

Washington Seniors Wellness Center Calendar 2026

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



Dorothy Robinson, Keneth Richardson
 Theodore Price, Carolyn Parker
 Evangeline Offiah, Marion Moore
 Elnorah Barbour, Tommie Taylor
 Ronald Terrell, Vickie Bond
 Antoinette Day, DeRone Gardner
 Carolina Garza, Sidney Griffin
 Mark Jackson, Sonji Johnson


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




Thursday, April 16, 2026

Cracker Barrel Old Country Store
 Annapolis, MD
 Date: Thursday April 9, 2026
 Depart: 11:30am- Return: 2:30pm

The Wiz
 Broadway at The National
 Alexandria, VA
 Date: Sat. Apr.11, 2026
 Depart: 12:30am – 4:00pm

Martha's Table
 2375 Elvan's RD, SE
 Date: Wed. Apr. 15, 2026
 Time: 10:45am – 11:30am

Food Is Medicine Tour
 UDC Urban Farm- Lamond Riggs
 5171 South Dakota Ave. NE
 Date: Wed. April 22, 2026
 Depart: 9:45am –12:45pm



PG Publick Playhouse
 Dallas Black Dance Theater,
 Hyattsville, MD 20784
 Date: Thurs. Apr. 23, 2026
 Depart: 10:45am - 12:45pm

Clydes Special Event,
 Alexandria, VA
 Date: Wed. Apr. 29, 2026
 Depart: 10:45am - 12:45pm



Wednesday, Apr. 1
Members Assembly
 Time: 11am – 12pm

Wednesday, Apr. 8
Bingo Boo
 Time: 10:00am -11:00am




Thursday, Apr. 9th & 23rd
Zumba/Line Dancing
 Time: 9:00am – 10:00am
 Wednesday,

Thursday, Apr. 9th & 23rd
Canvas Art w/EYL
 Time: 10:30am – 11:30am

Wednesday, Apr. 15
Club Memory @ WSWC
 Time: 1:00pm 2:00pm

Monday, Apr. 20
Grocery Plus
 Time: 1:00pm – 3:00pm


Wednesday, Apr 15th, 22nd & 29th
No Sew Blanket Club
 10:00am-11:30am Hudson











Thursday, Apr. 23rd
Members Assembly Executive Board (Closed Meeting)
 11:30am – 12:30pm

Friday, Apr. 24th
WSWC Book Club
 12:00pm - 3pm

Thursday Apr 30th
WSWC Congregate Meals
 w/Shymee Davis MA LN WSWC
 1:00pm-2:00pm



<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -11:00am Gym Yoga w/ Andrea 11:00am – 12:00pm 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</p> <p>Spiritual Wellbeing: 12:00pm – 1:00pm Zoom WSWC Spiritual Study</p>  <p>1:00pm-3:00pm Center</p> 	<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:30am – 11:30am Gym Chair Exercise w/ Andrea 11:00am -12:00pm Hudson Bingocize w/Chloe'</p> <p>Health & Nutrition: 10:00am-2:00pm <i>(See Event Details)</i></p> <p>Legal: 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session</p> <p>GAMES A PLENTY: 1:00pm-3:00pm Center</p>  	<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 11:00am – 12:00pm 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</p> <p>Arts: 10:00am-11:00am Hudson No Sew Blanket Club (3/18 & 3/25) 1:00pm –3:30pm- Hudson Drawing and Painting Art Class</p> <p>GAMES A PLENTY 1:00pm-3:00pm Center</p> 	<p>Rec/Soc @ Your Leisure: 8:30am – 3:00pm</p> <p>Fitness: 9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle (4/9 & 4/23) 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>Art: 10:30am-11:30am Center Canvas Art w/EYL (4/9 & 4/23) Tech: 11:00am-1:00pm Center Computer Training w/Adrian</p> <p>Health & Nutrition: 10:00am-3:30pm <i>(See Event Details)</i></p> <p>Community: 11:30am – 12:30pm Members Assembly Executive Board Meeting- <i>(Closed Meeting -4/23)</i></p>	<p>Rec/Soc @ Your Leisure 8:30am – 3:00pm</p>  <p>Fitness: 9:00am-10:15am Center Walking Group 10:00am -11:00am Hudson Bingocize w/Chloe' 11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p>  <p>1:00pm-3:00pm Center</p> <p>April 3</p>  <p>National Walking Day</p>

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



MONDAY

April 6, 10:00am-12:00pm (Hallway) DC State Health Insurance Assistance Program- Resource Table.

April 13, 10:30am-11:30am (Multipurpose) Grow Democracy DC Engagement_presents: **Rank Choice Voting** w/Kenyetta M. Smith,

April 20, 11:00am-12:00pm (Multipurpose) WSWC Health Initiative for Men- Essential Oils and Herbs. Facilitator: Docta Yew- Holistic.

April 27, 10:00am-11:00am (Multipurpose) DC Dept of Health presents DC Health Education with Lynnitta Lockett.

TUESDAY

April 7, 14, 21, & 28 10:00am-12:00pm (Center) One on One Legal Counseling for the Elderly.

April 7, 10:00am-11:00am (Virtual) Medstar Georgetown U. Hospital Alzheimer Association- Laura Byers Programs- New Advances in Alzheimer Treatment.

April 7, 11:00am-12:00pm (Multipurpose) DC Public Service Commission Flip the Switch: Empowering Seniors: Energy Conservation for a Brighter Future.

April 7, 1:00pm-2:00pm (Hybrid) Dementia: Care Giver Burnout. Facilitator: Giovanna Hunt.

April 14, 10:00am-11:00am (Multipurpose) Medstar Georgetown Hospital -Arthritis- Correlation between Arthritis Flare Ups and Stress with Debra Wright

April 14, 11:00am-12:00pm (Multipurpose) Medstar Washington Hospital- Ask the Doc Series: Care through Culturally Competent Services.

April 14 & 28, 11:00am-12:00pm (Zen Room) Medstar Washington Hospital-Blood Pressure Screening.

April 21, 10:00am-11:00am (Multipurpose) Clear Caption Info Session on phone Services for the Hearing Impaired. Facilitated by Rupalli Dewan.

April 21, 11:00am-12:00pm (Hybrid) Dementia: Dementia & Grief. Facilitator: Giovanna Hunt.

April 28, 10:00am-11:00am (Multipurpose) Medstar Washington Hospital- Ask the Doc Series: The Process of becoming an Organ Donor.

April 28, 11:00am-12:00pm (Center) GW Walk w/ Future Doc Program presented by Lauren Schneider

WEDNESDAY

April 8 10:00am-11:00am (Multipurpose) MPD- Bingo Boo- Interactive Community Engagement and Updates. Facilitator: MPD Ofc Tate.

April 8 11:00am-2:00pm (Center) goDCgo presents Transportation Social @WSWC. Transportation Resource Fair with vendors and activities.

April 22, 10:30am-1:00pm (Trip) Food is Medicine: Tour of UDC Urban Food Hub led by Chef CC.

THURSDAY

April 2, 10:00am-11:00am (Virtual) Irritable Bowel Syndrome Awareness: Grain Goodness Virtual Cooking Demo w/ Christina Pelletier, LD RD in store Weiss Dietitian.

April 2, 9, 23, & 30 11:00am-1:00pm (Center) DC Government OCTO Tech Talk and AT&T Digital Literacy Workshop. Facilitator: Adrian Sutton.

April 9, 23, & 30 2:30pm-3:00pm (Virtual) Food Demo Nutrition Session WSWC with Facilitators: Shymee Davis, MA, LN, & Chef Herb

April 9, 10:00am-11:00am (Multipurpose) DC Emancipation Day presentation with CR Gibbs, Renown Historian.

April 23, 11:00am-12:00pm (Multipurpose) Bluerock Care -Ask the Doc Series: Get the Facts about Irritable Bowel Syndrome, presented by Alka Gupta.

April 30, 10:30am-11:30am (Multipurpose) United Health Care: Qualified Medicare Beneficiary- Presenter: Donna Tabor, Insurance Specialist.

April 30, 1:00pm-2:00pm (Multipurpose) Congregate Meals Concept- How much should I eat? Facilitator Shymee Davis, MA, LN.

Friday

April 3, 11:00am-12:00pm (Multipurpose) Mayor's Office of Community Relations and Services-Ward 7 Community Updates. Facilitators: Amber Wright.