Washington Seniors Wellness Center Calendar 2025

3001 Alabama Ave SE Washington DC 20020 Phone 202-581-6010

DACL LIVE BOLDLY

New Member Orientation
Tuesdays 1:45pm-3:00pm
RSVP is required

.

Hours of Operation
M&W 8:30am-5:00pm
T-TH-F 8:30am-4:00pm

On Zoom:
Enter Meeting ID: 928 7552 9202
Call In 646-558-8656
Password: 083339
*** Activities subject to change**

January is….

- **Cervical Health Awareness Month**
- **Glaucoma Awareness Month**
- **International Quality of Life Month**
- **National Blood Donor Month**
- **National Traumatic Brain Injury Awareness Month**
- **Thyroid Awareness Month**
- **Healthy Weight Month**
- **Fiber Focus Month**
- **Stalking Awareness Month**
- **National Hot Tea Month**
- **National Apricot Month**
- **National Brussels Sprouts Month**
- **National Hot Chocolate Month**
- **National Spaghetti Month**
- **January 15, 1929 - Martin Luther King's Birthday celebrated as a national holiday**

Monday	Tuesday	Wednesday	Thursday	Friday
  **Martha's Table-Commons Lobby Market** 2375 Elvan's Rd SE Date: Tuesday, January 7, 2025 Time: 10:30am - 11:15am **Dopamine Land** 5333 Wisconsin Ave NW, Date: Friday, January 10, 2025 Time: 10am – 12:30pm **TopGolf** 6400 Clipper Way Oxon Hill, MD Date: Friday, January 17, 2025 Time: 9:30am – 1:00pm	 ***January 2-** No Nutrition, Health or Community Sessions; Shymee is out of office  Schedule your 1 on 1 Nutrition Counseling Session with Shymee Wednesday's 11:00am - 1:00pm (Appointment required) **WSWC Health Initiative for Men (WSWC HIM)** Date: Wednesday, January 15, 2025 Time: 11am-12pm **(see event details)**	1  	2 **9:00am – 10:00am Gym** **Zumba**-Line Dancing w/Michelle **10:30am-11:30am Center** Canvas Art w/EYL **10:30am-11:30am Gym** Chair Exercise w/ Andrea **10:30am-2:00pm Bowling** **11:00am-1:00pm Center** Computer Training w/Adrian **1:00pm-2:00pm Gym** Hand Dancing	3  **9:00am-10:00am Outside** Walking Group **11:00am – 12:00pm Hybrid** Enhance Fitness w/ Tawana. **Mtg ID:815 5057 3934** **PW: wswc** **1:00pm 3:00pm- Center** 

Monday	Tuesday	Wednesday	Thursday	Friday
6 **9:15am –10:00am Gym** Kickboxing Express w/ Chloe' **10:150am -11:00am Gym** Yoga w/ Andrea **11:00am –12:00pm- Hybrid** Enhance Fitness w/ Tawana. **Mtg ID:815 5057 3934 PW: wswc** **12:00pm – 1:00pm Zoom** WSWC Spiritual Study **1:00pm-2:00pm Center** Tai Chi w/ Eric **1:00pm-3:00pm Gym**  **4:00pm- 5:00pm Gym** Fitness w/ Rodney	**7**  **9:30am – 10:20am Gym** Strength & Cond. w/Chloe' **10:00AM-11:00AM Hybrid** Health Ed Session w/ Shymee ***(see event details)*** **10:00am-12:00pm Center** Legal Counsel for the Elderly 1on1 session **10:30am –11:30am Gym** Chair Exercise w/ Andrea **10:45am-11:45am TRIP Martha's Table** **1:00pm-3:00pm Center** Activities at your leisure **1:00pm-3:30pm Sunroom** GAMES A PLENTY  	**8** **9:15am-10:00am Gym** Kickboxing w/Chloe' **10:00am -10:50am Gym** Yoga w/ Andrea **10:30am-11:30am Hybrid** **Interest Session** – Starting a Broach Collecting/Swapping Club at the WSWC (*see event details*) **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** **1:00pm – 2:00pm Zoom** Sibley Club Memory **ID: 975-5829-0633 or call 301-715-8592** **1:00pm-2:00pm Gym** Tai Chi w/ Eric **1:00pm –3:30pm Center** Drawing and Painting Art Class **4:00pm-5:00pm Gym** Fitness w/Rodney	**9** **10:30am-11:30am Gym** Chair Exercise w/ Andrea **10:00am-11:00am Virtual** Nutrition Ed Session w/Weis & Shymee ***(see event details)*** **10:30am-2:00pm Bowling** 4717 St. Barnabas Rd **11:00am-1:00pm Center** Computer Training w/Adrian **1:00pm –3:00pm Center** A Matter of Balance **2:30pm-3:00pm Virtual** Nutrition ed w/Shymee & Chef Herb	**10**   **9:00am-10:00am Outside** Walking Group **10:00am-12:30pm TRIP Dopamine Land** **11:00am –12:00pm Hybrid** Enhance Fitness w/ Tawana. **Mtg ID:815 5057 3934 PW: wswc** **1:00pm 3:00pm- Center** 
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 WE WILL BE CLOSED ON 	**21** **9:30am – 10:20am Gym** Strength & Cond. w/Chloe' **10:00am-11:00am Hybrid** Community Session ***(see event details)*** **10:00am-12:00pm Center** Legal Counsel for the Elderly 1on1 session **10:30am –11:30am Center** Chair Exercise w/ Andrea **1:00pm –3:00pm Center** A Matter of Balance **1:00pm-3:00pm Center** Activities at your leisure **1:00pm-3:30pm Sunroom** GAMES A PLENTY  	**22** **9:15am-10:00am Gym** Kickboxing w/Chloe' **10:00am -10:50am Gym** Yoga w/ Andrea **11:00am – 12:00pm Hybrid** Enhance Fitness w/ Tawana. **Mtg ID:815 5057 3934 PW: wswc** **1:00pm – 2:00pm Center** Sibley Club Memory **1:00pm-2:00pm Gym** Tai Chi w/ Eric **1:00pm –3:30pm Center** Drawing and Painting Art Class **4:00pm-5:00pm Gym** Fitness w/Rodney	**23** **10:00am-11:00am Hybrid** Community Session ***(see event details)*** **10:30am-11:30am Center** 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 Center** Members Assembly Executive Board Meeting ***(Closed Session)*** **1:00pm –3:00pm Center** A Matter of Balance **2:30pm-3:00pm Virtual** Nutrition ed w/Shymee & Chef Herb **3:00pm-4:00pm Virtual** Health Ed w/Shymee ***(see details)***	**24**  **9:00am-10:00am Outside** Walking Group **11:00am – 12:00pm Hybrid** Enhance Fitness w/ Tawana. **Mtg ID:815 5057 3934 PW: wswc** **12:00pm Center** Reading Group/Book Club **1:00pm 3:00pm- Center**  **1:00pm 3:00pm- Hudson** **CPR Info Session w/Chloe'**
27 **9:15am –10:00am Gym** Kickboxing Express w/ Chloe' **10:00am -11:00am Center** Yoga w/ Andrea **11:00am –12:00pm- Hybrid** Enhance Fitness w/ Tawana. **Mtg ID:815 5057 3934 PW: wswc** **11:30am – 2:00pm Zoom** WSWC Spiritual Study **1:00pm-2:00pm Center** Tai Chi w/ Eric **1:00pm-2:30pm Center** Grocery Plus Food Delivery **1:00pm-3:00pm Center**  **4:00pm- 5:00pm Gym** Fitness w/ Rodney	**28** **9:30am – 10:20am Gym** Strength & Cond. w/Chloe' **10:00am-11:00am Hybrid** Community Session ***(see event details)*** **10:00am-12:00pm Center** Legal Counsel for the Elderly 1on1 session **10:30am –11:30am Gym** Chair Exercise w/ Andrea **1:00pm –3:00pm Center** A Matter of Balance **1:00pm-3:00pm Center** Activities at your leisure **1:00pm-3:30pm Sunroom** GAMES A PLENTY  	**29** **9:15am-10:00am Gym** Kickboxing w/Chloe' **10:00am -10:50am Gym** Yoga w/ Andrea **11:00am – 12:00pm Hybrid** Enhance Fitness w/ Tawana. **Mtg ID:815 5057 3934 PW: wswc** **1:00pm – 2:00pm Zoom** Sibley Club Memory **ID: 975-5829-0633 or call 301-715-8592** **1:00pm-2:00pm Gym** Tai Chi w/ Eric **1:00pm –3:30pm Center** Drawing and Painting Art Class **4:00pm-5:00pm Gym** Fitness w/Rodney  ***Celebrate National Tea Month*** ***Enjoy a nice cup of Herbal Tea until supplies last***	**30** **10:30am-11:30am Center** Chair Exercise w/ Andrea **10:30am-2:00pm Bowling** 4717 St. Barnabas Rd **11:00am-1:00pm Center** Computer Training w/Adrian **1:00pm –3:00pm Center** A Matter of Balance **2:30pm-3:00pm Virtual** Nutrition ed w/Shymee & Chef Herb **3:00pm-4:00pm Virtual** Health Ed w/Shymee ***(see event details)***	**31**  **9:00am-10:00am Outside** Walking Group **11:00am–12:00pm Hybrid** Enhance Fitness w/ Tawana **Mtg ID:815 5057 3934 PW: wswc** **1:00pm 3:00pm- Center** 

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

Health & Wellness

Upcoming Events

TUESDAY

January 7 10:00am-11:00am Hybrid Personal Hygiene Etiquette facilitated by Pamela Hodges from the Black Nurses Association. *Small Hygiene Kits distributed in Center.
January 14 10:00am-11:00am Hybrid Looking to get organized in the New Year. Join this How to declutter session facilitated by Pamela Holland (Professional Organizer)
January 14,1:30pm-3:00pm Center Celebrate MLK Birthday with a Movie Day – **"SELMA" One Dream can change the Word**
January 21 10:00am-11:00am Hybrid What's new with Safety Programs, Transportation & Road Changes with Heather Foot
January 28 10:00am-11:00 am Hybrid Danielle Drumgoole from the Office of Unified Communication provides updates on 311 & 911 Services.

WEDNESDAY

January 8 10:30am-11:30am Hybrid **Interest Session**. Would you like to participate in a Broach Collection, Sharing Club at the WSWC This would be for those interested in collecting, trading and showing others your broach collection. Attend this session to learn more from Sheila Donaldson, an avid Broach Collector.
January 15 10:00am-11:00am Hybrid **Interest Session.** For those interested in learning more about making no sew blankets. Join this session with Facilitator WSWC Member Linda Fennell. These blankets are very nice and easy to make.
January 15 10:30am-12:00pm Pool Rm WSWC Health Initiative for Men (WSWC HIM). **Detox and Cleanse**. This presentation is part of a series of meetups and presentation discussing and addressing Men's Health and Wellness.
January 29 All DAY Center In recognition of National Tea Month, make your own comforting hot tea drink with various Tea bags supplied by Shymee, while supplies last.

THURSDAY

January 9 10:00am-11:00am Virtual Nutrition Ed w/ Weiss Nutritionist & Shymee. Topic: Healthy Meal Planning for Older Adults w/ Cooking Demo
January 9 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee and Chef Herb Health & Nutritional Benefits of Black Eye Peas w/ Food Demo: Southern Black Eye Peas.
January 16 10:30am-11:30am Center Wellness/Nutrition Vision Board Session. Put those 2025 New Year Resolutions down in a visual format that allows you track your success.
January 16 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee and Chef Herb who discuss new food ideas for the New Year w/ food demo: Scallion Cornbread
January 23 10:00am-11:00 am Hybrid IRS Senior Liaison, Anika Pompey will provide IRS updates on Taxes, Scams, and offer advice on why you should avoid "bad" tax advice from social media. You don't want to miss this!
January 23 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits of Root Veggies; carrots & Potatoes w/ food demo: Hearty Beef Stew
January 23 3:00pm- 4:00pm Virtual MedStar Washington Hospital Center Ask the Dietician Series: Food Allergies & Sensitivities
January 30 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits of Dumplings w/ comfort food demo: Chicken & Dumplings
January 30 3:00pm- 4:00pm Virtual MedStar Washington Hospital Center Ask the Doc Series: How to cope with Seasonal Affective Disorder: a type of depression that occurs during certain seasons of the year.