

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

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

Seabury  Resources for Aging*

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00am Health Pro-Black History-Cancer 11:00am Grocery Shuttle-Walmart 12:30pm Lunch 1:30pm Dance Exercise</p>	<p>Health Pro-Black History-Cancer Arts and Crafts Lunch Saanya Connelly-AARP</p>	<p>Health Pro-Black History-Cancer Arts and Crafts Lunch Music Hour</p>	<p>Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise</p>	<p>Health Pro-Black History-Cancer Arts and Crafts Lunch Nutrition Education-Sodium Reduction VALENTINE'S DAY</p>
<p>10:00am Health Pro-What is the Heart? 11:00am Trip Day-Northeast Library 12:00pm Lunch 1:00pm Dance Exercise</p>	<p>Health Pro-Parts of the Heart Nutrition Food Demo Lunch Dance Exercise</p>	<p>Health Pro-Parts of the Heart Arts and Crafts Lunch Dance Exercise</p>	<p>Health Pro-Heart Attack Signs Arts and Crafts Lunch Dance Exercise</p>	<p>Health Pro-Heart-Healthy Nutrition Arts and Crafts Lunch Dance Exercise</p>
HOLIDAY PRESIDENTS DAY				
<p>10:00am Health Pro-Black History-Cancer 11:00am Trip Day-Centre at Forestville 12:30pm Lunch 1:30pm Dance Exercise</p>	<p>Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise</p>	<p>Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise</p>	<p>Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise</p>	<p>Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise</p>

Activities and times are subject to change

Edgewood Commons-Ward 5

635 Edgewood Street, NE

Michelle Washington (202) 459-8452



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Monday

Tuesday

Wednesday

Thursday

Friday

10:00am 11:00am 12:00pm 1:00pm	Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	3	Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	4	Health Pro-Black History-Cancer Grocery Shuttle Lunch Dance Exercise	5	Health Pro-Black History-Cancer Lillian McGilvery-AARP Lunch Dance Exercise	6	Health Pro-Black History-Cancer Nutrition Education-Sodium Reduction Lunch Dance Exercise	7
10:00am 11:00am 12:00pm 1:00pm	Health Pro-What is the Heart? Trip Day Lunch Dance Exercise	10	Health Pro-Parts of the Heart Arts and Crafts Lunch Dance Exercise	11	Health Pro-Parts of the Heart Trip Day Lunch Dance Exercise	12	Health Pro-Heart Attack Signs Nutrition Food Demo Lunch Dance Exercise	13	Health Pro-Heart-healthy Nutrition Arts and Crafts Lunch Dance Exercise	14
10:00am 11:00am 12:00pm 1:00pm	HOLIDAY PRESIDENTS DAY	17	Health Pro-President Illnesses Arts and Crafts Lunch Saanya Connelly-AARP	18	Health Pro-President Illnesses Grocery Shuttle Lunch Dance Exercise	19	Health Pro-President Illnesses Arts and Crafts Lunch Dance Exercise	20	Health Pro-President Illnesses Plants and Bloom Reimagined Lunch Dance Exercise	21
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	24	Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	25	Health Pro-Black History-Cancer Trip Day Lunch Dance Exercise	26	Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	27	Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise	28

Activities and times are subject to change

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

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February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am Health Pro-Black History-Cancer 11:00am Grocery Shuttle 12:00pm Lunch 1:00pm Dance Exercise	Health Pro-Black History-Cancer Exercise/Crochet Class Lunch BINGO	Health Pro-Black History-Cancer Open Discussion Lunch Arts and Crafts	Health Pro-Black History-Cancer Exercise Class Lunch BINGO	Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise
10:00am Health Pro-What is the Heart? Trip Day: Alamo Cinema 11:40am Lunch 12:00pm Lunch 1:00pm Dance Exercise	Health Pro-Parts of the Heart Lillian McGilvery-AARP Lunch BINGO	Health Pro-Parts of the Heart Open Discussion Lunch Arts and Crafts	Health Pro-Heart Attack Signs Exercise Class Lunch BINGO	Health Pro-Heart-healthy Nutrition Arts and Crafts Lunch Dance Exercise
HOLIDAY PRESIDENTS DAY	Health Pro-President Illnesses Exercise/Crochet Class Lunch BINGO	Health Pro-President Illnesses Open Discussion Lunch Arts and Crafts	Health Pro-President Illnesses Exercise Class Lunch BINGO	Health Pro-President Illnesses Nutrition Education-Sodium Reduction Lunch Dance Exercise
10:00am Health Pro-Black History-Cancer Trip Day: Unique Thrift Store 11:00am Lunch 12:00pm Lunch 1:00pm Dance Exercise	Health Pro-Black History-Cancer Exercise/Crochet Class Lunch BINGO	Health Pro-Black History-Cancer Open Discussion Lunch Arts and Crafts	Health Pro-Black History-Cancer Exercise Class Lunch BINGO	Health Pro-Black History-Cancer Arts and Crafts Lunch Dance Exercise

Activities and times are subject to change

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



Supported by the D.C. Department of
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Monday

February 2025

Tuesday

Wednesday

Thursday

Friday

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10:00am 11:00am 12:00pm 1:00pm	Health Pro-Black History-Cancer Uno Lunch Arts and Crafts	3	Health Pro-Black History-Cancer Grocery Shuttle-Walmart Lunch Black History Trivia	4	Health Pro-Black History-Cancer Crochet Lunch Cards	5	Health Pro-Black History-Cancer Black History Trivia Lunch Crafts	6	Health Pro-Black History-Cancer Games Lunch Crafts	7
10:00am 11:00am 12:00pm 1:00pm	Health Pro-What is the Heart? Forum Discussion Lunch Crochet	10	Health Pro-Parts of the Heart Trip Day-Alamo Cinema Lunch Crafts	11	Health Pro-Parts of the Heart BINGO Lunch Crafts	12	Health Pro-Heart Attack Signs Forum Discussion Lunch Games	13	Health Pro-Heart-Healthy Nutrition Lillian McGilvery-AARP Lunch Dance Exercise	14
10:00am 11:00am 12:00pm 1:00pm	HOLIDAY PRESIDENT'S DAY	17	Health Pro-President Illnesses Grocery Shuttle-Walmart Lunch Uno	18	Health Pro-President Illnesses Forum Discussion Lunch BINGO	19	Health Pro-President Illnesses Forum Discussion Lunch Games	20	Health Pro-President Illnesses Nutrition Education-Sodium Reduction Lunch Crafts	21
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Black History-Cancer Black History Trivia Lunch Black History Trivia	24	Health Pro-Black History-Cancer Trip Day Frederick Douglass Home Lunch Crafts	25	Health Pro-Black History-Cancer Forum Discussion Lunch BINGO	26	Health Pro-Black History-Cancer Black History Trivia Lunch Black History Trivia	27	Health Pro-Black History-Cancer Crochet Lunch Crafts	28

Activities and times are subject to change



February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Health Pro-Black History-Cancer Nutrition Education-Sodium Reduction Weekend News Lunch Puzzles 10:00am 11:00am 12:00pm 1:00pm	4 Health Pro-Black History Cancer Board Games Lunch Card Games 10:00am 11:00am 12:00pm 1:00pm	5 Health Pro-Black History-Cancer Open Discussion Lunch Arts and Crafts 10:00am 11:00am 12:00pm 1:00pm	6 Health Pro-Black History-Cancer Word Search Lunch Chair Exercise 10:00am 11:00am 12:00pm 1:00pm	7 Health Pro-Black History-Cancer Grocery Shuttle: Roses Lunch Music/Dance Hour VALENTINE'S DAY 10:00am 11:00am 12:00pm 1:00pm
10 Health Pro-What is the Heart? Nutrition Education-Sodium Reduction Weekend News Lunch Puzzles 10:00am 11:00am 12:00pm 1:00pm	11 Health Pro-Parts of the Heart Board Games Lunch Card Games 10:00am 11:00am 12:00pm 1:00pm	12 Health Pro-Parts of the Heart Lillian McGilvery-AARP Lunch Arts and Crafts 10:00am 11:00am 12:00pm 1:00pm	13 Health Pro-Heart Attack Signs Word Search Lunch Chair Exercise 10:00am 11:00am 12:00pm 1:00pm	14 Health Pro-Heart-healthy Nutrition Site Trip: Flaming Grill Lunch Music/Dance Hour 10:00am 11:00am 12:00pm 1:00pm
HOLIDAY PRESIDENTS DAY				
17 Health Pro-Black History-Cancer Nutrition Education-Sodium Reduction Weekend News Lunch Puzzles 10:00am 11:00am 12:00pm 1:00pm	18 Health Pro-President Illnesses Board Games Lunch Card Games 10:00am 11:00am 12:00pm 1:00pm	19 Health Pro-President Illnesses Open Discussion Lunch Arts and Crafts 10:00am 11:00am 12:00pm 1:00pm	20 Health Pro-President Illnesses Word Search Lunch Chair Exercise 10:00am 11:00am 12:00pm 1:00pm	21 Health Pro-President Illnesses Grocery Shuttle: Amish Market Lunch Music/Dance Hour 10:00am 11:00am 12:00pm 1:00pm
24 Health Pro-Black History-Cancer Nutrition Education-Sodium Reduction Weekend News Lunch Puzzles 10:00am 11:00am 12:00pm 1:00pm	25 Health Pro-Black History-Cancer Board Games Lunch Card Games 10:00am 11:00am 12:00pm 1:00pm	26 Health Pro-Black History-Cancer Open Discussion Lunch Arts and Crafts 10:00am 11:00am 12:00pm 1:00pm	27 Health Pro-Black History-Cancer US Attorney Oncologic: Christopher Wade Lunch Chair Exercise 10:00am 11:00am 12:00pm 1:00pm	28 Health Pro-Black History-Cancer Site Trip: Golden Corral Lunch Music/Dance Hour 10:00am 11:00am 12:00pm 1:00pm

* Activities and times are subject to change*

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

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February 2025

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

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

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 Resources for Aging*

Monday							
10:00am	Health Pro-Black History-Cancer Arts and Crafts	10:00am	Health Pro-Black History-Cancer Library Tuesday Lunch	10:00am	Health Pro-Black History-Cancer Grocery Shuttle: Walmart Lunch	10:00am	Health Pro-Black History-Cancer Tic-Tac-Toe Competition Lunch
11:00am	Lunch	11:00am	Exercise	11:00am	Let's Get Social	11:00am	Health Trivia
12:00pm	BINGO	12:00pm		12:00pm		12:00pm	
1:00pm		1:00pm		1:00pm		1:00pm	
10:00am	Health Pro-What is the Heart? Arts and Crafts	10:00am	Health Pro-Parts of the Heart Black History Trivia Lunch	10:00am	Health Pro-Parts of the Heart Site Trip: Cheesecake Factory Lunch	10:00am	Health Pro-Heart-Healthy Nutrition Tic-Tac-Toe Competition Lunch
11:00am	Lunch	11:00am	Puzzles/Games	11:00am	Let's Get Social	11:00am	BINGO
12:00pm	BINGO	12:00pm		12:00pm		12:00pm	
1:00pm		1:00pm		1:00pm		1:00pm	
HOLIDAY PRESIDENT'S DAY							
10:00am	Health Pro-Black History-Cancer Arts and Crafts	10:00am	Health Pro-President Illnesses Black History Trivia Lunch	10:00am	Health Pro-President Illnesses Grocery Shuttle: Dollar Tree Lunch	10:00am	Health Pro-President Illnesses Lillian McGilvery-AARP Lunch
11:00am	Lunch	11:00am	Puzzles/Games	11:00am	Music Hour	11:00am	Movie Hour
12:00pm	BINGO	12:00pm		12:00pm		12:00pm	
1:00pm		1:00pm		1:00pm		1:00pm	
Wednesday							
10:00am	Health Pro-Black History-Cancer Arts and Crafts	10:00am	Health Pro-Black History-Cancer Black History Trivia Lunch	10:00am	Health Pro-Black History-Cancer Site Trip: Reeves Center Lunch	10:00am	Health Pro-Black History-Cancer Movie Hour
11:00am	Lunch	11:00am	Puzzles/Games	11:00am	Music Hour	11:00am	Movie Hour
12:00pm	BINGO	12:00pm		12:00pm		12:00pm	
1:00pm		1:00pm		1:00pm		1:00pm	
Thursday							
10:00am	Health Pro-Black History-Cancer Arts and Crafts	10:00am	Health Pro-Black History-Cancer Black History Trivia Lunch	10:00am	Health Pro-Black History-Cancer Site Trip: Reeves Center Lunch	10:00am	Health Pro-Black History-Cancer Movie Hour
11:00am	Lunch	11:00am	Puzzles/Games	11:00am	Music Hour	11:00am	Movie Hour
12:00pm	BINGO	12:00pm		12:00pm		12:00pm	
1:00pm		1:00pm		1:00pm		1:00pm	
Friday							
10:00am	Health Pro-Black History-Cancer Arts and Crafts	10:00am	Health Pro-Black History-Cancer Black History Trivia Lunch	10:00am	Health Pro-Black History-Cancer Site Trip: Reeves Center Lunch	10:00am	Health Pro-Black History-Cancer Movie Hour
11:00am	Lunch	11:00am	Puzzles/Games	11:00am	Music Hour	11:00am	Movie Hour
12:00pm	BINGO	12:00pm		12:00pm		12:00pm	
1:00pm		1:00pm		1:00pm		1:00pm	

Activities and times are subject to change

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

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

Activities and times are subject to change

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



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Monday

Tuesday

Wednesday

Thursday

Friday

February 2025

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10:00am 11:00am 12:00pm 1:00pm	3 Health Pro-Black History-Cancer News Updates Lunch Table Games	4 Health Pro-Black History-Cancer Coloring Lunch TV Hour	5 Health Pro-Black History-Cancer Open Discussion Lunch Music/Dance Hour	6 Health Pro-Black History-Cancer Talk To Me Lunch Word Search	7 Health Pro-Black History-Cancer Grocery Shuttle-Walmart Lunch Music/Dance Hour VALENTINE'S DAY
10:00am 11:00am 12:00pm 1:00pm	10 Health Pro-What is the Heart? Trivia Game Lunch Let's Talk	11 Health Pro-Parts of the Heart Arts and Crafts Lunch Word Search	12 Health Pro-Parts of the Heart Mindful Meditation Lunch Find the Difference	13 Health Pro-Heart Attack Signs US Attorney Office/Dr. Christopher Wade Lunch Word Search/Coloring	14 Health Pro-Heart-healthy Nutrition Trip Day-Roses Lunch Music/Dance Hour
10:00am 11:00am 12:00pm 1:00pm	17 HOLIDAY PRESIDENTS DAY	18 Health Pro-President Illnesses Coloring/Puzzles Lunch Music/Dance Hour	19 Health Pro-President Illnesses Love Yourself Lunch Word Search	20 Health Pro-President Illnesses Card Game Lunch TV Hour	21 Health Pro-President Illnesses Grocery Shuttle-Martha's Table Lunch Music/Dance Hour
10:00am 11:00am 12:00pm 1:00pm	24 Health Pro-Black History-Cancer Let's Talk Lunch Find the Difference	25 Health Pro-Black History-Cancer Table Games Lunch Coloring/Puzzles	26 Health Pro-Black History-Cancer Lillian McGilvery-AARP Lunch Movie Hour	27 Health Pro-Black History-Cancer Mindful Meditation Lunch Trivia Games	28 Health Pro-Black History-Cancer Trip Day-Golden Corral Lunch Music/Dance Hour

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