



**“There is no power for change
greater than a **community**
discovering what it **cares**
about.”**
-Margaret J. Wheatly

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Visit www.AroundtownDC.org
for more events and programs



ACTIVE WELLNESS AT SAINT ALBAN'S—NOVEMBER 2024

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Welcome, friends, to the Active Wellness Program. Active Wellness is open to all DC residents age 60 and better. There is no charge to participate, although donations to our community dining program enable us to continue to provide great programming. Yearly registration is required. You can register onsite during open hours—10 am to 2 pm.

Read on for news and updates!



Join Us!

Fellowship and Activities
Monday through Friday 10-2

Community Dining at 12:00 pm
Hot, nutritious lunch served daily
Reserve onsite

*St. Albans Episcopal
Church
Satterlee Hall
3001 Wisconsin Ave, NW
Washington, DC 20016*

MEDIA



Program News & Highlights



Watercolors with Ida continues Tuesdays in November

By popular demand, Ida has agreed to teach through November, with a focus on perspective. This class is open to all levels and materials are supplied. Room 203 at 12:45.



Resource Specialist is onsite Nov. 12 & 26

On alternate Tuesdays from **10 to noon**, Iona social worker Trevor will be onsite to answer general questions related to aging and assist with benefits, recertifications, SNAP, and more. He will be in Room 203. Stop in and say hello!



Nutrition Education with Darlyn—Wed. Nov. 13 —10:30-11:00

Get timely information about current trends in nutrition, and food advice to keep you healthy. Darlyn is delighted to answer your questions following her presentation.



Produce Market is Thursday, Nov. 21—10:30-11:30

On Oct. 24, we will have seasonal fresh fruits and vegetables to distribute to participants. Bring your reusable bag!



Thanks for Signing In

You may have noticed something new on our sign-in sheets. In order to ensure everyone has filled out the waivers needed to comply with Iona and Spirit Fitness, and completed a photo release, there are new columns. This is a one time requirement. Please leave a little extra time to stop at the Reception Table and be sure that you have signed the daily sheet and ordered your lunches for the upcoming week. Thank you!

Afternoon & Special Programs

Afternoon programs begin at 12:45 pm.

Monday, November 4, Bingo w/Ellen & Jude

Monday, November 11, CLOSED IN OBSERVANCE OF VETERANS DAY

Monday, November 18, Edie hosts Repair Café



Monday, November 25, Monthly Birthday Party -stay tuned for the entertainment

Tuesdays, November 12 & 26, Resource Specialist Trevor 10 am–12 noon

Tuesdays—Comedy Improv w/Topher

Tuesdays—Watercolors w/Ida

Wednesday, November 13, Iona dietitian Darlyn —10:30 am

Wednesdays—Art Adventures with Meg



Thursdays—Music with Susan

Thursdays—Open Art

Thurs., Nov. 21, 10:30—Produce Market



Thurs., Nov. 28 CLOSED FOR THANKSGIVING

Fridays—Drumming with Monty



Friday, Nov. 29
CLOSED: DAY AFTER
THANKSGIVING

Scheduled Trips



THE WHITE HOUSE EXPERIENCE

An immersive look at the history and legacy of “The People’s House”

Thursday, November 7

Bus Departs: 10:15 am

Estimated Return: 12:45 pm

MUSEUM OF WOMEN IN THE ARTS

This trip is in conjunction with Meg’s art class—space is limited and a hot lunch will be served prior to departure

Wednesday, November 13

Bus Departs: 12:30

Estimated Return: 2:30 pm

BLACK FRIDAY DAILY DEALS

A return visit to this bargain treasure trove—all items \$4

Tuesday, November 19

Bus Departs: 9:30 am

Estimated Return: 12:30 pm

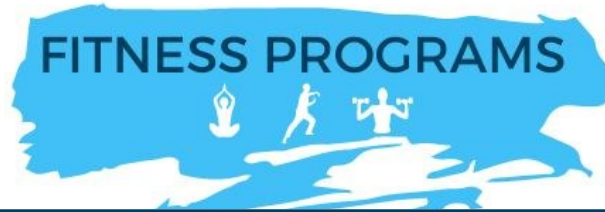
Boxed lunches will be provided for participants upon return to the Center



Sign Up at the Reception Table



Candid Camera Moments



Join Us!

“The Body Achieves,
What the Mind Believes”
-Anonymous

Yoga & Movement with Penelope
Mondays at 11:00 am

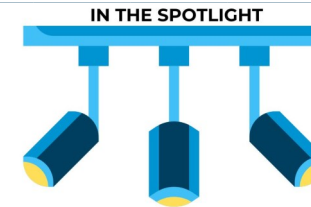
Strength, Balance, & Core with Emma
Tuesdays at 11:00 am

Yoga and Free Movement with Archana
Wednesdays at 11:00 am

Meditation & Movement with Meg
Thursdays at 11:00 am

Chair Cardio Kickboxing with Vernetta
Fridays at 11:00 am

All exercise classes are chair-based. Some can be modified to be done standing. No need to bring equipment—hand weights and straps are used for some classes and provided onsite.



Welcome New Participants

We are delighted to see our Active Wellness program grow! Be sure to say hello to Pam, Sharon, Ron, Judy, Linda, Marie, Ellalouise, Pamela, and Theresa. Please take a nametag at the Reception Table and help them get to know you.



Memory Clinics

Iona social workers will be on-site during November conducting memory screenings. If you are interested in this free assessment let us know at the Reception Desk. Participants have found it interesting and worthwhile.

Chair Yoga



For the month of November, Archana will be leading chair yoga and movement on Wednesdays at 11. Come try it out!

Mahjong



Have you ever been curious about this tile-based game? Let us know at the Reception Desk. If there is enough interest, we may try to get a teacher.

Thank You...

In this month of Thanksgiving, I want to express my appreciation for the many ways people pitch in to form the amazing community of Active Wellness at St. Albans. Volunteers Mary, Eulalie, Rosemary, and Barbara contribute hundreds of hours doing administrative work, serving food, welcoming participants, and arranging the greeting cards. They are the heart and backbone of our work!

Assisting them are participants who see a need and fill it. Joan writes our daily bulletin board and sets up the art room, Joe and Nader arrange chairs for exercise, Harold and many others bring food for the coffee table. Eleanora creates awesome placemats. People, including Joyce, help to clean up and organize. They share their talents and are good neighbors. If I haven't recognized you by name, please know that you are appreciated!

I'd also like to recognize the people who make meal donations—daily, weekly or monthly, by check or by cash. We put that money back into our programming, and it lets us know we are doing a good job. And to the donor who dropped a \$100 bill in the donation box—you know who you are—it is most gratefully accepted!

Frances



Annual trip to Homestead Farms: Raymond, goats, Merat & Wilma







Above: Katie at the October Market

Right, clockwise: Mildred, Lucy, Delores, Valerie, Wilma, Joy, Harold & Faye



IONA ACTIVE WELLNESS AT SAINT ALBAN'S

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ 10:00am Coffee & Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 12:45pm Drumming w/Monty
⁴ 10:00am Coffee & Word Games 11:00am Yoga & Movement w/Penelope 12:00pm Lunch 12:45pm BINGO	⁵ 10:00am Coffee & AM Music 11:00am Strength, Balance & Core w/Emma 12:00pm Lunch 12:45pm Improv w/Topher 12:45pm Watercolors w/Ida	⁶ 10:00am Local News & Coffee 11:00am Chair Yoga w/Archana 12:00pm Lunch 12:45pm Art Adventure w/Meg 12:45pm Chess with Bruce	⁷ 10:00am Coffee & Crosswords 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm Music w/Susan 12:45pm Open Art <i>10:30 Trip: PEOPLE'S HOUSE</i>	⁸ 10:00am Coffee & Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 12:45pm Drumming w/Monty
¹¹ PROGRAM CLOSED FOR VETERAN'S DAY 	¹² 10:00am Coffee & AM Music 10:00 am Resources w/Trevor 11:00am Strength, Balance & Core w/Emma 12:00pm Lunch 12:45pm Improv w/Topher 12:45pm Watercolors w/Ida	¹³ 10:00am Local News & Coffee 10:30am Nutrition Ed w/Darlyn 11:00am Chair Yoga w/Archana 12:00pm Lunch <i>12:30 Trip: MUSEUM OF WOMEN IN THE ARTS</i> 12:45pm Chess with Bruce	¹⁴ 10:00am Coffee & Crosswords 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm Music w/Susan 12:45pm Open Art	¹⁵ 10:00am Coffee & Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 12:45pm Drumming w/Monty
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