

About the Institute of Gerontology

Mission

The mission of the Institute of Gerontology (IOG) is to help preserve the independence of District of Columbia residents, and to support low-income and disabled people 60 years old and above, with high-quality and compassionate volunteer service, through our Senior Companion and Respite Aide programs.

Vision

The Institute's vision is to improve the lives of seniors who need assistance to live independently in their homes and communities; to enhance their quality of life through health, wellness, and fitness; to live longer and more productive lives; and to improve cognitive ability and social engagement through university courses for District of Columbia senior citizens.

Core Values

- » Excellence
- » Collaboration
- » Sustainability
- » Innovation
- » Integrity

Health, wellness, and fitness activities for seniors 60 years old and above in the District of Columbia are provided by IOG through its Bodywise, Fitness, and Health programs.

Higher education, tuition assistance, and intergenerational social engagement are provided by IOG through its Senior Tuition program, for District of Columbia residents 65 years old and above.

www.udc.edu/causes/

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About the University of the District of Columbia

An HBCU, urban land-grant, and the only public university in the nation's capital, the University of the District of Columbia (UDC) is committed to a broad mission of education, research and community service. Established by abolitionist Myrtilla Miner in 1851, the University offers Associate, Bachelor, Master and Doctorate degrees and a host of workforce development services designed to create opportunities for student success. The University is comprised of the College of Agriculture, Urban Sustainability & Environmental Sciences; College of Arts & Sciences; School of Business & Public Administration; School of Engineering & Applied Sciences; UDC Community College; and the UDC David A. Clarke School of Law. To learn more, visit www.udc.edu. The University of the District of Columbia is an Equal Opportunity/Affirmative Action institution. Minorities, women, veterans and persons with disabilities are encouraged to apply. For a full version of the University's EO Policy Statement, please visit: http://www.udc.edu/equal_opportunity. The University of the District of Columbia is accredited by the Middle States Commission on Higher Education, 1007 North Orange Street, 4th Floor, MB #166, Wilmington, DE 19801, 267-284-5011.

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Institute of Gerontology

The Center for Nutrition, Diet, and Health (CNDH)

UNIVERSITY OF THE
DISTRICT OF COLUMBIA
COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY
AND ENVIRONMENTAL SCIENCES



Programs

Senior Companion Program - Touches the lives of adults who need extra assistance to live independently in their own homes and communities. The program serves frail older adults, adults with disabilities, and those with terminal illness. Senior Companions assist their adult clients in basic, but essential, ways: offering companionship and friendship to isolated older adults, assisting with simple chores, providing transportation, and adding richness to their clients' lives.



AmeriCorps
Seniors

Respite Aide Program - Provides in-home assistance to seniors living alone. The program also provides support to caregivers. The service helps individuals and families deal with challenges of living independently in older adulthood.

Senior Tuition Program - Tuition and fees normally required for students will be waived for qualifying senior citizens. In order to qualify, applicants must be 65 years of age or older, residents of the District of Columbia, and admitted to the University. If a Senior Tuition Student would like to obtain a degree, he/she is required to pay half of the tuition and fees set for the students in their program. Courses are available at the UDC Community College and Van Ness Campus.

Bodywise Health and Fitness Program - Health, wellness, and fitness activities for citizens 60 years old and above in the District of Columbia are provided by IOG, through Bodywise, Fitness, and Health programs. Some of the benefits may include: an increase in participants' cardiovascular efficiency, improved muscular strength and flexibility, and increased physical activity. The Bodywise program consists of water aerobics, yoga, low-impact aerobics, and movement/chair exercises. Classes are conducted by certified instructors.

Bodywise Sites & Schedules

Ward 3

Wilson Aquatic Center - 4551 Fort Drive, NW 20016

- Water Aerobics - Mon, Wed, & Fri, 8:00 a.m. - 8:45 a.m.
- Water Aerobics - Mon, Wed, & Fri, 12:00 p.m. - 12:45 p.m.

UDC Van Ness Student Center, Wellness Center

4200 Connecticut Avenue, NW 20008

- Low-Impact Aerobics - Tues & Thurs, 9:30 a.m. - 10:15 a.m.
- Yoga - Mon & Fri, 10:30 a.m. - 11:15 a.m.

Ward 4

Takoma Aquatic Center - 300 Van Buren Street, NW 20011

- Water Aerobics - Mon, Wed & Fri, 8:00 a.m. - 8:45 a.m.
- Water Aerobics - Mon, Wed & Fri, 12:00 p.m. - 12:45 p.m.

Ward 5

The View - 635 Edgewood Street, NE 20017

- Low-Impact Aerobics/Movement & Chair
Mon & Fri, 2:15 p.m. - 3:00 p.m.

Turkey Thicket Aquatic Center

1100 Michigan Avenue, NE 20017

- Water Aerobics - Mon, Wed & Fri, 9:15 a.m. - 10:00 a.m.
- Water Aerobics - Mon, Wed & Fri, 12:00 p.m. - 12:45 p.m.



Ward 7

Allen House - 3760 Minnesota Avenue, NE 20019

- Low-Impact Aerobics/Movement & Chair
Wed & Fri, 1:00 p.m. - 2:00 p.m.

Phillip T. Johnson Senior Center

3440 Minnesota Avenue, SE 20019

- Low-Impact Aerobics/Movement & Chair
Tues & Thurs, 1:15 p.m. - 2:00 p.m.

Ward 8

SOME Senior Center - Kuehner House

1667 Good Hope Road, SE 20020

- Movement & Chair - Mon & Wed, 11:15 a.m. - Noon

Barry Farm Aquatic Center - 1230 Summer Road, SE 20020

- Water Aerobics - Mon, Wed, & Fri, 8:00 a.m. - 8:45 a.m.
- Water Aerobics - Mon, Wed, & Fri, 12:00 p.m. - 12:45 p.m.

Overlook @ Oxon Hill - 3700 9th Street, SE 20032

- Low-Impact Aerobics/Movement & Chair
Mon & Fri, 9:00 a.m. - 9:45 a.m.

