

# Washington Seniors Wellness Center Calendar 2026

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

# JANUARY

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 Detail Sheet for more information on  
Community, Health, Nutrition Education Sessions and our Special Events

Welcome  
New Members

Wanda Posey-Dunham  
Linda McCray  
Vincent Odoms  
Thomas Smith  
Wayne Sutton  
Cheryl Lane Thomas

We hope you enjoy your time here with us!

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Field Trip!</b></p> <p><b>Martha's Table</b> The Commons Building 2375 Elvan's RD SE DC Date: Wed. Jan. 21, 2026 Time: 10:45am – 11:30am</p>	 <p><b>Field Trip!</b></p> <p><b>Georgetown Olive Oil Company</b> 4719 Eisenhower Ave. Alexandria, VA 22304 Date: Thurs. Jan. 29, 2026 Depart: 10:45am - 12:45pm</p>	 <p><b>PUT THIS ON YOUR CALENDAR!</b></p> <p><b>please note</b></p> <p>WSWC will be closed on:</p> <ul style="list-style-type: none"> <li>January 1<sup>st</sup>, 2026- New Years Day</li> <li>January 19<sup>th</sup>, 2026- MLK Birthday</li> </ul> <p><b>Medstar Washington Hospital Center Blood Pressure Screening @ WSWC:</b> Jan 13 10-11:00am Tuesday Jan 15 10-11:00am Thursday Jan 20 10-11:00am Tuesday Jan 22 10-11:00am Thursday Jan 27 10-11:00am Tuesday Jan 29 10-11:00am Thursday</p>	<p>1</p>  <p>WE WILL BE <b>CLOSED</b> FOR <i>New Year's</i> THURSDAY JANUARY 1, 2026</p>	<p>2</p>  <p><b>9:00am-10:15am</b> Center Walking Group <b>10:00am -11:00am</b> Hudson Bingocize w/Chloe' <b>11:00am - 12:00pm</b> Hybrid Enhance Fitness w/ Tawana. <b>Mtg ID: 890 3818 1475</b> <b>Pw: wswc</b> <b>1:00pm-3:00pm</b> Center GAMES A PLENTY</p>   

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe'</p> <p><b>10:00am -11:00am Gym</b> Yoga w/ Andrea</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID: 890 3818 1475</b></p> <p><b>Pw: wswc</b></p> <p><b>12:00pm - 1:00pm Zoom</b> WSWC Spiritual Study</p> <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric</p> <p><b>1:00pm-3:00pm Center</b> </p> <p><b>4:00pm- 5:00pm Gym</b> Fitness w/ Rodney</p>	<p><b>5</b></p> <p><b>9:30am - 10:20am Gym</b> Strength &amp; Cond. w/Chloe'</p> <p><b>10:00am-12:00pm Center</b> Legal Counsel for the Elderly 1on1 session</p> <p><b>10:30am - 11:30am Gym</b> Chair Exercise w/ Andrea</p> <p><b>11:00am -12:00pm Hudson</b> Bingocize w/Chloe'</p> <p><b>11:00am-12:00pm Virtual</b> Navigating the Social Security System. <b>(see event details)</b></p> <p><b>1:00pm-3:00pm Center</b> Activities at your leisure</p>	<p><b>6</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe'</p> <p><b>10:00am -10:50am Gym</b> Yoga w/ Andrea</p> <p><b>10:00am-11:00am Hudson</b> No Sew Blanket Club</p> <p><b>11:00am-12:00pm Multi</b> Member's Assembly Meeting</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID: 890 3818 1475</b></p> <p><b>Pw: wswc</b></p> <p><b>1:00pm - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b></p> <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric</p> <p><b>1:00pm -3:30pm- Hudson</b> Drawing and Painting Art Class</p> <p><b>4:00pm-5:00pm Gym</b> Fitness w/Rodney</p>	<p><b>7</b></p> <p><b>9:00am - 10:00am Gym</b> Zumba-Line Dancing w/Michelle</p> <p><b>10:30am-11:30am Center</b> Canvas Art w/EYL</p> <p><b>10:30am-11:30pm Dining Site</b> Vegan Cooking Demo w/ Chef Carl Crockett</p> <p><b>(see event details)</b></p> <p><b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea</p> <p><b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd</p> <p><b>11:00am-1:00pm Center</b> Computer Training w/Adrian</p> <p><b>2:30pm-3:30pm Virtual</b> Nutrition Session with Christina, Weis Market Nutritionist w/cooking demo <b>(see event details)</b></p>	<p><b>8</b></p> <p></p> <p><b>9:00am-10:15am Center</b> Walking Group</p> <p><b>10:00am -11:00am Hudson</b> Bingocize w/Chloe'</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID: 890 3818 1475</b></p> <p><b>Pw: wswc</b></p> <p><b>GAMES A PLENTY</b></p> <p></p> <p></p> <p></p>
<p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe'</p> <p><b>10:00am -11:00am Gym</b> Yoga w/ Andrea</p> <p><b>10:00am-11:00am Multi</b> Vision Board Activity w/Shymee Davis.</p> <p><b>11:00am-12:00pm Multi</b> US Atty Office presentation on Victim Rights. Part I <b>(see event details)</b></p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID: 890 3818 1475</b></p> <p><b>Pw: wswc</b></p> <p><b>12:00pm - 1:00pm Zoom</b> WSWC Spiritual Study</p> <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric</p> <p><b>1:00pm-3:00pm Center</b> </p> <p><b>4:00pm- 5:00pm Gym</b> Fitness w/ Rodney</p>	<p><b>12</b></p> <p><b>9:30am - 10:20am Gym</b> Strength &amp; Cond. w/Chloe'</p> <p><b>10:00am-12:00pm Center</b> Legal Counsel for the Elderly 1on1 session</p> <p><b>10:00am-11:00am Virtual</b> Medstar Washington Hospital Ask the Doc Series <b>(see event details)</b></p> <p><b>10:30am - 11:30am Gym</b> Chair Exercise w/ Andrea</p> <p><b>11:00am -12:00pm Hudson</b> Bingocize w/Chloe'</p> <p><b>11:00am-12:00pm Virtual</b> Nutrition Session with Leslie Jefferson, Giant Dietician <b>(see event details)</b></p> <p><b>1:00pm-3:00pm Center</b> Activities at your leisure.</p>	<p><b>13</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe'</p> <p><b>10:00am-11:00am Multi</b> Bingo Boo w/ Officer Tate &amp; MPD </p> <p><b>10:00am-11:00am Hudson</b> No Sew Blanket Club</p> <p><b>10:00am -10:50am Gym</b> Yoga w/ Andrea</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>1:00pm-2:00pm IN CENTER</b> Sibley Club Memory</p> <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric</p> <p><b>1:00pm -3:30pm Center</b> Drawing and Painting Art Class</p> <p><b>4:00pm-5:00pm Gym</b> Fitness w/Rodney</p>	<p><b>14</b></p> <p><b>9:00am - 10:00am Gym</b> Zumba-Line Dancing w/Michelle</p> <p><b>10:00am-11:00am Virtual</b> Medstar Washington Hospital Ask the Doc Series <b>(see event details)</b></p> <p><b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea</p> <p><b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd</p> <p><b>11:00am-1:00pm Center</b> Computer Training w/Adrian</p> <p><b>1:00pm-2:00pm Hybrid</b> Medical Identity Theft &amp; Health Care Fraud Prevention. <b>(see event details)</b></p> <p><b>2:30pm-3:00pm Virtual</b> Nutrition Ed w/ Shymee &amp; Chef Herb w/ food demo <b>(see event details)</b></p>	<p><b>15</b></p> <p></p> <p><b>9:00am-10:15am Center</b> Walking Group</p> <p><b>10:00am -11:00am Hudson</b> Bingocize w/Chloe'</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID: 890 3818 1475</b></p> <p><b>Pw: wswc</b></p> <p><b>1:00pm-3:00pm Center</b> </p> <p><b>GAMES A PLENTY</b></p> <p></p> <p></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>19</b></p> <p><b>PUT THIS on YOUR CALENDAR!</b></p> <p><b>HAPPY MARTIN LUTHER KING JR. DAY</b></p> <p><b>WE WILL BE CLOSED</b></p>	<p><b>20</b></p> <p><b>9:30am - 10:20am Gym</b> Strength &amp; Cond. w/Chloe'</p> <p><b>10:00am-12:00pm Center</b> Legal Counsel for the Elderly 1on1 session</p> <p><b>10:00am-11:00am Center</b> Medstar Washington Hospital Ask the Doc Series <i>(see event details)</i></p> <p><b>10:30am - 11:30am Gym</b> Chair Exercise w/ Andrea</p> <p><b>11:00am -12:00pm Hudson</b> Bingocize w/Chloe'</p> <p><b>11:00am-12:00pm Virtual</b> Getting Organized in the New Year w/Pamela Holland. <i>(see event details)</i></p> <p><b>1:00pm-2:00pm Multi</b> Nutrition Presentation with Chef Jacqueline Rice <i>(see event details)</i></p> <p><b>1:00pm-3:00pm Center</b> Activities at your leisure</p>	<p><b>21</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe'</p> <p><b>10:00am -10:50am Gym</b> Yoga w/ Andrea</p> <p><b>10:00am-11:30am Center</b> No Sew Blanket Craft w/ Linda Fennell</p> <p><b>10:45am-11:45am TRIP</b> Martha's Table</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>1:00pm-2:00pm CENTER</b> Sibley Club Memory</p> <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric</p> <p><b>1:00pm -3:30pm Center</b> Drawing and Painting Art Class</p> <p><b>4:00pm-5:00pm Gym</b> Fitness w/Rodney</p>	<p><b>22</b></p> <p><b>10:00am-11:00am Virtual</b> Medstar Washington Hospital Ask the Doc Series <i>(see event details)</i></p> <p><b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea</p> <p><b>10:30am-11:30am Center</b> Canvas Art w/EYL</p> <p><b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd</p> <p><b>11:00am-12:00pm Virtual</b> Defining Diabetes w/Leon Rock <i>(see event details)</i></p> <p><b>11:00am-1:00pm Center</b> Computer Training w/Adrian</p> <p><b>2:30pm-3:00pm Virtual</b> Nutrition Ed w/ Shymee &amp; Chef Herb w/ food demo. <i>(see event details)</i></p>	<p><b>23</b></p> <p></p> <p><b>9:00am-10:15am Center</b> Walking Group</p> <p><b>10:00am -11:00am Hudson</b> Bingocize w/Chloe'</p> <p><b>11:00am - 12:00pm</b> Enhance Fitness Class w/Tawana.</p> <p><b>Mtg ID: 890 3818 1475</b></p> <p><b>Pw: wswc</b></p> <p><b>1:00pm-3:00pm Center</b> <b>GAMES A PLENTY</b></p> <p></p> <p></p>
<p><b>26</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe'</p> <p><b>10:00am -11:00am Gym</b> Yoga w/ Andrea</p> <p><b>10:00am-11:00am Multi</b> Diverse World of Teas <i>(see event details)</i></p> <p><b>11:00am-12:00pm Multi</b> US Atty Office presentation on Victim Resources. Part II <i>(see event details)</i></p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/Tawana.</p> <p><b>12:00pm - 1:00pm Zoom</b> WSWC Spiritual Study</p> <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric</p> <p><b>1:00pm-3:00pm Outside</b> Grocery Plus Delivery</p> <p><b>1:00pm-3:00pm Center</b></p> <p></p> <p><b>4:00pm- 5:00pm Gym</b> Fitness w/ Rodney</p>	<p><b>27</b></p> <p><b>9:30am - 10:20am Gym</b> Strength &amp; Cond. w/Chloe'</p> <p><b>10:00am-12:00pm Center</b> Legal Counsel for the Elderly 1on1 session</p> <p><b>10:00am-11:00am Virtual</b> Medstar Washington Hospital Ask the Doc Series <i>(see event details)</i></p> <p><b>10:30am - 11:30am Gym</b> Chair Exercise w/ Andrea</p> <p><b>11:00am -12:00pm Hudson</b> Bingocize w/Chloe'</p> <p><b>11:00am -12:00pm Multi</b> DACL presentation on Alzheimer w/Giovanna Hunt <i>(see event details)</i></p> <p><b>1:00pm-3:00pm Center</b> Activities at your leisure</p>	<p><b>28</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe'</p> <p><b>10:00am -10:50am Gym</b> Yoga w/ Andrea</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID: 890 3818 1475</b></p> <p><b>PW: wswc</b></p> <p><b>11:00am-12:00pm Multi</b> Congregate Meal Concept w/ Shymee Davis <i>(see event details)</i></p> <p><b>1:00pm - 2:00pm Zoom</b> Sibley Club Memory</p> <p><b>ID: 975-5829-0633 or call 301-715-8592</b></p> <p><b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric</p> <p><b>1:00pm -3:30pm Center</b> Drawing and Painting Art Class</p> <p><b>4:00pm-5:00pm Gym</b> Fitness w/Rodney</p>	<p><b>29</b></p> <p><b>10:00am-11:00am Center</b> Medstar Washington Hospital Ask the Doc Series <i>(see event details)</i></p> <p><b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea</p> <p><b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd</p> <p><b>10:45am - 12:45pm Trip</b> Georgetown Olive Oil Company Alexandria, VA</p> <p><b>11:00am-1:00pm Center</b> Computer Training w/Adrian</p> <p><b>11:30am-12:30pm Center</b> Member's Assembly Executive Board Meeting (Closed Session)</p> <p><b>2:30pm-3:00pm Virtual</b> Nutrition Ed w/ Shymee &amp; Chef Herb w/ food demo <i>(see event details)</i></p>	<p><b>30</b></p> <p></p> <p><b>9:00am-10:15am Center</b> Walking Group</p> <p><b>10:00am -11:00am Hudson</b> Bingocize w/Chloe'</p> <p><b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/ Tawana.</p> <p><b>Mtg ID: 890 3818 1475</b></p> <p><b>Pw: wswc</b></p> <p><b>12:00pm-1:00pm Hudson Rm</b> WSWC Book Club Meeting</p> <p><b>1:00pm-3:00pm Center</b> <b>GAMES A PLENTY</b></p> <p></p> <p></p>

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



## MONDAY

**January 12, 10:00am-11:00am (Multipurpose)** Alzheimer presentation-definition, signs and symptoms, and treatment. Facilitator: Shymee Davis.

**January 12, 11:00am-12:00pm (Multipurpose)** Part I-US Atty Office-Community Engagement. Presentations on victims' rights and key resources to support victims before and during a trial process. Facilitator: Francis Baretta.

**January 26, 10:00am-11:00am (Multipurpose)** Presentation on the Diverse World of Teas and their Benefits. Facilitator: Joy Quinn-Whalen

**January 26, 11:00am-12:00pm (Hybrid)** Part II-US Atty Office- Community Engagement. Presentations key resources to support victims after a trial. Facilitator: Francis Baretta.

## TUESDAY

**January 6, 10:00am-11:00am Multipurpose** Medstar Georgetown U. Hospital Center-Ask the Doc Series: **Healthy Diet for People Living w/ Arthritis.** Facilitators: Debra Wright.

**January 6, 11:00am-12:00pm Multipurpose Navigating the Social Security System and Obtaining Services.** Facilitators: Diana Varela.

**January 6, 13, 20, & 27 10:00am-12:00pm Center** One on One Legal Counseling for the Elderly.

**January 13, 10:00am-11:00am Multipurpose** Medstar Washington Hospital Center-Ask the Doc Series: **Cervical Cancer Series Part I.** Facilitators: Dr. Alashqar Rama.

**January 13, 11:00am-12:00pm Multipurpose** Steps to a Healthy Diet. Facilitator: Leslie Jefferson in store Giant Dietitian

**January 20, 10:00am-11:00am Multipurpose** Medstar Washington Hospital Center-Ask the Doc Series: **Cervical Cancer Series Part II.** Facilitators: Dr. Ali Mubeen.

**January 20, 11:00am-12:00pm Center** Presentation: **Decluttering and the impact on wellbeing.** Facilitator: Pamela Holland.

**January 20, 1:00pm-2:00pm Center** Presentation: **Financial Discipline & Planning.** Facilitator: Chef Jacqueline Rice.

**January 22, 10:00am-11:00am Multipurpose** Medstar Washington Hospital Center-Ask the Doc Series: **Donating Blood and Why it Matters.** Facilitators: Dr. Al Qaraghuli Abdullah.

**January 27 11:00am-12:00pm (Multipurpose)** Alzheimer presentation-definition, signs and symptoms, and treatment. Facilitator: Giovanna Hunt.

**January 27, 10:00am-11:00am Center** Presentation: **Part I-Why Healthy Weight Matters.** Facilitator: Dr. Adesanya Aderonke

## WEDNESDAY

**January 1, 10:00am-11:00am (Multipurpose)** MPD- Bingo Boo- **Interactive Community Engagement and Updates.** Facilitator: MPD Ofc Tate.

**January 1, 1:00pm-3:00pm (Multipurpose)** Movie Day: **The Rosa Parks Story.**

**January 28, 11:00am-12:00pm (Multipurpose) Defining the Congregate Meal Program.** Facilitator: Shymee Davis.

## THURSDAY

**January 8, 10:30am-11:30am Dining Site** Cooking Demo on the nutritional benefits of vegan dishes. Facilitator: Chef Carl Crockett

**January 8, 2:30pm-3:00pm Virtual** Popular Seafood Options for the New Year: Virtual Cooking Demo. Facilitator: Christina Pelletier in store Weiss Dietitian

**January 8, 15, 22, & 29 11:00am-1:00pm Center** DC Government OCTO Tech Talk and Basic Digital Literacy Skills. Facilitator: Adrian Sutton

**January 15, 1:00pm-2:00pm Multipurpose** Medical Identity Theft and Healthcare Fraud Prevention. Facilitator: Valerie Espinoza.

**January 15, 22, & 29, 2:30pm-3:00pm Virtual** Nutrition Session WSWC/Chef Herb: 1/15- Benefits of Oxtail Soup, 1/22-Winter Spinach Salad, & 1/29- Avocado Food Demo. Facilitators: Shymee Davis & Chef Herb.

**January 22, 10:00am-11:00am Multipurpose** Medstar Washington Hospital Center-Ask the Doc Series: **Glaucoma Series Part I.** Facilitators: Dr. Gupta Shivani.

**January 22, 11:00am-12:00pm Hybrid** Defining Diabetes: Causes, Symptoms, and Treatment. Facilitators: Leon Rock- AA Diabetes Assoc.

**January 26, 10:00am-11:00am (Multipurpose)** Presentation on the Diverse World of Teas and their Benefits. Facilitator: Joy Quinn-Whalen

**January 26, 11:00am-12:00pm (Hybrid)** Part II-US Atty Office- Community Engagement. Presentations key resources to support victims after a trial. Facilitator: Francis Baretta.

**January 29, 10:00am-11:00am Multipurpose** Medstar Washington Hospital Center-Ask the Doc Series: **Glaucoma Series Part I.** Facilitators: Dr. Bara Abujaber.