

Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



November is....

- Thanksgiving (November 23rd)
- American Diabetes Month
- Gastroesophageal Reflux Disease Awareness
- National Epilepsy Awareness Month
- National Stress Awareness Month
- National Healthy Skin Month
- Pancreatic, Stomach, Lung Cancer Awareness Month
- COPD Awareness Month
- Mid Term Elections Tuesday November 7, 2023
- Men's Health Awareness Month
- National Native American Heritage Month
- Daylight Savings Times Nov 5, 2023 (Fall Back)
- Veterans Day November 11th celebrated as Federal Holiday November 10, 2023
- November 5, 1974 Walter Washington becomes first elected Mayor of Washington, DC
- Nov 6, 1990 Sharon Pratt Kelly makes history as the first elected woman Mayor of Washington DC.
- November 28 Giving Tuesday (a day of giving)

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>Thursday Nov 2, 2023 10:00am-11:00am Center MedStar Georgetown Community Health Needs Assessment</p> <p>Friday Nov 17, 2023 8:30am-11:30am Center Trinity Washington University Activity centered around Stress Management & Wellness</p> <p>Monday Nov 20, 2023 11:00am-12:00pm- Hybrid Earcooustic Headphones Presentation</p> <p>Wednesday Nov 22, 2023 Mayor's annual Thanksgiving Dinner Transportation will be provided Location & Time TBA</p>	<p>let's talk change</p> <p>Tai Chi moved to Every Monday & Wednesday 1:00pm-2:00pm w/ new instructor Eric</p>  <p>(New) Hand Dance Class 2nd & 4th Tuesday in Center starting Nov 7th</p> <p>WSWC Bowling League Thursdays 10:30am-2:00pm Temple Hills, Md</p>  <p>Nov 14, 10:45am-11:30am Martha's Table-Commons Lobby Market The Commons Bld. 2375 Elvan's RD S.E. DC</p>	<p>1</p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta 10:00am -11:00am Gym Chair Yoga w/ Gigi 11:00am - 12:00pm Hybrid Member's Assembly Meeting 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 Center Tai Chi w/ Eric 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 1:30pm-2:30pm Center Ceramics Art & Mixed Media w/ Candice 5:00pm-6:00pm Center Fitness w/Rodney 9:00am-5:00pm Center <i>Stop by Nutrition Table for some special apple treats in recognition of Apple Month</i></p>	<p>2</p> <p>9:00am - 9:45am Hybrid Zumba Gold with Michelle 10:00am-11:00am Center MedStar Georgetown Community Health Needs Assessment 10:30am-2:00pm Bowling WSWC Bowling League 4717 St. Barnabas Rd 10:30am-11:30am Center Chair Exercise w/ Andrea 11:00am-12:00pm Center Tech Talk w/Adrian 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:45pm - 2:20pm Zoom Health Dialogue/ DeLois Botts 2:00pm-3:00pm Center Community Session <i>(see details)</i> 2:30pm-3:00pm Virtual. Nutrition ed w/Shymee & Chef Herb food Demo <i>(see details)</i></p>	<p>3</p>  <p>9:00am-10:15am Outside Walking Group 10:30am-12:00pm Hudson Crochet Class w/Carmella 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: WSWC</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>    <p>1:00pm - 2pm- Gym Line Dancing w/Rita</p>

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WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & UPCOMING EVENTS – DETAILS

MONDAY

November 13 10:30am-11:30am Virtual MedStar Washington Hospital Center Ask the Doc Series. What you need to know about Epilepsy.

November 20 11:00am-12:00pm Hybrid Earcoustic headphone presentation focuses on use of headsets to enhance sound quality.

TUESDAY

November 7 10:00am-11:00am Virtual Giant w/Alexandra Brown, In Store Dietician discusses Healthy Holiday Eating for Diabetics

November 7,14,21,28 10:00am-1:00pm-Center(Man Cave)

November Starts Open Enrollment for Medicare. Donna Tabor United Health Care will be in Center to provide 1 on 1 enrollment Assistance.

November 14 10:00am-11:00am Hybrid George Washington Cancer Center discusses Lung Cancer and the risks of this Chronic Disease.

November 14 11:00am-12:00pm Center Ward 7 Mayor's Office of Community Relations and Rep from MPD discusses Crime in DC

November 21 1:00pm-2:00pm Center November is Skin Care Month. Mary Kay discusses the importance of skin care with Care Demo

November 21 10:00am-11:00am Hybrid November is Great American Smokeout. Month, Leadership Counsel for a Healthy Community talks about the impact of Smoking on your Life.

November 28 10:00am-11:00am Hybrid Heather Foot, Transportation Advocate discusses Transportation updates from DDOT and Yellow Cab.

WEDNESDAY

November 1 9:00am-5:00pm Celebrating National Apple Month. Stop by the Nutrition Table in the Café any time & Pick up Health & Nutrition tips and apple treats of different types and varieties **WHILE THEY LAST**

November 8 10:30am-11:00am Virtual November is Gastroesophageal/ Reflux(GERD) Awareness Month. Joan Smith, RN from the Black Nurses presents information on this topic.

THURSDAY

November 2 10:00am-11:00am Center MedStar Georgetown wants to hear from DC Residents on topics impacting our community

November 2 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb Nutrition points & *Food Demo Fresh Waffles and Cinnamon*

November 2 2:00pm-3:00pm Center Community Session w/Department of Energy and Environment

November 9 10:00am-11:00 Hybrid Weiss w/Christina Pelletier, In Store Dietician discusses streamlining meals during the holiday with demo of a Christmas simmer pot using fresh fruits, pine branches and cinnamon sticks for a fragrance to use in your home.

November 9 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb Nutrition discussion & *Food Demo Chicken Soup for the Soul.*

November 9 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series. Focus on Diabetes- What it is and the impact to your health and wellbeing.

November 16 10:00am-11:00am Virtual MedStar Washington Hospital Center Ask the Doc Series. Stress kills: the Negative Impact of Stress on the Body.

November 16 10:00am-11:00am Center Howard University 2nd Session in Men's Health Series – Self Care is essential.

November 16 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb Nutrition discussion & *Food Demo Thanksgiving Dish/Cornbread or Oyster Stuffing*

November 30 10:00am-11:00am Hybrid National Bladder Health Month. Pamela Hodges from the Black Nurses Association presents information on Bladder Health and its importance.

November 30 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb Nutrition discussion & *Food Demo Spicy Guacamole highlighting Avocados.*

November 30 3:00pm-4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series. What you need to know about Asthma, COPD, Bronchitis

FRIDAY

November 17 8:30-11:30 Center Trinity Washington University Facilitates an activity around Stress Management & Wellness