



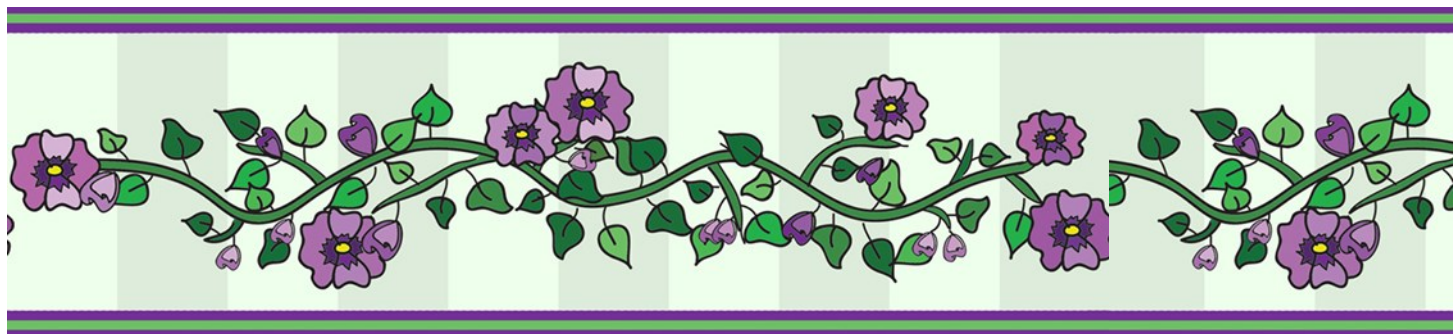
**“There is no power for change  
greater than a **community**  
discovering what it **cares**  
about.”**  
-Margaret J. Wheatly

## **Iona Senior Services**

4125 Albemarle Street, NW  
Washington, DC 20016

Tel: 202-895-9448 Fax: 202 362-2032  
TTY: 202-895-9448  
Website: [www.iona.org](http://www.iona.org)

Visit [www.AroundtownDC.org](http://www.AroundtownDC.org)  
for more events and programs



## ACTIVE WELLNESS AT SAINT ALBAN'S—MAY 2025

### St. Albans Team

**Frances Bucien**  
Site Manager  
(202) 656-5488  
[fbucien@iona.org](mailto:fbucien@iona.org)

**Tai Banjo**  
Site Assistant  
[tbanjo@iona.org](mailto:tbanjo@iona.org)

**Avery Chatham**  
[AChatham@iona.org](mailto:AChatham@iona.org)  
DACL Project Director  
Wards 2 & 3

**Alicia Spruill**  
[ASpruill@iona.org](mailto:ASpruill@iona.org)  
Activities & Outreach  
Coordinator  
Wards 2 & 3

**Liana King**  
[LKing@iona.org](mailto:LKing@iona.org)  
Around Town DC  
Program Manager

**Mykal Lee**  
[MLee@iona.org](mailto:MLee@iona.org)  
Associate Director of  
Programs  
202-459-9634

**Chris Brentin**  
[CBrentin@iona.org](mailto:CBrentin@iona.org)  
Senior Nutrition Manager



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

**Thurs, May 1, 12:45 Begin the month with Bingo**  
Special prizes courtesy of Lucy!

**Mon, May 5, 12:45 Town Hall & Ice Cream Social**  
Everyone is encouraged to come share their suggestions about the program, get briefed on important safety information, and learn about new initiatives at Active Wellness. We'll follow it up with a sweet treat!



**Wed, May 7, 10-2 Mothers Day Tea & Party**  
Join friends from other Iona sites for a day celebrating mothers and others. There will be tea, hand and line dancing lessons, a special lunch and DJ. You must register to attend!



**Thurs, May 8—12:45 Visit from the Dept. of Buildings**  
Dellanea Hutchinson will provide an overview of the agency and address concerns related to vacant properties, illegal construction, and housing property maintenance. After sharing information that relates to all of us, she'll answer questions, and she's promised to share some fun swag!



**Mon, May 12—12:45 Repair Café with Edie**  
Our resident seamstress will guide you through simple repairs and help you to use a sewing machine.



**Resource Specialist onsite Tues, May 13 & 27, 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!



**Tues, May 13, 10:30-1 METRO'S SMARTRIP PROGRAM**  
If you don't have one of these, you could be missing out on savings! If you do have your SmarTrip card, is it registered? Henry from WMATA will be onsite to provide individual assistance with Metro's best reduced fare options for seniors.



Continued ...

## Afternoon & Special Programs

Afternoon programs begin at 12:45 pm.

### Monday

Once each month, **Edie** hosts **Repair Café**. Other Mondays there is a rotating series of programs described under Program Highlights

### Tuesday

In **Improv**, participants make up scenes, characters, and dialogue in a fun and interactive program. **Topher** leads the group.

### Wednesday

In Art Exploration, **Meg** uses a theme for a variety of art projects. Students work with different media, visit galleries and shows, and exhibit their work.

At a quiet table in the dining room, **Bruce** is playing or facilitating a **Chess** game. Open to all.

### Thursday

**Susan** curates **Musical Memory Lane**, where listening to favorite songs can often lead to a spontaneous dance party. Alternate Thursdays there are guest lecturers listed under Program Highlights

### Friday

The sound of flute music at lunch means that **Bruce** is getting ready to lead the **Drum Circle**, an open opportunity for self expression with the world's oldest instrument.



## Scheduled Trips



### DEA MUSEUM

We'll have a guided tour of this engaging, interactive museum in Arlington, which explores public policy and law enforcement related to the misuse of drugs in the US. All visitors must show ID to enter.

**Tuesday, May 6**

Bus departs 10:00 am

Estimated return: 12:15 pm

*Lunch will be served upon return to the Center*

### SENIOR FEST BLOCK PARTY

DACL and DPR team up to present this annual festival. *Lunch is included.*

**Wednesday, May 21**

Bus Departs: 10:15 am

Estimated Return: 2:30 pm

### IONA RESOURCE & HEALTH FAIR

We'll join other Iona programs to explore health and wellness resources available to seniors in DC. Lunch is included..

**Friday, May 30**

Bus departs 10:00 am

Estimated return: 2:15 pm



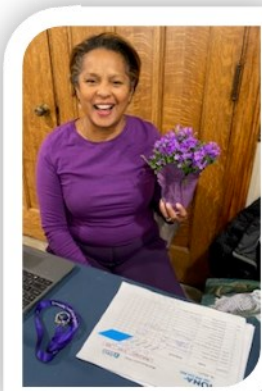
Sign Up at the Reception Table





## Candid Camera Moments

Scenes from Bingo with the MPD: Marco & Lucy, Thomas, Wendell B. & Jones plus cadets; Joyce, Wilma, Neiva, and Sharon plus officers



At left, Eulalie; Above, Repair Café w/ Marie Joelle, Edie & Judy

## FITNESS PROGRAMS

### 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.



## Program News & Highlights cont'd



**Tues, May 13 & 27, 12:45—Musical Memory Lane**  
Susan showcases a variety of musical styles including R&B, showtunes, classic rock and roll, and beloved vocalists.

**Thurs, May 15, 12:45—Candle-making with Fayette & Marco** Our friends from the MPD are bringing the cadets to assist with a sensory and crafty experience.

**Mon, May 19 11-2— Virtual Navigator Delilah** Individual device help available from 11-12; group program on current technology at 12:45.



**Produce Market—Thurs, May 22, 10:30-11:30**  
Bring your reusable bag to stock with seasonal fruits and vegetables

**Thurs, May 22, 12:45—Memory Changes: Is it Normal Aging or Dementia?** Social Worker Carly will discuss this and share information about Iona's Dementia Navigators program. (Rescheduled from April)

**May Birthday Party—Fri, May 23, 12:45**  
Celebrate friends who were born in May. Entertainment TBA

**Mon, May 26—CLOSED for MEMORIAL DAY**



**Wed, May 28—Art Show & Reception: "IMMERSIONS"**  
Meg's artists have been exploring themes related to imaginary worlds, and what represents home. Enjoy the art and refreshments, and hear from the artists about what their creations represent.



**Thurs, May 29, 12:45 Poetry Appreciation w/ Sandy** Our friend Sandy returns with a selection of new and familiar poetry along with stories about the poets and a dose of humor. Don't miss it!

Monday	Tuesday	Wednesday	Thursday	Friday
		 	1	2
			10:00am Coffee & Conversation 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm BINGO—prizes by Lucy	10:00am Coffee & Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 12:45pm Drum Circle
5	6	7	8	9
10:00am Coffee & Conversation 11:00am Yoga & Movement w/ Penelope 12:00pm Lunch 12:45pm TOWN HALL & ICE CREAM SOCIAL	10:00am Coffee & Conservation 10:00am TRIP: DEA MUSEUM 11:00am Strength, Balance & Core w/Emma 12:00pm Lunch 12:45pm Improv w/Topher	10:00 MOTHER'S DAY TEA & DANCE—IONA SITEWIDE PROGRAM featuring tea-making, a line and hand dance program, lunch and a DJ.  Shuchi's Indian Dance will be in Nourse Hall at 11 MEG'S Art Class is CANCELED	10:00am Coffee & Conversation 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm Visit from the Department of Buildings—Rescheduled from April	10:00am Coffee & Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 12:45pm Drum Circle
12	13	14	15	16
10:00am Coffee & Conversation 11:00am Yoga & Movement w/ Penelope 12:00pm Lunch 12:45pm Repair Café w/Edie 	10:00am Coffee & Conversation 10:00 am Resources w/Trevor 10:30 am SmarTrip Reg—WMATA 11:00am Strength w/Emma 12:00pm Lunch 12:45pm Improv w/Topher 12:45pm Musical Memory Lane with Susan	10:00am Coffee & Conversation 11:00am Indian Dance w/ Shuchi 12:00pm Lunch 12:45pm Art Adventure w/Meg 12:45pm Chess with Bruce	10:00am Coffee & Conversation 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm Candle-Making w/ Fayette & Marco from MPD	10:00am Coffee & Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 12:45pm Drum Circle
19	20	21	22	23
10:00am Coffee & Conversation 11:00am Yoga & Movement w/ Penelope 11am Device Support w/Delilah Followed by a Tech program after lunch 12:00pm Lunch	10:00am Coffee & Conversation 11:00am Strength, Balance & Core w/Emma 12:00pm Lunch 12:45pm Improv w/Topher	10:00am Coffee & Conversation 10:30am TRIP: SENIOR FEST 11:00am Indian Dance w/ Shuchi 12:00pm Lunch 12:45pm Art Adventure w/Meg 12:45pm Chess with Bruce	10:00am Coffee & Conversation 10:30am Produce Market 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45 pm Memory Changes with Carly, Iona Dementia Navigator	10:00am Coffee & Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 12:45pm MONTHLY BIRTHDAY PARTY—Entertainment TBA
26	27	28	29	30
<b>PROGRAM CLOSED</b> <b>MEMORIAL DAY</b> 	10:00am Coffee & Conservation 10:00 am Resources w/Trevor 11:00am Strength, Balance & Core w/Emma 12:00pm Lunch 12:45pm Improv w/Topher 12:45pm Musical Memory Lane with Susan	10:00am Coffee & Conversation 11:00am Indian Dance w/ Shuchi 12:00pm Lunch 12:45pm ART SHOW: IMMERSIONS w/Meg's artists 12:45pm Chess with Bruce	10:00am Coffee & Conversation 11:00am Meditation & Movement w/Meg 12:00pm Lunch 12:45pm POETRY Appreciation w/Sandy	10:00am Coffee & Conversation 10:00am TRIP: IONA RESOURCE FAIR @ LAMOND REC. CENTER 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 12:45pm Drumming