

Senior Citizens

- Senior Services of Alexandria (SSA)
 - A nonprofit organization that has as its mission, “To foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity.” SSA operates a Meals on Wheels delivery program, presents educational programs through various events, a speaker series, and a monthly cable television production, Senior Living in Alexandria. SSA and the Animal Welfare League of Alexandria operate the Animeals on Wheels program, providing food for pets of low-income seniors. SSA’s Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community. SSA also operates a Groceries to Go program for seniors who have difficulty shopping.
 - Website: www.seniorservicesofalex.org
 - Contact: volunteer@seniorservicesofalex.org
- Iona
 - Iona's mission is to support people as they experience the challenges and opportunities of aging. They educate, advocate, and provide community-based programs and services to help people age well and live well. They envision a community that celebrates, values, respects and protects the contributions and possibilities of every individual. They have two sites, one near the Tenleytown metro and the other at St Albans (next to the National Cathedral.) Service Learning opportunities include: design and implement community workshops; collaborate on health and wellness programs; partner with health policy experts on cutting edge research; contribute key elements to communications strategies; assist in the development of outreach tools in the arts, community engagement and social services.
 - Website: www.iona.org
 - Contact: volunteer@iona.org
- Seabury Age-In-Place
 - Seabury Age-In-Place provides community-supported, inter-generational housing programs for at-risk senior citizens living in Wards 4 and 5 in Northeast Washington, DC. Age-In-Place (AiP) program is available to low to moderate income seniors 60 years and older who are living in Wards 4 and 5 in Washington, DC. Through the help of volunteers, they are able to provide services such as yard work, house cleaning and painting to the seniors. The best thing about these services is that they are free!
 - Website: www.seaburyresources.org
 - Volunteer page: <https://www.seaburyresources.org/srj/index.php/volunteer-give/volunteer>
- Alliance for Aging Research
 - The private, not-for-profit Alliance for Aging Research is a national citizen advocacy organization working to improve the lives of Americans as they grow older by advancing biomedical and behavioral research in aging and health. The Alliance was founded in 1986 to promote and accelerate medical and scientific research into aging. As America’s Baby Boom is transformed to an unprecedented Senior Boom, the Alliance is a valued and respected voice in the nation’s capital: developing, implementing and advocating programs in research, health education and public policy.
 - Website: www.agingresearch.org
 - Contact: info@agingresearch.org
- Armed Forces Retirement Home

- The Armed Forces Retirement Home provides outstanding services and amenities that rival those found throughout the United States. For those who meet the eligibility requirements, there are no costly initiation or registration fees, and the monthly user fees are affordable.
 - Website: www.afrh.gov
 - Contact: volunteer@afrh.gov
- Arts for the Aging
 - Arts for the Aging is a pioneering organization that provides outreach programs specially designed to engage older adults in health improvement and life enhancement through the arts. Research shows that regular participation in programs like AFTA's help to minimize age-related physical and cognitive impairments, and contributes to better physical, intellectual and emotional health.
 - Website: www.aftaarts.org
 - Contact: info@aftaarts.org
- DC Center for Independent Living
 - D.C. Center for Independent Living, Inc., (DCCIL) is a consumer controlled, cross disability, community based, private non-profit organization that promotes independent life styles for persons with significant disabilities in DC.
 - Website: www.dccil.org
 - Contact: info@dccil.org
- Friendship Terrace (Seabury Resources)
 - Friendship Terrace is an independent living senior community in Tenleytown, Washington DC. Friendship Terrace would welcome students who are interested in volunteering one-on-one with our residents to assist them with daily needs.
 - Website: www.friendshipterrace.com
 - Contact: (202) 244-7400
- Gaithersburg Beloved Community Initiative
 - Partnering with Wesley Theological Seminary, the Gaithersburg Beloved Community Initiative engages Asbury residents who are currently in retirement with 3rd through 5th graders from local Gaithersburg elementary schools. This mentor program was inspired by a Martin Luther King Day sermon on the challenges facing minority youth and is named after King's vision of social justice and equality.
 - Website: <http://www.asburymethodistvillage.org/lifestyle/giving-back/gaithersburg-beloved-community-initiative>
 - Contact: amoran@asbury.org or swmarullo@wesleyseminary.edu
- Sarah's Circle
 - There are many ways to support Sarah's Circle by offering your time and talent to improve their programs, their building, and the lives of the seniors they serve. Whether you are looking for a one-day volunteer opportunity for a group (adults and children are welcome) or to volunteer as an individual, they can accommodate your schedule and your needs. From serving meals to providing landscaping and painting assistance to coordinating fun and lively activities and parties for the seniors, every day is valuable at Sarah's Circle.
 - Website: www.sarahscircle.org
 - Volunteer page: <http://www.sarahscircle.org/support-our-work/volunteer/>
- Stoddard Baptist Global Care at the Washington Center for Aging Services
 - Stoddard Baptist Global Care at the Washington Center for Aging Services provides the support and compassionate care that allows seniors to lead lives of purpose and joy, even while facing the many challenges of aging. They provide physical therapy, occupational therapy, and speech therapy services.

- Website: www.stoddardbaptistglobal.org
- Contact: (202) 541-6200
- Vida Spanish Senior Center
 - The Center provides daily hot lunches, recreational activities, counseling, transportation, health promotion, case management, employment and housing assistance, visits and calls, an escort service, and Spanish/English translation and interpretation. District residents age 60 and over may participate and services are free of charge; however, voluntary contributions are encouraged. This is part of the DC Office on Aging Senior Center Network. Spanish is extremely helpful.
 - Website: www.vidasenorcenter.org
 - Contact: info@vidasenorcenters.org
- We Are Family
 - We Are Family serves seniors in the Shaw, North Capitol Street, Adams-Morgan, Petworth, and Columbia Heights neighborhoods by bringing advocacy, services, organizing, and companionship in to the homes of the elderly while helping to build friendships across boundaries like race, class, religion, age, culture, and sexual orientation. Volunteers can assist with grocery delivery, senior visits, and more.
 - Website: www.wearefamilydc.org
 - Contact: info@wearefamilydc.org