808 Bladensburg Road, NE Judy Bond (202) 793-9154 Delta Towers-Ward 5



Supported by the D.C. Department of Aging and Community Living

Grocery Shuttle-Walmin batth Pro-Black I Monday

Dance Exercise

1:00pm 12:00pm 11:00am 10:00am

lealth Pro-What is the Heart? rip Day-Northeast Library me Exercise 10

12:00pm 11:00am 10:00am

> Health Pro-Parts of the Heart Saunya Connelly-AARP Health Pro-Black History-Cance **Nutrition Food Demo** Arts and Crafts Lunch



17

Dance Exercise

Dance Exercise

Dance Excreise Arts and Crafts Health Pro-Black Hist much

Tuesday Music Hour

Health Pro-Parts of the Heal Arts and Crafts Janco Exercis 12

Health Pro-President Illnesses Dance Exercise Lillian McGilvery-AARP

Dance Exercise Hadth Pro-Black Hattory-Cancer Arts and Crafts 26

Health Pro-Black History-Cancer Arts and Crafts Wednesda

Arts and Crafts Health Pro-Heart Attack Signs

Arts and Crafts Dance Exercise lealth Pro-President Illnesses unch

Health Pro-Black History-Cance Artis and Crafts

Health Pro-Black History Canel

Lhursday

Friday

Seabury Resources for Aging*

Arts and Crafts Dance Exercise

Health Pro-Black History-Cano Arts and Crafts

VALENTINE'S DAY

Exercise

Health Pro-President Illnesses Arts and Crafts

21

Health Pro-Black History-Cancer Arts and Crafts Dance Exercise

Dance Exercise Lunch





12:00pm 11:00am 10:00am

12:00pm

Dance E

11:00am 10:00am

PRESIDENT'S DAY

1:00pm

Health Pro-Black History-Cancer

Trip Day-Centre at Forestville

Edgewood Commons-Ward 5 635 Edgewood Street, NE Michele Washington (202) 459-8452



Seabury Resources for Aging*

10:00am 11:00am 12:00pm 1:00pm 10:00am 11:00am 12:00pm	10:00am 11:00am 12:00pm	10:00am 11:00am 12:00pm
HOLIDAY PRESIDENT'S DAY PRESIDENT'S DAY Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	Health Pro-What is the Heart? Trip Day Lunch Dunce Exercise	Monday Health Pro-Black History Cancer Arts and Crafts Lunch Dance Exercise
Health Pro-President Illnesses Arts and Crafts Lunch Saunya Connelly-AARP Mealth Pro-Black History-Cuncer Arts and Crafts Lunch Dance Exercise	Health Pro-Parts of the Heart 11 Arts and Crafts Lunch Dance Exercise	Tuesday Health Pro-Black History-Canon Arts and Crafts Lunch Dance Exercise
Health Pro-President Illnesses Grocery Shuttle Lunch Dance Exercise 26 Health Pro-Black History-Cancer Trip Day Lunch Dance Exercise	Health Pro-Parts of the Heart 12 Trip Day Lunch Dance Exercise	Wednesday 5 Health Pro-Black History-Cancer Grocery Shuttle Lunch Dance Exercise
Health Pro-President Illnesses Arts and Crafts Lunch Dance Exercise 27 Health Pro-Black History Cancer Arts and Crafts Lunch Dance Exercise	Health Pro-Heart Attack Signs Nutrition Food Demo Lunch Dance Exercise	Health Pro-Black History-Cancer Lillian McGilvery-AARP Lunch Dance Exercise
Health Pro-President Illnesses Plants and Bloom ReImagined Lunch Dance Exercise Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	PALENTINE'S DAY Health Pro-Heurt-healthy Nutrition Arts and Crafts Lunch Dance Exercise	Friday THealth Pro-Black History-Cancer Nutrition Education-Sodium Reduction Lunch Dance Exercise

Gettysburg-Ward 5 3001 Bladensburg Road, NE Geraldine Brooks (813) 777-4049







	A		
10:00am 11:00am 12:00pm 1:00pm	10:00am 11:00am 12:00pm 1:00pm	10:00am 11:00am 12:00pm 1:00pm	10:00am 11:00am 12:00pm
Health Pro-Black History-Cancer Trip Day: Unique Thrift Store Lunch Dance Exercise	HOLIDAY PRESIDENT'S DAY	Health Pro-What is the Heart? Trip Day: Alamo Cinema Lunch Dunce Exercise	Monday Health Pro-Black History-Cancer Grocery Shuttle Lunch Dance Exercise
Health Pro-Black History-Cancer Exercise/Crochet Class Lunch BINGO	Health Pro-President Illnesses Exercise/Crochet Class Lunch BINGO	Health Pro-Parts of the Heart Lillian McGilvery-AARP Lunch BINGO	Tuesday Health Pro-Black History-Cancel Exercise/Crochet Class Lunch BINGO
Health Pro-Black History-Cuncer Open Discussion Lunch Arts and Crafts	Health Pro-President Illnesses Open Discussion Lunch Arts and Crafts	Health Pro-Parts of the Heart Open Discussion Lunch Arts and Crafts	Wednesday 5 Health Pro-Black History-Cancer Open Discussion Lunch Arts and Crafts
Health Pro-Black History-Cancer Exercise Class Lunch BINGO	Health Pro-President Illnesses Exercise Class Lunch BINGO	Health Pro-Heart Attack Signs Exercise Class Lunch BINGO	Health Pro-Black History-Cancer Exercise Class Lunch BINGO
Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	Health Pro-President Illnesses Nutrition Education-Sodium Reduction Lunch Dance Exercise	Health Pro-Heart-healthy Nutrition Arts and Crafts Lunch Dance Exercise	Friday Heath Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise

2412 Franklin Street, NE Green Valley-Ward 5 Sandra Broomfield (771) 200-6667















11:00am

Uno

Lunch

10:00am

1:00pm 12:00pm

Arts and Crafts

Black History Trivia

Cards

Health Pro-What is the Heart?

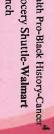
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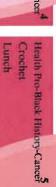
Health Pro-Parts of the Heart Trip Day-Alamo Cinema

Health Pro-Parts of the Heart

12

orum Discussion

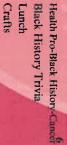




Wednesda

Thursday











Lillian McGilvery-AARP Health Pro-Heart-healthy Nutrition Lunch



21

Games Forum Discussion Health Pro-President Illnesses Lunch

Crafts Health Pro-President Illnesses Lunch **Nutrition Education-Sodium Reduction**

Crafts Lunch Crochet Health Pro-Black History-Cancer



(:00pm 12:00pm me00:11 10:00am

Uno

BINGO

Lunch

Lunch

Grocery Shuttle-Walmart Health Pro-President Illnesses

Health Pro-President Illnesses

Forum Discussion

PRESIDENT'S DAY

HOLIDAY

17

Crafts

Crafts

Lunch BINGO

Lunch

Forum Discussion

Health Pro-Floart Attack Signs

Games

Lunch

1:00pm (2:00pm 11:00am 10:00am

Lunch Crafts

Health Pro-Black History-Cancer Trip Day Frederick Douglas House

Forum Discussion unch

Health Pro-Black History-Cancer BINGO

Black History Trivia Black History Trivia 17 Health Pro-Black History-Cancer



Greenleaf-Ward 6 1200 Delaware Avenue, SW

Billy Anderson (202) 716-3898 Supported by the D.C. Department of Aging and Community Living





Monday

Tuesday

Wednesday

Thursday

Friday

ry-Cance

Seabury Resources for Aging®

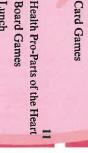
11:00am 1:00pm 12:00pm 10:00am **Puzzles** Lunch Weekend News Nutrition Education-Sodium R Health Pro-Black History-Cancer

Health Pro-What is the Heart? **Veckend News** utrition Education-Sodium Reduction 10 Health Pro-Black History Cancel **Board Games** Card Games Lunch

12:00pm 11:00am

10:00am

1:00pm









Chair Exercise	Lunch	Word Search	Health Pro-Black History-Cance
1	No.		History-Cancer



Chair Exercise	unch
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VALENTINE'S DAY	Music/Dance Hour	Lunch	Grocery Shuttle: Roses	created rate-place anatoly-co

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Lunch Music/Dance	Grocery	Health I
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	h Market	linesses

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12:00pm 11:00am

PRESIDENT'S DAY

HOLIDAY

Health Pro-President Illnesses

17

8

Arts and Crafts

Chair Exercis

Music/Dance Hour

21

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Card Games Lunch **Board Games**

Arts and Crafts

Lunch

Open Discussion

Word Search

Chair Exercis Lunch Health Pro-President Illnesses

Health Pro-President Illnesses

10:00am

Board Games Card Games Health Pro-Black History-Cuncur

13

Arts and Crafts Lunch Open Discussion Health Pro-Black History-Cancer

26 Lunch

Health Pro-Black History-Cancer Chair Exercise US Attorney Office/DC-Christopher Wade 27

Music/Dance Hour

Kibar Halal Nutrition-Ward 5 100 N Street, NW Maryam Saleem (202) 270-2031







	1			
10:00am 11:00am 12:00pm 1:00pm	10:00am [1:00am 12:00pm	10:00am 11:00am 12:00pm	10:00am 11:00am 12:00pm 1:00pm	
Health Pro-Black History-Cancer BINGO Lunch Music	HOLIDAY PRESIDENT'S DAY	Health Pro-What is the Heart? BINGO Lunch Music	Health Pro-Black History-Cancer BINGO Lunch Music	Monday
Health Pro-Black History-Cancer Exercise with Monica Lunch Music	Health Pro-President Illnesses Lillian McGilvery-AARP Lunch Dance Exercise	Health Pro-Parts of the Heart Exercise with Monica Lunch Music	Health Pro-Black History-Cancer Exercise with Monica Lunch Music	Tuesday
Health Pro-Black History-Cancer Cooking without Heat Lunch	Health Pro-President Illnesses African Fashion Lunch Music	Health Pro-Parts of the Heart African American Trivia Lunch Trivia	Health Pro-Black History-Cancer Line Duncing Lunch Trivia	Wednesday
Health Pro-Black History-Cancer Plants and Blooms ReImagined Lunch Dance Exercise	Health Pro-President Illnesses Site Trip: Martha's Table Lunch Trivia	Health Pro-Heart Attack Signs Site Trip: Golden Corral Lunch Trivia	Health Pro-Black History-Cancer Site Trip: African American Museum Lunch Dance Exercise	Thursday
SITE CLOSED	SITE CLOSED	SITE CLOSED	SITE CLOSED	Friday

Rickey Brown (202) 710-8730 5233 North Capitol Street, NE North Capitol at Plymouth-Ward 5





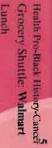


BINGO	Lunch	Arts and Crafts	Health Pro-Black History-Cancer	
Exercise	Lunch	Library 7	Health Pro	

12:00pm 11:00am 10:00am

1:00pm

ibrary Tuesday alth Pro-Black History-Cancel Tuesday



Wednesda

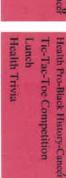
Thursday

Friday

Seabury Resources for Aging*









Site Trip: Cheesecake Factory unch

Let's Get Social Lunch

Movie Hour Health Pro-Heuri Movie Hour

BINGO

	Vittack Signs	12	
Tie-Tae-Toe Competition	Health Pro-Heart-healthy Nutrit	VALENTINE'S DAY	Health Trivia

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		Gilvery-AARP	President Illnesses	20
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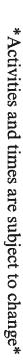
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Music Hour	Lunch	Site Trip: Reeves Center	Health Pro-Black History-Cancer	26

BINGO Health Pro-Black History-Cancer Lunch Nutrition Education-Sodium Reductio





11:00am

Arts and Crafts

Black History Trivia

Puzzles/Games

lealth Pro-What is the Heart?

10:00am

12:00թա

1:00pm

BINGO

17



Health Pro-Black History-Cancer

Health Pro-Black History-C

Black History Trivia

24

1:00pm 12:00pm 11:00am 10:00am

> PRESIDENT'S DAY HOLIDAY

Black History Trivia

Grocery Shuttle: Dollar Tree

unch

Health Pro-President Hinesses

Health Pro-President Illnesses

Puzzles/Games









BINGO

Puzzles/Games

Lunch



Lunch Arts and Crafts





Petersburg-Ward 5
3298 Fort Lincoln Drive, NE
Marqurita McMillan (202) 658-5199







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(0:00am (1:00am (2:00pm	[0:00am [1:00am [2:00pm	[0:00am [1:00am [2:00pm]	10:00am 11:00am 12:00pm 1:00pm	
Health Pro-Black History-Cancer Lillian McGilvery-AARP Lunch BINGO	HOLIDAY PRESIDENT'S DAY	Health Pro-What is the Heart? Arts and Crafts Lunch BINGO	Health Pro-Black History-Cancer Wirrin Phool-Jubilee Johs Lunch BINGO	Monday
Health Pro-Black History-Cancer Trip Day-Teppanyaki Grill Lunch Music Hour	Health Pro-President Illnesses Grocery Shuttle: Walmart/Aldi Lunch Music Hour	Health Pro-Parts of the Heart Trip Day-Arundel Mills Lunch Music Hour	Health Pro-Black History-Cancer Grocery Shuttle: Roses Lunch Music Hour	Tuesday
Health Pro-Black History-Cancer Worship Wednesday Lunch Music Hour	Health Pro-President Illnesses Worship Wednesday Lunch Music Hour	Health Pro-Parts of the Heart Worship Wednesday Lunch Site Event: Valentine Party	Health Pro-Black History-Cancer Worship Wednesday Lunch Music Hour	Wednesday
Health Pro-Black History-Cancer Let's Talk Lunch Music Hour	Health Pro-President Illnesses Let's Talk Lunch Music Hour	Health Pro-Heart Attack Signs Let's Talk Lunch Music Hour	Health Pro-Black History-Cancer Let's Talk Lunch Music Hour	Thursday
Health Pro-Black History-Cancer Nutrition Education-Sodium Reduction Lunch BINGO	Health Pro-President Illnesses So You Can Dance? Lunch BINGO	Health Pro-Heart-healthy Nutrition So You Can Dance? Lunch BINGO	Health Pro-Black History-Cancer So You Can Dance? Lanch BINGO	Friday

1140 North Capitol Street, NW Sibley Plaza-Ward 6 Lavell Ginyard (202) 409-7164















Table Games	Lunch	News Updates	Health Pro-Black History-Cuno	0.00
TV Hour	Lunch	Coloring	Health Pro-	

11:00am

10:00am

12:00pm

1:00pm

Coloring unch ealth Pro-Black History-Canon Tuesday

Lunch

Health Pro-Black History-Cancer Wednesda

12

Open Discussion Music/Dance Hour

Health Pro-Parts of the Heart Mindful Meditation

Find the Difference

Health Pro-President Illnesses Card Game Lunch

Health Pro-Black History-Cancer Lillian McGilvery-AARP 26 Trivia Games

Health Pro-Heart Attack Signs Word Search Talk To Me

Word Search/Coloring US Attorney Office/DC-Christopher Wade Health Pro-President Illnesses

Mindful Meditation Health Pro-Black History-Cancer Lunch 27

Health Pro-Black History-Cancer

Friday

Seabury Resources for Aging

Health Pro-Black History-Cancer

Grocery Shuttle-Walmart Music/Dance Hour unch

Health Pro-Heart-healthy Nutrition VALENTINE'S DAY

Trip Day-Roses Lunch

Music/Dance Hour

21

Lunch Grocery Shuttle-Martha's Table Health Pro-President Illnesses Music/Dance Hou

Trip Day-Golden Corral Health Pro-Black History-Cancer Music/Dance Hour

Activities and times are subject to change



12:00pm

PRESIDENT'S DAY

Coloring/Puzzles

Music/Dance Hour

Word Search

TV Hour

Lunch

Love Yourself

Health Pro-President Illnesses

HOLIDAY

17

8

1:00pm

11:00am

Trivia Game

Arts and Crafts

Health Pro-Parts of the Heart

Word Search

10:00am

Health Pro-What is the Heart?

12:00pm

1:00pm

Lut's Talk



Health Pro-Black History-Cancur

Table Games

Health Pro-Black History-Cancer

25

Lunch

Coloring/Puzzles

Movie Hour

Lunch

24



