

Calendar of Events Winter 2018

DCOA Health & Resource Fairs

Join the Office on Aging and several exhibitors from government agencies and community organizations for a day of free health screenings, information, resources and giveaways.

Hayes Senior Wellness Center – DCOA Resource Fair

Wednesday, January 31, 10:30 am – 1:30 pm

500 K Street, NE – Ward 6

Contact: Sherrell Briscoe 202-727-0357

Hattie Holmes Senior Wellness Center

Friday, February 16, 10 am – 2 pm

324 Kennedy Street, NW

Contact: Teresa Moore 202-291-6170

Congress Heights Senior Wellness Center

Monday, February 19, 10:30 am – 1:30 pm

3531 Martin Luther King, Jr. Avenue, SE – Ward 8

Contact: Regina Jeter 202-563-7225

We want you healthy and feeling great in these winter months. So if you live East of the River, or you're willing to travel, join us for a day of pampering and makeovers.

The Senior Zone is hosting a Senior Spa Day

Friday, January 19, 10 am – 2 pm

Ft. Stanton Recreation Center

1812 Erie Street, SE – Ward 8

Contact: 301-509-9013

Washington Seniors Wellness Center will present a “Day of Beauty”

January 23, 2018

Free makeovers, reflexology and back massages.

Washington Seniors Wellness Center

Contact: Dr. K at 202-581-6019

The winter months are a great time to enjoy some arts and culture as well.

January 22, 1:30pm – 4:00pm

Iona Senior Services, Sibley Memorial Hospital, and the Palisades Village invite you to join them for a free screening of the movie Carolyn Coal's A Place to Live: The Story of Triangle Square.

This film chronicles the journey of seven brave individuals as they attempt to secure a home in Triangle Square, Hollywood, the nation's first affordable housing facility for LGBTQ older adults.

Located at Sibley Memorial Hospital

Contact: Susan Messina - 202-895-9401

Saturday, February 17, 2:00pm – 6:00pm

Sip & Print with printmaker Gail Shaw-Clemons.

Enjoy refreshments, learn about the printmaking process, and benefit from the joys of art making — all in the company of friends!

Iona Senior Services 4125 Albemarle Street NW Washington, DC 20016

RSVP to 202-895-9407 or online: www.iona.org

Thursday, February 22, 11:00am – 2:00pm

Join TERRIFIC, Inc for a tour of the newly opened Museum of the Bible.

Transportation may be provided from some senior sites. Contact Sandra Burley 202-595-1912 ext 102.

Saturday, February 24, 1:00pm – 4:00pm

Kingdom Care Senior Village will host a writing workshop: an introduction to writing your ideas.

Located at Greater Fellowship Church, 814 Alabama Avenue SE

Contact Mary Moses at

Monday, February 26, 2018

Join the Washington Seniors Wellness Center for the play: "The Great Society" about President LBJ and the war on poverty at Arena Stage, transportation will be provided from Washington Senior Wellness Center.

Contact Dr. K at 202-581-6019 for more information.

Saturday, March 10, 11:00am – 2:00pm

Join the Asian & Pacific Islander Senior Center for a Chinese New Year Celebration

Transportation will be provided from the Center located at 417 G Place NW 20001

Contact: Kenneth So at 202-842-4376

Remember to stay active during these winter months as well.

On Friday, January 26

Join TERRIFIC, Inc for a Fitness Is Fun - Ice Cream Social

Located at Paul Laurence Dunbar Apartment in Ward 1. This is a fun and interactive event that promotes fitness, while enjoying life's simple indulgences! Lunch will be served at 12:00 p.m. and the ice cream social will immediately follow.

Contact Pat Thomas at 202-387-9000

Monday, Tuesdays and Wednesdays

So Others Might Eat (SOME) has partnered with DPR's Hillcrest Recreation Center to provide SOME Senior Center participants access to weekly recreational activities. Activities includes line dancing, chair and balance aerobics, open gym, and a walking club from 10:30am-11:30am. FREE Transportation is provided from SOME's Senior Center to Hillcrest Recreation Center, and back.

To enroll in SOME's Senior Center, please contact Denise Stoney, at 202-797-8806 ext. 1301.