

Older Americans Month



Every May, the Baltimore City Health Department's Aging and CARE Services, leads our city's observance of Older American's Month. This year's theme is, **Engage at Every Age**, emphasizing that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

In recognition of this month, please join us at the following events:

May 4th, 2018: Intergenerational Prom, 7:00 pm to 10:00pm at Zeta Center

May 9th, 2018: Waxter Wisdom, 10:00 am to 12:00 pm at Waxter Center

May 10th, 2018: Mother's Day Escape, 9:00 am to 12:00 pm at Zeta Center

May 10th, 2018: Centenarian Celebration, 11:00 am to 2:00 pm at Martin's West

May 16th, 2018: Senior Nutrition and Wellness Expo, 9:00 am to 2:30 pm at Waxter Center

May 23rd, 2018: Family Caregivers Conference, 9:00 am to 2:00 pm at Morgan State

May 30th, 2018: National Senior Fitness Day, 10:00 am to 12:00pm at Patterson Park

Please call (410) 396-1337 to attend or participate as a vendor at any of the events.



Mayor, Catherine E. Pugh

**BALTIMORE
CITY HEALTH
DEPARTMENT**

Leana S. Wen, M.D., M.Sc., Commissioner of Health