



### 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](http://www.iona.org)



Visit [www.AroundtownDC.org](http://www.AroundtownDC.org) for more events and programs

### June Trips

**Tuesday, June 16: National Arboretum**

**Friday, June 26: Guided Tour of National Academy of Sciences**



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.*



June 2026

# Active Wellness

At Saint Alban's

Dear Saint Alban's Active Wellness participants,

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

Monday, June 8: **Brain Health with Dixcy**

Friday, June 12: **Laugh Café.** We could all use a laugh! Bring some jokes to share or pick from our bowl of jokes.

Monday, June 15: **Financial Exploitation: What Is It and How Can Older Adults Protect Themselves** presentation by Elder Justice Consultant Judith Kozlowski, JD

Tuesday, June 16: Trip to **National Arboretum**

Monday, June 22: **Bingo with National Charity League**

Thursday, June 25: **Farmers Market.** Free produce! Please bring a bag.

Friday, June 26: **Trip to National Academy of Sciences**

Monday, June 29: **Bingo with DC Metropolitan Police Department's Community Outreach Team**

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

#### St. Alban's Team

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Director  
Wards 2 & 3  
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**Iona Senior Services**  
4125 Albemarle St  
202-895-9448

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Sewing Café with Edie	<b>2</b> 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Improv and Games	<b>3</b> 10:00 am Coffee & Conversation 10:15 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 Word Game Wednesday	<b>4</b> 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors	<b>5</b> 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
<b>8</b> 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Brain Health with Dixcy	<b>9</b> 10:00 am Coffee & Conversation 10:15 am Social Work & Resources w/ Trevor 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher 12:45 pm Collage with Joan	<b>10</b> 10:00 am Coffee & Conversation 10:15 am Coffee & Current Events 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Nutrition Education with Chris 12:45 pm Art Adventures with Meg	<b>11</b> 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors 12:45 pm Word Games	<b>12</b> 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Drumming with Bruce 12:45 pm Laugh Cafe
<b>15</b> 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Financial Exploitation: What Is It and How Can Older Adults Protect Themselves	<b>16</b> 9:15 am Trip to National Arboretum 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Improv and Games	<b>17</b> 10:00 am Coffee & Conversation 10:15 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 Word Game Wednesday	<b>18</b> 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Virtual Nutrition Ed. with Chris 12:45 pm Watercolors with Ida	<b>19</b> 
<b>22</b> 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Bingo with National Charity League	<b>23</b> 10:00 am Coffee & Conversation 10:15 am Social Work & Resources w/ Trevor 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher 12:45 pm Collage with Joan	<b>24</b> 10:00 am Coffee & Conversation 10:15 am Coffee & Current Events 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Word Game Wednesday	<b>25</b> 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 Watercolors with Ida	<b>26</b> 9:15am Trip to National Academy of Sciences 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Drumming with Bruce
<b>29</b> 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Bingo with DC Metropolitan Police Department's Community Outreach Team	<b>30</b> 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Improv and Games	<b>7/1</b> 10:00 am Coffee & Conversation 10:15 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 Word Game Wednesday	<b>7/2</b> 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida	<b>7/3</b> 

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