

Washington Seniors Wellness Center Calendar 2026

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



May New Members

- Jasper Wells,
- Rogeria Westbrooks
- Alfred Sweeney
- Dwight Redd
- Marilyn Jacobs
- Ellsworth Colbert
- Cheryl Allen

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**



Nats Stadium
Washington, DC
Date: Wed. 6/3
Depart: 11:45am – Return:
4:00pm

Roses
Forestville, MD
Date: Thurs. 6/4
Depart: 10am – Return: 12pm

Day of Wellness and Fun @
UDC- Wear your Track Suit
Washington, DC
Date: Thurs. 6/11
Depart: 9:30am – Return: 2pm

Top Golf
Oxon Hill, MD 20745
Date: Fri, 6/12
Departure: 10:00am – Return:
2pm

Martha's Table
Washington, DC
Date: Wed. 6/17
Depart: 10:45am – Return:
11:30am

AMC Rivertown 12
Devil Wears Prada 2
Oxon Hill, MD
Date: Thurs, 6/18
Departure: 10:30am – Return:
3:00pm

2nd Avenue Thrift Store
Bladensburg, MD
Date: Wed. 6/24
Departure: 9:30am – Return:
12pm

EVENT SCHEDULE
Mon. June 1st
S.A.I.L fitness class
w/Vernetta
9am – 10am Gym

Wed. Jun. 3rd
Members Assembly
Time: 10am – 12pm

Wed. Jun. 3rd
No Enhance Fitness

Thurs. Jun. 4th
Karaoke w/Jai
Time: 1pm – 2:30pm

Wed. Jun. 10th
Bingo Boo
Time: 10:00am -11:00am

Wed. Jun. 10th
WSWC Happy Hour w/Tamron
Time: 1:00pm -3:00pm

Tues. Jun. 16th
Jammin on the Lawn- Juneteenth
Celebration
(MPD-6D Ice Cream Social 1p-2p)
Time: 10am – 3pm

Wed. Jun. 17th
Coffee w/a Cop- 6D Celebration
Time: 10am – 11am

Wed. Jun. 24th
WSWC Sew less Blankets
Time: 10:00am -11:00am

Thurs. Jun. 25th
Badges & Barbers: Father's Day
Event
Time: 10am – 12pm

Thurs. Jun. 25th
Members Assembly Executive
Board (Closed Meeting)
11:30am – 12:30p

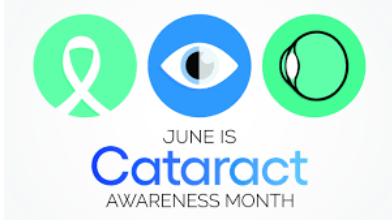
Mon. Jun. 29th
WSWC Senior Picture Day
Time: 10:00am -11:00am

Tues. Jun 30th
WSWC Congregate Meals
w/Shymee Davis MA LN WSWC
1:00pm-1:45pm



June 19, 2026



<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
Rec/Soc @ Your Leisure: 8:30am – 3:00pm Fitness: 9:00am-10:00am Gym S.A.I. L w/Vernetta 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. Jun 15th  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: 9:00am-10:00am Gym S.A.I.L w/Vernetta 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 (6/24) 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 (6/4 & 6/18) 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd Art: 10:30am-11:30am Center Canvas Art w/EYL (6/11 & 6/25) 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 -6/25)</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

June 1, 10am-Noon (Hallway) DC State Health Insurance Assistance Program- Resource Table.

June 8, 10am-10:55am (Multipurpose) Prevention of the Blindness Society of Metro Washington presents What You Need to Know About Cataracts. Presented by Jonathan Lombard, MPH.

June 8, 11:00am-Noon (Multipurpose) Grubb Pharmacy; Ask the Pharmacist Series: Blood Pressure & Blood Sugar Screening w/Dr. Carla Daniels

June 29, 10am-11am (Multipurpose) Pet Adoption Process Presentation. Presented by Lindsey Cope

June 29, 11am-Noon (Multipurpose) Dog Grooming Tips with Lindsey Adoption. Presented by Lindsey Cope.

WEDNESDAY

June 3, 10, & 24, 1pm-2:00pm (Virtual) Sibley Memorial Hospital presents Club Memory.

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

June 10 1pm-2pm (Multipurpose) WSWC Wellness Happy Hour with Mocktails - Interactive Center Engagement with Tamron Ent.

June 17, 10am-11am (Multipurpose) MPD-6D Community Engagement: Coffee w/a Cop (6D Commander Hickman and Ofc. Medina. Coffee will be provided.

June 17, 11am-Noon (Multipurpose) NMAAHC presents Revolutionary Roots: The Story of Jeffrey Brace. Presented by Lisa Crawley & Edwina Parks.

THURSDAY

June 4, 10am-11am (Virtual) Weis Market presents Best Time to Eat- Virtual Cooking Demo w/ Christina Pelletier, LD RD in store Weiss Dietitian.

June 4, 11, 18, & 26 11:00am-1:00pm (Center) DC Government OCTO Tech Talk and AT&T Digital Literacy Workshop. Facilitator: Adrian Sutton.

June 4, 11, 18, & 26 11:00am-1:00pm (Center) (Virtual) Food Demo Nutrition Session WSWC with Facilitators: Shymee Davis, MA, LN, & Chef Herb.

June 25, 10am – 11:30am (Hudson) United Health: Sign up for Medicaid, Medicare, and QMB with Donna Tabron, Insurance Broker.

June 29, 10am – 11am (Multipurpose) DC Health education series: Brain Health Awareness presented by Lynnitta Lockett, Senior Outreach Specialist.

TUESDAY

June 2, 9, 16, 23, & 30 10:00am-Noon (Center) One on One Legal Counseling for the Elderly.

June 2, 10am-11am (Multipurpose) Black Nurses Association of VA-Vertigo 101. Presenter: Pamela Hodge, Retired RN

June 2, 1pm-2:30pm (Multipurpose) Diet and the Prevention of Alzheimer: Understanding MIND Diets presentation and cooking demo. Presenters: Giovana Hunt, Shymee Davis, MA, LN, and Chef Herb Holden.

June 9, 10am-10:55am (Virtual) Medstar National Rehabilitation Hospital Arthritis Foundation presents Physical Therapy & Joint Protection. Presented by Debra Wright and Guest.

June 9, 11am-11:45am (Virtual) Medstar Washington Hospital Ask the Doc Series: What's Dementia? Presenter TBA

June 9, 11am-Noon (Zen) Medstar Washington Hospital- Onsite Blood Pressure Screening and Monitoring.

June 16, 10am – 11am (Multipurpose) The Importance of Juneteenth presentation with Mr. CR Gibbs.

June 16, 11pm – Noon (Multipurpose) FCC presents Robocalls, Robotexts, & Spooling. Presented by Keyla Hernandez-Ulloa and Alma Peanut Hughes.

June 23, 10am-11am (Multipurpose) Medstar Washington Hospital: Ask the Doc Series- Men's Health, What's New & Trending. Presenter TBA.

June 23, 1pm-2pm (Hudson) National Yoga Awareness, All About Yoga PowerPoint presentation. Presenter Chloe' McInnis.

June 30, 10am-11am (Multipurpose) Georgetown University Berkley School of Nursing presentation on Mental Health. Presented by Dr. Roberta Waite.

June 30, 11am-12 (Multipurpose) Lunch & Learn w/Sibley Dietitian: Healthy Meal Planning for Chronic Disease. Facilitators: Sibley Dietitian

June 30, 1pm-1:15pm (Multipurpose) Congregate Meals Concept-Protein Needs in Older Adults. Facilitator Shymee Davis, MA, LN

June 30, 1:15pm-1:45pm (Multipurpose) Tasty Adventures w/Shymee Taste Test Activity. Facilitators: Shymee Davis, MA, LN.

Friday

June 5 11:00am-Noon (Multipurpose) Mayor's Office of Community Relations and Services-Ward 7 Community Updates. Facilitators: Amber Wright.