

Washington Seniors Wellness Center Calendar 2025

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



A very warm welcome to:
Belinda Pauls- Anderson

Bernice Perry

Donna Shaw

Bernard Moore

William Brown

Annie McKnight

Timothy Green

Carole Bishop

Gwendolyn McNair

Richard Hegens-Nelson

Kevin Sanford

Elfreda Smith

Sandra Johnson

Yolanda Phipps

Roy White

Floretta Terry

James Terry

We hope you enjoy your time here with us

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Dutch Country Farmers Market 9701 Fort Meade Rd Laurel, Md Date: Fri Nov 7, 2025 Time: 9:30am-1:00pm</p> <p>Martha's Table The Commons Building 2375 Elvan's RD SE DC Date: Wed. Nov. 12, 2025 Time: 10:45am - 11:30am</p> <p>Holistic Horseman 18915 Lincoln Rd Purcellville, Va Date: Wed. Nov. 19, 2025 Time: 8:30am-2:00pm *Lunch Provide</p> <p>Spice & Tea Exchange Tour 320 King St. Alex. Va Date: Thur. Nov. 20, 2025 Time: 10:00am-1:00pm</p>	<p>African American Civil War Museum Tour 1925 Vermont St, NW Date: Tues. Nov. 25, 2025 Time: 10:30am-12:30pm</p>    	<p>November upcoming events</p> <p>Officers Thomas and Tate from DC MPD will host a Thanksgiving Luncheon along with Bingo Boo`w/ Special Guest Police Chief Pamela Smith in attendance. Wed. Nov. 12 1:00pm-3:00pm</p> <p>Blast from the Past. WSWC Members have come together to recreate the DC "Cabaret" Venue with music, dancing and snacks. Wed. Nov 19, 1:00pm-3:00pm</p> <p>MedStar Wash. Hosp. Ctr. provides Blood Pressure Screenings on site Tuesday Nov.4 10:00am-11:00am Wednesday Nov 6 10:00am-2:00pm</p> <p>Ward 7 Councilman Wendell Felder and Team will facilitate a Q&A forum with WSWC Members Thur. Nov 13 11:00am-12:00pm</p>	<p>AWARENESS MONTH</p>   <p>National Healthy Skin Month</p> 	<p>AWARENESS MONTH</p> <p>November is NATIONAL FAMILY CAREGIVERS MONTH #CaregiverAnd</p>  <p>NOVEMBER MEN'S HEALTH AWARENESS MONTH</p> <p>November is National COPD Awareness Month.</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -11:00am Gym Yoga w/ Andrea</p> <p>11:00am – 12:00pm Multi Medicare Open Enrollment Options Presentation. 11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>10:00am-1:00pm Hudson Rm Donna Tabor- United Health Care Annual Medicare Enrollment</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>4</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-11:00am Zen Rm Medstar Washington Hospital Center Blood Pressure Screening on site</p> <p>10:00am-11:00am Hybrid State Insurance Assistance Program discusses how the Program works <i>(see event details)</i></p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am-12:00pm Hybrid Guardant Health Educator discusses the Colon Rectal Cancer Screening Process <i>(see event details)</i></p> <p>11:00am -12:00pm Hudson Bingocize w/Chloe'</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>5</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>11:00am -12:00pm Hybrid WSWC Members Assembly Meeting 11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>1:00pm – 2:00pm Zoom Sibley Club Memory</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm – 2:30pm Center Movie Day- Ruth & Boaz <i>(see details)</i></p> <p>1:00pm -3:30pm- Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Gym Fitness w/Rodney</p> 	<p>6</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>10:00am-11:00am Virtual Nutrition Session with Christina, Weis Market Nutritionist w/cooking demo <i>(see event details)</i></p> <p>10:00am-2:00pm Zen Rm Medstar Wash Hospital Center Blood Pressure Screening on site</p> <p>10:30am-11:30am Center Canvas Art w/EYL</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>11:00-12:00pm Hybrid Dementia Education Program Coordinator discusses Dementia. <i>(see event details)</i></p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee & Chef Herb w/food Demo <i>(see event details)</i></p>	<p>7</p>  <p>9:00am-10:15am Center Walking Group</p> <p>9:30am-1:00pm TRIP Dutch Country Farmers Market</p> <p>10:00am -11:00am Hudson Bingocize w/Chloe'</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>1:00pm-3:00pm Center GAMES A PLENTY</p>  
<p>10</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -11:00am Gym Yoga w/ Andrea</p> <p>10:00am-1:00pm Hudson Rm Donna Tabor- United Health Care Annual Medicare Enrollment</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>11</p>  	<p>12</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>9:45am-10:45am Virtual Howard University Dermatologist Dr. Yolanda Holmes, to present on aging skin <i>(see event details)</i></p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:45-11:30am TRIP Martha's Table</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>1:00pm – 2:00pm Center Sibley Club Memory</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center Bingo Boo & Safety Tips w/ DC MPD & Hosting a Thanksgiving Luncheon w/ special guest <i>(see event details)</i></p> <p>1:00pm -3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Gym Fitness w/Rodney</p>	<p>13</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:00am-11:00am Hybrid Stress Awareness Month Retired Nurse Pamela Hodge discusses how to cope with Stress in uncertain times</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>11:00am-12:00pm Hybrid Ward 7 Councilman Wendell Felder and Team facilitate a Q&A session with WSWC Members</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee & Chef Herb w/ food demo <i>(see event details)</i></p>	<p>14</p>  <p>9:00am-10:15am Center Walking Group</p> <p>10:00am -11:00am Bingocize' w/Chloe'</p> <p>11:00am –12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>1:00pm-3:00pm Center GAMES A PLENTY</p>  

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>24</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -11:00am Gym Yoga w/ Andrea</p> <p>10:00am-1:00pm Hudson Rm Donna Tabor- United Health Care Annual Medicare Enrollment</p> <p>11:00am – 12:00pm No Class Enhance Fitness w/Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>25</p> <p>9:30am – 10:20am Gym Strength & Cond. w/Chloe'</p> <p>10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>10:00am-11:00am Virtual Nutrition Ed Session with Giant in-store Dietician Leslie Jefferson <i>(see event details)</i></p> <p>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>10:30am-12:30pm TRIP AA Civil War Museum</p> <p>11:00am-12:00pm Hybrid DC MOCRA representative Latisha Atkins follow up on Senior Concerns</p> <p>11:00am -12:00pm Hudson Bingocize w/Chloe'</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>26</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 PW: wswc</p> <p>1:00pm – 2:00pm Zoom Sibley Club Memory</p> <p>ID: 975-5829-0633 or call 301-715-8592</p> <p>1:00pm-2:00pm Gym Tai Chi w/ Eric</p> <p>1:00pm -3:30pm Center Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Gym Fitness w/Rodney</p>	<p>27</p>    	<p>28</p>  <p>9:00am-10:15am Center Walking Group</p> <p>10:00am -11:00am Hudson Bingocize w/Chloe'</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana</p> <p>12:00pm-1:30pm Center WSWC Reading Group</p> <p>1:00pm-3:00pm Center GAMES A PLENTY</p>   

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



MONDAY

November 3, 10, 17, 24, 10:00am-1:00pm (Hudson Rm) United Health Care Representative Donna Tabor, Sr. Benefits Specialist Assist Members during Open enrollment for Insurances (Advantage plans & Medicare).

November 3, 11:00am-12:00pm (Multipurpose Rm) Romunda Ings- Medicare Referral Agent will discuss health plan options.

TUESDAY

November 4, 10:00am-11:00am Hybrid SHIP Presentation – Program Coordinator Tommy Ballard for the State Insurance Assistance Program discusses how the Program works in offering Seniors and Medicare Beneficiaries free personalized counseling on various Health Insurance Options

November 4, 10:00am-11:00am Center Zen Room Medstar Washington Hospital Center Blood Pressure Screening on site

November 4, 11:00am-12:00pm Hybrid Guardant Health Educator Nick Landvazo discusses the Shield Test (Colon Rectal Cancer Screening Test) Information Session.

November 18, 10:00am-11:00am Virtual Information Session facilitated by Karen Bemola, Insurance Specialist on Medicare & other Insurance types (i.e. MAMAPO/PDP/HMO/PPO).

November 18, 11:00am-12:00pm Center Howard University Nursing Sorority, Chi Eta Phi Community Outreach

November 18, 11:00am-12:00pm Hybrid Medstar Georgetown Arthritis Foundation, Debra Wright presenter facilitates discussion around Arthritis (*Get the Facts*)

November 25 10:00am-11:00am Virtual Nutrition Session with Giant in Store Dietician Leslie Jefferson Topic: Ask the Dietician Series. Engage in open discussion regarding Giant's focus on Health & Nutrition issues in underserved communities. "*Giant wants to hear/understand your issues*"

November 25 11:00am-12:00pm Hybrid DC MOCRA Representative Latisha Atkins follow up on Senior Concerns & Introduction of Amber Wright, Supv.

WEDNESDAY

November 5 1:00pm-2:30pm Center Movie *Day* Showing the movie Ruth & Boaz produced by Tyler Perry & Devon Franklin as a modern-day version of the biblical love story of Ruth and Boaz.

November 12, 9:45am-10:45am Virtual Howard University Dermatologist Dr. Yolanda Holmes, to present on Healthy Skin, Anti-Aging, Hair Loss, etc.

November 12 1:00pm-3:00pm Center DC MPD will facilitate the fun Bingo Boo games w/ safety tips and host a catered Thanksgiving meal. The DC Chief of MPD, Pamela Smith, will be our special guest, participating in the Bingo games and attending the Luncheon event as well.

WEDNESDAY(Continued)

November 19, 10:00am-11:00am Virtual NMAAHC Genealogy Presentation. Lisa Crawley & Edwina Parks track the Steele Family & the tracing of the WSWC members' Family Tree

November 19, 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.

November 19 1:00pm-3:00pm Center Blast from the Past, *Cabaret* with music, dance and food. Members of the WSWC are recreating this fun event with Carol Faulkner as DJ. Snacks provided. Colors are Black & White.

THURSDAY

November 6, 10:00am-11:00am Virtual Nutrition Session with Weis Market Nutritionist Christina Pelletier Topic: Best/Worst Foods to buy if you are Iron Deficient w/ cooking Demo

November 6, 10:00am-2:00pm Center Zen Room Medstar Washington Hospital Center Blood Pressure Screening on site

November 6, 11:00am-12:00pm Hybrid Dementia Education Program Coordinator Giovanna Hunt, LGSW discusses Dementia A to Z

November 6, 13, 20 11:00am-1:00pm Center DC Government OCTO Tech Talk and Basic Digital Literacy Skills. Adrian Sutton teaches members how to navigate their Smart devices.

November 6, 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee & Chef Herb: Provide Health & Nutritional value of Sweet Potatoes w/food Demo- Mashed Sweet Potato & Pumpkin.

November 13, 10:00am-11:00am Hybrid in Support of Stress Awareness Month Health Department Retired Nurse Pamela Hodge discusses how to cope with Stress in uncertain times

November 13, 11:00am-12:00pm Hybrid Ward 7 Councilman Wendell Felder and Team will facilitate a Q&A forum with WSWC Members.

November 13, 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee and Chef Herb: Provide Health & Nutritional value of cabbage w/food demo – Vegan Fried Cabbage

November 20, 10:00am-11:00AM Center Legal Counsel for the Elderly Senior Medicare Patrol Outreach Specialist Frida McCoy will facilitate a game of Bingo to learn more about their resources.

November 20, 2:00pm-2:30pm Virtual Nutrition Ed w/ Shymee and Chef Herb Topic: Provide Health & Nutritional Benefits of using an Air Fryer with food demo- Air fried Asparagus.