

Washington Seniors Wellness Center Calendar 2025

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010












Dorethea Harris
John Briscoe
Roxanne Richardson
Eugene Terry
Kathleen Franks
DuWain Snipe
Floretta Terry
Alphonso Cleveland


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
1	2	3	4	5
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 12:00pm – 1:00pm Zoom WSWC Spiritual Study 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm-3:00pm Bingo 4:00pm- 5:00pm Gym Fitness w/ Rodney	9:30am – 10:20am Gym Strength & Cond. w/Chloe' 10:00am-12:00pm Center Legal Counsel for the Elderly 1on1 session 10:30am – 11:30am Gym Chair Exercise w/ Andrea 10:00am-11:00pm Multi- Medical Identity Theft (see details) 11:00am-12:00pm Hybrid Whole Well Works Company Safe Food Handling Practices (see details) 11:00am -12:00pm Hudson Bingocize w/Chloe' 1:00pm-3:00pm Center Activities at your leisure	9:15am-10:00am Gym Kickboxing w/Chloe' 10:00am -10:50am Gym Yoga w/ Andrea 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 1:00pm – 2:00pm Zoom Sibley Club Memory 1:00pm-2:00pm Gym Tai Chi w/ Eric 1:00pm –3:30pm- Center Drawing and Painting Art Class 4:00pm-5:00pm Gym Fitness w/Rodney	9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle 10:00am-12:00pm TRIP GW Cancer Prevention & Wellness Ctr 10:30am-11:30am Center Canvas Art w/EYL 10:30am-11:30am Gym Chair Exercise w/ Andrea 10:30am-2:00pm Bowling 4717 St. Barnabas Rd 11:00am-1:00pm Center Computer Training w/Adrian 2:30pm-3:00pm Virtual Have You Lost Your Joy in Cooking? Nutrition Session w/ Chef Herb (see details) 2:30pm-3:00pm Center Medstar Georgetown Hospital presents challenges w/ Arthritis during the Holiday. (See details)	 9:00am-10:15am Center Walking Group 11:00am – 12:00pm NO ENHANCED FITNESS 1:00pm-3:00pm Center GAMES A PLENTY  

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -11:00am Gym Yoga w/ Andrea</p> <p>10:00am – 12:00pm Hybrid Multi-Purpose Room Holiday Caroling w/ Duke Ellington School Students</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID: 890 3818 1475</p> <p>Pw: wswc</p> <p>12:00pm – 1:00pm Zoom WSWC Spiritual Study</p> <p>1:00pm-2:00pm Virtual Nutrition Session w/Christina, Weis Market Nutritionist w/cooking demo <i>(see details)</i></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>9</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>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>10:00am-11:00am Hybrid Process for Obtaining Home & Vendor Business Licenses <i>(see details)</i></p> <p>11:00am-12:00pm Zen Rm Q & A Segment from presentation <i>(see details)</i></p> <p>11:00am -12:00pm Hudson Bingocize w/Chloe'</p> <p>11:00am-12:00pm Hybrid Multi-Purpose Room</p> <p>DACL presents Caregiving & Self Care (see details)</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>10</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:45am-11:45am TRIP Martha's Table</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID: 890 3818 1475</p> <p>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 –3:30pm- Hudson Drawing and Painting Art Class</p> <p>4:00pm-5:00pm Gym Fitness w/Rodney</p>	<p>11</p> <p>10:00am-12:00pm Multi Motown Holiday Bingo Boo w/ Officer Tate & MPD</p>  <p>1:00pm-2:00pm Center Name That Spice w/Shymee- <i>(see event details)</i></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>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>2:30pm-3:00pm Virtual Health Benefits of Vegan Cabbage Nutrition Ed w/ Shymee & Chef Herb w/food Demo <i>(see event details)</i></p>	<p>12</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>Mtg ID: 890 3818 1475</p> <p>Pw: wswc</p> <p>12:00pm-1:00pm Hudson Rm WSWC Book Club Meeting</p> <p>1:00pm-3:00pm Center GAMES A PLENTY</p>  
<p>15</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 Hybrid Enhance Fitness w/ Tawana.</p> <p>Mtg ID: 890 3818 1475</p> <p>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 Outside Grocery Plus Delivery</p> <p>1:00pm-3:00pm Center</p>  <p>4:00pm- 5:00pm Gym Fitness w/ Rodney</p>	<p>16</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>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>10:00am-11:00am Hybrid Intro to Toastmasters & Public Speaking (see details)</p> <p>11:00am-12:00pm Multi Trinity U. Interactive Presentation (see details)</p> <p>11:00am -12:00pm Hudson Bingocize w/Chloe'</p>	<p>17</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am-11:00am Hudson Room No Sew Blanket Club</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-2:00pm TRIP Mayor Bowser's 27th Annual Senior Holiday Celebration</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>1:00pm-2:00pm IN CENTER Sibley Club Memory</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>18</p> <p>9:00am – 10:00am Gym Zumba-Line Dancing w/Michelle</p> <p>10:30am-11:30am Gym Chair Exercise w/ Andrea</p> <p>10:00am-12:00am Multi Jeopardy Hosted by Mt. Moriah Baptist Church</p> <p>10:30am-2:00pm Bowling 4717 St. Barnabas Rd</p> <p>11:00am-1:00pm Center Computer Training w/Adrian</p> <p>1:00pm-3:00pm Multi WSWC Holiday House Party</p> <p>2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee & Chef Herb w/ food demo <i>(see event details)</i></p>	<p>19</p>  <p>8:30am-2:00pm TRIP Holistic Horseman</p> <p>9:00am-10:15am Center Walking Group</p> <p>10:00am -11:00am Bingocize' w/Chloe'</p> <p>11:00am –12:00pm **NO ENHANCED FITNESS</p> <p>1:00pm-3:00pm Center GAMES A PLENTY</p>  

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</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 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>23</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>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am -12:00pm Hudson Bingocize w/Chloe'</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>24</p> <p>9:15am-10:00am Gym Kickboxing w/Chloe'</p> <p>10:00am -10:50am Gym Yoga w/ Andrea</p> <p>10:00am-11:30am Center No Sew Blanket Craft with Linda Fennell</p> <p>11:00am – 12:00pm Hybrid Enhance Fitness w/ Tawana.</p> <p>1:00pm – 2:00pm Zoom Sibley Club Memory 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>25</p>  	<p>26</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 Enhance Fitness Class w/Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>1:00pm-3:00pm Center GAMES A PLENTY</p>  
<p>29</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 No Class Enhance Fitness w/Tawana. Mtg ID: 890 3818 1475 Pw: wswc</p> <p>11:00am-12:00pm Multi Kwanzaa Celebration.</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>30</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>10:30am – 11:30am Gym Chair Exercise w/ Andrea</p> <p>11:00am -12:00pm Hudson Bingocize w/Chloe'</p> <p>10:30am-12:00pm Center MPD presents Holiday Boo w Da MPD Kidz.</p> <p>11:30am-12:00pm Center AARP Chapter Recruitment</p> <p>1:00pm-3:00pm Center Activities at your leisure</p>	<p>31</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 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>GW Cancer Prevention and Wellness Center 1201 Sycamore Dr. SE Washington DC Date: Thurs Dec 4, 2025 Time: 10:00am-12pm</p> <p>Martha's Table The Commons Building 2375 Elvan's RD SE DC Date: Wed. Dec. 10, 2025 Time: 10:45am – 11:30am</p>	 <p>Mayor Bowser's 27th Annual Senior Holiday Celebration 701 Mississippi Avenue SE Date: Wed, Dec 17, 2025 Time: 10:00am – 2:00pm *Lunch will be provided</p> <p>Holistic Horseman 18915 Lincoln Rd Purcellville, Va Date: Fri. Dec. 19, 2025 Time: 8:30am-2:00pm *Lunch will be Provided</p>

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



MONDAY

December 8 10:00am-12:00pm (Multipurpose) Holiday Caroling w/Duke Ellington School of the Arts.

December 8, 1:00pm-2:00pm Virtual Nutrition Session with Weis Market Nutritionist Christina Pelletier Topic: Popular Seafood options for the Holidays.

December 29 11:00am-12:00pm (Multipurpose) Kwanzaa Celebration hosted by CR & Betty Gibbs.

TUESDAY

December 2, 9, 16, 23, 30 10:00am-12:00pm Center One on One Legal Counseling for the Elderly.

December 2, 10:00am-11:00am Hybrid Safe Food Handling Practices w/Chef Jacqueline Rice.

December 9, 10:00am-11:00am Hybrid Dept of License Consumer Protection & Building Inspection will discuss obtaining a home or vendor license & landlord issues.

December 9, 11:00am-12:00pm Hybrid DACL presents Caregiving & Selfcare w/Giovana Hunt.

December 16, 10:00am-11:00am Hybrid An introduction to Toastmasters and the Art of Public Speaking. WSWC will be starting a Toastmaster Chapter.

December 16, 11:00am-12:00pm Hybrid Trinity U. Washington School of Occupational Therapy will host a workshop focus on Mobility with confidence and independence.

December 30, 10:30am-12:00pm Center MPD presents Holiday Boo w/Ofc Tate and Da MPD Kidz an intergenerational Holiday event.

December 30, 11:30am-12:00pm Center AARP Chapter Recruitment and End of Year Celebration.

THURSDAY

December 4, 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee & Chef Herb: When it's Difficult to Cook Due to Pain.

December 4, 2:30pm – 3:00pm Center Medstar Georgetown Hospital presents physical challenges w/ Arthritis during the holidays w/ Debra Wright.

December 11, 10:00am-12:00pm Center MPD presents Motown Holiday Bingo Boo hosted by Ofc Tate & MPD w/games and community safety tips.

December 11, 1:00pm-2:00pm Center WSWC Congregate Nutrition Ed w/ Shymee: Name that spice? (Name One Health & Nutrition Benefit of Each Spice).

December 11, 2:30pm-3:00pm Virtual Nutrition Ed w/ Shymee & Chef Herb: Health & Nutritional Benefits of Vegan Cabbage.

December 18, 10:00am-12:00pm Center Mt. Moriah Baptist Church presents Jeopardy w/member Vivian Smith & Community Outreach Team.

December 18, 1:00pm-3:00pm Center WSWC Holiday House Party w/ Cousin DJ Ric.

December 4, 11, 18, 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.