

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

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dodyn Peek,
Robinson,
van, Rosalyn
ardine Washington
We hope you enjoy your time here with us!



This office will be
closed Monday,
September 7th 2026
in observation of
Labor Day

Shymee Davis is on vacation
9/1 – 9/4

Chloe' McInnis is on
vacation 9/1 – 9/4



Capital Area Food Bank
4900 Puerto Rico Ave, NE
Date: Thurs, 9/17
Depart: 12:30pm – Return:
3:30pm

Martha's Table
Washington, DC
Date: Wed. 9/23
Depart: 10:45am – Return:
11:30am

Fall Prevention
Awareness Week
899 North Capitol St, NE
Date: Mon. 9/22
Depart: 9:30am – Return:
12:00pm

WSWC/BFSWC
Family Reunion
Bohrer Park
Gaithersburg, MD
Date: Fri. 9/25
Depart: 9:00am – Return:
3:00pm



Wed. Sep. 2nd
Members Assembly
Time: 10:00am – 12:00pm

Wed. Sep. 9th
NFL Gear Day w/
MPD 6D Bingo Boo
Time: 10:00am -11:00am

No Kick Boxing and
Bingocize Class on 9/1 –
9/4.

Mon. 9/14 & 9/28
WSWC Toastmasters
Time: 11:00am -11:50am

Wed. Sep. 16th
Juice is Medicine- Nutrition
Workshop w/TAMRON
Time: 1:000pm -3:00pm

Wed. Sep. 16th & 23rd
WSWC Sew less Blankets
Time: 10:00am -11:00am

Wed. Sep. 23rd
Karaoke w/Jai
Time: 1pm – 3:00pm

Thurs. Sep. 24th
Members Assembly
Executive Board (Closed
Meeting)
11:30am – 12:30pm

Mon. Sep. 28th



Tues. Sep. 29th
WSWC Congregate Meals
w/Shymee Davis MA LN
WSWC 1:00pm-1:30pm

Wed. Sep. 30th
Arts & Creation w/ MPD 6D
Ofc. Medina (Public Service
Announcements)

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. Sep. 21st  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 (9/16 & 9/23) 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 (9/3 & 9/17) 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 -9/24)</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

September 14 and 28, 11am-11:50am (Hudson/Hybrid) WSWC Toastmaster Club. All are welcome. Zoom ID: 928 7552 9202 Password: 08333.

September 14, 10am-11am (Multipurpose) C.R. Gibbs present Black Labor in America.

September 28, 1am – Noon (Multipurpose) Immunization Day with Daily Care Pharmacy

September 28, 10am – 10:50am (Multipurpose) DC Health presents Walk with Ease (WWE) led by Lynnitta Lockett.

TUESDAY

September 1, 8, 15, 22, & 29 10:00am-12pm (Center) One on One Legal Counseling for the Elderly.

September 8, 11am-11:50am (Multipurpose) Medstar National Rehabilitation Hospital & Arthritis Foundation presents All About Arthritis, presented by Debra Wright.

September 8, 11am-11:50am (Multipurpose) Medstar Georgetown Hospital- Community Health Needs Assessment Listening Sessions, facilitated by Khaleelah L. Hardie.

September 8, 1pm-1:50pm (Multipurpose) Clear Captions presents Federally Manage Program on Close Caption Device presented by Rupali Dewan.

September 15, 10am-10:50am (Multipurpose) Rebuilding Together & Safe Home Program presents Home Repairs & Safe Homes, presented by Shalawn March.

September 22, 10am-10:50am (Multipurpose) Office of the Tenant Advocate Office discuss your Legal Rights and Representation presented by Chris Puig.

September 29, 10am-10:50am (Multipurpose) Dental Hygiene: Denture Maintenance presented by Dr. Sal Selvaggio, DDS.

September 29, 1pm-1:30pm (Multipurpose) Congregate Meals Concept- Making Nutrient Dense Choices. Facilitator Shymee Davis, MA, LN

September 29, 1:30pm-2:00pm (Multipurpose) Tasty Adventures w/Shymee Dairy Free Dole Whip. Facilitators: Shymee Davis, MA, LN.

WEDNESDAY

September 2, 9, 16, 23, & 30, 1pm-2:00pm (Virtual) Sibley Memorial Hospital presents Club Memory. (*9/16 is in person).

September 9, 10am-11am (Multipurpose) MPD- Bingo Boo- NFL Gear Day (Interactive Community Engagement and Updates). Facilitator: MPD Ofc Tate.

September 30, 1pm-3pm (Multipurpose) MPD- Public Announcement w/6D Ofc. Medina- Arts & Crafts.

THURSDAY

September 10, 2:30pm-3:00pm (Virtual) Weis Market presents Osteoporosis & Food- Virtual Cooking Demo w/ Christina Pelletier, LD RD in store Weiss Dietitian.

September 3, 10, 17, & 24 11:00am-1:00pm (Computer Room) DC Government OCTO Tech Talk Workshop. Facilitator: Adrian Sutton.

September 10, 9:00am-4:00pm (Hudson) UDC Food Handler Certification Class led by Paul Brown. (Registration: Free)

September 10 & 24, 2:30pm-3:00pm (Center) (Virtual) Food Demo Nutrition Session WSWC with Facilitators: Shymee Davis, MA, LN, & Chef Herb.

September 24, 10am – 10:50am (Multipurpose) VA Black Nurses Assoc. presents Fall Prevention Awareness with Pamela Hodges, RN.

September 24, 11am – 11:50am (Multipurpose) Healing Hands Physical Therapy Services present Strategies to Reduce Falls, presented by Marva Marsha, PT.

Friday

September 4, 11:00am-11:50am (Multipurpose) Mayor's Office of Community Relations and Services-Ward 7 Community Updates. Facilitators: Amber Wright.

September 18, 9:00am-3:00pm (Hudson) AARP Smart Driver Course, led by Renee Moore.

September 2026

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		