



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

Iona Senior Services

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Visit www.AroundtownDC.org
for more events and programs



ACTIVE WELLNESS AT SAINT ALBAN'S— MARCH 2025

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Welcome, friends, to the Active Wellness Program at St. Albans. 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*

Program News & Highlights



Resource Specialist onsite Tues. March 4 & 18, 10 to 12

Iona social worker Trevor will 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!

Thurs., March 6—Memory Changes: Is it Normal Aging or Dementia? Iona Social Worker Julia will discuss this important topic and share information about the Dementia Navigators program. **(to be rescheduled)**

Mon., March 10—12:45 Repair Café w/Edie



Mon., March 17—12:45 St. Patrick's Day Bingo

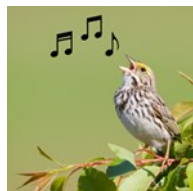
Lucy has some special prizes to mark the day!

Produce Market—Thurs, March 20, 12:45

Please bring your reusable bag to stock with a variety of seasonal fruits and vegetables.



Senior Medicare Patrol—Mon., March 24, 12:45 In conjunction with Legal Counsel for the Elderly, Ms. Lillian McGilvery will present on Lowering Part D costs and discuss prescription drug fraud.



Singalong with Deborah—Thurs, March

27, 12:45 Try something new at the Center! Deborah will bring the sheet music and we can enjoy some group singing.

March Birthday Party—Mon, March 31, 12:45

Celebrate our friends that were born in March with our favorite DJ, Ricky Ricardo!



Afternoon & Special Programs

Afternoon programs begin at 12:45 pm.

Monday, March 3, Movie Matinee

Monday, March 10, Edie hosts Repair Café



Mon, March 17, St. Patrick's Day Bingo

Monday, March 24, Senior Medicare Patrol

Monday, March 31, Monthly Birthday Party w/ DJ Ricky Ricardo

Tuesday, March 4 & 18, Resource Specialist Trevor 10 am—12 noon



Tuesdays—Comedy Improv w/Topher

Tuesdays—Watercolors w/Ida

Wednesdays—Art Adventures with Meg

Thursday, March 6—Julia P. Dementia Navigator

Thursday, March 13—Musical Memory Lane

Thurs, March 20—Produce Market, 10:30–11:30

Thursday, March 20—Musical Memory Lane

Thursday, March 27—Singalong with Deborah

Fridays—Drum Circle



Scheduled Trips



[“GLEANERS SONG at GLEN ECHO](#)
We'll get a guided tour of this nature-based exhibit from the artist.

Friday, March 7

Bus departs 12:30 pm

Estimated return: 2:30 pm

Lunch will be served prior to departure.

[SHOPPING at GOODWILL](#)

Score some bargains at this newly designed store in Petworth.

Thursday, March 13

Bus Departs: 10:15 am

Estimated Return: 12:45 pm

A boxed lunch will be served upon return to the Center.

[DACL'S CHERRY BLOSSOM SOIREE](#)

Join seniors from around DC at this fancy tea party at the Convention Center. Dress to impress! Tickets are limited.

Friday, March 21

Bus departs 11:00 am

Estimated return: 3:00 pm

Lunch will be served at the program.



Sign Up at the Reception Table



Meet Tai!



We are delighted to welcome Tai to Iona! Tai will be working as Site Assistant at St. Albans and with the Around Town DC program. Tai is a graduate of Salisbury University where he majored in sociology and minored in Conflict Resolution. Tai enjoys spending time with his friends and dogs, and also enjoys exercising, travel, and outdoor adventures in his leisure time.

Say hello when you see Tai around the program!

Look out for our new sign-in sheets

Iona works with the Dept. of Aging & Community Living to provide the lunch and activities we enjoy each day at Active Wellness. It is important that we demonstrate good faith that the people whom we say we serve are actually taking part in our programs. Your signature affirms that.

While we can chase you down for your signature, it makes life much easier on our small staff if you stop first at the Reception Table to sign in. We appreciate it!

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

Indian Dance with Shuchi
Wednesdays at 11:00 am

Meditation & Movement with Meg
Thursdays at 11:00 am

Chair Cardio Kickboxing with Vernetta
Fridays at 11:00 am

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



WOMEN’S HISTORY MONTH

Each March, we recognize the important and often unsung contributions that women have made to American and worldwide history. In our Capital area, two exceptional women are showcased in historic sites run by the National Park Service.



In Glen Echo Park stands an 18 bedroom house that was once the headquarters of the American Red Cross and home to its founder, Clara Barton, and the volunteers who helped her respond to domestic and foreign disasters. Barton, who was known as the “Angel of the Battlefield,” had been working out of a small building in downtown DC, which is now the Missing Soldiers Office Museum.

Clara Barton was born in 1821 and during her long life of service founded the first public school in New Jersey, revolutionized battlefield medical care as a self-taught nurse, responded to emergencies including the Johnstown Flood in Pennsylvania and the genocide in Armenia, and popularized first aid. She died in 1912.

You can learn more about her at the Clara Barton National Historic Site, open Fri-Sun with tours at 1, 2, 3 & 4 pm.

Over 50 years later Mary McLeod Bethune began life near Maysville, SC, the 15th of 17 children. At the age of 9, Mary could pick 250 pounds of cotton a day. She benefited from efforts to educate African Americans after the Civil War. Encountering prejudice in her quest to become a missionary, she turned to teaching, and was a lifelong educator as well as a business woman and early “influencer,” advising both Eleanor and Franklin Roosevelt. She was also appointed by Harry Truman to be at the founding conference of the United Nations in 1945.

Mary McLeod Bethune’s accomplishments include founding many organizations, beginning with what ultimately became the Bethune-Cookman Institute in 1929. She founded the National Council of Negro Women in 1935, and in 1940 became a Vice President of the National Association for the Advancement of Colored People (NAACP), a position she held for the rest of her life. She is known as the “First Lady of Negro America.”

You can learn more at the Mary McLeod Bethune Council House National Historic Site that was her final residence. It’s located at 1318 Vermont Ave, NW, and is open Thursdays & Fridays from 9:30-4:30.



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>10:00am Coffee & Conversation 11:00am Yoga & Movement w/ Penelope 12:00pm Lunch 12:45pm Movie Matinee</p>	<p style="text-align: right;">4</p> <p>10:00am Coffee & Conversation 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</p>	<p style="text-align: right;">5</p> <p>10:00am Coffee & Conversation 11:00am Indian Dance w/ Shuchi 12:00pm Lunch 12:45pm Art Adventure w/Meg 12:45pm Chess with Bruce</p>	<p style="text-align: right;">6</p> <p>10:00am Coffee & Conversation 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm Musical Memory Lane</p>	<p style="text-align: right;">7</p> <p>10:00am Coffee & Conversation 11:00am Chair Cardio Kick- Boxing w/Vernetta 12:00pm Lunch 12:30am TRIP: Gleaner's Song at Glen Echo 12:45pm Drumming</p>
<p style="text-align: right;">10</p> <p>10:00am Coffee & Conversation 11:00am Yoga & Movement w/ Penelope 12:00pm Lunch 12:45pm Repair Café w/Edie</p>	<p style="text-align: right;">11</p> <p>10:00am Coffee & Conservation 11:00am Strength, Balance & Core w/Emma 12:00pm Lunch 12:45pm Improv w/Topher 12:45pm Watercolors w/Ida</p>	<p style="text-align: right;">12</p> <p>10:00am Coffee & Conversation 11:00am Indian Dance w/ Shuchi 12:00pm Lunch 12:45pm Art Adventure w/Meg 12:45pm Chess with Bruce</p>	<p style="text-align: right;">13</p> <p>10:00am Coffee & Conversation 10:15am TRIP: Shopping at Goodwill 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm Musical Memory Lane</p>	<p style="text-align: right;">14</p> <p>10:00am Coffee & Conversation 11:00am Chair Cardio Kick- Boxing w/Vernetta 12:00pm Lunch 12:45pm Drumming</p>
<p style="text-align: right;">17</p> <p>10:00am Coffee & Conversation 11:00am Yoga & Movement w/ Penelope 12:00pm Lunch 12:45pm St. Patrick's Day Bingo</p>	<p style="text-align: right;">18</p> <p>10:00am Coffee & Conversation 10:00 am Resources w/Trevor 11:00am Strength, Balance & Core w/Emma 12:00pm Lunch 12:45pm Improv w/Topher 12:45 Watercolors w/Ida</p>	<p style="text-align: right;">19</p> <p>10:00am Coffee & Conversation 11:00am Indian Dance w/ Shuchi 12:00pm Lunch 12:45pm Art Adventure w/Meg 12:45pm Chess with Bruce</p>	<p style="text-align: right;">20</p> <p>10:00am Coffee & Conversation 10:30am Produce Market 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm Musical Memory Lane</p>	<p style="text-align: right;">21</p> <p>10:00am Coffee & Conversation 11:00am TRIP: Cherry Blossom Soiree 11:00am Chair Cardio Kick- Boxing w/Vernetta 12:00pm Lunch 12:45pm Drumming</p>
<p style="text-align: right;">24</p> <p>10:00am Coffee & Conversation 11:00am Yoga & Movement w/ Penelope 12:00pm Lunch 12:45pm Senior Medicare Patrol</p>	<p style="text-align: right;">25</p> <p>10:00am Coffee & Conversation 11:00am Strength, Balance & Core w/Emma 12:00pm Lunch 12:45pm Comedy Improv w/ Topher 12:45 Watercolors w/Ida</p>	<p style="text-align: right;">26</p> <p>10:00am Coffee & Conversation 11:00am Indian Dance w/ Shuchi 12:00pm Lunch 12:45pm Art Adventure w/Meg 12:45pm Chess with Bruce</p>	<p style="text-align: right;">27</p> <p>10:00am Coffee & Conversation 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45 pm Singalong with Debo- rah</p>	<p style="text-align: right;">28</p> <p>10:00am Coffee & Conversation 11:00am Chair Cardio Kick- Boxing w/Vernetta 12:00pm Lunch 12:45pm Drumming</p>

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10:00am Coffee & Conversation
11:00am Yoga & Movement w/
Penelope
12:00pm Lunch
12:45pm Monthly Birthday Party
w/DJ Ricky Ricardo



March 2025

All Programs Subject to Change