



## Washington Seniors Wellness Center Calendar of Events **MAY 2018**

### **Presentations/Events**

<b>DATE</b>	<b>TOPIC</b>	<b>PRESENTOR/SPONSOR</b>	<b>DAY &amp; TIME</b>
5/1	Members Assembly Meeting	Members Assembly	Tuesday, 11:00 am
5/8	Mother's Day Tea	WSWC	Tuesday, 3:00 – 5:00 pm
5/9	Stewart Financial Services	WSWC	Wednesday, 10:00 am
5/10	Produce Plus	DC Green	Thursday, 1:00 – 3:00 pm
5/10	Joyful Market	Stanton Elementary	Thursday, 3:00 – 6:00 pm
5/16	Program Town Hall	WSWC	Wednesday, 12:00 noon
5/16	May Birthdays	WSWC	Wednesday, 1:00 pm
5/16	ERFSC Annual Meeting	ERFSC	Wednesday, 4:00 – 7:00 pm
5/17	African Americans History Series	WSWC	Thursday, 10:30 am
5/22	Wisdom of the Elders	WSWC	Tuesday, 10:30 am
5/23	Foreclosures & Property Tax Benefits	WSWC	Wednesday, 10:30 am

### **Trips**

<b>DATE</b>	<b>DESTINATION</b>	<b>COST</b>	<b>DEPARTURE</b>	<b>DEADLINE TO CONFIRM</b>
5/3	Bible Museum	FREE	10:30 am	April 27th
5/7	Anacostia Community Museum	FREE	10:30 am	May 4th
5/15	Rosa Mexicano Restaurant	Lunch	10:30 am	May 11th
5/16*	Bowling	FREE	11:30 am	See Cafe
5/17*	Walmart	FREE	10:30 am	See Cafe
5/24*	Brown Station Market	FREE	10:30 am	See Cafe
5/30*	African American War Museum	FREE	10:30am	See Cafe

For Trips with an asterisk (\*), please see Carolyn Hilliard, Wellness Café



## Washington Seniors Wellness Center Staff Directory

General Information; Karla Ramirez: 202-581-6013  
[kramirez@erfsc.org](mailto:kramirez@erfsc.org)

Fitness; Lillian Chambliss: 202-581-6015  
[lchambliss@erfsc.org](mailto:lchambliss@erfsc.org)

Nutrition; Shymee Davis: 202-581-6017  
[sdavis@erfsc.org](mailto:sdavis@erfsc.org)

Program/Administration;  
Kinaya Sokoya, EdD: 202-581-6019  
[ksokoya@erfsc.org](mailto:ksokoya@erfsc.org)

Front Desk: 202-581-6010

Main Number: 202-581-9355

Members Number: 202-581-0655

**Washington Seniors Wellness Center Calendar of Activities**  
**MAY 2018**

	<b>MONDAY APRIL 30</b>	<b>TUESDAY MAY 1</b>	<b>WEDNESDAY MAY 2</b>	<b>THURSDAY MAY 3</b>	<b>FRIDAY MAY 4</b>
8:30 – 9:00		8:30 Open Gym	8:30 Open Gym 8:30 Blood Pressure Reading (all day)	8:30 Open Gym	8:30 Open Gym
9:00 – 10:00		9:00 Tennis 9:00 Zumba Gold 9:45 Balance & Stretch 9:50 Nutrition	9:00 Strength & Toning 9:45 Hula Hoop 9:50 Health Dialogue	9:00 Tennis 9:00 Zumba Gold 9:50 Health Dialogue	9:00 Enhance Fitness
10:00 – 11:00		10:35 Health Dialogue 10:45 Gentle Movement	10:30 Enhance Fitness	10:00 Strength & Toning 10:35 Nutrition 10:45 Gentle Movement	10:30 Line Dancing
11:00 – 12:00		11:00 Members Assembly 12:00 Tai Chi	11:00 Spanish Class	12:00 Tai Chi	11:00 Quilters/Sewing 12:00 Tai Chi
11:30 – 1:00		LUNCH	LUNCH	LUNCH	LUNCH
1:00 – 2:00		1:45 Pilates 1:45 Meditation	1:00 Enhance Fitness 1:00 Club Memory	1:00 Pilates 1:00 Art 1 2:00 Art 2 1:45 Meditation 1:45 Nutrition	1:00 Enhance Fitness
2:00 – 3:00		2:00 Orientation 2:00 Chicago Stepping	2:00 Yoga		2:00 Bingo 2:00 Yoga
3:00 – 4:00		3:00 Open Gym	3:00 Open Gym	3:00 Open Gym 3:00 Smart Technology (Cellphones) 3:30 Hand Dancing	3:00 Open Gym
4:00 – 5:00					
5:00 – 6:15			5:00 Fitness Class		

**Washington Seniors Wellness Center Calendar of Activities**  
**MAY 2018**

	<b>MONDAY MAY 7</b>	<b>TUESDAY MAY 8</b>	<b>WEDNESDAY MAY 9</b>	<b>THURSDAY MAY 10</b>	<b>FRIDAY MAY 11</b>
8:30 – 9:00	8:30 Open Gym	8:30 Open Gym	8:30 Open Gym 8:30 Blood Pressure Reading (all day)	8:30 Open Gym	8:30 Open Gym
9:00 – 10:00	9:00 Strength & Toning 9:45 Hula Hoop 9:50 Nutrition	9:00 Tennis 9:00 Zumba Gold 9:45 Balance & Stretch 9:50 Nutrition	9:00 Strength & Toning 9:45 Hula Hoop 9:50 Health Dialogue	9:00 Tennis 9:00 Zumba Gold 9:50 Health Dialogue	9:00 Enhance Fitness
10:00 – 11:00	10:00 Choraleers 10:30 Enhance Fitness 10:35 Nutrition	10:35 Health Dialogue 10:45 Gentle Movement	10:30 Enhance Fitness	10:00 Strength & Toning 10:35 Nutrition 10:45 Gentle Movement	10:30 Line Dancing
11:00 – 12:00	11:30 Choraleers Business Meeting 11:30 BEEDL	12:00 Tai Chi	11:00 Spanish Class	12:00 Tai Chi	11:00 Quilters/Sewing 12:00 Tai Chi
11:30 – 1:00	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
1:00 – 2:00	1:00 Enhance Fitness 1:00 Smart Technology (laptops/desktops) 1:45 Nutrition	1:00 Pilates 1:45 Meditation	1:00 Enhance Fitness	1:00 Pilates 1:00 Art 1 2:00 Art 2 1:45 Meditation 1:45 Nutrition	1:00 Enhance Fitness
2:00 – 3:00	2:00 Bingo	2:00 Orientation 2:00 Chicago Stepping	2:00 Yoga		2:00 Bingo 2:00 Yoga
3:00 – 4:00	3:00 Open Gym	3:00 Open Gym	3:00 Open Gym	3:00 Open Gym 3:00 Smart Technology (Cellphones) 3:30 Hand Dancing	3:00 Open Gym
4:00 – 5:00	4:00 Self Defense				
5:00 – 6:15	5:00 Fitness Class		5:00 Fitness Class		

**Washington Seniors Wellness Center Calendar of Activities**  
**MAY 2018**

	<b>MONDAY MAY 14</b>	<b>TUESDAY MAY 15</b>	<b>WEDNESDAY MAY 16</b>	<b>THURSDAY MAY 17</b>	<b>FRIDAY MAY 18</b>
8:30 – 9:00	8:30 Open Gym	8:30 Open Gym	8:30 Open Gym 8:30 Blood Pressure Reading (all day)	8:30 Open Gym	8:30 Open Gym
9:00 – 10:00	9:00 Strength & Toning 9:45 Hula Hoop 9:50 Nutrition	9:00 Tennis 9:00 Zumba Gold 9:45 Balance & Stretch 9:50 Nutrition	9:00 Strength & Toning 9:45 Hula Hoop 9:50 Health Dialogue	9:00 Tennis 9:00 Zumba Gold 9:50 Health Dialogue	9:00 Enhance Fitness 9:00 Strength & Toning 9:45 Hula Hoop
10:00 – 11:00	10:30 Enhance Fitness 10:35 Nutrition	10:35 Health Dialogue 10:45 Gentle Movement	10:30 Enhance Fitness	10:00 Strength & Toning 10:35 Nutrition 10:45 Gentle Movement	10:30 Line Dancing
11:00 – 12:00	11:30 BEEDL	12:00 Tai Chi	11:00 Spanish Class	12:00 Tai Chi	11:00 Quilters/Sewing 12:00 Tai Chi
11:30 – 1:00	<b>LUNCH</b>	<b>LUNCH</b>	<b>12:00 PROGRAM MEETING LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
1:00 – 2:00	1:00 Enhance Fitness 1:00 Smartt Technology (laptops/desktops) 1:45 Nutrition	1:00 Pilates 1:45 Meditation	1:00 Enhance Fitness 1:00 Club Memory	1:00 Pilates 1:00 Art 1 2:00 Art 2 1:45 Meditation 1:45 Nutrition	1:00 Enhance Fitness
2:00 – 3:00	2:00 Bingo	2:00 Orientation 2:00 Chicago Stepping 2:30 Massage Therapy	2:00 Yoga		2:00 Bingo 2:00 Yoga
3:00 – 4:00	3:00 Open Gym	3:00 Open Gym	3:00 Open Gym	3:00 Smart Technology (cellphones) 3:30 Hand Dancing	3:00 Open Gym
4:00 – 5:00	4:00 Self Defense				
5:00 – 6:15	5:00 Fitness Class		5:00 Fitness Class		

**Washington Seniors Wellness Center Calendar of Activities**  
**MAY 2018**

	<b>MONDAY MAY 21</b>	<b>TUESDAY MAY 22</b>	<b>WEDNESDAY MAY 23</b>	<b>THURSDAY MAY 24</b>	<b>FRIDAY MAY 25</b>
8:30 – 9:00	8:30 Open Gym	8:30 Open Gym	8:30 Open Gym 8:30 Blood Pressure Reading (all day)	8:30 Open Gym	8:30 Open Gym
9:00 – 10:00	9:00 Strength & Toning 9:45 Hula Hoop 9:50 Nutrition	9:00 Tennis 9:00 Zumba Gold 9:45 Balance & Stretch 9:50 Nutrition	9:00 Strength & Toning 9:45 Hula Hoop 9:50 Health Dialogue	9:00 Tennis 9:00 Zumba Gold 9:50 Health Dialogue	9:00 Enhance Fitness 9:00 Strength & Toning 9:45 Hula Hoop
10:00 – 11:00	10:00 Choraleers 10:30 Enhance Fitness 10:35 Nutrition	10:35 Health Dialogue 10:45 Gentle Movement	10:30 Enhance Fitness	10:00 Strength & Toning 10:35 Nutrition 10:45 Gentle Movement	10:30 Line Dancing 10:30 Reading
11:00 – 12:00	11:30 BEEDL	12:00 Tai Chi	11:00 Spanish Class	12:00 Tai Chi	11:00 Quilters/Sewing 12:00 Tai Chi
11:30	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
1:00 – 2:00	1:00 Enhance Fitness 1:00 Smart Technology (laptops/desktops) 1:45 Nutrition	1:45 Pilates 1:45 Meditation	1:00 Enhance Fitness	1:00 Pilates 1:00 Art 1 2:00 Art 2 1:45 Meditation 1:45 Nutrition	1:00 Enhance Fitness
2:00 – 2:30	2:00 Bingo	2:00 Orientation 2:00 Chicago Stepping	2:00 Yoga 2:30 Food Demonstration		2:00 Bingo 2:00 Yoga
3:00 – 4:00	3:00 Open Gym	3:00 Open Gym	3:00 Open Gym	3:00 Smart Technology (cellphones) 3:30 Hand Dancing	3:00 Open Gym
4:00 – 5:00	4:00 Self Defense				
5:00 – 6:15	5:00 Fitness Class		5:00 Fitness Class		

**Washington Seniors Wellness Center Calendar of Activities**  
**MAY 2018**

	<b>MONDAY MAY 28</b>	<b>TUESDAY MAY 29</b>	<b>WEDNESDAY MAY 30</b>	<b>THURSDAY MAY 31</b>	<b>FRIDAY JUNE 1</b>
8:30 -- 9:00		8:30 Open Gym	8:30 Open Gym 8:30 Blood Pressure Reading (all day)	8:30 Open Gym	
9:00 - 10:00	<b>MEMORIAL DAY</b>	9:00 Tennis 9:00 Zumba Gold 9:45 Balance & Stretch 9:50 Nutrition	9:00 Strength & Toning 9:45 Hula Hoop 9:50 Health Dialogue	9:00 Tennis 9:00 Zumba Gold 9:50 Health Dialogue	
10:00 -- 11:00	<b>CENTER CLOSED</b>	10:35 Health Dialogue 10:45 Gentle Movement	10:30 Enhance Fitness	10:00 Strength & Toning 10:35 Nutrition 10:45 Gentle Movement	
11:00 - 12:00		12:00 Tai Chi	11:00 Spanish Class 11:30 Kick Boxing	12:00 Tai Chi	
11:30 - 1:00		<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	
1:00 -- 2:00		1:45 Pilates 1:45 Meditation	1:00 Enhance Fitness 1:00 Club Memory	1:00 Pilates 1:00 Art 1 2:00 Art 2 1:45 Meditation 1:45 Nutrition	
2:00 -- 3:00		2:00 Orientation 2:00 Chicago Stepping	2:00 Yoga		
3:00 -- 4:00		3:00 Open Gym	3:00 Open Gym	3:00 Smart Technology (cellphones) 3:30 Hand Dancing	
4:00 --					
5:00 -- 6:15			5:00 Fitness Class		





**Washington Seniors Wellness Center  
Calendar of Events  
JUNE 2018**

**Presentations/Events**

<b>DATE</b>	<b>TOPIC</b>	<b>PRESENTOR//WHERE</b>	<b>DAY &amp; TIME</b>
6/5	Members Assembly Meeting	Members Assembly-WSWC	Tuesday 11:00am
6/13	Father's Day Happy Hour	WSWC	Wednesday 3:00p.m.-6:00p.m.
6/14	Ward 7 Prom for Seniors	ERFSC-Ward 7 Lead Agency for Seniors at St Luke's Center	Thursday 5:00p.m.-9:00p.m.
6/20	Program Town Hall Meeting	Program Director/Staff-WSWC	Wednesday 11:00am
6/20	June Birthdays	WSWC	Wednesday 1:00pm
6/21	Choraleers-Concert	WSWC	Thursday 10:00am
6/27	Legal Counsel for the Elderly	AARP-Nicole R. Belanus	Wednesday 10:00a.m.11:00am

**TRIPS**

<b>Date</b>	<b>Destination</b>	<b>Cost</b>	<b>Departure</b>	<b>Deadline to Confirm</b>	<b>Passenger Count</b>
6/4	Rose's Store Richie Rd Forestville MD	FREE	10:20am	See Café Manager	16
6/6	Bladensburg Water Front Park Tour	Lunch	10:30am	June 1	14
6/13	Dollar Tree/Penn Mar Shopping Center MD	FREE	10:30am	See Café Manager	16
6/14	National Harbor	FREE	10:30	June 8	16
6/19	National Zoo	FREE	10:30am	June 15	14
6/28	Carter G. Woodson Museum	FREE	10:30am	See Café Manager	16

**For Trips with an asterisk (\*), please see Carolyn Hilliard, Wellness Café Site Manager**