

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**











February is....

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Museum of Illusion 927 H Street, NW, Date: Monday, 2/3/25 Time: 11am – 12pm Tickets: \$25</p> <p>Martha's Table-Commons Lobby Market The Commons Building 2375 Elvan's RD SE Date: Tuesday, 2/4/25 Time: 10:30am – 11:15am</p> <p>The Mansion on O St Secret Door 2020 O St, NW Date: Friday, 2/7/25 Time: 9:30am-12:30pm</p>	 <p>Red, White & You Deanwood Recreation Ctr 1350 49th St. NE DC Date: Friday, 2/14/25 Time: 11:00am-1:45pm</p> <p>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</p> <p>Alamo Draft House 630 Rhode Island Ave, NE, Date: Tuesday, 2/25/25 Time: 11am – 2:30pm Tickets: \$9</p>	 <p>No enhance fitness Class on 2-12, 2-14, 2-21, 2-24 Chef Herb w/shymee Class 2-20 & 2-27 will be in Center not Virtual</p> <p>-----</p> <p>What Happens in February Stays in February</p>   	      	 <p>FLASH BACK-BLACK HISTORY QUIZ</p> <p>Washington Commanders Support Day Thursday Feb 6th Wear your Commander Team accessories and "Talk Stuff"</p> <p>Valentine Eve Dance, Feb. 13th w/ Side by Side Band</p>  <p><i>Schedule your 1 on 1 Nutrition Counseling Session with Shymee Wednesday's 11:00am -1:00pm (Appointment required)</i></p>

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<p>3</p> <p>Trip!</p> <p>9:15am -10:00am Gym Kickboxing Express w/ Chloe'</p> <p>10:15am -11:00am Center Yoga w/ Andrea</p> <p>11:00am-12:00pm TRIP Museum Of Illusion</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wsw</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>4</p> <p>Trip!</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Health Ed Session w/ Shymee (<i>see event details</i>)</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>11:00am-12:00pm Hybrid Health Ed Session w/ Shymee (<i>see event details</i>)</p> <p>10:30am -11:30am Gym Chair Exercise w/ Andrea</p> <p>10:45am-11:45am TRIP Martha's Table</p> <p>1:00pm-3:00pm Center Activities at your leisure</p> <p>1:30pm-3:00pm Center A Matter of Balance</p> <p>1:00pm-3:30pm Sunroom GAMES A PLENTY</p> <p></p>	<p>5</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-12:00pm Center No Sew Blanket Crafting</p> <p>11:00am-12:00noon-Hybrid Members' Assembly Meeting</p> <p>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc</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>6</p> <p>9:00am - 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>10:00am-11:00am Virtual Nutrition Ed/w Shymee & Weiss</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 11:00am-1:00pm Center Computer Training w/Adrian</p> <p>1:00pm-2:00pm Gym Hand Dancing</p> <p>1:30pm -3:00pm Center A Matter of Balance</p> <p>2:20pm-2:50pm Virtual Nutrition ed w/Shymee & Chef Herb</p> <p>3:00pm-3:50pm Virtual Health Ed w/Shymee (<i>see details</i>)</p> <p></p> <p>Wear your Commander accessories</p>	<p>7</p> <p>Trip!</p> <p></p> <p>9:00am-10:00am Outside Walking Group</p> <p>9:30am - 12:30pm- TRIP The Mansion on O St Secret Door</p> <p>11:00am -12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 PW: wswc</p> <p>1:00pm 3:00pm- Center</p> <p></p> <p></p> <p></p>
<p>10</p> <p>9:15am -10:00am Gym Kickboxing Express w/ Chloe'</p> <p>10:00am -11:00am Gym Yoga w/ Andrea</p> <p>10:00am-2:00pm Center Celebrating Young Entrepreneurs Featuring Girl Scout Cookie Sales</p> <p>11:00am -12:00pm- Hybrid Enhance Fitness w/ Tawana. Mtg ID:815 5057 3934 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>11</p> <p>9:30am - 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Hybrid Health Ed Session w/ Shymee (<i>see event 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 Center (Sunroom) Blood Pressure Screening</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>12</p> <p>Trip!</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-12:00pm Center No Sew Blanket Crafting</p> <p>11:00am-1:30pm TRIP The National Museum of African American History & Culture</p> <p>1:00pm - 2:00pm Zoom 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>13</p> <p>9:00am - 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>10:30am-12:00pm Center Intergenerational Activithy w/Kajah (<i>see event details</i>)</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-1:00pm Center Computer Training w/Adrian</p> <p>12:00 Noon- Center Ci Eta Phi Sorority presenting Valentine Day Cards to Members</p> <p>1:00pm-3:00pm Center <i>Valentine Eve Party w/ Side by Side Band (wear Valentine colors)</i></p>	<p>14</p> <p>Trip!</p> <p></p> <p>9:00am-10:00am Outside Walking Group</p> <p>11:00am-1:45pm TRIP Red, White & You Deanwood Recreation Ctr</p> <p>1:00pm 3:00pm- Center</p> <p></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">17</p>  	<p align="right">18</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Community Session <i>(see event details)</i> 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 Health Ed Session w/Shymee <i>(see event details)</i> 1:00pm-3:00pm Center Movie Day – “The Forge” 1:00pm-3:30pm Sunroom GAMES A PLENTY</p>  	<p align="right">19</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-11:00am Hybrid Broach Club (Interest Session) 10:00am-12:00pm Center No Sew Blanket Crafting 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 Center Fitness w/Rodney</p>	<p align="right">20</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 2:20pm-2:50pm Center Nutrition ed w/Shymee & Chef Herb 3:00pm-3:50pm Virtual Health Ed w/Shymee <i>(see details)</i></p>	<p align="right">21</p>  <p>9:00am-10:00am Outside Walking Group 12:00pm Center Reading Group/Book Club 1:00pm 3:00pm- Center</p> 
<p align="right">24</p> <p>9:15am –10:00am Gym Kickboxing Express w/ Chloe' 10:00am -11:00am Gym Yoga w/ Andrea 11:30am – 2:00pm 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 align="right">25</p>  <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Virtual Health Ed Session w/Shymee <i>(see event details)</i> 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am – 11:30am Gym Chair Exercise w/ Andrea 11:00am-2:30pm TRIP Alamo Draft House 1:00pm-3:00pm Center Activities at your leisure 1:00pm-3:30pm Sunroom GAMES A PLENTY</p>  	<p align="right">26</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-12:00pm Center No Sew Blanket Crafting 10:30am-11:30am Center Health Ed Session w/Shymee <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 align="right">27</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 11:00am-12:00pm Center Community Session <i>(See event details)</i> 11:00am-1:00pm Center Computer Training w/Adrian 2:20pm-2:50pm Center Nutrition ed w/Shymee & Chef Herb 3:00pm-3:50pm Virtual Health Ed w/Shymee <i>(see details)</i></p>	<p align="right">28</p>  <p>9:00am-10:00am Outside Walking Group 10:00am-11:00am Center Crafting w/ Deyanne. Making Mardi Gras Masks 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana Mtg ID:815 5057 3934 PW: wswc 1:00pm 3:00pm- Center</p> 

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

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

February 4 11:00am-12:00pm Hybrid 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.)

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

February 11 11:00am-12:00pm Center (Sunroom) Blood Pressure Screening

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

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

February 18 1:00pm-3:00pm Center Movie Day “The Forge” starring Priscilla Shriver

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

WEDNESDAY

February 5,12, 19,26 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

February 19 10:00am-11:00pm Hybrid Broach Collection Sharing Club (**Interest Session**) 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.

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

THURSDAY

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

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

February 6 3:00pm- 3:50pm Virtual MedStar Washington Hospital Center Ask the Doc Series: Low Vision (what it is) and impact on Senior Population

February 13 10:30am-12:00pm Center Black Love Activity Who Got Game- Intergeneration activity facilitated by Kajah Watkins

February 13 12:00pm Center Chi Eta Phi Sorority Inc Valentine’s Day Card distribution to members

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

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

February 20 3:00pm- 3:50pm Virtual MedStar Washington Hospital Center Ask the Doc Series: Gallbladder and Bile Duct Cancer Presentation

February 27 11:00am-12:00pm Center Legal Counsel for the Elderly Senior Medicare Patrol. Discusses Health Care Fraud

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

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

FRIDAY

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