchase</b> <b>11:00am-1:00pm Computer</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 Food Demo <b>3:00pm-4:00pm Virtual</b> Health Ed w/Shymee <i>(see details)</i></p>	<p style="text-align: right;"><b>17</b></p>  <p><b>9:00am-10:15am Outside</b> Walking Group <b>9:00am-3:00pm Center</b> AARP Smart Driver Course<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>12:30pm-4:30pm Sunroom</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;">20</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-</b> <b>No Class, Enhance Fitness.</b> <b>12:00pm – 1:00pm Zoom</b> WSWC Spiritual Study <b>1:00pm-2:30pm</b> Grocery Plus Food Delivery <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm-4:00pm Center</b> <b>Game Day</b> <i>(see event details)</i> <b>5:00pm- 6:00pm Gym</b> Fitness w/ Rodney</p>	<p style="text-align: right;">21</p> <p><b>10:00am-11:00am- Hybrid</b> Health Education Session <i>(see details)</i> <b>10:00am-1:00pm Hudson</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am–11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am-12:00pm Center</b> Blood Pressure Checks <i>(see event details)</i> <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;">22</p> <p><b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>10:00am -11:00am Gym</b> Chair Yoga w/ Gigi 10:30am-12:00pm Center Community Service Project w/ Les Gemmes <i>(see event details)</i> <b>11:00am – 12:00pm</b> <b>No Class, Enhance Fitness.</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</b> <b>call 301-715-8592.</b> <b>1:00pm –4:30pm Hudson Room</b> Drawing and Painting Art Club <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;">23</p> <p><b>9:00am – 9:45am No Class</b> <b>Zumba Gold w/Michelle</b> <b>10:00am-11:00am Virtual</b> Health Ed w/Shymee <i>(see details)</i> <b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am-12:00pm Center</b> Tech Talk 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 food Demo <i>(see details)</i></p>	<p style="text-align: right;">24</p>  <p><b>9:00am-10:15am Outside</b> Walking Group <b>11:00am–12:00pm</b> <b>No Class, Enhance Fitness.</b></p> <p><b>12:30pm-4:30pm</b> <b>Sunroom</b> <b>GAMES A PLENTY</b> </p>
<p style="text-align: right;">27</p>  	<p style="text-align: right;">28</p> <p><b>10:00am-1:00pm Hudson</b> Legal Counsel for the Elderly w/ Bruce Rathbun <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-3:00pm Gym</b> Hand Dancing <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p> <p style="background-color: red; color: white; padding: 5px; text-align: center;"><b>please note</b></p> <p><i>Shymee is off this day and none of her sessions are scheduled</i></p>	<p style="text-align: right;">29</p> <p><b>9:00am-10:00am Gym</b> Kickboxing w/Vernetta <b>9:00am-2:00pm</b> <b>Senior Fest @ UDC</b> <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 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-</b> <b>8592.</b> <b>1:00pm –4:30pm Hudson</b> Drawing and Painting Art Club <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;">30</p> <p><b>9:00am – 9:45am Gym</b> <b>Zumba Gold with Michelle</b> <b>10:00am-11:00am Hybrid</b> Health Ed w/Shymee <i>(see details)</i> <b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am-12:00pm Computer</b> Tech Talk w/Adrian <b>11:30am-12:30pm Sunroom</b> Executive Board Meeting <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 food Demo <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;">31</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></p> <p><b>12:30pm-4:30pm</b> <b>Sunroom</b> <b>GAMES A PLENTY</b> </p>

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

## MONDAY

**May 6 10:30am-1:00pm Center** May is Older American's Month. DACL in partnership with Vendors presents Senior Resource Fair to share Consumer Information

**May 13 9:00am-4:00pm-Center** Movie Day. Bring your own Movies (CDs only) to share with the members. Movies shown throughout the day in the Multipurpose Rm.

**May 20 1:00pm-4:00pm-Center** Board Game Day . Play games ie. sequence(card game) Bop-it, Simon, Uno, Checkers, Pokeno etc. while you enjoy light snacks

## TUESDAY

**May 7 10:00am-1:00pm Center** DC Office of Board of Elections reviews the voting process, demo the electric voting machine for ease of use and sign up new voters.

**May 14 10:00am-11:00am Hybrid** SNAP Outreach Specialist discusses the SNAP program and signs up eligible participants.

**May 21-10:00am-11:00am Hybrid** Black Nurses Ass. Rep discusses Bladder Cancer: causes, symptoms and treatments.

**May 21-11:00am-12:00pm Center (Sun Room)** Blood Pressure Checks (bring your Blood Pressure log provided) for review

## WEDNESDAY

**May 1,8,15,22 10:30am-12:00pm-Center Part II** In Partnership with the Les Gemmes DC Chapter the WSWC will participate in a Community Service Project: making -No Sew Fleece Blankets. We need your help, participation is voluntary. Supplies will be provided. Completed Blankets will be donated to WSWC Members who receive Medical Treatments (ie Cancer Treatments, Dialysis etc.) Sign up for a session with Shymee.

## THURSDAY

**May 2 10:00am-11:00am Virtual** Weiss w/**Christina Pelletier**, National Strawberry Month Store Dietician will discuss the Health & Nutrition Value of Strawberries and storage w/demo: Non Dairy Fresh Strawberry Smoothie.

**May 2 2:00pm-4:00pm Center** Ladies' Tea Party in Celebration of Mother's Day. Come dressed for the occasion ( Hats and Gloves) Music: by Sandra Johnson & The Sextet. Hors d'oeuvre Served

**May 9 10:00am-11:00am Hybrid** Lung Cancer Awareness Month. George Washington University Hospital discusses Lung Cancer; the Screening Process and Medical Treatments

## THURSDAY (continued)

**May 9 2:30pm-3:00pm Virtual** Nutrition Education w/Shymee and Chef Herb. Health & Nutrition Value discussion of Seaweed w/Cooking Demo: Seaweed Fried Rice

**May 9 3:00pm-4:00pm Virtual** May is National Food Allergy Awareness Month. Medstar ask The Dietician Series. Topic What is Food Allergy, symptoms, Anaphylaxis, Medical Treatment

**May 16 11:00am-12:00pm Center** In Support of Older American's Month the FCCC Outreach Specialist will share consumer Information about ( The Lifeline Program, Robocalls, and the Affordable Connectivity Wind Down)

**May 16 11:00am-12:00pm Center ( Sun Room)** Diabetic Shoe Fitting, purchase & delivery of previous orders

**May 16 2:30pm-3:00pm Virtual** Nutrition Education w/Shymee and Chef Herb. Health & Nutrition Value discussion of Ginger w/Cooking Demo: Ginger Veggie Stir-Fry

**May 16 3:00pm-4:00 Virtual** May is Inflammatory Bowel (IBD Month. MedStar Washington Hospital Center Ask the Doc Series on IBD: risk factors, symptoms, causes, medical treatment

**May 23 10:00am-11:00 Virtual** May is Elder Abuse Month. MedStar Washington Hospital Center discusses elder abuse; recognizing elder abuse and when to call adult protective services for help.

**May 23 2:30pm-3:00pm Virtual** Nutrition Education w/Shymee and Chef Herb. Health & Nutrition Value discussion of Garlic w/Cooking Demo: Spicy Garlic-Ginger Pork

**May 30 10:00am-11:00am Virtual** Mental Health Awareness Month MedStar Ask the Doc Series Topic: Meditation, types and how it improves Stress & Anxiety & quick medication exercise

**May 30 2:30pm-3:00pm Virtual Nutrition Education** w/Shymee and Chef Herb. Health & Nutrition Value discussion of Persimmons w/ Cooking Demo: Baked Feta Persimmons

**May 30 3:00pm-4:00pm Virtual** Mental Health Awareness Month MedStar Washington Hospital Center Ask the Doc Series Topic: Burnout & Suicide: Symptoms, causes, effects, treatments, Hotline

## FRIDAY

**May 17 9:00am-3:00pm Center Hudson Rm** AARP Smart Driver Course. Topic: Safe Driving Education. Completion of course, receipt of certificate may enable a discount on your auto insurance. *Lunch on your own.*