

Washington Seniors Wellness Center Calendar 2026

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



Dorothy Watts
 Mark Tinsley
 Phyllis D. Williams
 Myrtle Alexander
 Cynthia Cabell
 Opal Cartledge
 Gloria McGee
 Dennis McGill
 Bernard Mims
 Roxanne Richardson
 Cheryl 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 Event Detail Page for more information on
 Community, Health, Nutrition Education Sessions and our Special Events



Trinity Play
 700 North Calvert Street
 Baltimore, MD
 Date: Wed. Mar. 4, 2026
 Depart: 10:30am – 2:45pm



Georgetown Olive Oil Co.
 4719 Eisenhower Ave, Ste A
 Alexandria, VA
 Date: Thurs., Mar. 5, 2026
 Depart: 11:30am – 1:00pm

Martha's Table
 2375 Elvan's RD SE DC
 Date: Wed. Mar. 18, 2026
 Time: 10:45am – 11:30am

EVENT SCHEDULE

Weekly Nutrition & Health
(See Event Details)
Matter of Balance
 Mar. 3, 5, 10, 12, 17, 19, 24, & 26
 Tuesday & Thursday
 Time: 1:30pm – 3:30pm

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

Wednesday, Mar 18th & 25th
No Sew Blanket Club
 10:00am-11:30am Hudson

Thursday, Mar. 5th & 19th
Canvas Art w/EYL
 Time: 10:30am – 11:30am

Thursday, Mar. 12th & 26th
Zumba/Line Dancing
 Time: 9:00am – 10:00am

EVENT SCHEDULE



Discover the Power of Nutrition
 Mar. 5, 19, 20, 24, 25, & 31.
(See Event Details)

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

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

Grocery Plus
 Monday, Mar. 16
 Time: 1:00pm – 3:00pm



Tuesday, Mar. 31
 Time: 9:00am – 3:00pm



**Friday,
 March 27, 2026**



Spring Song
 by Paul Laurence Dunbar

A blue-bell springs upon the ledge,
 A lark sits singing in the hedge;
 Sweet perfumes scent the balmy air,
 And life is brimming everywhere.
 What lark and breeze and bluebird sing,
 Is Spring, Spring, Spring!



Sunday, March 8th

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -11:00am Gym Yoga w/ Andrea 11:00am – 12:00pm 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 -12:00pm Hudson Bingocize w/Chloe' 1:30pm-3:30pm Hudson Matter of Balance</p> <p>Health & Nutrition: 10:00am-2:00pm <i>(See Event Details)</i></p> <p>Legal: 10:00am-12:00pm 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: 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 11:00am – 12:00pm 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 No Sew Blanket Club (3/18 & 3/25) 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 (3/12 & 3/26) 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 1:30pm-3:30pm Hudson Matter of Balance</p> <p>Art: 10:30am-11:30am Center Canvas Art w/EYL (3/5 & 3/19) 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 -3/26)</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 – 12:00pm 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

March 2, 10:00am-12:0pm (Hallway) DC State Health Insurance Assistance Program- Resource Table.

March 9, 11:00am-12:0pm (Multipurpose) Grubb Pharmacy presents: Ask the Pharmacist Health Screening with Pharmacist Carla Daniels, PharmD.

March 23, 10:00am-11:00am (Multipurpose) DC Dept of Health presents DC Health Education with Lynnitia Lockett.

March 23, 11:00am-12:00pm (Multipurpose) Colorectal Cancer Awareness presented by Guardant Health: Learn about FDA-approved Colorectal Cancer screening options.

March 30, 11:00am-12:00pm (Multipurpose) Congregate Meals Concept- Nutrition Jeopardy-Essential Nutrients. Facilitator Shymee Davis, MA, LN.

WEDNESDAY

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

March 25, 11:00am-1:00pm Dining Discover the Power of Nutrition: Healthy Cultural Cooking Showcasing 3 Stations of Farm to Table Food & Beverage, hosted by Charmaine Jones, RD and 3 invited Chefs.

THURSDAY

March 5, 10:00am-11:00am (Virtual) Discover the Power of Nutrition: Beyond the Bottle: The Power of Dairy Virtual Cooking Demo w/ Christina Pelletier, LD RD in store Weiss Dietitian.

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

March 12, 10:00am-11:00am (Center) GW Bridge to Care Healing Clinic Presents: What is a Healing Clinic? presented by Veene Reddy.

March 12, 1:00pm-3:00pm (Center) MPD 6D Community Outreach presents Candle Making with Officer Medina & Ms. Tamika.

March 19 & 26 2:30pm-3:00pm (Virtual) Food Demo Nutrition Session WSWC/Chef Herb: 3/19- Benefits of Blueberry & 3/26- Bone Broth & Garlic. Facilitators: Shymee Davis, MA, LN. & Chef Herb

March 19, 10:30am-11:30am (Dining) Discover the Power of Nutrition: Health & Nutrition Benefits of Protein. Cooking Demo w/Chef Carl.

TUESDAY

March 3, 10, 17, 24, & 31 10:00am-12:00pm (Center) One on One Legal Counseling for the Elderly.

March 3, 10:00am-11:00am (Virtual) Medstar Georgetown U. Hospital Alzheimer Association- Laura Byers Programs- 10 Warning Signs of Alzheimer.

March 3, 11:00am-12:00pm (Hybrid) Dementia w/Lewy Body pt. I presentation- definition, signs and symptoms, and treatment. Facilitator: Giovanna Hunt.

March 3, 12:00pm-12:30pm (Dining) Blossom Tea Party Raffle- 20 tickets will be raffled by DACL Director Hines.

March 10, 10:00am-11:00am (Hybrid) IRS Educational Outreach & Awareness presented by Anika Pompy.

March 10, 11:00am-12:00pm (Hybrid) AARP LCE presents the importance of Wills and Power of Attorney presented by Sean Smiley, esq.

March 17, 10:00am-11:00am (Multipurpose) Ask the Nurse: Sleep Cycle and the Quality of Sleep presented by Pamela Hodge, RN.

March 17, 11:00am-12:00pm (Multipurpose) Sibley Hospital: Colorectal Cancer Awareness lunch & learn with Nancy Margai.

March 24, 10:00am-11:00am (Virtual) Discover the Power of Nutrition: The Impact of Food Choices & Managing Diabetes. Presenter: Leon Rock, M. ED, RD.

March 24, 11:00am-12:00pm (Virtual) Diverse World of Tea presented by Joy Quinn Whalen.

March 24, 1:00pm-2:00pm (Hybrid) Dementia w/Lewy Body pt. II presentation- definition, signs and symptoms, and treatment. Facilitator: Giovanna Hunt.

March 31, 9:00am-3:00pm (Hudson) AARP Smart Driver Safety Course led by Renee Moore.

March 31, 10:00am-11:00am (Multipurpose) MedStar Georgetown University Hospital: The Link between Kidney Disease facilitated by Debra Wright.

March 31, 11:00am-12:00pm (Multipurpose) Discover the Power of Nutrition: Backyard Culinary Presentation w/Chef Jackie.

Friday

March 6, 11:00am-12:00pm (Multipurpose) Mayor's Office of Community Relations and Services-Ward 7 Community Updates. Facilitators: Amber Wright.

March 20, 9:00am-11:00am (Multipurpose) Trinity U. College of OT- presents Occupational Therapy Interactive Workshop. Facilitators: Trinity U. Students.