



Iona Senior Services
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Visit www.AroundtownDC.org for more events and programs



April 2026

Regency Apartments

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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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Memory Games	2 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Team Trivia Game	3 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Bingo
6 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion Comm. Trip: The Wharf	7 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Virtual Travel	8 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Memory Games	9 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Team Trivia Game **Social Worker: 10:30am-1:30pm	10 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Bingo
13 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion **Nutri Ed: Eating Well w/ Arthritis-11:30am **Fall Prevention Seminar at St. Albans-10am and 1pm	14 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Virtual Travel	15 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Memory Games	16 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Team Trivia Game	17 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Bingo
20 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion Comm Trip: Glenstone Museum	21 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Virtual Travel **Virt. Nutri Ed: Nutri. in the News 11:30am	22 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Memory Games	23 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Team Trivia Game **Transitions in Aging w/Trevor-1:00pm-2:00pm	24 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Bingo
27 10:00 am Coffee & Conversations 11:00 am Tony's Tigers Fitness Class 12:00 pm Lunch 1:00 pm Health Resources Discussion	28 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Virtual Travel	29 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Memory Games	30 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Team Trivia Game **Social Worker: 10:30am-1:30pm	5/1 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Bingo
5/4 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion	5/5 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Virtual Travel	5/6 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Memory Games	5/7 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Team Trivia Game **Social Worker: 10:30am-1:30pm	5/8 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Bingo