



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



April 2026

Asbury Dwellings

Contact Us

Wanda Marshburn
WMarshburn@iona.org
Nutrition Coordinator

Quanice Walters
QWalters@iona.org
Recreation & Social
Coordinator

Darlyn Alpert
DApert@iona.org
Nutrition Program
Manager

Avery Chatham
AChatham@iona.org
Ward 2 and 3 DACL
Project Director

Wendy Gadson
WGadson@iona.org
Activities and Outreach
Manager

Mykal Lee
MLee@iona.org
Director of Community
Programs

April has arrived with all the beauty and promise that spring brings. After months of cold and gray, we're greeted by blooming flowers, singing birds, and that unmistakable warmth in the air that lifts our spirits and invites us outdoors. This is a month of transformation—nature reminds us that growth and renewal are always possible.

There's something magical about watching the world come back to life in April. Gardens burst with color, trees fill with green leaves, and everything feels fresh and new. This season of growth isn't just happening outside our windows—it's an invitation for us too. Whether it's trying a new activity at our dining sites, reconnecting with a neighbor, or simply taking a few extra moments to enjoy the sunshine, April encourages us to embrace new experiences and possibilities.

Spring also reminds us of the power of community. Just as flowers bloom together in a garden, we thrive when we're connected to one another. Our dining sites are more than places to share meals—they're spaces where friendships flourish, laughter fills the room, and we support each other through all seasons of life. Thank you for being part of this vibrant community and for bringing your unique spirit to our tables.

As the weather warms, we encourage you to get moving! Join us for fitness classes, take advantage of outdoor activities and trips, and enjoy the energy that comes with longer, sunnier days. Our recreation and wellness programming continues throughout April with opportunities to stay active, learn something new, and enjoy the best of what spring has to offer.

April programming, including springtime celebrations, educational presentations, creative activities, and community outings. Whether we're exploring museums, taking in the cherry blossoms, or simply gathering for games and conversation, there's always something blooming at our dining sites.

April is a reminder that after every winter, spring returns with beauty, hope, and new beginnings. Whatever this month brings, we'll welcome it together—with gratitude for the past, joy in the present, and excitement for what's ahead.

Wishing you an April filled with sunshine, growth, and the warmth of good friends.

Iona Senior Services

April 2026 – Asbury Dwellings

****Calendar Subject to Change**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| | | 1 10:00 am Coffee & Local News 11:00 am AARP Virtual Exercise 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack | 2 10:00 am Coffee & Conversations 11:00 am Team Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Sketching | 3 10:00 am Coffee & Music 11:30 am Canvas Painting 12:00 pm Lunch 1:00 pm Bingo **Social Work: Trevor |
| 6 10:00 am Coffee & Current Events 11:00 am Virtual Travel 12:00 pm Lunch 1:00 pm Memory Games **Comm Trip: National Arboretum | 7 10:00 am Coffee & Puzzles 11:00 am Virtual Chair Aerobic 12:00 pm Lunch 1:00 pm Board Games and Cards | 8 10:00 am Coffee & Local News 11:00 am AARP Virtual Exercise 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack | 9 10:00 am Coffee & Conversations 11:00 am Team Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Sketching **Digital Navigator-Cameron G. | 10 10:00 am Coffee & Music 11:00 am Canvas Painting 12:00 pm Lunch 1:00 pm Bingo **Social Work: Trevor |
| 13 10:00 am Coffee & Current Events 11:00 am Tony's Tigers Fitness Class 12:00 pm Lunch 1:00 pm Memory Games ** Fall Prev. Seminar at St. Albans- 10am and 1pm | 14 10:00 am Coffee & Puzzles 11:00 am Virtual Chair Aerobic 12:00 pm Lunch 1:00 pm Board Games and Cards | 15 10:00 am Coffee & Local News 11:00 am AARP Virtual Exercise 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack | 16 CLOSED  | 17 10:00 am Coffee & Music 11:00 am Canvas Painting 12:00 pm Lunch 1:00 pm Bingo **Comm Trip: Umai Fusion Buffet **Social Work: Trevor |
| 20 10:00 am Coffee & Current Events 11:00 am Virtual Travel 12:00 pm Lunch 1:00 pm Memory Games | 21 10:00 am Coffee & Puzzles 11:00 am Nutri. Ed: Eating Well w/ Arthritis 12:00 pm Lunch 1:00 pm Board Games and Cards | 22 10:00 am Coffee & Local News 11:00 am AARP Virtual Exercise 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack | 23 10:00 am Meditation & Breath Work w/ Srikar 11:00 am Team Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Sketching | 24 10:00 am Coffee & Music 11:00 am Virt. Nutri. -Nutri in the News 12:00 pm Lunch 1:00 pm Bingo **Social Work: Trevor |
| 27 10:00 am Coffee & Current Events 11:00 am Virtual Travel 12:00 pm Lunch 1:00 pm Memory Games | 28 10:00 am Coffee & Puzzles 11:00 am Virtual Chair Aerobic 12:00 pm Lunch 1:00 pm Board Games and Cards | 29 10:00 am Coffee & Local News 11:00 am AARP Virtual Exercise 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack **Comm Trip: African Amer. Museum | 30 10:00 am Coffee & Conversations 11:00 am Team Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Sketching **Digital Navigator-Cameron G. | 5/1 10:00 am Coffee & Music 11:00 am Canvas painting 12:00 pm Lunch 1:00 pm Bingo **Social Work: Trevor |
| 5/4 10:00 am Coffee & Current Events 11:00 am Virtual Travel 12:00 pm Lunch 1:00 pm Memory Games | 5/5 10:00 am Coffee & Puzzles 11:00 am Virtual Chair Aerobic 12:00 pm Lunch 1:00 pm Board Games and Cards | 5/6 10:00 am Coffee & Local News 11:00 am AARP Virtual Exercise 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack | 5/7 10:00 am Coffee & Conversations 11:00 am Team Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Sketching | 5/8 10:00 am Coffee & Music 11:00 am Canvas Painting 12:00 pm Lunch 1:00 pm Bingo **Social Worker Trevor |