

Washington Seniors Wellness Center Calendar 2025



3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010

AUGUST



A very warm welcome to:









Loretta Johnson
Richard Hawkins
Roger Dionne
Tracy Jones
Lee Peterson
Darcy Randleman
Norma Johnson
Deniose Queen
Gregory Price
Marya McQuirter
Willie Glenn
Rosemary Estes









Joined the WSWC in JULY
We hope you enjoy your time
here with us!

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

On Zoom:
Enter Meeting ID: 928 7552 9202
Call In 646-558-8656
Password: 083339
Enhance Fitness: 890 3818 1475
Pw: wswc
*** Activities subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Martha's Table-Commons Lobby Market The Commons Building 2375 Elvan's RD SE DC Date: Wednesday, August 13 Time: 10:45am – 11:30am</p> <p>Pennsylvania Dutch Farmer's Market 2472 Solomons Island Rd Annapolis Maryland Date: Thursday, August 7 Time: 11:30am - 2:00pm</p> <p>GW Cancer Prevention and Wellness Center 1201 Sycamore Dr SE Ste 103 Washington, DC Date: Wednesday, August 20 Time: 10:00am -11:45am</p>	<p>UPCOMING EVENTS</p> <p>Come along and join in the fun</p> <p>Karaoke with Jai Thursday August 7 & 21,2025 Time: 1:00pm-2:00pm</p> <p>End of Summer Bash with DJ RIC ,Tasty Food catered by "Rosebuds" dancing and lots of fun on the Patio Thursday, August 28,2025 1:00pm-3:00pm *Sign up if you are attending</p>	<p>The Taste of Summer - "HYDRATE" Nutritious Samples provided Tuesday, August 26,2025 Time: 12:30pm-2:00pm center Hallway</p> <p>With School Supplies! August 1-15,2025 Drop off your donations at the Big Yellow Bus in the WSWC (refer to the flyer for items needed)</p> <p>Marymount University Center for Optimal Aging Presents a 'Saving Claire' Film Event that explores the complex nature of aging (see details) August 18,2025 WSWC Center 1:00pm-2:30pm</p>	<p>AWARENESS MONTH</p> <p>August is Immunization Month</p> <p>National Wellness Month</p> <p>August</p> <p>AUGUST IS NATIONAL</p> <p>Make a Will MONTH</p> <p>NATIONAL HAIR LOSS AWARENESS MONTH AUGUST</p>	<p>9:00am-10:15am Center Walking Group 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:890 3818 1475 PW: wswc 1:00pm-3:00 Center GAMES A PLENTY</p> <p>Old WHIST</p> <p>BINGO!</p>

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<p>4</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -11:00am Gym Yoga w/ Andrea</p> <p>10:30am-11:30am Hybrid Diabetic Education & Nutrition Series (see details)</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:890 3818 1475 PW: wswc</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>5</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am-11:30am Center Food Matters- Nutrition Series Facilitated by American University (see details)</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>6</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-11:00am- Center Bingo Boo & Safety Tips w/DC MPD</p> <p>11:00am-12:00pm- Center Member's Assembly Meeting Mtg ID:928 7552 9202 PW: 083339</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:890 3818 1475 Pw: wswc</p> <p>1:00pm – 2:00pm Zoom Sibley Club Memory 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>7</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>10:00am-1:00pm – TRIP Pennsylvania Dutch Farmers Market Annapolis, Md</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-11:30am Center Canvas Art w/EYL</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>1:00pm-2:00pm Center Activity WSWC Wild Thursday Karaoke with Jai(see details)</p> <p>2:30pm-3:30pm- Virtual Nutrition Session w/ Weiss Nutritionist (see details)</p>	<p>8</p>  <p>9:00am-10:15am Center Walking Group</p> <p>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:890 3818 1475 PW: wswc</p> <p>1:00pm-3:00 Center GAMES A PLENTY</p>  
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<p>25</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -11:00am Gym Yoga w/ Andrea</p> <p>10:30am-11:30am Hybrid Immunization & Medic Alert Presentation</p> <p>11:00am –12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:890 3818 1475 PW: wswc</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p> <p></p> <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>26</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am-11:30am Hybrid Food Matters- Nutrition Series Facilitated by American University (see details)</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:30am-12:30am Hybrid Mayors Office Rep Updates on What's Happening in the City</p> <p>12:30pm-2:00pm Center Taste of Summer Sparkle Samples Provided by Shymee (see event details)</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>27</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-1:00pm Hybrid Medstar Facilitates Hypertension & Diabetes Workshops(see event details)</p> <p>10:00am-12:00pm-Center No Sew Blanket Club (see details)</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>Mtg ID:890 3818 1475 PW: wswc</p> <p>1:00pm – 2:00pm Center Sibley Club Memory</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>28</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 Center Member's Assembly Executive Board Meeting-Closed Session</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>1:00-pm-3:00pm Center End of Summer Bash w/Music, dancing, fun, & a tasty fresh, off the grill, BBQ Meal (see event details)</p> <p></p>	<p>29</p> <p></p> <p></p>

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



MONDAY

August 4,18 10:30am-11:30am Hybrid Diabetes Education and Nutrition Program Series by Soorogi Inc.. Presenter Dr. Vivian/ Diabetic Educator/Registered Dietician Topic: Healthy Eating, Physical Activity , Monitoring Medications all to prevent complications w/Cooking Demo

August 11 10:30am-12:00pm Center Legal Counsel for the Elderly Senior Medicare Patrol Provides Information, Training and Installation on Smart Phones& IPADS The New Senior Medicare Patrol App.

August 18 1:00pm -2:30pm Center In Partnership with Safe at Home, Marymount University Center for Optimal Aging Presents a “Saving Claire” film event that explores the complex Nature of Aging, How people resist change & all the relatable patterns that increase fall risk.

August 25 10:30am-11:30am Hybrid Daily Care Pharmacy Representative – Adaoma Chin, discusses Immunization needs for Seniors & how to obtain Medical Alert equipment and bracelets

TUESDAY

August 5,12,19,26 10:30am-11:30am Hybrid

American University presents Food Matters Nutrition Education Series facilitated by Nutrition Educators and Registered Dietician

August 26 11:30am-12:30pm Hybrid Mayor’s Office of Community Affairs for Ward 7 Rep, Latisha Atkins. provides updates on what’s happening in the City, shares information on Resources and Services and addresses previous questions and concerns

August 26 12:30pm-2:00pm Center Taste of “Sparkling” Summer - Shymee will discuss the importance of hydration on your health and provide tips for avoiding dehydration; how drinking water helps specifically *Sparkling* Water drinks and its nutritional value .Stop by the information table in the Center Hallway and sample some delicious drinks.

WEDNESDAY

August 6 10:00am-11:00pm Center Bingo Boo & Safety Tips w/ DC MPD . Share in these fun Bingo games, sing songs, dance a little, win prizes and share safety tips

August 13,20,27 10:00am-12:00pm Center No Sew Blanket Craft with Linda Fennell. Must provide your own Blanket Kit and necessary supplies to complete the blanket on site. *See Linda for additional information* if interested

August 13 11:00am-12:00pm Hybrid the Federal Communication Commission Outreach Rep Alma Hughes will update members on the new Special Service Numbers and other services.

August 27 10:00am-1:00pm Hybrid Medstar will facilitate Hypertension & Diabetes Workshops- Advancing Health through Research for new medications and treatments

THURSDAY

July 7,14,21,28 10:00am-1:00pm Center DC Government OCTO Tech Talk and Basic Digital Literacy Skills. Adrian Sutton teach members how to navigate their Smart devices.

August 7,21 1:00pm-2:00pm Center- WSWC Wild Thursday. Karaoke with Jai Foust from Therapize w/Jai. Jai is a Retired MPD Police Officer who will share her Karaoke skills with the members. A fun time to be had by all.

August 7 2:30pm-3:30pm Virtual Nutrition Session with Weis Market Nutritionist Christina . Topic: Inflammation: What it is and its affect on the Body. Inflammatory vs anti-inflammatory foods & Cooking Demo TBA

August 14 11:00am-12:00pm Hybrid DC Solar for All Program Outreach Reps Warren Edwards & Carolyn Lorerlle provide information about the program; how it works and how much savings is achieved.

August 14 2:20pm-2:50pm Virtual Nutrition Ed w/ Shymee and Chef Herb Topic: Outdoor cooking 101 w/ cooking demo TBA

August 21 10:00am-11:00am Hybrid The legal counsel for the Elderly- Medicare Patrol discusses the misleading marketing practices around Original Medicare vs Medicare Advantage Plans. Learn about the Legal Counsel for the Elderly Services

August 28 1:00pm-3:00pm Center WSWC’s End of Summer Bash with music by DJ Ric, tasty food fresh off the Grill with delicious sides provided by “ Rosebuds”, beverages from Shymee’s Lemonade Stand. Dancing, Eating, Door Prizes and lots of FUN



Remember to Schedule your 1 on 1 Nutrition Counseling with Shymee

WSWC is once again collecting School Supplies . Your generosity and participation over the years has meant the world to the schools receiving the donations and much appreciated. Donations will be accepted from Friday August 1-15, 2025 at the Center. Place your donation in the box under the Big yellow bus in the Center Hallway. Refer to the back of the flyer for supplies needed.

