



DC Celebrates 2012 Older Americans Month

Older Americans Month is celebrated each May to honor and recognize older Americans for the contributions they make to our families, communities and society. This year's theme “**Never Too Old to Play**” encourages older Americans to stay engaged, active and involved in their own lives and in their communities. The District of Columbia will be holding citywide and ward events throughout the month in recognition of the 100,000+ Older Washingtonians to encourage them to play, learn and have fun.

DMV State Aging Agencies “Innovations in Aging Expo/Conference” May 3 - 5

Event: The Job Fair (Thursday) and Expo (Saturday) are free and open to public. The professional conference (Thursday & Friday) has a \$125 registration fee to cover meals and CEU costs.

Location: Gaylord National Hotel and Conference Center, National Harbor Center
(410) 767-1100 or InnovationsInAging2012.com

DC Parks and Recreation “Senior Golden Olympics” May 7 -11

Event: Features activities like swimming, basketball, bowling, tennis, track and field, horseshoe toss, archery, and softball.

Locations:

May 7	Opening and Basketball	Deanwood Recreation Center	1350 49 Street NE
May 7-8	Bowling	Rinaldi Riverdale Arena	6322 Kenilworth Avenue
May 8-9	Swimming	Takoma Aquatic Center	300 Van Buren Street NW
May 8	Track and Field	Coolidge Field	5 th and Sheridan Street NW
May 9-10	Softball	Riggs Lasalle Recreation Center	501 Riggs Road NE
May 9-10	Tennis	SE Tennis and Learning Center	701 Mississippi Avenue SE
May 9	Horseshoe	Kennedy Recreation Center	1401 7 Street NW
May 9-10	Free Style and Relay	Takoma Recreation Center	300 Van Buren Street NW
May 11	Billiards, Table Tennis	Kennedy Recreation Center	1401 7 th Street NW

For more information about times and locations contact: (202) 664-7153 or <http://www.drp.dc.gov>



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AARP “Senior Community Shred Event” May 8 from 10:00 am – 2:00pm

Event: Opportunity for seniors to dispose of any papers with confidential printing, archive records, colored stock folders. No business or commercial materials will be accepted.

Location: Washington Seniors Wellness Ctr, 3001 Alabama Ave. SE & Takoma Community Center, 300 Van Buren St. NW
(202) 434-2099 or LCESMP@aarp.org

“Senior Day at UniverSoul Circus” May 8 from 10:30 am (other dates May 3-20)

Event: Featuring high wire, clowns, trick dogs, elephants, dance, aerial ballet, dancers, tigers and soul music,

Location: 6900 Annapolis Road, Landover Hills MD

For tickets and group rates call: 800-316-7439 or book online at www.universoulcircus.com.

Silent Partners “Senior Citizens HIV Training Workshop” May 9, 9:00 am -1:00 pm

Event: Training opportunity to learn, advocate, identify resources and be informed

Location: Temple of Praise Church, 700 Southern Avenue SE

For more information and to RSVP contact: (202) 832-3127 or (202) 487-9525

East River Family Strengthening Collaborative “Senior Prom” (Ward 7) May 17, 4:00 pm -

Event: Senior Prom with dancing and more. All invited.

Location: St. Lukes Center 4910 East Capitol Street SE

For more information contact: (202) 534-5880 for tickets

YMCA National Capital “Senior Health Day” May 19, 10:00 am – 2:00 pm

Event: Providing local seniors with health screenings and demonstrations, information, snacks

Location: YMCA National Capital, 1711 Rhode Island Ave NW

Office: (202) 862-9622 ext. 3109, sandra.hunter@ymcadc.org.



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IONA Senior Services “Advocacy 101” on May 15 at 12:30 pm

Event: Be an advocacy for yourself

Location: Tenleytown-Friendship Neighborhood Library, 4450 Wisconsin Ave NW

For more information contact: (202) 966-1055

Seabury Resources for the Aging “Health Fair and Expo” (Ward 5) May 18 , 11:00 am- 2:00 pm

Event: Health and information exhibitors, lunch and entertainment for seniors in Ward 5

Location: North Michigan Park Recreation Center, 1333 Emerson St NW

For more information contact: (202) 529-8701 to RSVP .

Barney “Senior Talent Show” (Ward 4) May 18, 10:00 am – 2:00 pm

Event: Senior Talent Show and lunch for seniors in Ward 4

Location: The Nineteenth Street Baptist Church - 4606 16th Street N.W.

For more information contact: (202) 939-9030 to RSVP.

Family Matters “Older Americans Month Event “ (Ward 8) May 24, 10:00 am – 2:00 pm

Event: Health and information exhibitors, lunch and entertainment for seniors in Ward 8

Location: DCARC, 1901 Mississippi Avenue SE

For more information contact: (202) 562-6860 to RSVP.

East River Family Strengthening Collaborative “ Senior Safety & Open House “ (Ward 7) May 24, 10:00 am – 2:00 pm

Event: Annual Senior Safety workshops, exhibitors, food demonstration, fitness demonstration and open house.

Location: Washington Seniors Wellness Center, 3001 Alabama Avenue SE

For more information contact: (202) 581-9355



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Family Matters (Ward 6) “Older Americans Open House” May 31, 10:00 am-2:00 pm

Event: Open House for new location in celebration of the month including light refreshments

Location: 1318 H Street, NE,

For more information contact: (202) 724-5626

Family Matters (Ward 2) “Fun Day” May 25, 10:00 am – 2:00 pm

Event: Fun Day out and in doors for seniors in Ward 2.

Location: Kennedy Recreation Center, 1300 7th Street NW

For more information and to RSVP contact: (202) 232-4202

“DC Office on Aging’s Senior Symposium” May 25, 9:00 am – 4:00 pm

Event: Workshops and Presentations on various topics for seniors, persons with disabilities, caregivers, providers, etc.

Location: Park Hyatt, 1201 24th Street, NW, WDC 20037

For more information contact: (202) 724-5626

Terrific Inc/Bernice Fonteneau Senior Wellness Ctr. “Ward 1 Street Festival” May 30, 10:00 am – 3:00 pm

Event: Outdoor and Indoor Street Festival for seniors in Ward One.

Location: Bernice Fonteneau Senior Wellness Center, 3531 Georgia Avenue NW

For more information contact: (202) 234-4128 or (202) 727-0338

“National Senior Health and Fitness Day “ May 30, 10:00 am - 3:00 pm

Event: Open House at specific Senior Wellness Centers with activities and tours

Locations: Bernice Fonteneau Senior Wellness Center 3531 Georgia Avenue NW
Congress Heights Senior Wellness Center 3500 Martin Luther King Jr. Avenue SE
Hattie Holmes Senior Wellness Center 324 Kennedy Street NW
Model Cities Senior Wellness Center 1901 Evarts Street NE

For more information contact: (202) 724-5626