



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



July 2026

Asian Pacific Islanders Center

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July arrives in full summer splendor — bright skies, long evenings, and the kind of warmth that draws us together in celebration and gratitude. It is a month that invites us to slow down, look around, and appreciate the richness of the season and the community we share.

At the heart of July is the Fourth of July-celebrating America's 250 Anniversary, a day that calls us to reflect on the freedoms and values that have shaped our lives and our nation. It is a time to honor the history we carry and celebrate the spirit of unity that binds us as neighbors and friends. Whether you mark the day with a favorite patriotic song, a cherished memory, or a quiet moment of gratitude, we hope it fills your heart with pride and joy. Our dining team will be bringing a little extra festivity to the table with special Fourth of July dishes inspired by classic American flavors — a small but heartfelt way to celebrate together.

As summer heat peaks in July, please continue to care for yourselves. Drink plenty of water throughout the day, seek shade and air conditioning when needed, and don't hesitate to reach out to staff or our social worker if you're feeling unwell. Your health and comfort are always our priority.

Be sure to check your site calendar for July's special programming and events — there is much to look forward to, and your presence makes every gathering brighter. We welcome your ideas and feedback, so please share with your coordinators any activities you'd love to see this summer.

We are grateful for each of you — for the stories you share, the warmth you bring, and the ways you make our dining sites feel like home. Wishing you a July filled with pride, laughter, and the very best of summer.



Iona Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>July 2026</p> <p>Asian Pacific Islanders Senior Center</p>		<p>1* 10:00-2:00 Chinese Market Good Fortune & Dollar Store 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Natural Household Uses of Baking Soda 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>2 10:00 am Senior Dance/Tea time/Conversation 11:00 Violin 12:00 pm Lunch/Health Pro/Natural Dental Care 1:00 pm Game Time /Rummikub/ Mahjong</p>	<p>3</p> <p>Independence Day Center Closed</p>
<p>6 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Relationship between digestive absorption (Spleen and stomach) and other organs 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>7 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Foods that are easy to digest and absorb 1:00 pm Game Time /Rummikub/ Mahjong</p>	<p>8* 10:00-2:00 Trip to Arundel Mills Outlet 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Natural Toothpaste 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>9 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:00 Travel Video 12:00 pm Lunch/Health Pro/Dietary therapy for spleen and stomach health 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>10 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:30 Nutrition ED/Virtual/Topic: 12:00 pm Lunch/Health Pro/Structure of the spleen and stomach 1:00 pm Game Time/ Rummikub/ Mahjong</p>
<p>13 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Functions of Vitamins 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>14 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Natural Health Foods for Different Parts of the Body 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>15* 10:00-2:00 Chinese Market Great-Wall 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ Natural Dental Care 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>16 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:30 Nutrition ED/Virtual/Topic: 12:00 pm Lunch/Health Pro/Four Seasons Body Care Guide 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>17 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Natural Air and human cell therapy 1:00 pm Game Time/ Rummikub/ Mahjong</p>
<p>20 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Comprehensive Analysis of Natural Air and Human Immunity & Metabolism 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>21 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Overview of the body's nutritional requirements 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>22 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Body Healing Process: Key Things to Know 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>23 10:00 am Senior Dance/Tea time/Conversation 11:00 Violin 12:00 pm Lunch/Health Pro/Body Care Guidelines by Body System 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>24 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Body Parts Medical Overview (Western & Traditional Chinese Medicine) 1:00 pm Game Time/ Rummikub/ Mahjong</p>
<p>27 10:00 am Senior Dance/Tea time/Conversation 11:00 am-12:00pm Metro Police Asian Liaison Office Topic: Fraud Preventio 12:00 pm Lunch/Health Pro/Types of Hydration in Summer 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>28 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Wisdom of Drinking Water 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>29 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ Water Content Analysis of Various Fruits 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>30 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:30 Nutrition ED/In person/Topic: Prediabetes Management preventing progression to diabetes 12:00 pm Lunch/Health Pro/Seasonal Water-Drinking Knowledge 1:00 pm Game Time Rummikub/ Mahjong</p>	<p>31 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Summer Dietary Knowledge 1:00 pm Game Time/ Rummikub/ Mahjong</p>
<p>8/3 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Fruit Absorption and Individual Body Types 1:00 pm Game Time Rummikub/ Mahjon</p>	<p>8/4 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/How to live a high-quality life 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>8/5 * 10:00-2:00 Chinese Market Good Fortune & Dollar Store 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ Natural Dental Care 1:00 pm Game Time/ Rummikub/ Mahjong</p>	<p>8/6 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Top 10 Most Powerful "Food Essence" 1:00 pm Game Time Rummikub/ Mahjong</p>	<p>8/7 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Summer food Safety 1:00 pm Game Time/ Rummikub/ Mahjong</p>