

# 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 with Shymee  
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**

## October is....

- Indigenous Day (DC Holiday)
- Breast Cancer Awareness Month (Wear Pink)
- Domestic Violence Awareness Month (Wear Purple)
- National Fire Prevention Month
- Emotional Wellness Month
- Eat Better, Eat Together Month
- Healthy Lung Month
- Liver Cancer Month
- Vegetarian Month
- Spinach Lovers Month
- National Apple Month
- National Seafood Month
- National Popcorn Poppin Month
- Financial Planning Month
- Caffeine Addiction Recovery Month
- Back Care Awareness Week (October 7-13)
- World Osteoporosis Day(Thursday Oct.20)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:00am-11:00am Hybrid</b> Community Relations Session w/ Shymee (<i>see event details</i>) <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> <b>GAMES A PLENTY</b></p> <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee (<i>see event details</i>) <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 Grymes <b>11:00am-1:00pm Center</b> Community Relations Session w/ Shymee (<i>see event details</i>) <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> Tai Chi w/ Jerry - YMCA <b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen</p>	<p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-11:00am Center(Appt only)</b> Nutrition Consultation w/ Shymee <b>10:00am-12:00pm Center</b> Donna Tabor-United Health Care- Medicare/Medicaid <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>11:00am-12:00pm Hybrid</b> WSWC Members Assembly Meeting <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 Center</b> Drawing and Painting Art Class <b>5:00pm - 6:00pm Center</b> Fitness w/ Rodney</p>	<p><b>9:00am - 9:45am Center</b> <b>Zumba Gold</b> with Michelle <b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition w/ Shymee(<i>see event details</i>) <b>10:30am-11:30am Center</b> Chair Exercise w/ Linda Grymes <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Ed. w/ Shymee (<i>see event details</i>) <b>3:00pm-4:00pm Hybrid</b> Community,Health,Nutrition w/Shymee (<i>see event details</i>)</p>	<p><b>Field-Trip!</b></p> <p><b>10:30am-1:30pm</b> Laurel Market Place (<i>see details</i>) <b>9:45am-10:15am Center</b> Walking Group w/Stacy <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: WSWC</b> <b>11:00am-1:00pm Center</b> Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> <p><b>1:00pm-2:00pmCenter</b> Line Dancing with Rita</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>10</b></p>  <p><b>CENTER IS CLOSED</b></p> 	<p style="text-align: right;"><b>11</b></p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee (<i>see event details</i>)</p> <p><b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p><b>10:30am - 11:30am Center</b> Chair Exercise w/ Linda Grymes</p> <p><b>11:30am-12:30pm Center</b> Nutrition Ed. w/Charmaine</p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA</p> <p><b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen Mclaughlin</p>	<p style="text-align: right;"><b>12</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta</p> <p><b>10:00am-11:00am Center(Appt only)</b> Nutrition Consultation w/ Shymee</p> <p><b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi</p> <p><b>10:00am-12:00pm Center</b> Donna Tabor -United Health Care - Medicare/Medicaid</p> <p><b>11:00am-12:00pm Hybrid</b> WSC Members Assembly Meeting</p> <p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/Tawana <b>Mtg ID:815 5057 3934 PW: WSWC</b></p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:00pm - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b></p> <p><b>1:00pm - 4:30pm Center</b> Drawing and Painting Art Class</p> <p><b>2:30pm-3:30pm Hybrid</b> Visual Arts Class w/ Candice Napper</p> <p><b>5:00pm - 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>13</b></p> <p><b>Field Trip!</b>  <b>Baltimore</b></p> <p><b>10:00am-2:00pm (see details)</b></p> <p><b>9:00am - 9:45am Center</b> Zumba Gold with Michelle</p> <p><b>10:00am-11:00am Hybrid</b> Community,Health session w/ Shymee (<i>see event details</i>)</p> <p><b>10:00am-1:00pm Center</b> DC Library Resources w/Margarete (<i>see change details</i>)</p> <p><b>10:30am-11:30am Center</b> Chair Exercise w/ Linda Grymes</p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>11:00am-1:00pm Center</b> Computer Training w/Adrian</p> <p><b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA</p> <p><b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts</p> <p><b>2:30pm-3:00pm Hybrid</b> Nutrition Ed. w/ Shymee (<i>See event details</i>)</p> <p><b>3:00pm-4:00pm Hybrid</b> Community session w/ Shymee (<i>see event details</i>)</p>	<p style="text-align: right;"><b>14</b></p>  <p><b>9:45am-10:15am Center</b> Walking Group w/Stacy</p> <p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: WSWC</b></p> <p><b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> 
<p style="text-align: right;"><b>17</b></p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta</p> <p><b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi</p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee (<i>see event details</i>)</p> <p><b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: WSWC</b></p> <p><b>12:00pm - 1:00pm Zoom</b> Chatting w/ Katherine</p> <p><b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>18</b></p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee (<i>see event details</i>)</p> <p><b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun</p> <p><b>10:30am - 11:30am Center</b> Chair Exercise w/ Linda Grymes</p> <p><b>11:30am-12:30pm Center</b> Nutrition Ed. w/Charmaine</p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA</p> <p><b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen Mclaughlin</p>	<p style="text-align: right;"><b>19</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta</p> <p><b>10:00am-11:00am Center</b> Community Session w/ Shymee (<i>see event details</i>)</p> <p><b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi</p> <p><b>10:00am-12:00pm Center</b> Donna Tabor-United Heath Care- Medicare/Medicaid</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: WSWC</b></p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda</p> <p><b>1:00pm - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b></p> <p><b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class</p> <p><b>5:00pm-6:00pm Center</b> Fitness w/Rodney</p>	<p style="text-align: right;"><b>20</b></p> <p><b>9:00am - 9:45am Hybrid</b> Zumba Gold with Michelle</p> <p><b>10:00am-11:00am Hybrid</b> Community Sessions w/ Shymee (<i>see event details</i>)</p> <p><b>10:30am-11:30am Center</b> Chair Exercise w/ Linda Grymes</p> <p><b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda Ings</p> <p><b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry</p> <p><b>*1:30pm-4:30pm</b> <b>The Woman King Movie (see details)</b></p> <p><b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts</p> <p><b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee (<i>see event details</i>)</p> <p><b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/ Shymee (<i>see event details</i>)</p>	<p style="text-align: right;"><b>21</b></p>  <p><b>9:45am-10:15am Center</b> Walking Group w/Stacy</p> <p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934 PW: WSWC</b></p> <p><b>11:00am-1:00pm Center</b> Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10)</p> <p><b>11:30am-12:30pm Center</b> Nutrition Ed. w/Charmaine</p> <p><b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">24</p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <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>11:00am-1:30pm Center</b> Kidney Screening returns to the Center <i>(see event details)</i> <b>12:00pm - 1:00pm Zoom</b> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right">25</p> <p><b>10:00am-11:00am Hybrid</b> Community, Health, Nutrition Sessions w/ Shymee <i>(see event details)</i> <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 <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> Tai Chi w/ Jerry - YMCA <b>1:30pm-2:30pm Zoom</b> Spanish Class w/Gwen</p>	<p align="right">26</p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-11:00am Center (Appt Only)</b> Nutrition Consultation w/ Shymee <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:00am-12:00pm Center</b> Donna Tabor-United Heath Care-Medicare/Medicaid <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>1:00 - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm-3:00pm Center</b> Fall Fest- Let's get toasty &amp; have a little fun <i>(see event details)</i> <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>2:30pm-3:30pm Hybrid</b> Visual Arts Class w/ Candice Napper <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p align="right">27</p> <p><b>9:00am - 9:45am Hybrid</b> <b>Zumba Gold with Michelle</b> <b>10:00pm-11:00pm, Hybrid</b> Community, Health, Nutrition w/ Shymee <i>(see event details)</i> <b>10:30am-11:30am Center</b> Chair Exercise w/ Linda Grymes <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda Ings <b>11:30am-12:30pm Closed</b> Executive Board Meeting <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:30pm Hybrid</b> Nutrition Education w/ Shymee <i>(see event details)</i></p>	<p align="right">28</p> <p><b>Field Trip!</b>  <b>10:00am-12:00pm</b> Miller's Farm<i>(see details)</i> <b>9:45am-10:15am Center</b> Walking Group w/Stacy <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>Mtg ID:815 5057 3934</b> <b>PW: WSWC</b> <b>11:30am-12:30pm Center</b> Nutrition Ed. w/Charmaine <b>12:00pm-1:30pm Zoom</b> WSWC Reading Group <b>Mtg ID:815 5057 3934</b> <b>PW: WSWC</b> <b>Call in:646-931-3860</b> <b>PW:971811</b> <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b> </p>
<p align="right">31</p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <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>1:00pm-3:00pm Center</b> Halloween Movie &amp; Treat Day <i>(see event details)</i> <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b>  <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p><b>Field Trip!</b>  <b>Laurel Market Place</b> Date: Friday 10/7 Time: 10:30-1:30  <b>Blacks in Wax Museum Guided Tour Baltimore</b> Date: Thursday 10/13 Time: 10:00am-11:30pm <b>Cost: \$13.50 (Collect Monies up Front for Museum)</b> <b>Mo's Fisherman's Wharf (Seafood)- Baltimore</b> Date: Thursday 10/13 Time: 12:00 pm-2:00pm</p>	<p><b>Field Trip!</b>  <b>The Woman King Movie</b> Date: Thursday, 10/21 Time: 1:30pm-4:30pm <b>Ticket: \$12</b> AMC Hoffman <b>Miller's Farm Family Fun Day</b> Date: Friday10/28 Time: 10:00am-12:00pm, <b>Cost: \$9.95</b>  Rodney's Fitness class <i>time has changed to 1-hour (5:00pm - 6:00pm)</i> DC Library Resources w/Margarete <b>Session moving to only once a month on the first Thursday of the month</b></p>	<p align="center"></p> <p><b>*In Center activities planned . See Deyanne Nicholas for details</b> <b>Oct 2 - Celebrate Custodial Workers Day</b> <b>Oct 5 - Coffee w/ Cop Day</b> <b>Oct 6 - World Smile Day</b> <b>Oct 10 - DC HOLIDAY-Indigenous People's Day (Center is Closed)</b> <b>Oct 12 - Saving Day</b> <b>Oct 14 - Dessert Day</b> <b>Oct 16 - Boss Day (celebrate Oct 17)</b> <b>Oct 17 - Black Poetry Day</b> <b>Oct 20 - Get Smart About Credit</b> <b>Oct 26 - Pumpkin Day</b> <b>Oct 28 - Chocolate Day</b> <b>Oct 31 - Halloween</b></p>	<p align="center"></p> <p><b>Oct 3 In Center Spirit Day- Wear your swag (Tee Shirt, Sweatshirt, Hat, school color) to represent your school!!!</b> <b>Oct 13 In Center</b> in Support of Domestic Violence Awareness Month wear Purple. Purple Ribbons will be on the resource table &amp; Education information. <b>Oct 24 In Center</b> Kidney Screening returns along with a Medical Specialist to talk with members about how to maintain your best kidney health <b>Oct 27 In Center Wear Pink &amp; Black</b> In support of Breast Cancer Awareness and participate in a silent auction (donated breast cancer items) Proceeds will go to Breast Cancer of Washington.</p>

**WASHINGTON SENIORS WELLNESS CENTER  
COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE  
& SPECIAL EVENTS**



**MONDAY**

**Oct 3 10:00am-11:00am Hybrid**

**Pepco.** Presenter Rachelle Nigro, Sr. Community Relations Spec. Topic: Workshop on how Pepco can assist you in a budget plan & give other resources that can assist with monthly billing.

**Oct. 17 10:00am-11:00am Hybrid** October Emotion Wellness Month Black Nurses Association. Presenter: TBA Topic 101 Session about Depression, Anxiety, Suicide Prevention

**Oct 24 11:00am-1:30pm Center** George Washington University returns to the WSWC to continue Kidney Screening. Members can engage a Medical Specialist on how to maintain the best kidney, Health.

**October 31 1:00pm-3:00pm Center** Movie/ Treat Day. Celebrate National Popcorn Popper Month and Halloween. Enjoy assorted popcorn and other Halloween treats on us.

**TUESDAY**

**Oct. 4 Center.** Giant Store w/Alexandra Brown, In store Dietician. Topic Cook Once Eat Twice. She will also introduce a 4-week wellness virtual class slotted to take place in November.

**Oct 4 11:00am-1:00pm Center** Federal Communications Commission Consumer Affairs and Outreach Division: Presenter Alma Hughes & Team. Topic On site enrollment of the Affordable Connectivity Program.

**Oct. 11 10:00am-11:00am Hybrid** NMAAHC -Presenter: Lisa Crawley Topic: Genealogy/ exploring your family tree (Live).

**Oct 25 10:00am-11:00am Center** Transportation: DC Circulator Bus Presentation Presenter: Circe Torruellas & Heather Foot Topic: Learn about the DC Circulator and its return & updates on transportation issues

**WEDNESDAY**

**Oct 5,12,19,26 10:00am-12:00pm Center** United Health Care Representative Donna Tabor will set up a table in the Center to assist members with Medicare/Medicaid Benefits Enrollment.

**Oct. 19 10:00am-11:00am Center** October is Financial Planning Month. Stewart Financial Services Presenter: Roderick Massey Financial Planner Topic: Securing your financial future/making life a little easier

**Oct 26 1:00pm-3:00pm Center**- Celebrate Fall. Let's toast Fall with Hot Apple Cider & Jigsaw Puzzles. Just have some fun.

**THURSDAY**

**Oct 6. 10:00am-11:00am Hybrid** Weis Market w/Christina Pelletier in recognition of National Apple Month (Health & Nutritional Benefit discussion with Apple Demo.

**Oct 6 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee Topic: A discussion around Caffeine addiction recovery.

**Oct 6 3:00pm-4:00pm Hybrid** Dept. of Securities, Insurance & Banking: Presenter Mr. Idriys Abdullah/Consumer Protection Advocate Topic: Reverse Mortgages

**Oct. 13 10:00am-11:00am Hybrid** Blue Rock Health Care Presenter: Dr. Alka Gupta Internal Medical Dr. with Geriatric Specialty Topic Back Care & Osteoporosis

**Oct 13 11:00am-1:00pm Center** Tech Talk with Adrian Topic: Need assistance with texts, picture taking, emailing etc. bring your Phone, laptop, iPad. into the center.

**Oct. 13 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Christina Pelletier Weis Market Dietician. In recognition of Vegetarian Month: Discussion: Nutritional/health implications of being a Vegetarian. Food Demo: Vegetarian Chili.

**Oct 13 3:00pm-4:00pm Hybrid** MedStar Washington Hospital Center: Presenter: TBD Topic: Educate about Sepsis because Sepsis kills.

**Oct 20 10:00am-11:00am Hybrid** Department of Energy & Environment Presenter: Mr. Alvin Jones, Program Specialist. Topic: Saving \$ on utility bills: Learn how to participate in the Weatherization and Utility Discount Program.

**Oct 20 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Christina Pelletier, Weis Dietician. In support of Spinach Lovers Month Topic Spinach, Nutritional and Health Value of Spinach with Demo. Topic: Nutritional Value

**Oct. 20 3:00pm-4:00pm Hybrid** October is Liver Cancer Month. MedStar Washington Hospital Center Presenter: TBA Topic What you need to know about Liver Cancer.

**Oct 27 10:00am-11:00am Center** In support of Breast Cancer Awareness Month Honor those survivors and remember those who lost their lives to Breast Cancer. Howard University Cancer Center Presenter: Cherise Spencer Topic: Updates on the latest treatments & preventive methods (Mammograms & Self-Exam)

**Oct 27 11:00am-1:00pm Center** Tech Talk with Adrian Topic: Need assistance with texts, picture taking, emailing etc. bring your Phone, laptop, iPad. into the center.

**Oct. 27 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Christina Pelletier Weis Market Dietician Topic: Health and Nutrition benefits of Pears & Pineapples. Food Demo: Grilled Pineapple& Pear Salsa demo.