



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

May Trips

Wednesday, May 13: National Museum of Women in the Arts

Wednesday, May 20: Senior Fest – sign up by May 5

Friday, May 29: OAM Fair – sign up by May 12



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.



May 2026

Active Wellness

At Saint Alban's

Dear Saint Alban's Active Wellness participants,

We look forward to welcoming you in May. Highlights include:

Friday, May 1: **Memory Screenings** by Iona's social work team

Tuesday, May 5: **Tech Support** with Iona's Digital Navigator
Cameron Gadson

Friday, May 8: **Mother's Day Celebration** in honor of all mothers and motherlike figures

Monday, May 11: **Reading is Fun Celebration**. Share the name of your favorite books and authors with our community.

Wednesday, May 13: Trip to **National Museum of Women in the Arts**

Monday, May 18: **Iona Town Hall**. This is an opportunity to share your feedback on our programs, meals, and overall experience. Your voice is important to us, and your input helps us continue to improve and better serve you.

Tuesday, May 19: **Spring Bingo**

Wednesday, May 20: Trip to **Senior Fest**

Thursday, May 21 and Friday, May 22: **St. Alban's School Spring Art Show: Student Guided Tours**

Thursday, May 28: **Farmers Market and Celebration of May Birthdays**

Friday, May 29: Trip to **OAM Fair**

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

St. Alban's Team


Jeanne Welsh
 Center Manager
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 202-753-7591

Tai Banjo
 Site Assistant
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Chris Brentin
 Senior Director of
 Nutrition Services
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Avery Chatham
 DACL Project
 Director
 Wards 2 & 3
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Iona Senior Services
 4125 Albemarle St
 202-895-9448

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>May 2026</h1> <h2>Active Wellness at St. Alban's</h2>				
<p>4 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Sewing Café with Edie</p>	<p>5 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:00 pm Tech Support with Cameron 12:45 pm Improv and Games</p>	<p>6 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 12:45 pm Word Game Wednesday</p>	<p>7 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors</p>	<p>8 Mother's Day Celebration 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce</p>
<p>11 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Reading is Fun Celebration</p>	<p>12 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</p>	<p>13 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:30 pm Trip to National Museum of Women in the Arts 1:00 pm Nutrition Education with Chris</p>	<p>14 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida</p>	<p>15 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Drumming with Bruce</p>
<p>18 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Iona Town Tall</p>	<p>19 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Improv and Games 12:45 pm Spring Bingo</p>	<p>20 8:00 am Trip to Senior Fest 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 12:45 pm Word Game Wednesday</p>	<p>21 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 11:15 am St. Alban's School Spring Art Show: Student Guided Tour 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Virtual Nutrition Ed. with Chris</p>	<p>22 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 11:00 am St. Alban's School Spring Art Show: Student Guided Tour 12:00 pm Lunch 12:45 pm Drumming with Bruce</p>
<p>25 Iona Senior Services Closed in observance of Memorial Day </p>	<p>26 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</p>	<p>27 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Art Adventures 1:00 pm Tony's Tigers Fitness Class</p>	<p>28 10:00 am Coffee & Conversation 10:00 am Farmers Market 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm May Birthday Celebration 12:45 pm Watercolors with Ida</p>	<p>29 9:00 am Trip to OAM Fair 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Word Games</p>
<p>1 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Sewing Café with Edie</p>	<p>2 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Improv and Games</p>	<p>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 12:45 pm Word Game Wednesday</p>	<p>4 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida</p>	<p>5 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce</p>