

4th • 10 a.m. to 2 p.m.

Washington Seniors Wellness Center presents the East of the River Older Americans Health and Safety Fair. The center is located at 3001 Alabama Ave. SE. For more information, call Alice A. Thompson at 202-535-1321.

4th, 18th and 25th • 10:30 a.m. to noon

There will be a diabetes self-management workshop at the Center for the Blind and Visually Impaired, 2900 Newton St. NE. For more information, call Tinya Lacey, community planner/outreach coordinator at 202-529-8701

8th, 15th and 22nd • noon

Make an appointment to meet with Bruce Rathbun of AARP Legal Services for Older Adults at the Center for the Blind and Visually Impaired, 2900 Newton St. NE. For more information, call Tinya Lacey, community planner/outreach coordinator at 202-529-8701.

10th • 7 to 9 p.m.

The D.C. Office on Aging will provide information on its resources and services at the Human Rights Campaign Equality Center, 1460 Rhode Island Ave. NW. For more information, call Alice A. Thompson at 202-535-1321.

11th • 10 a.m. to 2 p.m.

Enjoy a “Community Senior Day Out” at North Michigan Park, 1333 Emerson St. NE. The event is free for Ward 5 residents age 60 and older. NE. For more information, call Tinya Lacey, community planner/outreach coordinator at 202-529-8701.

11th • 10:30 a.m.

Visit the Amish Market on Brown Station Road in Upper Marlboro, Md., with the congregate meal program of the Washington Senior Wellness Center, 3001 Alabama Ave. SE. To learn more, call 202-581-9355

12th • 10:30 a.m. to 1:30 p.m.

The 5th Annual CPDC and Emmaus Aging in Community Health and Wellness Fair will be held at the R.I.S.E. Demonstration Center, 2730 Martin Luther King Jr Ave. SE. It is supported by the D.C. Office on Aging. To learn more, contact Dr. Katrina Polk at 202-885-9575.

18th • 10:30 a.m. to 2:30 p.m.

The D.C. Office on Aging will support the first annual Robert L. Walker House Older Americans Month “Age Out Loud” celebration. It will be held at 2201 Savannah St. SE. For more information, call Alice A. Thompson at 202-535-1321.

18th • 5 to 9 p.m.

Take a whirl around the dance floor at the annual Ward 7 Prom for Seniors. This year’s theme is “Sparkling Night — the Roaring ‘20s.” There will be dinner, dancing and a special guest. The event is held in celebration of Older Americans Month by the East River Family Strengthening

Collaborative. Music will be played by WPFW DJ Nate D. Skate. For more information, call Robin Gantt at 202-534-4880 ext. 110 or Chicquita Bryant ext. 125

19th • 10:30 a.m. to 2 p.m.

Terrific, Inc. holds its Older Americans Month celebration with the theme “Age Out Loud.” It will be at the Nineteenth Street Baptist Church, 4606 16th St. NW. For more information, call Alice A. Thompson at 202-535-1321.

20th • 1 to 3:30 p.m.

The Shrine of the Blessed Sacrament Catholic Church will hold its First Annual Resource Fair, sponsored by D.C. Office on Aging. The fair will be at 3630 Quesda St. NW. Contact Pat Kavanaugh at 202-449-3987 to learn more.

26th • 2 to 3:45 p.m.

Chevy Chase House presents its First Annual Resource Fair at 5420 Connecticut Ave. NW. Learn more by calling Morgan or Vicki at 202-686- 5504

31st • 10 a.m. to 2 p.m.

Model Cities Senior Wellness Center holds its Older Americans Month celebration with the theme “Age Out Loud.” It will be at 1901 Evarts St. NE. For more information, call Alice A. Thompson at 202-535-1321.