## Washington Seniors Wellness Center Calendar 2022

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



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
PUT THIS ON YOUR CALENDAR!	1 Fierd Trip! 2010 Community, Health, Nutrition Sessions w/ Shymee 10:00 am-11:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:30 am - 11:30 am Center Chair Exercise w/ Linda -YMCA 11:00 am-12:00 pm Center Emergency Preparedness 11:30 am-12:30 pm Center Nutrition Ed. w/Charmaine 11:30 am-12:30 pm Zoom Active Living w/ Romunda 12:45 pm -3:00 pm Trip Martha's Table Common Lobby Market 1:30 pm-2:30 pm Center Tai Chi w/ Jerry - YMCA 1:30 pm-2:30 pm Zoom Spanish Class w/Gwen 2:00 pm-4:00 pm Center Activities at your Leisure w/Deyanne	2 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 WSWC Members Assembly Meeting 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 2:30pm-3:30pm Center The Art of Fall - Mixed Media w/ Candice 5:00pm - 6:00pm Center Fitness w/ Rodney	3 9:00am - 9:45am Center 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 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 3:00pm-4:00pm Hybrid Community,Health,Nutrition w/Shymee	4 9:30am - 12:30pm Center Trinity University Fall Prevention Follow-up 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) 1:00pm-2:00pm Center Line Dancing with Rita 12:30pm-4:30pm Center GAMES A PLENTY WWW

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
9:00am –10:00am Hybrid	Field Trip!	9:00am-10:00am Hybrid	9:00am – 9:45am Center	
Kickboxing w/ Vernetta		Kickboxing w/Vernetta	Zumba Gold with Michelle	Q
10:00am -11:00am- Center	10:00cm 11:00cm Hybrid	10:00am-11:00am Center (Appt only)	10:00am-11:00am Hybrid	G
Chair Yoga w/ Gigi	<b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition	Nutrition Consultation w/ Shymee	Community, Health, Nutrition w/	DITTHS
10:00am-11:00am Hybrid	Sessions w/ Shymee	10:00am -11:00am Center	Shymee	PU! (OI ID
Community, Health, Nutrition Sessions w/ Shymee	10:00am-1:45pm Center	Chair Yoga w/ Gigi 11:00am-12:00pm Hybrid	10:00am-1:00pm Center	ONYOUK
10:00am-12:30pm- Center	Legal Counsel for the Elderly w/	Enhance Fitness w/Tawana	DC Library Resources w/Margarete	
Living Well Virtual CDSMP	Bruce Rathbun	Mtg ID:815 5057 3934 PW: WSWC	10:30am-11:30am Center	CALENDAR!
Workshop	10:30am – 11:30am Center	10:00am-12:00pm Center	Chair Exercise w/ Linda -YMCA	GALLINE
11:00am –12:00pm- Hybrid	Chair Exercise w/ Linda	Donna Tabor- United Health Care	11:30am-12:30pm Zoom	
Enhance Fitness w/ Tawana	10:15am -2pm- Trip	Medicare/Medicaid	Active Living w/ Romunda 11:00am-1:00pm Center	
Mtg ID:815 5057 3934	Walmart Super Center	11:30am-12:30pm Zoom	Computer Training w/Adrian	<b>CENTER IS CLOSED</b>
PW: WSWC	11:30am-12:30pm Center	Active Living w/ Romunda	12:00pm-2:00pm Center- YMCA	
12:00pm – 1:00pm Zoom	Nutrition Ed. w/Charmaine	1:00pm – 2:00pm Zoom	Senior Wellness Center Assessment	
Chatting w/ Katherine	11:30am-12:30pm Zoom	Sibley Club Memory	1:45pm – 2:20pm Zoom	Ustansa's Dass
12:30pm-4:30pm Center	Active Living w/ Romunda	ID: 975-5829-0633 or call 301-715-8592	Health Dialogue/ DeLois Botts	Veteran's Day
GAMES A PLENTY	1:30pm-2:30pm Center	1:00pm - 4:30pm Center	2:30pm-3:00pm Hybrid	
Stars West	Tai Chi w/ Jerry – YMCA	Drawing and Painting Art Class	Nutrition Ed. w/ Shymee	
	1:30pm-2:30pm Zoom	5:00pm - 6:00pm Center	3:00pm-4:00pm Hybrid	
5:00pm- 6:00pm Center	Spanish Class w/Gwen <b>2:00pm-4:00pm Center</b>	Fitness w/ Rodney	Community session w/ Shymee	
Fitness w/ Rodney	Activities at your Leisure			
	w/Deyanne			
14	15	16	17	18
9:00am –10:00am Hybrid	Field Trip!	Field Trip!	9:00am – 9:45am Hybrid	
Kickboxing w/ Vernetta			Zumba Gold with Michelle	
10:00am -11:00am- Center			10:00am-11:00am Hybrid	
Chair Yoga w/ Gigi	10:00am-11:00am Hybrid	9:00am-10:00am Hybrid	<b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition w/	
Chair Yoga w/ Gigi 10:00am-11:00am Hybrid	Community, Health, Nutrition	Kickboxing w/Vernetta	10:00am-11:00am Hybrid	9:45am-10:15am Center
Chair Yoga w/ Gigi <b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition	Community, Health, Nutrition Sessions w/ Shymee	Kickboxing w/Vernetta 10:00am-11:00am Center	10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee 10:30am-11:30am Center	Walking Group w/Stacy
Chair Yoga w/ Gigi <b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee	Community, Health, Nutrition Sessions w/ Shymee <b>10:00am-1:45pm Center</b>	Kickboxing w/Vernetta 10:00am-11:00am Center Community Session w/ Shymee	10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee 10:30am-11:30am Center Chair Exercise w/ Linda -YMCA	Walking Group w/Stacy 11:00am-12:00pm Hybrid
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Chair Yoga w/ Gigi <b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee <b>10:00am-12:30pm- Center</b> Living Well Virtual CDSMP Workshop <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> GAMES A PLENTY	Community, Health, Nutrition Sessions w/ Shymee <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/ Linda -YMCA <b>10:30am-1:30pm Trip</b> Spice and Tea Exchange of Alexandria <b>11:30am-12:30pm Center</b> Nutrition Ed. w/Charmaine <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b>	Kickboxing w/Vernetta <b>10:00am-11:00am Center</b> Community Session w/ Shymee <b>10:00am - 11:00am Center</b> Chair Yoga w/ Gigi <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC <b>10:45am – 1:00pm Trip</b> Giant Store Tour with Edenbridge <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:00pm – 2:00pm Zoom</b> Sibley Club Memory	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/	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
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Monday	Tuesday	Wednesday	Thursday	Friday
21 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 S:00pm - 6:00pm Center Fitness w/ Rodney	22 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	23 Fierd Thip! 23 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	24 <b>CENTER IS CLOSED</b> <b>Thanksgiving Day</b> Hanksgiving	25 PUTTHIS PUTTHIS CENTER IS CLOSED Wovember
28 Field Trip! 200am -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	29 Fierd Trip! 20 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	30 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	Nov 2 – Look for Circles Day Nov 4 – Check your Blood Pressure Day Nov 6 – Daylight Savings Time (Turn those clocks back on Sun. Nov 6 2:00AM Nov 8 – Mid Term Election Day Nov 10 - Forget me Not Day (how do you want to be remembered) Nov 12 – Chicken soup for the soul day (what's in your soup) Nov 14 - World Diabetes Day Nov 15 –Nat 'I recycles day (tips) Nov 20 - Get Smart About Credit Nov 23 - Cranberry Day Nov 24 - 25 – Thanksgiving (Center is Closed) Nov 25 - Black Friday Nov 28 - Cyber Monday On line shopping deals (guard your Info) Nov 30 – Computer Security Day	Field Trip! 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