

# Washington Seniors Wellness Center Calendar 2026

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



**Wanda Posey-Dunham**  
**Linda McCray**  
**Vincent Odoms**  
**Thomas Smith**  
**Wayne Sutton**  
**Cheryl Lane Thomas**

We hope you enjoy your time here with us!

**New Member Orientation**  
**Tuesdays 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 Detail Sheet for more information on**  
**Community, Health, Nutrition Education Sessions and our Special Events**



**Monday,**  
**February 16, 2026**



**Martha's Table**  
The Commons Building  
2375 Elvan's RD SE DC  
Date: Wed. Feb. 18, 2026  
Time: 10:45am – 11:30am

**DACL Red, White, & You**  
Panorama Room  
600 Morris St, SE  
Date: Wed. Feb. 11, 2026  
Depart: 10:30am - 2:00pm

**PG Publick Playhouse**  
Tribute to Frankie Beverly  
5445 Landover Rd,  
Hyattsville, MD 20784  
Date: Fri. Feb. 27, 2026  
Depart: 10:45am - 12:45pm

## EVENT SCHEDULE

**Weekly Nutrition & Health**  
Feb. 3,5,10,12,17,19. 20, 23, & 25.  
(See Detailed Page)

**Matter of Balance**  
Feb. 3, 5, 10, 12, 17, 19, 24, & 26  
Tuesday & Thursday  
Time: 1:30pm – 3:30pm

Wednesday, Feb. 4  
**Members Assembly**  
Time: 11am – 12pm

Wednesday, Feb 4<sup>th</sup> & 18<sup>th</sup>  
**No Sew Blanket Club**  
10:00am-11:00am Hudson

**Thursday, Feb. 5<sup>th</sup> & 19<sup>th</sup>**  
**Zumba/Line Dancing**  
Time: 9:00am – 10:00am  
**Canvas Art w/EYL**  
Time: 10:30am – 11:30am

## EVENT SCHEDULE

**Bingo Boo**  
Wednesday, Feb. 11  
Time: 10:00am -11:00am

**Club Memory @ WSWC**  
Wednesday, Feb 18  
Time: 1:00pm 2:00pm

**Grocery Plus**  
Monday, Feb. 23  
Time: 1:00pm – 3:00pm

Thursday, Feb. 26  
**MPD-6D & Badger Bear**  
**V-Day Presentation**  
Time: 11:30am -12:00pm

**Side by Side Band**  
Heart & Soul  
Time: 1:00pm -2:30pm

**Harlem**  
*by Langston Hughes*

“What happens to a dream  
deferred?  
Does it dry up  
like a raisin in the sun?  
Or fester like a sore—  
And then run?  
Does it stink like rotten  
meat?  
Or crust and sugar  
over—  
like a syrupy sweet?  
Maybe it just sags  
like a heavy load.  
Or does it explode?”

| <i><b>Mondays</b></i>  | <i><b>Tuesdays</b></i>  | <i><b>Wednesdays</b></i>  | <i><b>Thursdays</b></i>   | <i><b>Fridays</b></i>  |
|--|---|---|---|--|
| <p><b>Fitness:</b><br/> <b>9:15am-10:00am Gym</b><br/> Kickboxing w/Chloe'<br/> <b>10:00am -11:00am Gym</b><br/> Yoga w/ Andrea<br/> <b>11:00am – 12:00pm</b><br/> <b>Hybrid</b><br/> Enhance Fitness w/<br/> Tawana.<br/> <b>Mtg ID: 890 3818 1475</b><br/> <b>Pw: wswc</b><br/> <b>1:00pm-2:00pm Gym</b><br/> Tai Chi w/ Eric<br/> <b>4:00pm- 5:00pm Gym</b><br/> Fitness w/ Rodney</p> <p><b>Spiritual Wellbeing:</b><br/> <b>12:00pm – 1:00pm Zoom</b><br/> WSWC Spiritual Study</p> <p><b>1:00pm-3:00pm Center</b><br/> </p> | <p><b>Fitness:</b><br/> <b>9:30am – 10:20am Gym</b><br/> Strength &amp; Cond.<br/> w/Chloe'<br/> <b>10:30am – 11:30am</b><br/> <b>Gym</b><br/> Chair Exercise w/ Andrea<br/> <b>11:00am -12:00pm</b><br/> <b>Hudson</b><br/> Bingocize w/Chloe'<br/> <b>1:30pm-3:30pm Hudson</b><br/> Matter of Balance</p> <p><b>Health:</b><br/> <b>10:00am-1:00pm</b><br/> Health Education<br/> <b>(See event details)</b></p> <p><b>Legal:</b><br/> <b>10:00am-12:00pm</b><br/> <b>Center</b><br/> Legal Counsel for the<br/> Elderly 1on1 session</p> <p><b>GAMES A PLENTY:</b><br/> <b>1:00pm-3:00pm Center</b><br/> </p> | <p><b>Fitness:</b><br/> <b>9:15am-10:00am Gym</b><br/> Kickboxing w/Chloe'<br/> <b>10:00am -10:50am Gym</b><br/> Yoga w/ Andrea<br/> <b>11:00am – 12:00pm</b><br/> <b>Hybrid</b><br/> Enhance Fitness w/<br/> Tawana.<br/> <b>Mtg ID: 890 3818 1475</b><br/> <b>Pw: wswc</b><br/> <b>1:00pm – 2:00pm Zoom</b><br/> Sibley Club Memory<br/> <b>ID: 975-5829-0633 or call</b><br/> <b>301-715-8592</b><br/> <b>1:00pm-2:00pm Gym</b><br/> Tai Chi w/ Eric<br/> <b>4:00pm-5:00pm Gym</b><br/> Fitness w/Rodney</p> <p><b>Arts:</b><br/> <b>10:00am-11:00am</b><br/> <b>Hudson</b><br/> No Sew Blanket Club<br/> <b>1:00pm –3:30pm- Hudson</b><br/> Drawing and Painting Art<br/> Class</p> | <p><b>Fitness:</b><br/> <b>9:00am – 10:00am Gym</b><br/> Zumba-Line Dancing<br/> w/Michelle (2/5 &amp; 2/19)<br/> <b>10:30am-11:30am Gym</b><br/> Chair Exercise w/ Andrea<br/> <b>10:30am-2:00pm Bowling</b><br/> 4717 St. Barnabas Rd<br/> <b>10:30am-11:30pm</b><br/> <i><b>(see event details)</b></i><br/> <b>1:30pm-3:30pm Hudson</b><br/> Matter of Balance</p> <p><b>Art:</b><br/> <b>10:30am-11:30am Center</b><br/> Canvas Art w/EYL<br/> (2/5 &amp; 2/19)<br/> <b>Tech:</b><br/> <b>11:00am-1:00pm Center</b><br/> Computer Training<br/> w/Adrian</p> <p><b>Nutrition Ed:</b><br/> <b>2:30pm-3:30pm Virtual</b><br/> Nutrition Session with<br/> Shymee Davis, MA LN<br/> <i><b>(see event details)</b></i></p> |  <p><b>Fitness:</b><br/> <b>9:00am-10:15am Center</b><br/> Walking Group<br/> <b>10:00am -11:00am</b><br/> <b>Hudson</b><br/> Bingocize w/Chloe'<br/> <b>11:00am – 12:00pm</b><br/> <b>Hybrid</b><br/> Enhance Fitness w/<br/> Tawana.<br/> <b>Mtg ID: 890 3818 1475</b><br/> <b>Pw: wswc</b></p> <p><b>GAMES A PLENTY</b><br/> <b>1:00pm-3:00pm Center</b><br/> </p> |

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



## **MONDAY**

**February 23, 10:00am-10:45am (Virtual)** Blue Rock Care- Gallbladder & Kidney Stones. Presenter: Dr. Alka Gupya, MD.

**February 23, 11:00am-12:00am (Multipurpose)** WSWC Health Initiative for Men- Essential Oils and Ointment. Facilitator: Docta Yew- Holistic.

**February 23, 1:00pm-2:00pm (Multipurpose)** Congregate Meals Concept- Fuel Your Gut, Feel Good. Facilitator Shymee Davis, MA, LN.

## **TUESDAY**

**February 3, 10, 17, & 24 10:00am-12:00pm (Center)** One on One Legal Counseling for the Elderly

**February 3, 10:00am-11:00am (Virtual)** Medstar Georgetown U. Hospital Alzheimer Association- Understanding the impact of Alzheimer in African American Communities.

**February 3, 11:00am-12:00pm (Multipurpose)** Mayor's Office of Community Relations and Services-Ward 7 Community Updates. Facilitators: Amber Wright.

**February 3, 12:00pm-1:00pm (Hybrid)** Vascular Dementia presentation- definition, signs and symptoms, and treatment. Facilitator: Giovanna Hunt.

**February 10, 10:00am-11:00am (Hybrid)** Medstar Washington Hospital-Ask the Cardiologist-Heart Health Month. Presenter: Sandeep Simlote, MD.

**February 10, 11:00am-12:00pm (Virtual)** Ask the Nurse-Heart Healthy & Cholesterol Wise. Presenter: Pamela Hodge, RN.

**February 17, 10:00am-11:00am (Hybrid)** Eliminating Heart Health Disparities among Women of Color. Presenter: Florance Champagne, MSW.

**February 17, 11:00am-12:00pm (Hybrid)** Frontal Temporal Dementia Presenter: Giovanna Hunt.

**February 17, 1:00pm-2:00pm (Center)** Fat Tuesday- Mardi Gras Mask Making. Instructor: Deyanne Nicholas.

**February 24, 10:00am-11:00am (Virtual)** Ask the Dermatologist- Aging Skin Care and Prevention. Presenter: Dr. Yolanda Holmes, MD.

**February 24, 11:00am-12:00pm (Multipurpose)** Medstar Georgetown U. Hospital- African American History Jeopardy. Facilitator: Khaleelah Hardie.

**February 24, 1:00pm-2:00pm (Multipurpose)** Black History- Montford Point Marines, they were the first African Americans to serve in U.S. Marine Corps starting in 1942. Facilitator: Kathy Jasper & Everett Willis.

## **WEDNESDAY**

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

**February 25, 10:30am-11:30am Dining** Cooking Demo on the nutritional benefits of Blackened Salmon paired w/Kale. Facilitator: Chef CC (Carl Crockett)

## **THURSDAY**

**February 5, 10:00am-11:00am (Virtual)** Understanding Fats: Virtual Cooking Demo. Facilitator: Christina Pelletier, LD RD in store Weiss Dietitian

**February 5, 12, & 19, 2:30pm-3:00pm (Virtual) Food Demo** Nutrition Session WSWC/Chef Herb: 2/5- Benefits of Carrots, 2/12- Peppers: Ratatouille Salad, & 2/19- Broccoli Florets: Lasagna-Stuffed Spaghetti Squash & Broccoli Florets. Facilitators: Shymee Davis, MA, LN. & Chef Herb

**February 5, 12, 19, & 26 11:00am-1:00pm (Center)** DC Government OCTO Tech Talk and AT&T Digital Literacy Workshop. Facilitator: Adrian Sutton

**February 12, 11:00am-12:00pm (Center)** Cyber Security Discussion with Officer Medina & Adrian Sutton.

**February 19, 10:00am-11:00am (Hybrid)** Medstar Georgetown U. Hospital- Heart Disease and Arthritis. Presenter: Debra Wright and Dr. Laure Smith, MD.

**February 19, 11:30am-12:30pm (Tabling)** Medstar Georgetown U. Hospital- Heart Health Give Aways & Literature.

**February 19, 1:00pm-3:00pm (Multipurpose)** MPD-6D Community Outreach Workshop- Soap Making. Presenter: Ofc. Medina and Ms. Tamika.

## **Friday**

**February 6, 10:00am-12:00pm (Center)** Valentine's Bookmarks Activity. Instructor: Deyanne Nicholas

**February 20 9:00am-11:00am (Multipurpose)** Trinity U. College of OT- presents Hearth & Health Interactive Workshop. Facilitators: Trinity U. Students.