

Living Boldly

News and notes brought to you by the
DC Department of Aging and Community Living



Volume 6 Issue 4 A Newsletter for DC Seniors April 2026



DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

As we welcome the month of April, we also welcome the beauty and renewal that comes with a new season. Spring is a time of growth, fresh starts, and reflection on how we care for ourselves and the world around us. April offers several important reminders about health, balance, and community, including World Health Day, Stress Awareness Month, and Earth Day. Together, they remind us that caring for our own well-being and caring for the planet go hand in hand.

Health is more than just doctor's visits; it is about how we feel physically, mentally, and emotionally every day. This month recognizes Stress Awareness Month. This reminds us that stress can impact our health if we do not take time to manage it. Fortunately, there are many simple ways to combat stress and restore balance in our lives.

Activities such as taking daily walks, practicing deep breathing or meditation, spending time with loved ones, listening to music, or enjoying a favorite hobby can help bring calm and clarity. Staying socially connected is also one of the best ways to protect your mental well-being. Even small moments of relaxation, like sitting outside in the sunshine, can make a meaningful difference.

One of the best places to support your physical and emotional health is right here in the community through our Senior Wellness Centers. These centers provide opportunities for older adults to stay active, engaged, and connected. From fitness classes and health screenings to social activities and educational workshops, the centers are designed to help you live healthier and more fulfilling lives. I invite you to join us at any of our six locations around the city.

Ward 1

Bernice Fonteneau Senior Wellness Center
3531 Georgia Avenue, NW, Washington, DC 20011
Phone: (202) 727-0338

Wards 2 and 3

Around Town Satellite Wellness Program
4125 Albemarle Street, NW, Washington, DC 20016
Phone: (202) 895-9485

Ward 4

Hattie Holmes Senior Wellness Center
324 Kennedy Street, NW, Washington, DC 20011
Phone: (202) 291-6170

DACL National Nutrition Month Celebration



This National Nutrition Month, DACL brought wellness to life with interactive demos, live activations, and fresh food giveaways—all designed to inspire healthier habits and stronger communities. From learning to tasting, Team DACL experienced firsthand how good nutrition fuels vibrant living. A special thank you to DACL's amazing Nutrition Team.

Ward 5

Model Cities Senior Wellness Center
1901 Evaris Street, NE, Washington, DC 20018
Phone: (202) 635-1900

Ward 6

Hayes Senior Wellness Center
500 K Street, NE, Washington, DC 20002
Phone: (202) 727-0357

Ward 7

Washington Seniors Wellness Center
3001 Alabama Avenue, SE, Washington, DC 20020
Phone: (202) 581-6010

Ward 8

Congress Heights Senior Wellness Center
3500 Martin Luther King, Jr. Avenue, SE, Washington, DC 20032
Phone: (202) 563-7225

April also encourages us to think beyond ourselves

and consider the environment around us. As we celebrate Earth Day, we reflect on this year's theme: "Our Power, Our Planet." This message reminds us that protecting the Earth is a shared responsibility. Simple actions like recycling, conserving energy, planting flowers or trees, and keeping our neighborhoods clean can have a lasting impact on our community.

I encourage you to care for yourselves and the lives around you. When we take steps to nurture our health, manage stress, eat well, and protect our environment, we strengthen not only ourselves but our entire community.

Here is to a healthy, peaceful, and vibrant April.

In Service,
Charon P.W. Hines
Director, Department of
Aging and Community Living

Events DC's 3rd Annual Blossom Tea

Spring was in full bloom at the Third Annual Blossom Tea. District seniors had an unforgettable time celebrating community, connection, and culture over tea, treats, and great company. From beautiful moments to meaningful conversations, this event truly captured the spirit of the season.



DOWNTOWN DC **WORDS BEATS & LIFE INC.**

Jazz & Blossoms

*** PARK JAM ***

**SUNDAY
APRIL 12TH 2026**

**FRANKLIN PARK,
WASHINGTON DC**

Living Boldly

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MAYOR MURIEL BOWSER'S

10th Annual SPRING CLEANUP

Ward 1	Banneker Recreation Center 2500 Georgia Avenue NW	Ward 5
Ward 2	Garrison Elementary School 1200 S Street NW	Ward 6
Ward 3	Guy Mason Recreation Center 3600 Calvert Street NW	Ward 7
Ward 4	Emery Heights Recreation Center 5701 Georgia Avenue NW	Ward 8
	Crummell School 1900 Gallaudet Street NE	
	Sherwood Recreation Center 640 10th Street NE	
	Washington Senior Wellness Center 3001 Alabama Avenue SE	
	Malcolm X Park 500 Parkland Place SE	

SATURDAY, APRIL 25 @ 10 AM

@DCMOCRS Call us at: (202) 442-8150