

Washington Seniors Wellness Center Calendar 2026

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

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**

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



June New Members

- Alice Morgan
- Edwina Harris
- Avis Duboise
- Glenda Brown
- Doris Baylor
- Paula Abney
- Angela Atkin
- Begida Kenney
- Ruthie Mitchell
- LaWanda Norcome
- Gloria Reardon
- Alfreida Robinson
- Carolyn Taylor

We hope you enjoy your time here with us!



Museum of the Bible

Washington, DC

Date: Thurs. 7/9

Depart: 9:30am – Ret: 1:30pm

Cost: \$22.50

Martha's Table

Washington, DC

Date: Wed. 7/15

Depart: 10:45am – Ret: 11:30am

Spirit of Washington Lunch Cruise

Washington, DC

Date: Fri. 7/17

Depart: 9:30am – Ret: 3:00pm

Cost: **Sold Out**

Clydes

Alexandria, VA

Date: Wed. 7/22

Depart: 10:30am – Ret: 3:00pm

AMF Bowling- Marlow Hgts

Temple Hills, MD

Date: Tues. 7/7 & 7/21

Depart: 1:00pm – Ret: 3:00pm

Cost: \$13

3rd Annual SWC Bowling Challenge

AMF Capital Plaza

Hyattsville, MD

Date: Tues. 7/28

Depart: 9:15am – Ret: 3:00pm

Cost: **\$10**

4th Annual WSWC Men's Fishing Trip

Solomons, MD

Date: Wed. 7/22

Depart: 10:45am – Ret: 7:00pm

EVENT SCHEDULE

1st & 3rd Mondays of the Month
Nutrition Counseling w/ WSWC Nutritionist Shymee Davis
Time: 10:00am - Noon

Wed. Jul. 1st
Members Assembly
Time: 10am – 12pm

Wed. Jul. 8, 15, & 29
Whine Down Wednesdays with a Taste of Lemonade
Time: 1:00pm – 2:00pm



Thurs. Jul. 16th
Watermelon Festival w/Side by Side Band Hosted by Shymee, Chef Herb, Bingo Boo & MPD
Time: 10:00am – 2:00pm

Wed. Jul. 15 & 29
WSWC Sew less Blankets
Time: 10:00am -11:00am

Thurs. Jul. 23rd
Members Assembly Executive Board (Closed Meeting)
11:30am – 12:30p

Tues. Jul 28th
WSWC Congregate Meals
Nutrition Bingo w/Shymee Davis
MA LN WSWC 1:00pm-1:45pm

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
Rec/Soc @ Your Leisure: 8:30am – 3:00pm Fitness: 9:15am-10:00am Gym Kickboxing w/Chloe' 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 Spiritual Wellbeing: 12:00pm – 1:00pm Zoom WSWC Virtual Spiritual Study 1:00pm – 3:00pm Grocery Plus Mon. Jul 20th  1:00pm-3:00pm Center 	Rec/Soc @ Your Leisure: 8:30am – 3:00pm 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' Health & Nutrition: 10:00am-2:00pm <i>(See Event Details)</i> Legal: 10:00am-Noon Center Legal Counsel for the Elderly 1on1 session GAMES A PLENTY: 1:00pm-3:00pm Center  	Rec/Soc @ Your Leisure: 8:30am – 3:00pm Fitness: 9:15am-10:00am Gym Kickboxing w/Chloe' 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 Arts: 10:00am-11:00am Hudson (7/29) No Sew Blanket Club 1:00pm –3:30pm- Hudson Drawing and Painting Art Class GAMES A PLENTY 1:00pm-3:00pm Center 	Rec/Soc @ Your Leisure: 8:30am – 3:00pm Fitness: 9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle (7/2 & 7/9) 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd Tech: 11:00am-1:00pm Center Computer Training w/Adrian Health & Nutrition: 10:00am-3:30pm <i>(See Event Details)</i> Community: 11:30am – 12:30pm Members Assembly Executive Board Meeting- <i>(Closed Meeting -7/23)</i> 	Rec/Soc @ Your Leisure 8:30am – 3:00pm  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  1:00pm-3:00pm Center 

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



MONDAY

July 6, 10am-Noon (Hallway) DC State Health Insurance Assistance Program- Resource Table.

July 13, 10am-10:55am (Multipurpose) Office of the Atty General Consumer & Tenant Response: How to Identify and Avoid Scams. Presented by Lila Easton & McKaly McKalin.

July 13, 11:00am-Noon (Multipurpose) Grubb Pharmacy: Ask the Pharmacist Series: National Immunization Awareness: Blood Pressure & Blood Sugar Screening w/Dr. Carla Daniels, Pharm.D.

July 27, 10:00am – 11:00am (Multipurpose) DC Dept of Health presents Meal Planning to Make Life Simple lead by Lynnitta Lockett.

TUESDAY

July 7, 14, 21, & 28, 10:00am-Noon (Center) One on One Legal Counseling for the Elderly with Atty. Debra Wright, JD.

July 7, 10am-10:55am (Virtual) Medstar National Rehabilitation Hospital Arthritis Foundation presents Fire Prevention & Arthritis. Presented by Debra Wright and Guest Doctor.

July 14, 10am-11:00am (Hybrid) Medstar Washington Hospital Ask the Doc Series: UV Safety Awareness. Presenter TBA

July 14 & 28, 11am-Noon (Zen) Medstar Washington Hospital Nurses Blood Pressure Screening.

July 7, 14, 21, & 28 11am-Noon (Multipurpose) Medical Ascension Community Health Students: BMI & Blood Pressure Screening

July 21, 10am-11:00am (Multipurpose) Legal Counsel for the Elderly Senior Medicare Patrol- Medicare vs Medicaid. Presenter: Darnetta Bascomb.

July 28, 10am – 11:00am (Multipurpose) Medstar Washington Hospital Ask the Doc Series: Sarcoma Awareness. Presenter TBA.

July 28, 1pm-2:00pm (Multipurpose) Congregate Meals Concept- Nutrition Bingo. Facilitator Shymee Davis, MA, LN

July 30, 10:00am – 11:00am (Multipurpose) Transportation Updates & Connector Card Program presented by Heather Foote.

WEDNESDAY

July 1, 8, 22, & 29 1pm-2:00pm (Virtual) Sibley Memorial Hospital presents Club Memory.

THURSDAY

July 9, 2:30pm-3:00pm (Virtual) Weis Market presents Eating Well for Stress Management w/ Christina Pelletier, LD RD in store Weiss Dietitian.

July 4, 9, 16, 23, & 30 11:00am-1:00pm (Center) DC Government OCTO Tech Talk and AT&T Digital Literacy Workshop. Facilitator: Adrian Sutton.

July 16, 10am-11am (Multipurpose) MPD- Bingo Boo- Interactive Community Engagement and Updates. Hosted by MPD Ofc Tate.

July 16 & 23 2:30pm - 3:00pm (Center) Food Demo & Nutrition Session WSWC with Facilitators: Shymee Davis, MA, LN. & Chef Herb.

July 23, 1:00pm – 2:30pm (Parking Lot) Chef Herb Food Truck

July 23, 11am – Noon (Multipurpose) DC Board of Elections- Voter Registration Updates presented by LaDawn White.

July 30, 11am – Noon (Multipurpose) VA Black Nurses Association discuss Heat Exposure and Dehydration with Pamela Hodge, RN.

Friday

July 10 11:00am-Noon (Multipurpose) Mayor's Office of Community Relations and Services-Ward 7 Community Updates. Facilitators: Amber Wright.

WSWC July 2026				
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13	14	15	16	17
20	21	22	23	24
27	28	29	30	31