Director's Note: Programs not to miss, and changes ahead…

This month, we're welcoming new and long-time friends back to the program. Marco and the 2nd District MPD will be here with an activity and safety tips; volunteers from the AARP Foundation will spend a day visiting and helping; volunteer Sylvius will offer a polymer clay workshop; and Sandra Y. Johnson and her Sextet will return for the fourth year bringing world-class jazz stylings to help us celebrate the holidays.

December trips will take us to Old Town Alexandria, where holiday decorations will be on full display and can be viewed from a free trolley ride up King Street, and to Federal Plaza on Rockville Pike for some retail therapy and to finish holiday shopping. Two additional holiday parties are on offer – the Mayor's fete at the SE Tennis & Learning Center and Iona's Sparkle & Spice event at the 19th St. Baptist Church.

We all wondered when DC budget cuts would affect Active Wellness, and the answer is 2026. In January, three of our exercise instructors will move to a bi-weekly format. While the details are pending, we will continue with daily fitness classes using Around Town DC and online resources. Our Improv instructor, Topher, will be returning bi-weekly in January.

Respite Week, when Iona programs close between Christmas and the New Year, is a tradition started a few years ago to enable staff to focus on self-care and to recharge. We hope our participants will use this time to connect with each other outside of the program, visit a branch library, patronize a local business, or explore the beautiful grounds of Mount St. Albans. Flyers for food resources and activities are at the Welcome table.

In 2001, Iona entrusted me with rebuilding the Active Wellness program after it was closed due to Covid. Participants gradually returned, and over the years have created the vibrant, caring community that exists today. I am retiring at the end of the December and ready to turn over leadership to someone with fresh energy and new ideas. It has been a privilege to meet you all and be a part of your world during these years, and I am very grateful. Please celebrate my retirement with me at the party on Thursday, December 18. I am downsizing and don't need a thing - if you feel motivated, a gift to Iona would be appreciated.

Fondly,
Frances

Active Wellness at St. Albans

December 2025

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

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PROGRAM HIGHLIGHTS

Here's our guide to December at Active Wellness. We are open to DC residents age 60+. It's free to join; we accept and appreciate donations to support our programming.

Monday, December 1 – Town Hall and Hot Chocolate Bar

Friday, December 5 – Old Town Alexandria Trip

Monday, December 8 – Bingo or Art w/Marco and the MPD

Tuesday, December 9 – RESOURCES with TREVOR

Wednesday, December 10 – Shopping Trip to Rockville Pike

Thursday, December 11 – Holiday Clay Crafts with Sylvius; *Nutrition Education with Chris*

Friday, December 12 – "Sparkle and Spice" Iona Holiday Party! *Violin Recital & Holiday Origami*

Monday, December 15 – Holiday Bingo – Prizes by Lucy

Wednesday, December 17 – Department of Aging Holiday Party!

Thursday, December 18 – December Birthday Party w/Sandra Y. Johnson Sextet

Friday, December 19 – Virtual Nutrition Ed

Monday, December 22 – Repair Café/Sewing with Edie

Thursday, December 25 – Friday, January 2 – CLOSED FOR THE HOLIDAYS & Iona Respite Week

Monday, January 5, 2026 – Active Wellness RE-OPENS

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 am Coffee & Conversation 11:00 am: Yoga and Movement with Penelope 12:00 pm: Lunch 12:45 pm: Town Hall & Hot Chocolate Bar	**2** 10:00 am: Coffee & Conversation 11:00 am: Strength, Balance, & Core with Emma 12:00 pm: Lunch 12:45 pm: Improv and Games	**3** 10:00 am: Coffee & Conversation 11:00 am: Dance with Taal (Rhythm) with Shuchi 12:00 pm: Lunch 12:45 pm: Art Adventures with Meg	**4** 10:00 am: Coffee & Conversation 11:00 am: Movement and Meditation with Meg 12:00 pm: Lunch 12:45 pm: Watercolors with Ida	**5** 10:00 am: TRIP: OLD TOWN ALEXANDRIA 10:00 am: Coffee & Conversation 11:00 am: Chair Cardio Kickboxing with Vernetta 12:00 pm Lunch 12:45 pm: Drumming with Bruce
8 10:00 am Coffee & Conversation 11:00 am: Yoga and Movement with Penelope 12:00 pm: Lunch **12:45: Bingo w/Marco & 2nd District MPD**	**9** 10:00 am: Coffee & Conversation **10:15 am: Resource Specialist Trevor** 11:00 am: Strength, Balance & Core w/Emma **11:30 am: Nutrition Education w/Chris** 12:00 pm: Lunch 12:45 pm: Improv and Games	10 10:00 am: TRIP: ROCKVILLE PIKE PLAZA 10:00 am: Coffee & Conversation 11:00 am: Dance with Taal (Rhythm) with Shuchi 12:00 pm: Lunch 12:45 pm: Art Adventures with Meg	**11** 10:00 am: Coffee & Conversation 11:00 am: Movement and Meditation with Meg 11:30 am: Nutrition Ed with Chris 12:00 pm: Lunch 12:45 pm: Clay Crafts with Sylvius	**12** Time TBA: "Sparkle and Spice" Iona Party 10:00 am: Coffee & Conversation 11:00 am: Chair Cardio Kickboxing with Vernetta 12:00 pm Lunch 12:45 pm: Holiday Recital & Origami Lesson
HANUKKAH BEGINS (12/14) **15** 10:00 am Coffee & Conversation 11:00 am: Yoga and Movement with Penelope 12:00 pm: Lunch 12:45 pm: Holiday Bingo – Prizes by Lucy	**16** 10:00 am: Coffee & Conversation 11:00 am: Strength, Balance, & Core with Emma 12:00 pm: Lunch 12:45 pm: Improv and Games	**17** Time TBA: DACL Holiday Party 10:00 am: Coffee & Conversation 11:00 am: Dance with Taal (Rhythm) with Shuchi 12:00 pm: Lunch 12:45 pm: Art Adventures with Meg	**18** 10:00 am: Coffee & Conversation 11:00 am: Movement and Meditation with Meg 12:00 pm: Lunch 12:45 pm: December Birthday Party	**19** 10:00 am: Coffee & Conversation 11:00 am: Chair Cardio Kickboxing with Vernetta 12:00 pm Lunch 12:45 pm: Drumming with Bruce **1:00 pm: Virtual Nutrition Ed**
22 10:00 am Coffee & Conversation 11:00 am: Yoga and Movement with Penelope 12:00 pm: Lunch 12:45 pm: Sewing/Repair Café with Edie	**23** 10:00 am: Coffee & Conversation 11:00 am: Strength, Balance, & Core with Emma 12:00 pm: Lunch 12:45 pm: Improv and Games	**CHRISTMAS EVE** **24** 10:00 am: Coffee & Conversation 11:00 am: Dance with Taal (Rhythm) with Shuchi 12:00 pm: Lunch Art Adventures resumes in January	**25** 	**Kwanzaa Begins** **26** 
Active Wellness is closed for Respite Week, and reopens on Monday, January 5th. Look for Holiday resources and food programs at the Reception Table before the break. A Word about Safety! We cannot be responsible for your belongings and ask that you be vigilant about them while you are at St. Albans. *Programs are subject to Change*	  			A hot lunch is served Monday-Friday at noon. Lunches are ordered one week in advance - please register for lunch at the Welcome Table. A vegetarian option is available; please request this when you sign up. **A daily donation is suggested and helps sustain the program.**