



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



June 2026

St. Mary's Court

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June has arrived with sunshine, warmth, and the unmistakable energy of summer beginning to unfold. As the days grow longer and the temperatures rise, we're reminded of the joy that comes with this vibrant season—time spent outdoors, connections with neighbors, and the simple pleasure of a warm breeze and blue skies.

This month, we honor Father's Day and take time to celebrate the fathers, grandfathers, and father figures who have shaped our lives with their strength, guidance, and love. Whether you're a father yourself, remembering someone special who filled that role, or celebrating the father figures in your community, June is a time to reflect on the profound impact of paternal love and mentorship. To all the fathers in our dining site family—thank you for the wisdom, care, and example you've provided to those around you.

June invites us to get outside and enjoy everything summer has to offer. Join us for outdoor activities, community outings, and trips that take full advantage of the beautiful weather. Stay active with our fitness classes, explore your creativity through art and music programming, and cool off with refreshing activities designed for warm days. From gardening to picnics, museum visits to scenic drives—there's something for everyone to enjoy this month.

As temperatures rise, it's important to take care of ourselves. Remember to stay hydrated by drinking plenty of water throughout the day, protect yourself from the sun with hats and sunscreen, and take breaks in the shade or air conditioning when needed. Our nutrition education sessions and health programming continue throughout June, supporting you in feeling your best all summer long. If you're feeling overheated or unwell, don't hesitate to reach out to staff or our social worker for support.

Check your site calendar for June's special programming and events. We have exciting summer activities planned, and we'd love to see you there. Your participation and feedback continue to make our dining sites the welcoming, vibrant places they are, so please share your ideas with your coordinators about summer activities you'd enjoy.

June reminds us that life is meant to be savored—the warmth of the sun, the company of friends, the taste of fresh summer foods, and the joy of simple moments shared together. Whatever this month brings, we'll embrace it with gratitude, laughter, and the strength of our community.

Iona Senior Services

June 2026 – St. Mary’s Court

****Calendars are subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Herb Gardening</p>	<p>2 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>	<p>3 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Virtual Fitness</p>	<p>4 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Team Trivia Game</p>	<p>5 10:00 am Coffee & Games 11:00 am Comm. Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo **Virtual Nutri. Summer Food Safety</p>
<p>8 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Memory Appreciation w/ Greg</p>	<p>9 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>	<p>10 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Virtual Fitness</p>	<p>11 10:00 am Coffee & Music 11:00 am You Tube Travel 12:00 pm Lunch 1:00 pm Team Trivia Game **Nutri Ed. Managing High Cholesterol</p>	<p>12 10:00 am Coffee & Games 11:00 am Comm. Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo</p>
<p>15 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Herb Gardening</p>	<p>16 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>	<p>17 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Virtual Fitness</p>	<p>18 FATHER'S DAY CELEBRATION 10:00 am Coffee & Music 11:00 am You Tube Music 12:00 pm Lunch 1:00 pm Team Trivia Game</p>	<p>19 HAPPY JUNE TEENTH CLOSED</p>
<p>22 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Herb Gardening</p>	<p>23 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>	<p>24 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Virtual Fitness</p>	<p>25 10:00 am Coffee & Music 11:00 am You Tube Travel 12:00 pm Lunch 1:00 pm Team Trivia Game</p>	<p>26 10:00 am Coffee & Games 11:00 am Comm. Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo</p>
<p>29 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Herb Gardening</p>	<p>30 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards ** Town Hall Meeting</p>	<p>7/1 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Virtual Fitness</p>	<p>7/2 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion</p>	<p>7/3 Happy 4th of July CLOSED</p>