



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 Trips

Tuesday, April 21: Guided Tour of Arts of Japan at National Museum of Asian Art

Wednesday, April 29: Back by popular demand, a shopping trip to Goodwill in Northeast DC



A hot lunch is served Monday through 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 remain vigilant while you are at St. Alban's.

Programs are subject to Change.



April 2026

Active Wellness

At Saint Alban's

Dear Saint Alban's Active Wellness participants,

Spring is in the air! April is the perfect time to meet new friends and try new activities. We look forward to welcoming you in April. Highlights include:

Wednesday, April 8: DC Board of Elections presentation on **Ranked Choice Voting**

Monday, April 13: **Fall Prevention Presentation** and **Conversations with DACL**

Tuesday, April 14: **NEW biweekly art class! Learning to Collage with Joan**

Wednesday, April 15: **Spring Bingo**

Monday, April 20: **Iona overview** with Samantha Henson

Tuesday, April 21: Guided Tour of *Arts of Japan* at **National Museum of Asian Art**

Wednesday, April 22: Welcome Iona's **Dementia Solidarity Group** who will visit our site

Thursday, April 23: **Dementia Bingo**

Wednesday, April 29: **Poem in Your Pocket Day**: Bring your favorite poem to share with our community. Also, a morning **shopping trip to Goodwill** in Northeast DC and **Memory Appreciation Art Class with Greg**

Thursday, April 30: Pepco visit to share **resources on utility bills**

We remember our friend Roberta Schneidman who passed away in February. Read more about Roberta's remarkable life inside.

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
 202-753-7591

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

Iona Senior Services
 4125 Albemarle St
 202-895-9448

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 am Coffee & Conversation 11:00 am Virtual Dance Fitness 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Word Game Wednesday	2 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida	3 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch – Grab and Go St. Alban's closes at 12pm for Good Friday
6 St. Alban's closed for Easter Monday/Tuesday	7 St. Alban's closed for Easter Monday/Tuesday	8 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 1:00 pm DC Board of Elections Ranked Choice Voting Presentation with Q&A	9 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 Word Games	10 10:00 am Coffee & Conversation 11:00 am Chair Balance, Stretch & Strength with Angelique 12:00 pm Lunch 12:45 pm Drumming with Bruce
13 10:00 am Coffee & Conversation 10:00 am Fall Prevention Presentation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Conversations with DACL 1:30 pm Fall Prevention Presentation	14 10:00 am Coffee & Conversation 10:15 am Social Work & Resources w/ Trevor 11:00 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher 12:45 pm Collage with Joan	15 10:00 am Coffee & Current Events 11:00 am Virtual Dance Fitness 11:00 am Nutrition Education with Chris 12:00 pm Lunch 12:45 pm Spring Bingo 12:45 pm Art Adventures with Meg	16 Iona Senior Services closed in observance of Emancipation Day 	17 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Drumming with Bruce
20 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Iona overview with Samantha Henson	21 9:30 am Trip to National Museum of Asian Art 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Virtual Nutrition Ed. with Chris 12:45 pm Improv and Games	22 10:00 am Coffee & Current Events 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch – Welcome, Iona's Dementia Solidarity Group 12:45 pm Art Adventures with Meg 12:45 pm Word Game Wednesday	23 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 Dementia Bingo	24 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
27 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Sewing Café with Edie	28 10:00 am Coffee & Conversation 10:15 am Social Work & Resources w/ Trevor 11:00 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher 12:45 pm Collage with Joan	29 9:30 am Trip to Goodwill in Northeast DC 10:00 am Coffee & Current Events 11:00 am Memory Appreciation Art Class with Greg 12:00 pm Lunch 12:45 pm Art Adventures with Meg	30 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:30 pm Pepco Visit: Resources on Utility Bills 12:45 pm Watercolors with Ida	1 10:00 am Coffee & Conversation 10:00 am Memory Screenings 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Drumming with Bruce
4 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Stories, Strengths, and Skills	5 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Improv and Games	6 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 1:00 pm Word Game Wednesday	7 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida	8 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce



Roberta Basch Schneidman

1927 - 2026

Roberta Schneidman entered her 100th year on January 2, 2026, and celebrated her 99th birthday before the new year with a joyful family reunion including most of her children, grandchildren, and great-grandchildren. She was grateful for her good health, independence, and the wonderful life she led. She often said, "Don't cry for me when I die, I've had a lot of fun!"

She contracted pneumonia soon after the celebration, and died peacefully on February 7, 2026. She lived independently until the final weeks of her life.

Roberta traveled through life propelled by a mixture of passion, curiosity, creativity, and adventure. Born in Pittsburg, she grew up in Philadelphia with her parents Justin and Rose Basch and her younger brother Jay. She was an excellent student and graduated from the University of Pennsylvania in 1948.

She was hired by a small public relations firm, where she met her great love and life partner, Harold Schneidman. They were married March 4, 1949 and spent their first anniversary at the hospital welcoming their first child, Sara. A second child, Seth, soon followed.

Harold was offered a position in the Foreign Service, and the couple was thrilled with this opportunity for adventure. In 1957, the family moved to Manila.

Their world expanded rapidly, as did their family, with two more sons, Grant and Jared, born in the Philippines. Roberta performed the myriad duties of a diplomat's wife, and still found time for horseback riding and for artistic expression. She created drawings, paintings, mosaics and sculptures which were exhibited publicly. Their second posting was in Jakarta, Indonesia, and then they enjoyed four glorious years of service in Rome, before they returned to Washington, D.C. Harold retired from the government in 1980.

Roberta took a job at Neiman-Marcus to support her son Grant's passion for horseback riding. Not surprisingly, she was rapidly promoted to department manager.

In the late 1990s, Harold developed signs of cognitive impairment, which worsened until his death in 2010. Roberta cared for him throughout his illness.

For the first time, Roberta was living on her own. She decided to fill her life with friends, old and new. She volunteered at the National Gallery, joined the Washington Hebrew Congregation, and the Hillwood Museum. She continued exploring the world, to visit family and friends, to see art, and to appreciate the beauty of nature. She considered everyone she met a friend: from neighbors, to museum guards, to baristas. She was truly unique and will be greatly missed.

She will be remembered by her four children, Sara (Bill Landis), Seth, Grant (Sharon Schneidman) and Jared (Maria Plaxco); her four grandchildren, Helene, Jessica, Justin, and Eleanor; and four great-grandchildren, Adrienne, Lucy, Rory, and Austin.

<https://www.legacy.com/legacy/roberta-schneidman>