



## March Community Calendar

### **9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> • 5 to 7 p.m.**

This spring, Iona's Take Charge/Age Well Academy is offering a new series for women who identify as lesbian/gay/bisexual/trans/queer older adults. "LGBTQ Women, Take Charge of Your Aging" will provide successful aging guidance and inspiration in a positive and supportive setting. Learn about adequate available housing, identify long-term care options, and explore the legal, financial, health, and life changes associated with aging. The cost is \$60 when you pre-register and pay online. At-the-door fee is \$75. Scholarships are available. Iona is located at 4125 Albemarle St. NW. For more information, contact Elizabeth Frick by at [community@iona.org](mailto:community@iona.org) or call 202-895-9420.

### **13<sup>th</sup> • 11 a.m. to 1 p.m.**

The D.C. Office on Aging, the Mayor's Office on Returning Citizens, Serve D.C., D.C. Central Kitchen, DOES Project Empowerment, Metro Access and Transport D.C. will discuss resources and services for inmates who are scheduled to be released. The discussion will take place in the D.C. Jail, located at 1901 D St. SE. If your agency or organization has a program to offer those soon to be released, contact [alice.thompson@dc.gov](mailto:alice.thompson@dc.gov) or call 202-535-1321.

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### **14th and 28th • Noon**

Join the D.C. Caregivers Online Chat at Noon to discuss “-10 Tips for Caregivers of Those With Brain Injury” on March 14 and “9 Tips for Multiple Sclerosis (MS) Caregivers.” on March 28. Log on to <http://dcoa.dc.gov/page/caregiver-chat> at noon, or visit at your convenience and hit replay to see the chat. For more information, contact [linda.irizarry@dc.gov](mailto:linda.irizarry@dc.gov) or call 202-535-1442.

### **15<sup>th</sup> • Noon to 2 p.m.**

The Southwest Waterfront AARP Chapter will present a series of programs at its March business luncheon meeting. The meeting will take place at Riverpark Mutual Homes in the South Common Room located at 1311 Delaware Avenue, SW. For more information, contact Betty Jean Tolbert Jones at [bettyjeantolbertjones@yahoo.com](mailto:bettyjeantolbertjones@yahoo.com) or call 202-554-0901.

### **16<sup>th</sup> • 10 a.m. to noon**

Train to become a DCOA Ambassador. Learn information about DCOA programs and services and help us connect to D.C. residents who are age 60+, people with disabilities who are 18+ and their caregivers. Contact [krystal.branton@dc.gov](mailto:krystal.branton@dc.gov) or 202-727-8370 to register for this or future training classes.

### **16<sup>th</sup> • 6 p.m.**

The Chevy Chase and Georgetown chapters of NARFE (National Active and Retired Federal Employees) presents Mark Keen, who will speak about “How to Manage Your Finances More Effectively.” He will share timely information on financial topics relevant to retirees and those approaching retirement. Keen writes the monthly financial column “Managing Money” for the NARFE Association’s magazine. This free talk takes place at Iona Senior Services, 4125 Albemarle St. NW. Non-NARFE members are welcome. For more information, call 202-518-2519.

### **18<sup>th</sup> • 9 a.m. to 3 p.m.**

The Mount Sinai Baptist Church will hold a community health and wellness workshop. The church is located at 1615 3<sup>rd</sup> St. NW. For more information, call Jacqueline Nelson at 202-635-4962.

### **18<sup>th</sup> • 3 to 3:35 p.m.**

The D.C. Office on Aging will hold a presentation on their resources and services at the Kappa Alpha Psi Fraternity located at 1708 S St. NW.

### **24<sup>th</sup> • 5:30 to 8:30 p.m.**

Model Cities Senior Wellness Center, located at 1901 Evarts St. NE, will host Happy Hour. Come get your dance on with music by DJ Tyzer. The donation of \$10 includes a light buffet and non-alcoholic frozen drinks. For more information, call 202-635-1900.

### **Page. 3-March Community Calendar (Continued)**

#### **27<sup>th</sup> • 10 to 11:30 a.m.**

The D.C. Office on Aging, the Mayor's Office on Returning Citizens, Serve D.C., D.C. Central Kitchen, DOES Project Empowerment, Metro Access and Transport D.C. will discuss resources and services for inmates who are scheduled to be released. The discussion will take place in the D.C. Jail located at 1901 D Street, SE. If your agency or organization has a program to offer these soon to be released, contact [alice.thompson@dc.gov](mailto:alice.thompson@dc.gov) or call 202-535-1321.