

**GOVERNMENT OF THE DISTRICT OF COLUMBIA**  
**Office on Aging**



**PRESS RELEASE**

**FOR IMMEDIATE RELEASE**  
Wednesday, October 8, 2014

**CONTACT: Darrell Jackson, Jr.**  
202.727.8371; [darrell.jacksonjr@dc.gov](mailto:darrell.jacksonjr@dc.gov)

**DCOA EXTENDED HOURS AT ALL SENIOR WELLNESS CENTERS**

*New hours allow the District to bolster health and wellness programs for all seniors*

(Washington, D.C.) - On October 1, the D.C. Office on Aging (DCOA) extended the hours of operation for all of their six senior wellness centers. The extension includes additional weekday hours and establishes weekend hours for each center.

“For the first time, the District will implement weekend hours at the centers, which will enable seniors to take advantage of health, wellness, nutrition, and socialization services six days a week,” said D.C. Office on Aging’s Executive Director John M. Thompson.

DCOA’s senior wellness centers provide comprehensive programs that promote the health and wellness of District 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, 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.

**New Senior Wellness Center Hours**

**Ward 1- [Bernice Fonteneau Senior Wellness Center](#)**

Monday and Friday: 8:30 a.m. – 4:30 p.m.  
Tuesday and Thursday: 7:00 a.m. – 7:00 p.m.  
Wednesday: 7:00 a.m. – 4:30 p.m.  
Saturday: 7:00 a.m. – 1:00 p.m.

**Ward 4- [Hattie Holmes Senior Wellness Center](#)**

Monday: 8:00 a.m. – 4:30 p.m.  
Tuesday – Wednesday: 7:30 a.m. – 6:00 p.m.  
Thursday: 8:00 a.m. – 6:30 p.m.  
Friday: 8:00 a.m. – 4:30 p.m.  
Saturday: 9:00 a.m. – 1:00 p.m.

**Ward 5- [Model Cities Senior Wellness Center](#)**

Monday and Wednesday: 8:00 a.m. – 6:30 p.m.  
Tuesday, Thursday and Friday: 8:00 a.m. – 5:00 p.m.

(Every 4th Friday: 8:00 a.m. – 8:30 p.m.)

Saturday: 10:00 a.m. – 3:00 p.m.

**Ward 6- [Hayes Senior Wellness Center](#)**

Monday, Wednesday and Friday: 8:30 a.m. – 4:30 p.m.

Tuesday and Thursday: 7:30 a.m. – 6:30 p.m.

Saturday: 8:00 a.m. – 2:00 p.m.

**Ward 7- [Washington Seniors Wellness Center](#)**

Monday and Wednesday: 8:00 a.m. – 7:00 p.m.

Tuesday, Thursday and Friday: 7:30 a.m. – 5:00 p.m.

Saturday: 9:30 a.m. - 11:30 a.m.

The weekend nutrition program is 10:00 a.m. – 2:00 p.m.

**Ward 8- [Congress Heights Senior Wellness Center](#)**

Monday and Thursday: 8:00 a.m. – 7:00 p.m.

Friday: 8:00 a.m. – 5:00 p.m.

Saturday: 9:00 a.m. – 1:00 p.m.

**For more information on the new extended hours, please visit <http://www.dcoa.dc.gov/>, or call our office at 202-724-5622.**

**Follow DCOA on [Facebook](#) and [Twitter](#)!**

***D.C. Office on Aging \* 500 K Street, NE \* Washington, D.C. 20002\* 202-724-5622***

**###**