

Washington Seniors Wellness Center Calendar 2026

3001 Alabama Ave SE Washington DC 20020 Phone 202-581-6010



July New Members

Corrine Howard, Margarita Allen,
Johnnie Anderson, Bertha Brown,
Pamela Burrello, Kendra Chatmon
Dorothy Coleman, Timothy Cook
Alice Davis, Kellie Gray,
Adriane Lowrie, Yvonne O'Neal,
Maxine Pettus, Carolyn Rogers
Willie Waddell, Earline Watson
Gerald Taylor

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



Martha's Table

Washington, DC
Date: Wed. 8/19
Depart: 10:45am – Return:
11:30am

Red, White, & Blue Thrift Store

Laurel, MD
Date: Fri. 8/20
Depart: 10am – Return:
2:00pm

Sprouts Farmers Market

Waldorf, MD
Date: Wed. 8/26
Depart: 10:00am – Return:
12:00pm



Aug. 10th – Aug. 19th
WSWC Annual Back to School
Supply Drive
Dropoffs: 9:00am – 4:00pm



Fri. Aug. 14th
WSWC Fry Yay Fish Fry
Time: 1:00pm - 3:00pm



Mon. Aug. 17th
**Relax, Renew, & Refresh:
Ladies Pampering Session
at WSWC**
Time: 10:00am -12:00pm



Wed. Aug. 5th
Members Assembly
Time: 10:00am – 12:00pm

Wed. Aug. 5th
**IRS Senior Fraud
Prevention**
Time: 10:00am – 10:30am

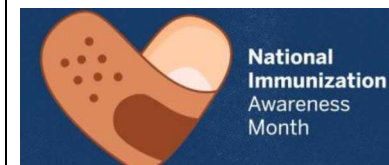
Thurs. Aug. 6th
Karaoke w/Jai
Time: 1pm – 2:30pm

Wed. Aug. 12th
MPD 6D Bingo Boo
Time: 10:00am -11:00am

Wed. Aug. 19th & 26th
WSWC Sew less Blankets
Time: 10:00am -11:00am

Tues. Aug. 25th
WSWC Congregate Meals
w/Shymee Davis MA LN
WSWC 1:00pm-1:45pm

Thurs. Aug. 27th
**Members Assembly
Executive Board** (Closed
Meeting)
11:30am – 12:30p



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Rec/Soc @ Your Leisure: 8:30am – 3:00pm Fitness: 9:15am-10:00am Gym Kick Boxing 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 Spiritual Study 1:00pm – 3:00pm Grocery Plus Mon. Aug. 17th  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 Kick Boxing 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 (8/19 & 8/26) 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 (8/6 & 8/20) 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 -8/27)</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

August 17, 10am-12am (Multipurpose) Relax, Release, Renew a Ladies Pampering Experience hosted by Melanee Gragg, WSWC and Sharon Wise, DACL

TUESDAY

August 4, 11, 18, & 25 10:00am-12pm (Center) One on One Legal Counseling for the Elderly.

August 4, 10am-10:50am (Multipurpose) Alzheimer's Assoc. National Capital Area Chapter presents Effective Communication for Caregivers presented by Laura Byer and Micheal L. Smith

August 11, 10am-10:50am (Hybrid) Medstar National Rehabilitation Hospital Arthritis Foundation presents Pain Treatment beyond NSAIDS. Presented by Debra Wright and Guest.

August 11, 11am-11:50am (Virtual) Medstar Washington Hospital Center Ask the Doc Series: Autoinflammation and the Power of Immunization.

August 18, 11am – 11:50am (Multipurpose) FCC presents Robocalls, Robo texts, & Spooling. Presented by Alma Peanut Hughes.

August 25, 10am-10:50am (Multipurpose) Medstar Washington Hospital- Community Health Needs Health Assessment.

August 25, 1pm-1:30pm (Multipurpose) Congregate Meals Concept- Hidden Sugar in Foods. Facilitator Shymee Davis, MA, LN

August 25, 1:30pm-2:00pm (Multipurpose) Tasty Adventures w/Shymee Good Belly Protein & Probiotics Smoothies. Facilitators: Shymee Davis, MA, LN.

WEDNESDAY

August 5, 10am -10:30am (Multipurpose) IRS presents Senior Fraud Prevention presentation. This will be taped lived on MSNBC Morning Joe.

August 5, 12, *19, & 26, 1pm-2:00pm (Virtual) Sibley Memorial Hospital presents Club Memory. (*8/19 is in person).

August 12, 10am-11am (Multipurpose) MPD- Bingo Boo- Interactive Community Engagement and Updates. Facilitator: MPD Ofc Tate.

THURSDAY

August 6, 10am-10:50am (Virtual) Weis Market presents Best Food for Aging- Virtual Cooking Demo w/ Christina Pelletier, LD RD in store Weiss Dietitian.

August 6, 13, 20, & 27 11:00am-1:00pm (Computer Room) DC

Government OCTO Tech Talk Workshop. Facilitator: Adrian Sutton.

August 13, 20, & 27, 2:20pm-3:20pm (Center) (Virtual) Food Demo

Nutrition Session WSWC with Facilitators: Shymee Davis, MA, LN. & Chef Herb.

August 13, 10am – 10:50am (Multipurpose) Black Nurse's Assoc. of VA presents What's New & Needed with Immunization for Seniors, presented by Pamela Hodges, RN.

August 20, 10am – 10:50am (Hudson) United Health: Sign up for Medicaid, Medicare, and QMB with Donna Tabor, Insurance Broker.

August 20, 10am – 10:50am (Multipurpose) Healing Hands Physical Therapy Services present How Healing Hands Relate to Wellness, presented by Marva Marsha, PT.

August 20, 1pm – 3pm (Multipurpose) MLK, Jr Library presents "A Feel For" Movies, viewing of movies based on true stories followed by commentary at the end. Presented by Antoinette White, DCPL.

August 27, 11am-11:50am (Virtual) Giant Food presents The Sleep Diet Connection: What to Eat Before Bed, presented by Renee Afryka, MS RDN, LDN.

August 27, 10am-10:50am (Multipurpose) P&G Divine Wings presents Empowering Widows and Seniors with the Tools to Heal and Thrive After Loss, presented by Pamela Branch, CEO of P&G Divine Wings Org.

Friday

Aug 7, 11:00am-11:50am (Multipurpose) Mayor's Office of Community Relations and Services-Ward 7 Community Updates. Facilitators: Amber Wright.