

Washington Seniors Wellness Center Calendar 2025

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**

April is....

- April 1 – April Fools' Day
- April 2 National Walking Day
- April 7 World Health Day
- April 16 DC Emancipation Day
- April 20 Easter Sunday
- APRIL 22 Earth Day
- National Minority Health Month
- National Oral Health Month
- Alcohol Awareness Month
- Physical Wellness Month
- Esophageal Cancer Awareness Month
- Sarcoidosis Awareness Month
- Cushing Disease Awareness Month
- Irritable Bowel Syndrome Awareness Month
- Stress Awareness Month
- Emotional Overeating Awareness Month
- On April 4, Martin Luther King Jr was assassinated

New Member Orientation
Tuesdays 1:45pm-3:00pm
RSVP is required
Lunch is served Mon-Sat
12pm-1:00pm
Hours of Operation
M&W 8:30am-5:00pm
T-TH-F 8:30am-4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Trip!</p> <p>Martha's Table-Commons Lobby Market 2375 Elvan's Rd SE Date: Tuesday, April 7, 2025 Time: 10:30am - 11:15am</p> <p>Trinity University School of Occupational Therapy 125 Michigan Ave, NE Date: Tuesday, April 22, 2025 Time: 9:30am-1:00pm</p> <p>Dallas Black Dance Theatre PG Publiack Playhouse 5445 Landover Rd Date: Wednesday, April 23, 2025 Time: 10:00am-1:00pm</p>	<p>1</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Donna Tabor – Medicare, Medicaid update (<i>see details</i>)</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-12:00pm Hybrid Community Session w/ Shymee (<i>see event details</i>)</p> <p>1:00pm – 3:00pm Center A Matter of Balance</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p> <p></p>	<p>2</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00-am – 10:50am Center Bingo Boo & Safety Tips w/MPD</p> <p>11:00am-12:00pm Hybrid Member's Assembly Meeting</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>12:30pm-1:00pm Center Friendship Bench Presentation</p> <p>1:00pm – 2:00pm Zoom Sibley Club Memory</p> <p>ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm – 3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Gym Fitness w/Rodney</p>	<p>3</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>10:00am-11:00am Virtual Nutrition Ed w/Weis (<i>see details</i>)</p> <p>10:30am-11:30am Center Canvas Art w/EYL</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>11:00am-12:00pm Hybrid Deaf & Hard of Hearing Presentation (<i>see details</i>)</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>1:00pm-2:00pm Gym Hand Dancing</p> <p>1:00pm – 3:00pm Center A Matter of Balance</p> <p>2:20pm-2:50pm Virtual Nutrition Ed w/ Chef Herb & Shymee</p> <p>3:00pm-3:50pm VirtualMedstar Ask the Doc Series (<i>see details</i>)</p>	<p>4</p> <p></p> <p>9:00am-10:00am Outside Walking Group</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID:815 5057 3934 PW: wswc</p> <p>1:00pm 3:00pm- Center</p> <p></p> <p>DR. KING FATALLY SHOT BY ASSASSIN IN MEMPHIS <i>U.S. Shocked, Saddened by Slaying, Johnson Says</i> </p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -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</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>8</p> <p>Trip!</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid CR Gibbs, Historian Presentation <i>(see details)</i> 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am-1:00pm Center Diabetic Shoe Rep in Center 10:30am -11:30am Gym Chair Exercise w/ Andrea 10:45am-11:45am TRIP Martha's Table 1:00pm -3:00pm Center A Matter of Balance 1:00pm-3:30pm Sunroom GAMES A PLENTY</p> 	<p>9</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-12:00pm-Center No Sew Blanket Club <i>(see event details)</i> 10:00am-12:00pm Center Vision Board Activity Revisited <i>(see event details)</i> 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</p>	<p>10</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea 10:00am-11:00am Center Leukemia & Lymphoma Presentation 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 11:00am-12:00pm Center Cooking Demo w/ Chef Carlton: Specifically Vegan 11:00am-1:00pm Center Computer Training w/Adrian 1:00pm -3:00pm Center A Matter of Balance 2:20pm-2:50pm Virtual Nutrition ed w/ Chef Herb & Shymee 3:00pm-3:50pm Virtual MedStar ask the Doc Series <i>(see details)</i></p>	<p>11</p>  <p>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</p> 
<p>14</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -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 Gym Tai Chi w/ Eric 1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>15</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Pam Hodges Black Nurses w/ Hypertension Recap 11:00am-12:00pm Center Blood Pressure Screening 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am - 11:30am Gym Chair Exercise w/ Andrea 12:00pm-1:00pm Center Managing Debt during times of Uncertainty 1:00pm -3:00pm Center A Matter of Balance 1:00pm-3:00pm Center Activities at your leisure</p>	<p>16</p>  	<p>17</p> <p>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 4717 St. Barnabas Rd 11:00am-1:00pm Center Computer Training w/Adrian 1:00pm-2:00pm Gym Hand Dancing 1:00pm-3:00pm Center A Matter of Balance 2:30pm-3:30pm Hybrid Nutrition Ed w/Shymee & Chef Herb <i>(cooking demo)</i></p>	<p>18</p>  <p>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</p> 

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
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<p>28</p> <p>9:00am-10:00am Gym S.A.I.Ls - NO Class 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-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>29</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Transportation Update w/Heather Foot (see details) 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am -11:30am Gym Chair Exercise w/ Andrea 11:00am-12:00pm Hybrid Health Ed Session with Medstar (see event details) 1:00pm-3:00pm Center Activities at your leisure 1:00pm-3:30pm Sunroom GAMES A PLENTY</p> 	<p>30</p> <p>9:00am-10:00am Gym S.A.I.Ls w/Vernetta 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-12:00pm-Center No Sew Blanket Club (see event details) 10:30am-11:30am Center WSWC Broach Club (see event details) 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. 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</p>	  	 <p>Schedule your 1 on 1 Nutrition Counseling Session with Shymee Wednesday's 11:00am - 1:00pm (Appointment required)</p>

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



TUESDAY

April 1 10:00am-11:00am Hybrid Donna Tabor, United Health Care-Medicare, Medicaid, QMB Updates

April 1 11:00am-12:00noon Hybrid Dwight Smith, Community Outreach Rep from Infinite Legacy discusses Organ Donation.

April 8 10:00am-11:00 am Hybrid CR Gibbs, Historian Highlights the Peoples Mayor: Life & Legacy of Marion Barry

April 8 10:30am-1:00pm Center Susan Karami, Diabetic Shoe Representative shares the value of Diabetics wearing the right kind of shoes, shoes samples provided, and measurements taken for anyone interested in purchasing shoes.

April 15 10:00am-11:00am Hybrid Pamela Hodge provides a Hypertension Recap & Blood Pressure Screening

April 15 11:00am-12:00pm Center Sunroom Blood Pressure Screening with Pamela Hodge

April 15 12:00pm-1:00pm Center Legal Counsel for the Elderly presents Managing Debt during times of Uncertainty

April 22 10:00am-11:00am Virtual Diana Varela, Public Affairs Specialist shares updates on SS Benefits and Annuities

April 22 11:00am-12:00noon Virtual Medstar, Ask the Doc Series provides an update & discusses the concerns about the highly contagious Measle outbreak and its risk to Seniors

April 29 10:00am-11:00am Hybrid Heather Foote, Senior Advocate provides Transportation updates & discuss Seniors' concerns

April 29 11:00am-12:00noon Hybrid Rachel Barish, Nurse Medstar ask the Doc Series discusses the medical implications of Sarcoidosis

WEDNESDAY

April 2 10:00am-10:50am Center Bingo Boo & Safety Tips with MPD

April 2, 12:30pm-1:00pm Center Friendship Bench Presentation

April 9, 23,30 10:00am-12:00pm Center WSWC No Sew Blanket Club: Work on your own no sew blanket project. Facilitator Linda Fennell

April 9 10:00pm-12:00pm Center Revisit the Vision Board Activities, discussing and viewing your progress. New participants welcome

April 23 10:00am-11:00am Center: Shymee engages in discussion, as part of her Health Ed Series; foods that reduce inflammation.

April 30 10:30am-11:30am Center Sheila Donaldson, an avid Broach Collector oversees the Broach Sharing Club for those interested in trading and showing off their Personal Broach Collection. New Participants are welcome

THURSDAY

April 3 10:00am-11:00am Virtual Nutrition Ed w/ Weiss Nutritionist Christina & Shymee. Topic: Ultra -Processed Foods; what it is and the impact on your health. Cooking Demo

April 3 11:00am-12:00pm Hybrid Deaf & Hard of Hearing Program-East River Hub Rep. Lorenzo Hernandez -Montalvo provides info on resources that can help.

April 3 2:20pm-2:50pm Virtual

_Nutrition Ed w/ Shymee and Chef Herb Health & Nutritional Benefits of Breakfast w/ Cooking Demo: Sweet Potato Hash w/eggs

April 3 3:00pm- 3:50pm Virtual MedStar Washington Hospital Center Ask the Doc Series. Topic: Alcohol Poisoning

April 10 10:00am-11:00am Center Leukemia & Lymphoma Presentation Presenter TBA

April 10 11:00am-12:00pm Center In center Cooking Demo w/ Chef Carlton: Specifically Vegan

April 10 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits of Dairy w/ cooking demo: Mozz Totz (small Bite Sized bread and baked mozzarella cheese pieces w/ marinara sauce

April 10 3:00pm- 3:50pm Virtual MedStar Washington Hospital Center Ask the Doc Series: Managing Stress

April 17 2:30pm-3:30pm Hybrid Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits w/ in center cooking demo; subject to be announced.

April 24 11:00am-12:00pm Center In center Cooking Demo w/ Chef Carlton: Diabetic Friendly Recipe

April 24 2:30pm-3:30pm Hybrid Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits w/ cooking demo; subject and cooking demo in Center to be announced.