



Washington Seniors Wellness Center Calendar 2025

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



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 subject to change**

****Refer to the Detail Sheet for more information on**

Community, Health, Nutrition Education Sessions and our Special Events



A very warm welcome to:

Yvonne Smith

Deborah Lyons

Kim Oliver

Terry Coleman

Stephen Lee

Genet Kidane

Karen Harrison

Sandra Burwell

Luther Ruth Jr

Belinda Pauls Anderson

Bernice Perry

Donna Shaw

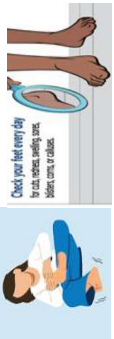
Bernard Moore

William Brown

We hope you enjoy your time here with us.

Monday	Tuesday	Wednesday	Thursday	Friday
 Top Golf National Harbor Address: 6400 Clipper Way Oxon Hill, Md Date: Friday Oct 17, 2025 Time: 9:00am-12pm Fox 5 Tour News Station Address: 7272 Wisconsin Ave Bethesda MD 20814 Date: Wed. Oct 22, 2025 Time: 9:00am-1:30pm *Box lunches will be available upon return Holistic Horseman Address: 18915 Lincoln Rd Purcellville, Va Date: Wed. October 29, 2025 Time: 8:30am-2:00pm *Lunch Provided	 Meet & Greet DC MPD Chief Pamela Smith Wed Oct 8 10:30am Center Weekly Blood Pressure Screenings by Medstar Washington Hospital & Georgetown Hospital (Refer to calendar for dates & Times) United Health Care will facilitate the 'Social Harvest' Event at the WSWC (refer to flyer for more details) Thur. Oct 9 10:00am-2:00pm A Host of Educational Sessions w/ Subject Matter Experts in support of Breast Cancer Awareness month. Eye Clinic at WSWC providing Vision Screenings aimed at improving your eye health. *Free eye glasses offered Tues. Oct 28 10:00am-2:00pm	9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 11:00am-12:00pm Hybrid Member's Assembly Meeting 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 1:00pm - 3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney	9:00am - 10:00am Gym Zumba -Line Dancing w/Michelle 10:00am-11:00am Virtual Healthy Breakfast choices w/Weis Market Nutritionist Christina Pelletier & Cooking demo 10:30am-11:30am Center Canvas Art w/EYL 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 11:00am-1:00pm Center Computer Training w/Adrian	 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 1:00pm-3:00 Center GAMES A PLENTY

Monday	Tuesday	Wednesday	Thursday	Friday
6 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am-11:00am Gym Yoga w/ Andrea 10:30am-12:30pm Hudson Rm Donna Tabor- United Health Care Annual Medicare Enrollment 11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc 12:00pm-1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center  4:00pm-5:00pm Gym Fitness w/ Rodney	7 9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Prevention of Blindness Society of Metropolitan DC Vision Presentation <i>(see details)</i> 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am - 11:30am Gym Chair Exercise w/ Andrea 11:00am-12:00pm Hudson Bingocize w/Chloe' 11:00am-12:00pm Hybrid Legal Counsel Senior Medicare Patrol training on new phone and IPAD app for Medicare 1:00pm-3:00pm Center Activities at your leisure	8 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am-10:30pm Center Bingo Boo & Safety Tips w/ DC MPD 10:30am-until Hybrid Meet & Greet DC MPD Chief Pamela Smith 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 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm - 3:30pm- Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney	9 10:00am-2:00pm Center United Health Care sponsors a Social Harvest Event on site w/Food Vendors <i>(see details)</i> 10:00am-2:00pm Center Medstar Washington Hospital on site Blood Pressure Screening 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 11:00am-1:00pm Center Computer Training w/Adrian 	10  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 1:00pm-3:00pm Center GAMES A PLENTY 
13 	14 9:30am - 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Nurse Navigator Services with Medstar Georgetown <i>(see details)</i> 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am - 11:30am Gym Chair Exercise w/ Andrea 11:00am-12:00pm _ Center Duke Ellington School of the Arts & Georgetown Hospital facilitates a Jeopardy Game <i>(see details)</i> 11:00am-12:00pm Hudson Bingocize w/Chloe' 1:00pm-3:00pm Center Activities at your leisure  PINK Wear pink today to show support for those affected by breast cancer	15 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am-10:30am Hybrid Legal Counsel for the Elderly Medicare Patrol -Medicare Marketing Fraud 10:30am-11:30am Hybrid Medstar Washington Hospital Ask the Doc Series. Topic: Ultrasound 101 <i>(see details)</i> 10:30am-11:30am Center MedStar Washington Hospital on Site Blood Pressure Screening 10:00am-10:50am Gym Yoga w/ Andrea 10:00am-11:30am-Center No Sew Blanket Club <i>(see details)</i> 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. 1:00pm - 2:00pm Center Sibley Club Memory 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm -3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney	16 9:00am - 10:00am Gym Zumba -Line Dancing w/Michelle 10:30am-11:30am Center Canvas Art w/EYL 10:30am-11:30am Gym Chair Exercise w/ Andrea 11:00am-12:00pm Hybrid Medstar Georgetown Oncology Surgeon discusses Breast Cancer in Men & Women <i>(see details)</i> 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 11:00am-1:00pm Center Computer Training w/Adrian 1:00pm-3:00pm Center MPD 6 District Officer Medina & Team facilitate a craft event: Making Shea Butter Lotion 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymec: Foods to Strengthen bones 	17  9:00am-10:15am Center Walking Group 9:00am-12pm TRIP Top Golf @National Harbor 10:00am-11:00am No Bingocize' 11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc 1:00pm-3:00pm Center GAMES A PLENTY 

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27 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -11:00am Gym Yoga w/ Andrea 11:00am – 12:00pm No Class No Enhance Fitness Class Mtg ID: 890 3818 1475 Pw: wswc 12:00pm – 1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Center  4:00pm- 5:00pm Gym Fitness w/ Rodney	28 9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:00am-11:00am Hybrid Mary Center Health Clinic discusses Oral Health* free dental health give aways <i>(see details)</i> 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:00am-11:00am Center Eye Clinic w/Vision Screening on site * <i>(see details)</i> 10:30am – 11:30am Gym Chair Exercise w/ Andrea 11:00am -12:00pm Hudson Bingocize w/Chloe' 1:00pm-3:00pm Center Activities at your leisure 	29 8:30am-2:00pm TRIP Holistic Horseman 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 10:00am-11:30am-Center No Sew Blanket Club <i>(see details)</i> 10:30am-11:30am Center MedStar on Site Blood Pressure Screening 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 1:00pm – 3:30pm Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney	30 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 10:00am Center Nutrition Ed w/ Shymee: discuss Nutritional Value of coffee & Enjoy international hot coffee drinks while they last. 1:00pm-2:30pm Center Pre Halloween –“Boo “Karaoke with Jai 	31  9:00am-10:15am Center Walking Group 10:00am -11:00am Hudson Bingocize w/Chloe' 11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana 1:00pm-3:00pm Center GAMES A PLENTY 



MONDAY

October 6, 20, 27 10:30am-12:30pm Center (Hudson Rm) United Health
Care Representative Donna Tabor, Sr. Benefits Specialist Assist Members with enrollment during Open enrollment period for Insurances (Advantage plans & Medicare

TUESDAY

October 7 10:00am-11:00am Hybrid Prevention of Blindness Society of Metropolitan DC Rep. Jonathan Lombardi Program Coordinator provides Vision presentation overviewing the Eyes highlighting function, anatomy, conditions, disorders

October 7 11:00am-12:00pm Hybrid Legal Counsel for the Elderly Senior Medicare Patrol Project Director Darnetta Bascomb provides information & training on the new Medicare Patrol App for Smart Phones & IPADS

October 14 ALL Day – Center Wear Pink Day to show your support for those affected by Breast Cancer

October 14 10:00am-11:00am Hybrid Medstar Georgetown Betty Lou Ourisman Breast Health Center Rep Tanikée “Nikki” McNeal RN provides info about the Nurse Navigator Services Program” for underserved populations impacted by Breast Cancer and helps them overcome barriers to health care access and resources for garments ie. bras, wigs, compression sleeves, etc. and emotional and mental well being

October 14 11:00am-12:00pm Center Duke Ellington School of the Arts Students Layla Bunch & Krithi Santhana along with Georgetown Hospital Rep. Khaleelah Hardie engage the WSWC Members in a fun Pop Culture Jeopardy Game & Song

October 21 10:00am-11:00am Hybrid Diabetes Foot Management Program Medstar George Hospital Dr David Song Chief Medical Officer & his daughter Ella (Student at Sidwell Friends School) provide an in dept look at a special preventative care program for your feet

October 28 10:00am-11:00am Hybrid Mary Center Health Clinic Rep Edith Perez-Lopez Dental Health Coordinator in support of National Dental Hygiene Month provides an overview of community’s general health & specific oral health needs to include preventive care. * Free dental hygiene package distributed

October 28 10:00am-2:00pm Center Prevention of Blindness Society of Metropolitan DC Eye Clinic will provide Vision Screenings (visual acuity tests, pupil inspection, eye movement etc.) along with an onsite Ophthalmologist if further consultation is needed ** Eligible to receive a free pair of Eyeglasses

WEDNESDAY

October 8 10:00am-11:00pm Center Bingo Boo & Safety Tips w/ DC MPD Share in fun Bingo games, sing songs, dance a little, and win prizes.

October 8 10:30am Hybrid MPD Chief of Police Pamela Smith Meet & Greet Chat directly with DC Police Chief and share your views and complements with her as well as her update on the MPD and the safety of DC Residents.

WEDNESDAY (continued)

October 15 10:00am-10:30am Hybrid Legal Counsel for the Elderly Senior Medicare Patrol in support of Medicare open enrollment discusses how to spot and avoid Medicare marketing violations and their free legal services.

October 15 10:30am – 11:30am Hybrid Medstar Washington Hospital Ask the Doc Series. Topic Ultrasound discussion presented by Dr. Kenan Alrejail

October 15 10:30am -11:30am Center Zen Room Medstar Washington Hospital Center RN Miskir Anbessie will conduct blood Pressure Screening

October 15,29 10:00am-11:30am Center No Sew Blanket Craft with Linda Fennell. Must provide your own Blanket Kit and necessary supplies to complete the blanket on site. *See Linda for additional information* if interested

October 29 10:30am -11:30am Center Zen Room Medstar Washington Hospital Center RN John Alberth & Cherese Ritualo will conduct blood Pressure Screening

THURSDAY

October 2 10:00am-11:00am Virtual Nutrition Session with Weis Market Nutritionist Christina Pelletier Topic: Healthy Breakfast Choices outside of Oatmeal & Cooking demo: Egg Omelet

October 9 10:00am-2:00pm Center United Health Care “Social Harvest” presents a Health, Wellness & Nutrition event providing Food Vendors, Housing, & Community Resources to address food insecurities and health care for the underserved communities

October 9 10:00am-2:00pm Center Medstar Washington Hospital will provide 2 RNs, Tatiana Cuadra and Neha Igwe to take BP in Zen Room during the Wellness event

October 16 11:00am-12:00pm Hybrid Medstar Georgetown Hospital Dr. Angelis Vazquez-Perez, Breast Oncology Surgeon discusses breast cancer impacts on Men & Women and how to take charge of one’s health. Additional discussion around breast reconstruction surgery

October 16 1:00pm-3:00pm Center MPD District 6 Officers Medina & Outreach Team facilitate a Shea Butter Lotion making craft.

October 16 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee: Foods to Strengthen bones

October 23 10:00am-11:00pm Hybrid MPD Officer Jason Medina & Officer Chanel Boyd from the Domestic Violence Unit bring awareness to Domestic Violence & impact to the victim as well as safety plans & available resource.

October 23 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee Topic: Be the Light-Nutritional Deficiencies affecting your Health when you age

October 30 10:00am while supply last (hot coffee drinks) Center In support of National Coffee month: Theme Bean around the World, Shymee, as part of her Nutrition Ed Series, will provide educational literature/discussion and samples of various international coffee for members to enjoy

October 30 1:00pm-2:30pm Center Pre Halloween “BOO” Karaoke with Jai