

Washington Seniors Wellness Center Calendar 2022

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010









COVID Test & KN95 Mask Pick Up:
Mondays 1:00pm - 3:00pm
Fridays 1:00pm - 3:00pm

New Member Orientation
Every Tuesday 2:00pm-3:00pm

On Zoom:
Enter Meeting ID: 928 7552 9202
Call In 646-558-8656
Password: 083339
** Activities subject to change*
**** Masks and Proof of vaccination required**

November is....

- Thanksgiving
- American Diabetes Month
- Pancreatic Cancer Month
- National Alzheimer Awareness Month
- Stomach Cancer Awareness Month
- COPD Awareness Month
- Hunger Awareness Month
- Lung Cancer Awareness Month
- Mid Term Election Day (November 8, 2022)
- Sweet Potato Awareness Month
- Men's Health Awareness Month
- Gerd Awareness Month
- National Native American Heritage Month
- Gluten-Free Diet Awareness Month
- Daylight Savings Times Nov 6, 2022 (Fall Back)
- Veteran's Day

Monday	Tuesday	Wednesday	Thursday	Friday
 	1	2	3	4
	<p>Field Trip! </p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee</p> <p>10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p>10:30am - 11:30am Center Chair Exercise w/ Linda -YMCA</p> <p>11:00am-12:00pm Center Emergency Preparedness</p> <p>11:30am-12:30pm Center Nutrition Ed. w/Charmaine</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>12:45pm -3:00pm Trip Martha's Table Common Lobby Market</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>1:30pm-2:30pm Zoom Spanish Class w/Gwen</p> <p>2:00pm-4:00pm Center Activities at your Leisure w/Deyanne</p>	<p>9:00am-10:00am Hybrid Kickboxing w/Vernetta</p> <p>10:00am-11:00am Center(Appt only) Nutrition Consultation w/ Shymee</p> <p>10:00am -11:00am Center Chair Yoga w/ Gigi</p> <p>11:00am-12:00pm Hybrid WSWC Members Assembly Meeting</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/Tawana</p> <p>Mtg ID:815 5057 3934 PW: WSWC</p> <p>10:00am-12:00pm Center Donna Tabor- United Health Care Medicare/Medicaid</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm - 2:00pm Zoom Sibley Club Memory</p> <p>ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm - 4:30pm Center Drawing and Painting Art Class</p> <p>2:30pm-3:30pm Center The Art of Fall - Mixed Media w/ Candice</p> <p>5:00pm - 6:00pm Center Fitness w/ Rodney</p>	<p>9:00am - 9:45am Center Zumba Gold with Michelle</p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee</p> <p>10:30am-11:30am Center Chair Exercise w/ Linda -YMCA</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA</p> <p>1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:00pm Hybrid Nutrition Ed. w/ Shymee</p> <p>3:00pm-4:00pm Hybrid Community,Health,Nutrition w/Shymee</p>	<p>9:30am - 12:30pm Center Trinity University Fall Prevention Follow-up</p> <p>9:45am-10:15am Center Walking Group w/Stacy</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:815 5057 3934 PW: WSWC</p> <p>11:00am-1:00pm Center Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10)</p> <p>1:00pm-2:00pm Center Line Dancing with Rita</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p> <div style="display: flex; justify-content: space-around;">    </div>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">7</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee 10:00am-12:30pm- Center Living Well Virtual CDSMP Workshop 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  5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">8</p> <p>Field-Trip!  10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/ Linda 10:15am -2pm- Trip Walmart Super Center 11:30am-12:30pm Center Nutrition Ed. w/Charmaine 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:30pm-2:30pm Zoom Spanish Class w/Gwen 2:00pm-4:00pm Center Activities at your Leisure w/Deyanne</p>	<p align="right">9</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 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 10:00am-12:00pm Center Donna Tabor- United Health Care Medicare/Medicaid 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 5:00pm - 6:00pm Center Fitness w/ Rodney</p>	<p align="right">10</p> <p>9:00am - 9:45am Center Zumba Gold with Michelle 10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee 10:00am-1:00pm Center DC Library Resources w/Margarete 10:30am-11:30am Center Chair Exercise w/ Linda -YMCA 11:30am-12:30pm Zoom Active Living w/ Romunda 11:00am-1:00pm Center Computer Training w/Adrian 12:00pm-2:00pm Center- YMCA Senior Wellness Center Assessment 1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts 2:30pm-3:00pm Hybrid Nutrition Ed. w/ Shymee 3:00pm-4:00pm Hybrid Community session w/ Shymee</p>	<p align="right">11</p> <div align="center">  CENTER IS CLOSED Veteran's Day </div>
<p align="right">14</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee 10:00am-12:30pm- Center Living Well Virtual CDSMP Workshop 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  5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">15</p> <p>Field-Trip!  10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/ Linda -YMCA 10:30am-1:30pm Trip Spice and Tea Exchange of Alexandria 11:30am-12:30pm Center Nutrition Ed. w/Charmaine 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:30pm-2:30pm Zoom Spanish Class w/Gwen 2:00pm-4:00pm Center Activities at your Leisure w/Deyanne</p>	<p align="right">16</p> <p>Field-Trip!  9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am-11:00am Center Community Session 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 10:45am - 1:00pm Trip Giant Store Tour with Edenbridge 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 2:30pm-3:30pm Center The Art of Fall - Mixed Media w/ Candice 5:00pm-6:00pm Center Fitness w/Rodney</p>	<p align="right">17</p> <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle 10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee 10:30am-11:30am Center Chair Exercise w/ Linda -YMCA 11:30am-12:30pm Zoom Active Living w/ Romunda Ings 11:30am-12:30pm Closed Executive Board Meeting 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA Health Dialogue w/ DeLois Botts 2:30pm-3:00pm Hybrid Nutrition Education w/ Shymee 3:00pm-4:00pm Hybrid Community, Health Sessions w/ Shymee</p>	<p align="right">18</p> <div align="center">  9:45am-10:15am Center Walking Group w/Stacy 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC 11:00am-1:00pm Center Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) 11:30am-12:30pm Center Nutrition Ed. w/Charmaine 1:00pm-2:00pm Center Line Dancing with Rita 12:30pm-4:30pm Center GAMES A PLENTY </div>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">21</p> <p>9:00am -10:00am Hybrid Kickboxing w/ Vernetta 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:00am-12:30pm- Center Living Well Virtual CDSMP Workshop 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  5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">22</p> <p>10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/ Linda -YMCA 11:30am-12:30pm Center Nutrition Ed. w/Charmaine 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:30pm-2:30pm Zoom Spanish Class w/Gwen 2:00pm-4:00pm Center Activities at your Leisure w/Deyanne</p>	<p align="right">23</p> <p> 9:00am-10:00am Hybrid Kickboxing w/Vernetta 10:00am-11:00am Center (Appt Only) Nutrition Consultation w/ Shymee 10:00am -11:00am Center Chair Yoga w/ Gigi 9:30am - 1:00pm DC Armory DACL Thanksgiving Grab and Go Luncheon 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">24</p> <p align="center"> CENTER IS CLOSED Thanksgiving Day </p>	<p align="right">25</p> <p align="center"> CENTER IS CLOSED </p>
<p align="right">28</p> <p> 9:00am -10:00am Hybrid Kickboxing w/ Vernetta 9:30am - 12:30pm Trip National Arboretum Forest Bathing Walk 10:00am -11:00am- Center Chair Yoga w/ Gigi 10:00am-12:30pm- Center Living Well Virtual CDSMP Workshop 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  5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p align="right">29</p> <p> 10:00am-11:00am Hybrid Community, Health, Nutrition Sessions w/ Shymee 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30am - 11:30am Center Chair Exercise w/ Linda- YMCA 11:00am-1:00pm Center Computer Training w/Adrian 11:30am-12:30pm Center Nutrition Ed. w/Charmaine 11:30am-12:30pm Zoom Active Living w/ Romunda 11:00pm- 3pm AMC Shirlington 7 Wakanda Forever- fee \$11 1:30pm-2:30pm Center Tai Chi w/ Jerry - YMCA 1:30pm-2:30pm Zoom Spanish Class w/Gwen 2:00pm-4:00pm Center Activities at your Leisure w/Deyanne</p>	<p align="right">30</p> <p>9:00am-10:00am Hybrid Kickboxing w/Vernetta 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="center"> <i>Nov 2 - Look for Circles Day</i> <i>Nov 4 - Check your Blood Pressure Day</i> <i>Nov. 6 - Daylight Savings Time (Turn those clocks back on Sun. Nov 6 2:00AM</i> <i>Nov 8- Mid Term Election Day</i> <i>Nov 10- Forget me Not Day (how do you want to be remembered)</i> <i>Nov 12 - Chicken soup for the soul day (what's in your soup)</i> <i>Nov 14- World Diabetes Day</i> <i>Nov 15 -Nat 'l recycles day (tips)</i> <i>Nov 20 - Get Smart About Credit</i> <i>Nov 23- Cranberry Day</i> <i>Nov 24 -25-Thanksgiving (Center is Closed)</i> <i>Nov 25-Black Friday</i> <i>Nov 28- Cyber Monday On line shopping deals (guard your Info)</i> <i>Nov 29 - Day of Caring (A chat)</i> <i>Nov 30 - Computer Security Day</i></p>	<p align="center"> Nov 1, 12:45pm-3:00pm Martha's Table-Commons Lobby Market The Commons Bld. 2375 Elvan's RD S.E. DC Nov 8, 10:15am-2:00pm Walmart Supercenter 407 George Claus Blvd. Severn, MD Nov 15 -10:30am-1:30pm Spice and Tea Exchange of Alexandria 320 King Street Alex, VA Nov 16 - 10:45am-1:00pm Giant Store Tour with Edenbridge 1535 Alabama Ave SE DC Nov 23 - 9:30am-1:00pm DACL Thanksgiving Grab & Go Luncheon 2001 E. Capitol St. SE DC Nov 28-9:30am-12:30pm National Arboretum Forest Bathing Walk DC. Nov 29-11:00am-3:00pm AMC Shirlington 7- Wakanda - \$11 Alexandria, VA</p>