

Washington Seniors Wellness Center Calendar 2026

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



April New Members










Karin Barnes, Lynette Bynum, Sharon Garner, Anthony Harris, Deloris Harrison, Diane Jenkins, Wanda Jenkins, Deborah Johnson, Delinda Johnson, Wanda Jones, William Ross, Dwendolyn Walk

We hope you enjoy your time here with us!

New Member Orientation
Wednesdays 1:45pm-3:00pm
 RSVP is highly recommended
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 are subject to change
Refer to the Event Detail Page for more information on
Community, Health, Nutrition Education Sessions and our Special Events

  <p>May 22 & 25, 2026</p> 	<p>Field Trip!  Alamo Drafthouse Arlington, VA Date: Fri. May 1 Depart: 10:30am- Return: 1:30pm</p> <p>Serv Safe Certification UDC - Lamond Riggs 5171 South Dakota Ave. NE Date: Mon. May 4, Depart: 8:00am -3:30pm</p> <p>AMF Bowling Temple Hills 4717 St. Barnabas Rd. Date: Tues. May 5th & 19th Depart: 1:00pm- Return: 3:00pm Cost: \$13</p> <p>Senior Fest Block Party Sycamore & Oak Date: Wed. May 20 Depart: 9:30am - 1:30pm</p>	<p>Food is Medicine Tour II UDC - Lamond Riggs 5171 South Dakota Ave. NE Date: Thurs. May 28 Depart: 9:45am -12:45pm</p> <p>EVENT SCHEDULE</p> <p>Mon. May 4th S.A.I.L fitness class w/Vernetta 9am - 10am Gym</p> <p>Fri. May 8th Pastels and Pearls Mother's Day Celebration 10am - 2pm</p> <p>Classes w/Andrea will be Virtual (May 11th -31st) Yoga-May 11, 13, 18, 20, 27 Chair exercise_ May 12, 14, 19, 21, 26, 28 Meeting ID: 824 2557 3352 Pswd: YMCA</p>	<p>Wed. May 6th Members Assembly Time: 11am - 12pm</p> <p>Thurs. May 7th LCE Day of Shredding Event & Activities Time: 10am - 2pm</p> <p>Wed. May 13th Bingo Boo Time: 10:00am -11:00am</p> <p>Thurs. May 7th & 21st Zumba/Line Dancing Time: 9:00am - 10:00am</p> <p>Fri. May 8th & Thurs. 21st Canvas Art w/EYL Time: 10:30am - 11:30am</p> <p>Mon. May 18th - Jun 1st NO ENHANCE FITNESS w/Tawana</p>	<p>Mon. May 18th Grocery Plus Time: 1:00pm - 3:00pm</p> <p>Wed. May 27th No Sew Blanket Club Time: 10:00am -11:00am</p> <p>Wed. May 27th WSWC Congregate Meals w/Shymee Davis MA LN WSWC 10:30am-11:30am</p> <p>Wed. May 27th Older American Month Event: Lights, Camera, Action-Champion Your Health 1:00pm-3:00pm</p> <p>Thurs. May 28th Members Assembly Executive Board (Closed Meeting) 11:30am - 12:30p</p>
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Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:00am-10:00am Gym S.A.I.L w/Vernetta 10:00am -10:50am Gym Yoga w/ Andrea 11:00am – Noon Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc 1:00pm-2:00pm Gym Tai Chi w/ Eric 4:00pm- 5:00pm Gym Fitness w/ Rodney</p> <p>Spiritual Wellbeing: 12:00pm – 1:00pm Zoom WSWC Spiritual Study</p>  <p>1:00pm-3:00pm Center</p> 	<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:30am – 11:30am Gym Chair Exercise w/ Andrea 11:00am -Noon Hudson Bingocize w/Chloe'</p> <p>Health & Nutrition: 10:00am-2:00pm <i>(See Event Details)</i></p> <p>Legal: 10:00am-Noon Center Legal Counsel for the Elderly 1on1 session</p> <p>GAMES A PLENTY: 1:00pm-3:00pm Center</p>  	<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:00am-10:00am Gym S.A.I.L w/Vernetta 10:00am -10:50am Gym Yoga w/ Andrea 11:00am – Noon Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 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 4:00pm-5:00pm Gym Fitness w/Rodney</p> <p>Arts: 10:00am-11:00am Hudson (5/27) No Sew Blanket Club</p> <p>1:00pm –3:30pm- Hudson Drawing and Painting Art Class</p> <p>GAMES A PLENTY 1:00pm-3:00pm Center</p> 	<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle (5/7 & 5/21) 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>Art: 10:30am-11:30am Center Canvas Art w/EYL (5/7 & 5/21) Tech: 11:00am-1:00pm Center Computer Training w/Adrian</p> <p>Health & Nutrition: 10:00am-3:30pm <i>(See Event Details)</i></p> <p>Community: 11:30am – 12:30pm Members Assembly Executive Board Meeting- <i>(Closed Meeting -5/28)</i></p> 	<p>Rec/Soc @ Your Leisure 8:30am – 3:00pm</p>  <p>Fitness: 9:00am-10:15am Center Walking Group 10:00am -11:00am Hudson Bingocize w/Chloe' 11:00am – Noon Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p>  <p>1:00pm-3:00pm Center</p> 

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



MONDAY

May 4, 10:00am-Noon (Hallway) DC State Health Insurance Assistance Program- Resource Table.

May 11, 10:00am-10:50am (Multipurpose) Grow Democracy DC Engagement presents: **Rank Choice Voting** w/Kenyetta M. Smith

May 11, 11:00am-Noon (Multipurpose) Grubb Pharmacy; Ask the Pharmacist Series: Home Medication Safety and Record Keeping w/Dr. Carla Daniels

May 18, 10:00am-10:50am (Multipurpose) DC Dept of Health presents DC Health Education with Lynitta Lockett.

TUESDAY

May 5, 12, 19, & 26 10:00am-Noon (Center) One on One Legal Counseling for the Elderly.

May 5, 10:00am-10:50am (Virtual) Medstar Georgetown U. Hospital Alzheimer Association- Laura Byers Programs- Communicating Effectively.

May 5, 11:00am-Noon (Hybrid) Dementia: Dementia & Estate Planning. DACL Facilitator: Giovanna Hunt, LGSW, CDP.

May 12, 10:00am-11:00am (Multipurpose) Medstar Georgetown Hospital Arthritis- Ask the Podiatrist – Arthritis & Foot Pain with facilitator Debra Wright.

May 12, 11:00am-Noon (Multipurpose) George Washington U. School of Medicine: Dermatology Presentation w/ Dr. Friedman and medical students Mina Farah.

May 19, 10:00am-10:50am (Multipurpose) Black Nurses Association of VA- Ask the Nurse Series: Update on Women’s Health w/Nurse Pamela Hodge.

May 19, 11:00am-Noon (Multipurpose) Black Nurses Association of VA- Ask the Nurse Series: Blood Clot Awareness.

May 19, 1:00pm-2:00pm (Multipurpose) Tasty Adventures w/Shymee Taste Test Activity. Facilitators: Shymee Davis, MA, LN.

WEDNESDAY

May 6, 13, & 27 1:00pm-2:00pm (Virtual) Sibley Memorial Hospital presents Club Memory.

May 13 10:00am-11:00am (Multipurpose) MPD- Bingo Boo- Interactive Community Engagement and Updates. Facilitator: MPD Ofc Tate.

May 27, 10:30am-11:30am (Multipurpose) Congregate Meals Concept- Nutritional Needs Shift w/ Age. Facilitator Shymee Davis, MA, LN.

May 27, 1:00pm-3:00pm (Multipurpose) WSWC Older American Month Celebration: Lights, Camera, Action-Champion Your Health Concept.

THURSDAY

May 7, 2:30pm-3:00pm (Virtual) Weis Market presents All About Nuts: Virtual Cooking Demo w/ Christina Pelletier, LD RD in store Weiss Dietitian.

May 7, 14, 21, & 28 11:00am-1:00pm (Center) DC Government OCTO Tech Talk and AT&T Digital Literacy Workshop. Facilitator: Adrian Sutton.

May 7, 9:00am-2:00pm (Center) AARP Senior Medicare Patrol are hosting a Shredding Event and Resource Session.

May 21 & 28 2:30pm-3:00pm (Virtual) Food Demo Nutrition Session WSWC with Facilitators: Shymee Davis, MA, LN. & Chef Herb

May 21, 11:00am-Noon (Multipurpose) Sibley Hospital: Ask the Oncology Nurse Practitioner- Get the Facts About Bladder Cancer (Lunch & Learn).

May 21, 1:00pm-3:30pm (Multipurpose) MLK Library presents Books & Movies. Presented by Antoinette White Richardson, Educational Specialist.

May 28, 9:45am-1:00pm (Trip) Food is Medicine II: Tour of UDC Urban Food Hub led by Chef CC.

May 28, 10:00am-11:00am (Multipurpose) Legal Counsel for the Elderly: Homeownership preservation matters. Presented by Karen Sierra.

Friday

May 1, 11:00am-Noon (Multipurpose) Mayor’s Office of Community Relations and Services-Ward 7 Community Updates. Facilitators: Amber Wright.

May 8, 10:00am-2pm (Multipurpose) WSWC Mother’s Day Celebration: Pastels and Pearls.