

Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



October is....

- American Pharmacist Month
- Breast Cancer Awareness Month
- Dyslexia Awareness Month
- Eczema Awareness Month
- Health Literacy Month
- Healthy Lung Month
- Liver Cancer Awareness Month
- National Apple Month (Demo for Chef)
- National Domestic Violence Awareness Month
- National Pasta Month
- National Pizza Month
- National Pork Month
- Vegetarian Awareness Month
- World Menopause Month
- National Friends of Libraries Week (Oct. 17-31)
- Halloween Tuesday October 31st
- Columbus Day is now celebrated as Indigenous Day 2nd Monday of the month of October – October 9, 2023
- International Day of Older Persons – October 1







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
2	3	4	5	6
<p>9:00am - 10:00am Gym Kickboxing w/ Vernetta 10:00am - 11:00am- Gym Chair Yoga w/ Gigi 11:00am - 12:00pm- NO CLASS Enhance Fitness w/ Tawana 12:00pm - 1:00pm Zoom Chatting w/ Katherine 12:30pm-4:30pm Center GAMES A PLENTY </p> <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p>9:30am - 10:20am Gym Strength & Cond. w/Milton 10:00am-11:00am Virtual Nutrition Session w/Shymee (<i>see details</i>) 10:00am-1:45pm Center Legal Counsel for the Elderly w/ Bruce Rathbun 10:00am-1:00 Computer Rm. Donna Tabor United Health Care- Medicare Open Enrollment 10:30am - 11:30am Gym Chair Exercise w/ Andrea 11:30am-12:30pm Center Health Ed w/Shymee (<i>see details</i>) 11:30am-12:30pm Zoom Active Living w/ Romunda 1:30pm-2:30pm No Class Tai Chi w/ Jerry - YMCA 1:30pm-3:00pm Center The Matter of Balance w/Andrea & Vernetta</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 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</p>	<p>9:00am - 9:45am Hybrid Zumba Gold with Michelle 10:00am-11:00am Virtual Nutrition Session w/Shymee (<i>see details</i>) 10:30am-11:30am Center Chair Exercise w/ Andrea 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-3:30pm Virtual Nutrition ed w/Shymee & Chef Herb food Demo (<i>see details</i>)</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 12:30pm-4:30pm Center GAMES A PLENTY  1:00pm - 2pm- Gym Line Dancing w/Rita</p>

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Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
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WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & SPECIAL EVENTS - DETAILS

MONDAY

October 16 10:30am-11:30am Virtual UDC Workforce Development Center Congress Heights. Presenter: La Bryant Phillips/Outreach Specialist Topic: Learn more about workforce development and what type of programs the Workforce Center offers.

October 16 1:00pm-3:00pm Center Ward 7 Age Friendly DC Listening Session. Presenter: Gail Kohn/Executive Office of the Mayor. Topic: The Aim of the Mayor's Age-Friendly DC Task Force is for DC to become an easier City in which to live, work & play. Communicating fresh new ideas for the Age Friendly DC Task Force strategic plan.

October 23 10:00am-11:00am Virtual Dept. Of Aging Community Living Safe at Home/DACL Resource Presentation. Presenter: Alice Thompson, Community Outreach Specialist Topic: How the Safe at Home program works as an excellent resource for Srs.to get things done around your home.

October 30 10:00am-11:00am Center October is Domestic Violence Awareness Month Tamar Ministry Presenter: Cynthia Miller, Domestic Violence Survivor and Owner of Tamar Ministry Topic: Open discussion on how to build healthy relationships and how to spot unhealthy relationships.

TUESDAY

October 3 10:00am-11:00am Virtual Giant w/Alexandra Brown, In Store Dietician Topic: Define inflammation, Symptoms, foods that enable inflammation in your body, foods that combat inflammation and risk factors

October 17 10:00am-11:00am Virtual October is Domestic Violence Awareness Month. Presenter: Ericka Jackson, Author of the book entitled "Thirteen". Topic: Ericka will share her personal struggle with Domestic Violence and what her book shares with all.

October 17 9:00am-5:00pm Celebrate National Pumpkin Day. Stop by the Nutrition Table in the Café any time & Pick up Health & Nutrition tips on Pumpkins. Get Samples of Pumpkin Spice Tea, Pumpkin Spice Oatmeal, Pumpkin Snaps. **ALL WHILE THEY LAST**

October 24 10:00am-11:00am-Hybrid October Starts Open Enrollment for Medicare. Presenter: Donnal Tabor United Health /Care Insurance Specialist Topic: Updates on Changes with Medicare. Medicaid and Social Security and the process for enrolling. *Win Prizes as Donna engages in Bingo games with the Members*

***Special note October 3,10,17,24,31 10:00am-1:00pm Center** Donna will be in the WSWC to assist members with questions they have 1 on 1 and to help with enrollment.

October 31 10:00am-11:00pm Virtual. How to Balance your Overall Wellness by the things you eat and when you eat them. Presenter: Elizabeth Dortch, Certified Health Coach Topic: Eat like a King or Queen for Breakfast. Eat Like a Prince or Princess for Lunch. Eat like ??? for dinner.

October 31 9:00am-5:00pm Celebrating National Apple Month. Stop by the Nutrition Table in the Café any time & Pick up Health & Nutrition tips and a colorful apple treat of different types and varieties **WHILE THEY LAST**

WEDNESDAY

October 11 1:00pm-2:00pm Center Councilmember At Large Robert White will pay a special visit to the WSWC to speak to the members about what is going on in DC.

WEDNESDAY (continued)

October 18 1:00pm-3:00pm Center Pretty in Pink Annual Breast Cancer Awareness Event Sponsored by Howard University Hospital Oncology Department The event will cover Cancer Education; Focus Group discussions w/ survey & screening sign up. Presenters: Subject Matter Experts on Cancer. (Drs, Professors, surgeons). Topic: Various Cancers and health disparities among African Americans

*****Prizes, Raffle, Light Refreshments. Attire: Wear Pink & Black with Breast Cancer Ribbon**

October 25 11:00am-12:00pm Center Celebrating National Friends of Libraries Week w/ Deanwood Neighborhood Library. Presenter: Virgil Armstrong, Librarian, Melissa Davis & Tiffany Smith Library Associates Topic: Libraries are still valuable resources. Discussion around Library Programs, Resources, Sig up for Library Cards.

THURSDAY

October 5 10:00am-11:00am Virtual Nutrition Education Weis Market w/Christina Pelletier, In Store Dietician Topic: Celebrating Vegetarian Month. What you need to know & cooking Demo (Vegetarian Pizza)

October 5 2:30pm – 3:30pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). National Apple Month. Health & Nutrition Benefits associated with Apples w/ Cooking Demo (Apple Slaw)

October 12 10:00am-11:00am Hybrid October is National Menopause Awareness Month. Black Nurses Association Presenter: Pamala Hodge Retired Registered Nurse. Topic: Discussion about signs, symptoms, treatments and stigmas around Menopause

October 12 2:30pm – 3:00pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). National Pork Month. Health & Nutrition Benefits associated with Pork w/ Cooking Demo (Oven Baked Apple Pork Chops) !!yummy!!

October 12 3:00pm– 4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: Dyslexia- What is this? Signs, symptoms and treatment

October 19 10:00am-11:00am Virtual MedStar Washington Hospital Center Burn Unit Ask the Doc Series. Presenter: Kathryn Curtin & Chastity Mannings Nurse Practitioners, Dr. Daniel Schneider, Burn Psychologist, Angela White, Burn Educator. Topic: How to address Burns

October 19 2:30pm-3:30pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). National Pasta Month. Health & Nutrition Benefits discussion associated with Pasta w/cooking Demo (Marinara Sauce, Mushrooms, Onions Peppers and Ground Turkey) makes for a delicious spaghetti sauce.

October 26 10:00am-11:00pm Center Ward 7 Mayor's Office of Community Relations and Services. Presenter: Lawrence Devin. Topic: Updates on Old News and New News. ****Surprise Guest PENDING **

October 26 1:00pm-3:00pm Center WSWC Men's Health Session. Howard University Hospital. Presenter: Clinton Burnside MPH/ Howard University Cancer Center. Topic Your Health is important; let's talk shop.

October 26 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). National Taco Month. Health & Nutrition Benefits discussion associated with Tacos w/cooking demo (Grilled Fish Tacos with Pineapple Mango Salsa). *Look out Taco Tuesday*

October 26 3:00pm-4:00pm Virtual American Pharmacist Month MedStar Washington Hospital Ask the Pharmacist. Presenter Topic: Safe ways to take medication; what medications should not be mixed with alcohol or taken the same time as other medications, when should you discard expired medications; what should you do if you don't remember if you took your medication and more.