



[Councilmember]

Councilmember Anita Bonds

A CEREMONIAL RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

To honor and recognize Congress Heights Senior Wellness Center of Ward 8 for serving and supporting its senior residents, providing vital programming that enhances the health, well-being, independence, and quality of life of adults aged 60 and above in the District of Columbia.

WHEREAS, September is Healthy Aging Month and this year's theme celebrates the value of being curious throughout our lives by staying connected with others, staying active, and trying new things;

WHEREAS, we in the District of Columbia are fortunate to have in place Senior Wellness Centers that actively involve any resident over the age of 60 who wishes to participate or enjoy the services offered by the Centers;

WHEREAS, the Senior Wellness Centers of the District of Columbia have served as a vital community resource since 1985 and are dedicated to enhancing the health, well-being, independence, and quality of life of seniors throughout the District of Columbia;

WHEREAS, these Centers provide opportunities for lifelong learning, physical fitness, nutrition education, health promotion, disease prevention, social engagement, and cultural enrichment;

WHEREAS, the Senior Wellness Centers foster meaningful connections among residents, helping to reduce isolation, strengthen community bonds, and promote active and healthy aging;

WHEREAS, the dedicated staff, volunteers, community partners, and supporters of the Senior Wellness Centers work tirelessly to provide programs and services that empower older adults to live with dignity, purpose, and independence;

47 WHEREAS, the Senior Wellness Centers reflect the District of Columbia’s commitment
48 to honoring and supporting its senior residents, recognizing their contributions, wisdom, and
49 continued engagement in civic and community life;

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51 WHEREAS, the success of the Senior Wellness Centers is a testament to the vision,
52 leadership, and dedication of those who have championed services for older adults in DC;

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54 WHEREAS, the Congress Heights Senior Wellness Center (CHSWC) staff consistently
55 serves the Ward 8 Senior Community with unwavering dedication, vision, and service;

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57 WHEREAS, the CHSWC was founded under Providence Hospital, evolved through the
58 stewardship of the East River family strengthening collaborative, and is now under the strong
59 leadership of the Far Southeast Family Strengthening Collaborative; and

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61 WHEREAS, this center functions under the leadership and commitment of their Advisory
62 Board, member leaders and dedicated staff.

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64 RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, Tat this
65 resolution may be cited as the “Congress Heights Senior Wellness Center Recognition
66 Resolution of 2026”.

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68 Sec. 2. The Council of the District of Columbia recognizes Congress Heights Senior
69 Wellness Center for providing a haven for seniors and a place where many services and
70 amenities, good food, and good company are available.

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72 Sec. 3. This resolution shall take effect immediately upon the first date of publication in
73 the District of Columbia Register.