2021 Older Americans Month Calendar

May 3: 12:00 PM
Young at Art
DC Department of Parks and Recreation – Virtual
Hosted by DC Parks and Recreation (every Monday)

May 5: 10:00 AM
Senior Cardio Dance
DC Department of Parks and Recreation – Virtual
Hosted by DC Parks and Recreation (every Wednesday)

May 6: 2:00 PM
Why I Do What I Do – Recognizing the Contributions of Seniors to Congress Heights and the Greater Community
Congress Heights Senior Wellness Center – Virtual
Hosted by Congress Heights Senior Wellness Center

May 10: 11:30 AM
Your Heart Health and You
Hattie Holmes – Virtual
Hosted by Hattie Holmes Senior Wellness Center

May 11: 11:00 AM
A Conversation with Dr. Glenn Wortmann, Section Director of Infectious Diseases at MedStar Washington Hospital Center
Washington Senior Wellness Center – Virtual
Hosted by Washington Senior Wellness Center

May 12: 1:00 PM
Mayor Bowser's 10th Annual Senior Symposium – Lunch & Learn, Reimagining Living Boldly in the Era of COVID-19, in Partnership with AARP featuring DC Health's Dr. LaQuandra Nesbitt and DPR Director Delano Hunter
Hosted by DACL

May 14: 7:00 PM
"Eat With Me" Watch-Party
DC Public Library & MOAPIA – Virtual
Hosted by DCPL

May 21: 12:00 PM
Fun Fur Fridays with the Humane Rescue Alliance – Virtual
Hosted by DACL

May 26: 9:00 AM
Senior Health & Fitness Day
Bernice Fonteneau Senior Wellness Center
Hosted by Bernice Fonteneau Wellness Center

May 26: 11:00 AM
Older Americans Month Health Fair
Model Cities Senior Wellness Center – Virtual
Hosted by Model Cities Senior Wellness Center