

Washington Seniors Wellness Center Calendar 2024

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



On Zoom:

Enter Meeting ID: 928 7552 9202

Call In 646-558-8656

Password: 083339

*** Activities subject to change**

September is....

- Alopecia Awareness Month
- Healthy Aging Month
- National Atrial Fibrillation Awareness Month
- National Better Breakfast Month
- National HIV/AIDS and Aging Awareness
- National Immunization Month
- National Recovery Month (Mental Health & Addiction)
- National Suicide Prevention Awareness Month
- Organic September 2024. Month long campaign aimed at raising awareness of the value of organic products
- Ovarian Cancer Awareness Month
- Whole Grains Month
- Fruit and Veggie Month
- Monday September 2 Labor Day
- Wednesday September 11 Day of Service & Remembrance
- Sunday September 22, 2024 The First day of Fall,

NEW MEMBER

Orientation with Shymee
Tuesdays 1:45pm-3:00pm
RSVP is required.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3</p> <p>9:30am – 10:20am Gym Strength & Cond. 10:00am-12:00pm Center Legal Counsel for the Elderly 1 on 1 session 10:30am – 11:30am Gym Chair Exercise w/ Andrea 11:30am-12:30pm Zoom Active Living w/ Romunda 1:00pm -2:00pm Gym Yoga w/Jakuta 2:00pm-4:00pm Center Activities at your Leisure</p>	<p>4</p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta 10:00am -11:00am Gym Yoga w/ Jakuta 11:00am – 12:00pm Gym Enhance Fitness w/ Tawana. 11:30am-12:30pm Zoom Active Living w/ Romunda. 11:00am-1:30pm -TRIP Dorothy Height's Library 1:00pm-2:00pm Gym 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 5:00pm-6:00pm Center Fitness w/Rodney</p>	<p>5</p> <p>9:00am – 9:45am Hybrid Zumba Gold with Michelle 10:00am -12:30pm Hudson SWAG Art 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd. 11:00am-1:00pm Center Computer Training w/Adrian 11:30am-12:30pm Zoom Active Living w/ Romunda. 1:00pm-2:00pm Gym Hand Dancing 1:45pm – 2:20pm Zoom Health Dialogue/ DeLois Botts</p>	<p>6</p> <p>9:00am-10:15am Center Walking Group 10:00am-12:00pm Center Art w/ EYL365 Project 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: WSWC 12:30pm-4:30pm Center GAMES A PLENTY</p>

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<p>9</p> <p>9:00am –10:00am Hybrid Kickboxing w/ Vernetta</p> <p>10:00am-11:00pm Gym Hand Dancing</p> <p>10:00am-11:00am Hybrid Community Session w/Shymee <i>(see event details)</i></p> <p>11:00am –12:00pm- Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID:815 5057 3934</p> <p>PW: wsw</p> <p>11:15am-2:00pm -TRIP Barry Farms Pool- Water Aerobics</p> <p>11:00am-12:00pm Virtual Nutrition Ed w/Weis Dietician <i>(see event details)</i></p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Class</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>   <p>1:00pm-2:00pm Center Tai Chi w/ Eric</p> <p>5:00pm- 6:00pm Center Fitness w/ Rodney</p>	<p>10</p> <p>Field Trip!</p>  <p>9:30am – 10:20am Gym Strength & Cond.</p> <p>10:00am-11:00am Hybrid Health Education w/Shymee <i>(see event details)</i></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly- 1 on 1 session</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>10:45 am-11:45am Trip Martha's Table</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda</p> <p>1:00pm -2:00pm Gym Yoga w/Jakuta</p> <p>2:00pm-4:00pm Center Activities at your Leisure</p>	<p>11</p> <p>9:00am-10:00am Gym Kickboxing w/Vernetta</p> <p>10:00am -11:00am Gym Yoga w/ Jakuta</p> <p>10:00am-12:00pm Center Heat Preparedness workshop</p> <p>11:00am – 12:00pm Gym Enhanced Fitness w/Tawana</p> <p>11:15am-2:00pm -TRIP Barry Farms Pool- Water Aerobics</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm – 2:00pm Zoom Sibley Club Memory</p> <p>ID: 975-5829-0633 or call 301-715-8592</p> <p>1:30pm-2:30pm Center (TENTATIVE)</p> <p>MPD 6 District Safety & Bingo</p> <p>1:00pm –4:30pm Center Drawing and Painting Art Class</p> <p>5:00pm-6:00pm Center Fitness w/Rodney</p>	<p>12</p> <p>9:00am – 9:45am Hybrid Zumba Gold with Michelle</p> <p>10:00am -12:30pm Hudson SWAG Art</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-11:30am Center Medicare Bingo w/Legal Counsel for the Elderly</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd.</p> <p>11:30am-12:30pm Zoom Active Living w/ Romunda.</p> <p>1:00pm-2:00pm Gym Hand Dancing</p> <p>1:45pm – 2:20pm Zoom Health Dialogue/ DeLois Botts</p> <p>2:30pm-3:00pm Virtual Nutrition Ed w/Shymee & Chef Herb <i>(see event details)</i></p> <p>3:00pm-4:00pm Virtual Health Education w/Shymee <i>(see event details)</i></p>	<p>13</p>  <p>9:00am-10:15am Center Walking Group</p> <p>10:00am-12:00pm Center Art w/ EYL365 Project</p> <p>11:00am–12:00pm Hybrid Enhance Fitness w/Tawana.</p> <p>Mtg ID:815 5057 3934</p> <p>PW: wswc</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>  
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<p>30</p> <p>9:00am –10:00am Hybrid Kickboxing w/ Vernetta</p> <p>10:00am-11:00pm Gym Hand Dancing</p> <p>10:30am-11:30am Center CPR Education only w/Medstar</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/Tawana.</p> <p>Mtg ID:815 5057 3934</p> <p>PW: wswc</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Class</p> <p>12:30pm-4:30pm Center GAMES A PLENTY</p>   <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>5:00pm- 6:00pm Gym Fitness w/ Rodney</p>	 <p>Wednesday Sept. 4, 2024</p> <p>Time: 11:00am-1:30pm</p> <p>Dorothy Heights Library Database & Technology Training. Search</p> <p>Ancestry.com Research</p> <p>Ebony Magazine Exhibit</p> <p>3935 Benning Rd. NE DC</p> <p>Tuesday, Sept. 10,2024</p> <p>Time: 10:45am-11:45am</p> <p>Martha's Table-Commons Lobby Market</p> <p>2375 Elvan's RD SE DC</p> <p>Wednesday, Sept. 16,2024</p> <p>Time: 9:30am-12:30pm</p> <p>Southeast Washington Arts Group Gallery (SWAG)</p> <p>Canvas Art Painting</p> <p>701 E Street SE DC</p>	 <p>Wednesday, Sept. 25,2024</p> <p>Time: 9:30am-2:00pm</p> <p>MLK Jr. Library</p> <p>DACL Senior Braim Games (Attend to support the WSWC Team)</p> <p>901 G Street NW DC</p> <p>Thursday, Sept. 26, 2024</p> <p>Time: 11:00am-2:00pm</p> <p>Arena Stage</p> <p>Play: JaJa African Hair Braiding</p> <p>1101 6th Street SW DC</p> <p>Ticket Cost: \$48.00</p> <p>**Follow the uproarious escapades of Jaja and others as they navigate life and laughter in Jaja's hair braiding salon</p>  <p>September 3-5, 2024</p> <p>No Nutrition, Health or Community Sessions; Shymee is on Vacation</p>	 <p>IN THE CENTER</p> <p>Wednesday September 11, 2024</p> <p>10:00am-12:00pm</p> <p>HSEM Facilitates a Heat Preparedness Workshop. Sign up at the workshop to receive Cool Kits & Magnets</p> <p>Tuesday Sept. 24,2024</p> <p>11:00am-12:00pm(TENTATIVE)</p> <p>MPD District 6 Safety Tips and Bingo</p> <p>Thursday September 12,2024</p> <p>10:30am-11:30am</p> <p>Medicare Bingo with Legal Counsel for the Elderly Medicare Patrol</p> <p>Monday September 16,2024</p> <p>2:00pm-3:00pm (TENTATIVE)</p> <p>National Dance Day Celebration / with a Hand Dancing Event</p> <p>September 1-30,2024</p> <p>'Victory Over Infirmities &Adversities'</p> <p>Member Viola Collier-Jones will be collecting can goods in the Center in support of Breast Cancer. Donations will go to Food Banks and Pantries in the DMV</p>	 <p>IN THE CENTER</p> <p>Wednesday September 18,2024</p> <p>10:00am-12:00pm</p> <p>DC P.O.W.E.R. Job Training Orientation & Sign up for the Job Training Program</p> <p>Thursday September 19,2024</p> <p>10:00am-12:00pm</p> <p>DC Board of Elections</p> <p>Register to vote</p> <p>Trinity University</p> <p>National Fall Prevention</p> <p>Friday Sept. 20,2024</p> <p>9:00am-3:00pm</p> <p>AARP Smart Drivers Course (Lunch On Your Own 1 hr.)</p> <p>Possible insurance discount upon completion</p> <p>Wednesday Sept. 25, 2024</p> <p>2:00pm-3:30pm</p> <p>Birthday Celebration w/ Music by Sandra Johnson & Band for ALL 2024 Birthdays</p>

WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & SPECIAL EVENTS - DETAILS

MONDAY

September 9 10:00am-11:00am Hybrid Dept. of Insurance Securities and Banking Estate Planning Workshop Presenter Dolly Turner, Chief of Staff
September 9 11:00am-12:00pm Virtual Weis Market w/Christina Pelletier, In Store Dietician Topic: Embracing Fall Flavors. A guide to Healthy eating this season w/cooking demo: Pumpkin, Beef and Black Bean Chili
September 16 10:30am-11:30am Virtual. National Immunization Month. MedStar Washington Hospital Center Ask the Doc Series. Topic: Flu 101 Information Session
September 16 2:00pm-3:00pm Center National Dance Day. WSWC Hand Dancing Class will show their Hand Dancing skills. Other Members are welcome to give us a taste of what they can do as well.
September 23 10:30am-11:30am Virtual. Restless Leg Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Topic: Define, Symptoms, Treatment
September 30 10:30am-11:30am Center CPR / Education only Session w/Medstar

THURSDAY

September 12 10:30am-11:30am Center Legal Counsel for the Elderly Medicare Patrol facilitates A Medicare Bingo Education Session. Facilitator Ms. McCoy, Outreach Specialist
September 5,19,26 11:00am-1:00pm Center Tech Talk with Adrian. Hands on Computer & Phone Tech Training.
September 12 2:30pm – 3:00pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). Discusses the Health & Nutrition Benefit of Sourdough Bread w/ food demo: How to prepare a Sourdough Bread Bowl filled with a fresh homemade hearty soup
September 12 3:00pm-4:00pm Virtual Alopecia Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Topic: Alopecia 101
September 19 10:00am-12:00pm Center DC Board of Elections will set up on site to register nonregistered voters and to educate on the voting process. Facilitator: Janice Trent, Outreach Specialist & Team
September 19 10:00am-12:00pm Center Trinity U. presents National Fall Prevention Workshop and Health Screening.
September 21 2:30pm-3:00pm Virtual September is Better Breakfast Month Join Shymee & Chef Herb in discussion about the Health & Nutrition Benefits of Breakfast w/a cooking Demo by Chef Herb: Greek Yogurt Pancakes
September 26 10:30am-11:00am Center Smoking Cessation Education Session w/MedStar Washington Hospital Center.
September 26 2:30pm-3:00pm Virtual Nutrition Education w/Shymee and Chef Herb (SNAP). September is National Papaya Month. Health & Nutrition Benefits discussion on Papaya w/cooking demo by Chef Herb: Sweet Thai Papaya Salad.
September 26 3:00pm-4:00pm Virtual September is Whole Grain Month. MedStar Washington Hospital Center Ask the Dietician Series. Presenter discusses the Nutritional value and benefits of Whole Grains in a Healthy Diet.



TUESDAY

September 10 10:00am-11:00am Hybrid HIV Awareness Month. DC Health Department Presents Updated Information on HIV Presenter Jason Beverly, TB Control Division Chief
September 10,17,24 10:00am-12:00pm Center Legal Counsel for the Elderly Members one on one session to discuss legal matters.
September 17 10:00am-11:00am Hybrid Legal Counsel for the Elderly, Trisha Kondabala Attorney & Legal Team Discuss Wills & Power of Attorney
September 24 10:00am-11:00am Hybrid Black Nurses Association Presenter Pamela Hodge discusses Hepatitis (strands, symptoms, risk, treatment)

WEDNESDAY

September 11 10:00am-12:00pm Center HSEMA Presents a Heat Preparedness Workshop. . Sign up for a Cool Kit & Home Magnets at the Workshop Facilitator: Rosemary McDonnell, DPS,MPS & Team
September 11 1:30pm-2:30pm Center (TENTATIVE) MPD 6 District Officer Thomas & Partner discusses Safety and facilitates Bingo games
September 16 10:00am-12:00pm Center DC P.O.W.E.R. Job Training. Learn about the Program and how to sign up for it. Presenter Brian Rodgers.
September 25 10:00am-11:00am Virtual September is National Organic Month. Giant Store Dietician Alexandra Brown will speak on the Topic: What is Organic.?
September 25 2:00pm-3:30pm Center WSWC's Annual Birthday Celebration for ALL Members' Birthdays in 2024. Come into the Center and enjoy Jazz singer Sandra Johnson & her Band and have some delicious DC's own Sweet Potato Cake

FRIDAY

September 20 9:00am-3:00pm Center AARP Drivers' Course is Back. Course Instructor: Nancy Robert from AARP. Topic: Learn safe driving tips & techniques. Receive a certificate of completion at the end of the course. Present the certificate to your car insurance agent for a possible discount on your car insurance Policy. **(Lunch is on your own – 1 hr.)**

In Support of Breast Cancer Awareness

September 3 – 30 Center WSWC Member Viola Collier Jones is Coordinating a Can Food Donation Drive to support Breast Cancer. The donations will be given to Food Banks and Pantries throughout the DMV. A drop box will be placed on the wall outside of the multi-Purpose Room for you to drop your donations off. *Special Thanks for your giving hearts and participation.*