

# Washington Seniors Wellness Center Calendar 2026

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



**Wanda Posey-Dunham**

**Linda McCray**

**Vincent Odoms**

**Thomas Smith**

**Wayne Sutton**

**Cheryl Lane Thomas**

We hope you enjoy your time here with us!

**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**

**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**

Monday	Tuesday	Wednesday	Thursday	Friday
 <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>Georgetown Olive Oil Company</b> 4719 Eisenhower Ave. Alexandria, VA 22304 Date: Thurs. Jan. 29, 2026 Depart: 10:45am - 12:45pm</p>	 <p><b>please note</b></p> <p><b>WSWC will be closed on:</b></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>2</p>  <p><b>9:00am-10:15am Center Walking Group</b> <b>10:00am -11:00am Hudson Bingocize w/Chloe'</b> <b>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</b> <b>Mtg ID: 890 3818 1475</b> <b>Pw: wswc</b> <b>1:00pm-3:00pm Center GAMES A PLENTY</b></p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe' <b>10:00am -11:00am Gym</b> Yoga w/ Andrea <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID: 890 3818 1475</b> <b>Pw: wswc</b> <b>12:00pm – 1:00pm Zoom</b> WSWC Spiritual Study <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm-3:00pm Center</b>  <b>4:00pm- 5:00pm Gym</b> Fitness w/ Rodney</p>	<p><b>6</b></p> <p><b>9:30am – 10:20am Gym</b> Strength &amp; Cond. w/Chloe' <b>10:00am-12:00pm Center</b> Legal Counsel for the Elderly 1on1 session <b>10:30am – 11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am -12:00pm Hudson</b> Bingocize w/Chloe' <b>11:00am-12:00pm Virtual</b> Navigating the Social Security System. <i>(see event details)</i> <b>1:00pm-3:00pm Center</b> Activities at your leisure</p>	<p><b>7</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe' <b>10:00am -10:50am Gym</b> Yoga w/ Andrea <b>10:00am-11:00am Hudson</b> No Sew Blanket Club <b>11:00am-12:00pm Multi</b> Member's Assembly Meeting <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID: 890 3818 1475</b> <b>Pw: wswc</b> <b>1:00pm – 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm –3:30pm- Hudson</b> Drawing and Painting Art Class <b>4:00pm-5:00pm Gym</b> Fitness w/Rodney</p>	<p><b>8</b></p> <p><b>9:00am – 10:00am Gym</b> Zumba-Line Dancing w/Michelle <b>10:30am-11:30am Center</b> Canvas Art w/EYL <b>10:30am-11:30pm Dining Site</b> Vegan Cooking Demo w/ Chef Carl Crockett <i>(see event details)</i> <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>2:30pm-3:30pm Virtual</b> Nutrition Session with Christina, Weis Market Nutritionist w/cooking demo <i>(see event details)</i></p>	<p><b>9</b></p>  <p><b>9:00am-10:15am Center</b> Walking Group <b>10:00am -11:00am Hudson</b> Bingocize w/Chloe' <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID: 890 3818 1475</b> <b>Pw: wswc</b> <b>GAMES A PLENTY</b>  </p>
<p><b>12</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe' <b>10:00am -11:00am Gym</b> Yoga w/ Andrea <b>10:00am-11:00am Multi</b> Vision Board Activity w/Shymee Davis. <b>11:00am-12:00pm Multi</b> US Atty Office presentation on Victim Rights. Part I <i>(see event details)</i> <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID: 890 3818 1475</b> <b>Pw: wswc</b> <b>12:00pm – 1:00pm Zoom</b> WSWC Spiritual Study <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm-3:00pm Center</b>  <b>4:00pm- 5:00pm Gym</b> Fitness w/ Rodney</p>	<p><b>13</b></p> <p><b>9:30am – 10:20am Gym</b> Strength &amp; Cond. w/Chloe' <b>10:00am-12:00pm Center</b> Legal Counsel for the Elderly 1on1 session <b>10:00am-11:00am Virtual</b> Medstar Washington Hospital Ask the Doc Series <i>(see event details)</i> <b>10:30am – 11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am -12:00pm Hudson</b> Bingocize w/Chloe' <b>11:00am-12:00pm Virtual</b> Nutrition Session with Leslie Jefferson, Giant Dietician <i>(see event details)</i> <b>1:00pm-3:00pm Center</b> Activities at your leisure.</p>	<p><b>14</b></p> <p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe' <b>10:00am-11:00am Multi</b> Bingo Boo w/ Officer Tate &amp; MPD  <b>10:00am-11:00am Hudson</b> No Sew Blanket Club <b>10:00am -10:50am Gym</b> Yoga w/ Andrea <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>1:00pm-2:00pm IN CENTER</b> Sibley Club Memory <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm –3:30pm Center</b> Drawing and Painting Art Class <b>4:00pm-5:00pm Gym</b> Fitness w/Rodney</p>	<p><b>15</b></p> <p><b>9:00am – 10:00am Gym</b> Zumba-Line Dancing w/Michelle <b>10:00am-11:00am Virtual</b> Medstar Washington Hospital Ask the Doc Series <i>(see event details)</i> <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>1:00pm-2:00pm Hybrid</b> Medical Identity Theft &amp; Health Care Fraud Prevention. <i>(see event details)</i> <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>16</b></p>  <p><b>9:00am-10:15am Center</b> Walking Group <b>10:00am -11:00am Hudson</b> Bingocize w/Chloe' <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID: 890 3818 1475</b> <b>Pw: wswc</b> <b>1:00pm-3:00pm Center</b> <b>GAMES A PLENTY</b>  </p>

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
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<p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe’ <b>10:00am -11:00am Gym</b> Yoga w/ Andrea <b>10:00am-11:00am Multi</b> Diverse World of Teas <i>(see event details)</i> <b>11:00am-12:00pm Multi</b> US Atty Office presentation on Victim Resources. Part II <i>(see event details)</i> <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/Tawana. <b>12:00pm – 1:00pm Zoom</b> WSWC Spiritual Study <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm-3:00pm Outside</b> Grocery Plus Delivery <b>1:00pm-3:00pm Center</b>  <b>4:00pm- 5:00pm Gym</b> Fitness w/ Rodney</p>	<p><b>9:30am – 10:20am Gym</b> Strength &amp; Cond. w/Chloe’ <b>10:00am-12:00pm Center</b> Legal Counsel for the Elderly 1on1 session <b>10:00am-11:00am Virtual</b> Medstar Washington Hospital Ask the Doc Series <i>(see event details)</i> <b>10:30am – 11:30am Gym</b> Chair Exercise w/ Andrea <b>11:00am -12:00pm Hudson</b> Bingocize w/Chloe’ <b>11:00am -12:00pm Multi</b> DACL presentation on Alzheimer w/Giovanna Hunt <i>(see event details)</i> <b>1:00pm-3:00pm Center</b> Activities at your leisure</p>	<p><b>9:15am-10:00am Gym</b> Kickboxing w/Chloe’ <b>10:00am -10:50am Gym</b> Yoga w/ Andrea <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID: 890 3818 1475</b> <b>PW: wswc</b> <b>11:00am-12:00pm Multi</b> Congregate Meal Concept w/ Shymee Davis <i>(see event details)</i> <b>1:00pm – 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm-2:00pm Gym</b> Tai Chi w/ Eric <b>1:00pm –3:30pm Center</b> Drawing and Painting Art Class <b>4:00pm-5:00pm Gym</b> Fitness w/Rodney</p>	<p><b>10:00am-11:00am Center</b> Medstar Washington Hospital Ask the Doc Series <i>(see event details)</i> <b>10:30am-11:30am Gym</b> Chair Exercise w/ Andrea <b>10:30am-2:00pm Bowling</b> 4717 St. Barnabas Rd <b>10:45am - 12:45pm Trip</b> Georgetown Olive Oil Company Alexandria, VA <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Center</b> Member’s Assembly Executive Board Meeting (Closed Session) <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>9:00am-10:15am Center</b> Walking Group <b>10:00am -11:00am Hudson</b> Bingocize w/Chloe’ <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID: 890 3818 1475</b> <b>Pw: wswc</b> <b>12:00pm-1:00pm Hudson Rm</b> WSWC Book Club Meeting <b>1:00pm-3:00pm Center</b> <b>GAMES A PLENTY</b></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 14 10:00am-11:00am (Multipurpose)** MPD- Bingo Boo- **Interactive Community Engagement and Updates**. Facilitator: MPD Ofc Tate.

**January 14 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.