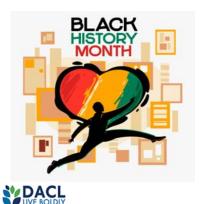
Washington Seniors Wellness Center Calendar 2025

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



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

February is....

- Black History Month
- Heart Health Month
- Senior Independence Month
- Celebration of Chocolate Month
- Low Vision Awareness Month
- National Cancer Provision Month
- National Self Check your Health Month
- 2nd Ground Hog Day
- 9th Superbowl 59
- Feb 2025, New Orlean will host many Mardi Gras Activities
- 14th Valentine's Day
- 17th Presidents' Day

Thursday

- The NAACP was founded Feb 12, 1909
- The theme for 2024 Black History Month is African Americans and Labor which highlights the significant role of Black People in the workforce throughout history, from slavery to modern day leadership

Monday

Museum of Illusion

927 H Street, NW, Date: Monday, 2/3/25 Time: 11am – 12pm

Tickets: \$25

Martha's Table-Commons Lobby Market

The Commons Building 2375 Elvan's RD SE Date: Tuesday, 2/4/25 Time: 10:30am -11:15am

The Mansion on O St Secret Door

2020 O St, NW Date: Friday, 2/7/25 Time: 9:30am-12:30pm



Red, White & You Deanwood Recreation Ctr

1350 49th St. NE DC Date: Friday, 2/14/25 Time: 11:00am-1:45pm

The NMAAHC

1400 Constitution Ave, NW Date: Wednesday, 2/12/25 Time: 11am – 1:30pm In Slavery's Wake: Making Black Freedom in the World

Alamo Draft House

630 Rhode Island Ave, NE, Date: Tuesday, 2/25/25 Time: 11am – 2:30pm **Tickets: \$9**



No enhance fitness Class on 2-12, 2-14, 2-21, 2-24 Chef Herb w/shymee Class 2-20 & 2-27 wil be in Center not Virtual

What Happens in February Stays in February





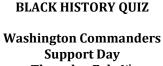












FLASH BACK-

Friday

Support Day Thursday Feb 6th Wear your Commander Team accessories and "Talk Stuff"

Valentine Eve Dance, Feb. 13th w/ Side by Side Band



Schedule your 1 on 1 Nutrition Counseling Session with Shymee Wednesday's 11:00am -1:00pm (Appointment required)





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

MONDAY

February 10 10:00am-2:00pm Center POP UP SHOP

Celebrate & Support Young Black Entrepreneurs Featuring Girl Scout Cookie Sales

TUESDAY

<u>February 4 10:00am-11:00am Hybrid</u> Heart Health Awareness Month. Open my Heart Foundation CEO Florence Champagne discusses Women & Heart Diseases, Giveaway Heart Health Bags.

<u>February 4 11:00am-12:00pm Hybrid</u> In Support of Heart Health Month Medstar Georgetown Hospital Community Specialist Khaleela Cohen Facilitates Heart Healthy Bingo game (New way to learn how to keep the Heart Healthy and win Prizes.)

<u>February 11 10:00am-11:00am Hybrid</u> In support of Heart Heath Month Pam Hodges from the Black Nurses Association facilitates discussion on the impact of Cholesterol

<u>February 11 11:00am-12:00pm Center (Sunroom)</u> Blood Pressure Screening

<u>February 18 10:00am-11:00 am Hybrid</u> Historian CR Gibbs shares the story of Black Wall Street and discusses the Black History Month 2025 Theme. "*Impact of African Americans on labor*.

<u>February 18 11:00am-12:00pm Virtual</u> Medstar Doctor (<u>Tentative</u>) discusses impact/risk of Bird Flu, RSV, Norovirus outbreak

<u>February 18 1:00pm-3:00pm Center</u> Movie Day "The Forge" staring Priscilla Shriver

<u>February 25 10:00am-11:00am Virtual Medstar Ask the Cardiologist</u> Presentation on Heart Diseases (i.e. Heart failure, AFIB, Heart Murmur, Heart Value disease, Arrhythmia etc.)

WEDNESDAY

<u>February 5,12, 19,26 10:00am-12:00pm Center</u> No Sew Blanket Craft with Linda Fennell. Must provide your own Blanket Kit and necessary supplies to complete the blanket on site

<u>February 19 10:00am-11:00pm Hybrid</u> Broach Collection Sharing Club (<u>Interest Session</u>) Are you interested in participating in a Broach Collection, & trading Club at the WSWC. Attend this Session to learn more from Sheila Donaldson, WSWC Member and avid Broach Collector.

<u>February 26 10:30am-11:30am Center</u> Hypertension & Dash Diet Presentation by Shymee, MA, LN that includes a Pre& Post Test to capture understanding of subject matter.

THURSDAY

<u>February 6 10:00am-11:00am Virtual</u> Nutrition Ed w/ Weiss Nutritionist Christina & Shymee. Topic: Heart Health Meal Planning for Older Adults with Cooking Demo

<u>February 6 2:20pm-2:50pm Virtual</u> Nutrition Ed w/ Shymee and Chef Herb Health & Nutritional Benefits Spaghetti Squash w/ Food Demo: Spaghetti Squash Lo Mein.

<u>February 6 3:00pm- 3:50pm Virtual</u> MedStar Washington Hospital Center Ask the Doc Series: Low Vision (what it is) and impact on Senior Population <u>February 13 10:30am-12:00pm Center</u> Black Love Activity Who Got Game- Intergeneration activity facilitated by Kajah Watkins

<u>February 13 12:00pm Center</u> Chi Eta Phi Sorority Inc Valentine's Day Card distribution to members

<u>February 13 1:00pm-3:00pm Center</u> Valentine Day Eve Party with Sideby-Side Band. Wear something in Valentine Pink, Red, or Black *Surprise guest appearance.

<u>February 20 2:20pm-2:50pm Center</u> Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits of Kidney Beans & Dice Tomatoes w/ food demo: Southern Okra Bean Stew

<u>February 20 3:00pm- 3:50pm Virtual MedStar Washington Hospital</u>
Center Ask the Doc Series: Gallbladder and Bile Duct Cancer Presentation
<u>February 27 11:00am-12:00pm Center Legal</u> Counsel for the Elderly
Senior Medicare Patrol. Discusses Health Care Fraud

<u>February 27 2:20pm-2:50pm Center</u> Nutrition Ed w/ Shymee and Chef Herb who discuss Health & Nutrition Benefits of Fish Tacos w/ Cooking Demo.

<u>February 27 3:00pm- 3:50pm Virtual</u> MedStar Washington Hospital Center Ask the Dietician Series: Good & Bad Fats and the impact on your Heart Health

FRIDAY

<u>February 28 10:00am-11:00am Center (Hudson Room) Mardi</u> Gras Mask Making with Deyanne