

District of Columbia Office on Aging Senior Wellness Centers Fact Sheet

Senior Wellness Centers

The Office on Aging Senior Wellness Centers provide comprehensive programs that promote the health and wellness of DC senior residents 60 years of age and older. The programs serve as city-wide health education and applied learning centers, with activities delivered through classes in nutrition, exercise, reflexology, smoking cessation and other health dialogues, seminars, support groups, auxiliary activities, creative arts, intergenerational programs and peer leader training. All services focus on wellness, health promotion and disease prevention.

Health care services are provided to help seniors in the community maintain their independence and avoid premature institutionalization. This is achieved through the study, prevention, screening, evaluation and treatment of people with illnesses, injuries, or disabilities.

List of Senior Wellness Centers and the services that they provide is listed below:

Bernice Fonteneau Wellness Center (Ward 1)

3531 Georgia Ave NW, DC 20010

202-727-0338

Director: Michelle Singleton

Email: MSingleton@maryscenter.org

The senior wellness center offers a variety of activities, including:

- Spanish Class
- Computer Classes
- Daily Lunch
- Health Dialogues
- Health Screenings
- Massage Therapy
- Social activities (gatherings & trips)
- Nutrition Education
- Cooking Demonstrations
- Art & Craft Classes
- Chronic Disease Self-Management Education
- Chair Exercise
- Line Dancing
- Wii Fit
- Book Club
- Pilates
- Walking Club
- Stretch & Tone
- Exercise with Kojak
- Yoga
- Zumba Gold
- Hand Dancing
- Reiki
- Reiki Share
- Brain Fitness
- Body Sculpt
- Aerobics
- Enhance Fitness
- Fitness Assessments
- Movie Day

Hattie Holmes Senior Wellness Center (Ward 4)

324 Kennedy St NW, DC 20011

202-291-6170

Director: Teresa Moore

Email: tmoore@vidaseniorcenters.org

The senior wellness center offers a variety of activities, including:

- Aerobics
- Art Classes
- Arthritis Class
- Chair Aerobics
- Chair Yoga
- Choir Rehearsal
- Circuit Training
- Computer Classes
- Crocheting
- Current Issues Group Discussion
- Daily Lunch
- Drama Club
- Enhance Fitness
- Fitness Assessments
- Group trips
- Hand Dancing
- Health Dialogues
- Health Screenings
- Line Dancing
- Massage Therapy
- Nutrition Education
- Nutrition activities & workshops
- Open Gym
- Piano Lessons
- Pilates
- Quilting
- Spanish Class
- Step Class
- Stretch & Tone
- Tai Chi
- Wii Fit
- Yoga & Meditation
- Zumba

Model Cities Senior Wellness Center (Ward 5)

1901 Evarts St NE, DC 20018

202-635-1900

Director: Stacie Thweatt

Email: sthweatt@provhosp.org

The senior wellness center offers a variety of activities, including:

- Art Classes
- Knitting/Crochet
- Spanish Class
- Computer Classes
- Daily Lunch
- Health Dialogues & Lectures
- Health Screenings
- Education Lectures
- Brown Bag Pharmacy
- Massage Therapy
- Book Club
- Social activities (gatherings & trips)
- Nutrition Education
- Cooking Demonstrations
- Chair Exercise
- Line Dancing
- Afro Dance
- Hula Dance
- Inspiration Hour
- Modern Dance Group
- Sign Language
- Yoga & Meditation
- Zumba
- Pilates
- Strength training
- Aerobics
- Exercise in Bed
- Enhance Fitness
- Fitness Assessments

Hayes Senior Wellness Center (Ward 6)

500 K St NE, DC 20002

202-741-5886

Director: Andre Lane

Email: andre.lane@Howard.edu

The senior wellness center offers a variety of activities, including:

- Art & Craft Classes
- Spanish Class
- Computer Classes
- Daily Lunch
- Health Dialogues
- Health Screenings
- Health Education & Lectures
- Medication Brown Bags
- Club Memory
Alzheimer/Dementia
Support Group
- Massage Therapy
- Social activities
(gatherings & trips)
- Nutrition Education
- Chair Exercise
- Line Dancing
- Aerobics
- Strength Training
- Pound Fitness Classes
- Step Class
- Tai Chi
- Yoga & Meditation
- Zumba
- EnhanceFitness
- Consumer Affair
Lectures
- Fitness Assessments

Washington Seniors Wellness Center (Ward 7)

3001 Alabama Ave SE, DC 20020

202-581-9355

Director: Julia Cayette

Email: jcayette@erfsc.org

The senior wellness center offers a variety of activities, including:

- Art Classes
- Chair Exercise
- Choraleers
- Daily Lunch
- Enhance Fitness
- Fit Fridays
- Gentle Movement
- Group trips
- Health Dialogues
- Zumba
- Health & fitness activities
- Health Screenings
- Knitting/Crocheting
- Line Dancing
- Local Area Trips
- Massage Therapy
- Nutrition Education
- Open Gym
- Quilting
- Reading Group
- Spanish Class
- Step Class
- Tai Chi
- Tennis
- Weightlifting
- Yoga

Congress Heights Senior Wellness Center (Ward 8)

3500 Martin Luther King Jr Ave SE, DC 20032

202-563-7225

Director: Stacie Thweatt

Email: sthweatt@provhosp.org

The senior wellness center offers a variety of activities, including:

- Art Classes
- Knitting/Crochet
- Spanish Class
- Computer Classes
- Daily Lunch
- Health Dialogues
- Health Screenings
- Financial Lectures
- Medication Brown Bags
- Massage Therapy
- Social activities (gatherings & trips)
- Nutrition Education
- Cooking Demonstrations
- Line Dancing
- Fitness with Kojak
- Old Skool Dancing
- Afro-Dance
- Choir
- Yoga & Meditation
- Zumba
- Hand Dancing
- Body Sculpt
- Senior Tabata
- Aerobics
- Exercise in Bed
- Enhanced Fitness Classes
- Fitness Assessments
- Book Club
- Enhance Fitness
- Tennis