



Iona Senior Services
 4125 Albemarle Street, NW
 Washington, DC 20016
 Tel: 202-895-9448 Fax: 202-362-2032
 TTY: 202-895-9444
 Website: www.iona.org



Visit www.AroundtownDC.org for more events and programs

February Outing: Friday, February 27, 10am

Scenic Drive to Hains Point (Ohio Drive, SW DC)

Coffee, Donuts, and Black History Month Trivia on the ride

Please sign up on site or email Jeanne at jwelsh@iona.org by Monday, February 23



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 at sign up. **A daily donation is suggested and helps sustain the program.**

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.



February 2026

Active Wellness

At Saint Alban's

**St. Alban's
 Episcopal Church
 Satterlee Hall
 3001 Wisconsin Ave
 NW
 Washington, DC
 20016**

St. Alban's Team

Jeanne Welsh
 Center Manager
jwelsh@iona.org

Tai Banjo
 Site Assistant
tbanjo@iona.org

Chris Brentin
 Senior Director of
 Nutrition Services
cbrentin@iona.org

Avery Chatham
 DACL Project
 Director
 Wards 2 & 3
achatham@iona.org

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Dear Saint Alban's, Active Wellness Community,

We are excited to share some wonderful news with you! Jeanne Welsh has joined us as the new Center Director for Active Wellness at Saint Alban's.

Jeanne comes to Iona with a strong background in community service and wellness. She previously worked with the Smithsonian and Bread for the City, and her passion for older adult wellness is deeply rooted in her more than seven years of volunteer work with Dupont Circle Village. Through that experience, Jeanne has seen firsthand how important social connection, movement, and engagement are to aging well.

In her free time, Jeanne enjoys walking, hiking, theatre, and playing SCRABBLE — and she is very much looking forward to getting to know you and becoming part of the Saint Alban's community.

As Jeanne gets acclimated to her new role, she is excited to hit the ground running and continue building a welcoming, active, and connected space for all participants.

Please join us in giving Jeanne a warm Saint Alban's welcome. We look forward to the journey ahead together!



Iona Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 am Coffee, Conversation, & News 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Sewing	3 10:00 am Coffee and Local News 11:00 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv and Games with Topher	4 10:00 am Coffee & Current Events 11:00 am Virtual Dance Fitness 12:00 pm Lunch 12:45 pm Art Adventures with Meg	5 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida	6 10:00 am Coffee & Conversation 11:00 am Chair Cardio Kickboxing with Vernetta 12:00 pm Lunch 12:45 pm Drumming with Bruce
Due to Maintenance needed at Saint Alban's, all Programs are Cancelled and Meals will be Grab and Go.				
9 10:00 am Coffee, Conversation, & News 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Black History Month Heroes	11:30 am In Person Nutrition Ed. w/Chris 12:00 pm Lunch 12:45 pm Improv and Games with Topher	12:00 pm Lunch 12:45 pm Art Adventures with Meg	12:00 pm Lunch 12:45 pm Watercolors with Ida	10:00 am Coffee & Conversation 11:00 am Heart BINGO w/Lucy 12:00 pm Lunch 12:45 pm Drumming with Bruce
16 Program Closed 	17 10:00 am Coffee and Local News 11:00 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Virtual Nutrition Ed. w/Chris 12:45 pm Improv with Topher	18 10:00 am Coffee & Current Events 11:00 am Virtual Dance Fitness 12:00 pm Lunch 12:45 pm Art Adventures with Meg	19 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida 1:30 pm Nutrition Ed. w/Chris	20 10:00 am Coffee & Conversation 11:00 am Chair Cardio Kickboxing with Vernetta 12:00 pm Lunch 12:45 pm Virtual Nutrition Ed. w/Chris
23 10:00 am Coffee, Conversation, & News 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Black History Month Heroes	24 10:00 am Coffee and Local News 10:15 am Social Work & Resources w/ Trevor 11:00 am Virtual Fitness 12:00 pm Lunch 12:00 pm Tech Support w/ Cameron 12:45 pm Improv and Games	25 10:00 am Coffee & Current Events 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Trivia: Lunar New Year	26 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 1:00 pm Performance by Classically Baritone Vincent Pope	27 10:00 am Coffee & Conversation 10:00 am Scenic Drive to Hains Pt. 11:00 am Heart Health Fitness 12:00 pm Lunch 12:45 pm Drumming with Bruce
3/2 10:00 am Coffee, Conversation, & News 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Sewing Café with Edie	3/3 10:00 am Coffee and Local News 11:00 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher	3/4 10:00 am Coffee & Current Events 11:00 am Virtual Dance Fitness 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Word Game Wednesday	3/5 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Trivia: Women's History	3/6 10:00 am Coffee & Conversation 11:00 am Fitness Program TBA 12:00 pm Lunch 12:45 pm Drumming with Bruce

FEBRUARY

