



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



July 2026

James Apartment

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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.

Sincerely,

Iona Senior Services

July 2026 – James Apartments

**** Calendars are Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 10:00 am Coffee & Music 11:00 am Memory Games 12:00 pm Lunch 1:00 pm Fitness ** Social Worker Trevor 11:30-1:30</p>	<p>2 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm You Tube Documentary</p>	<p>3</p> <p>CLOSED</p> 
<p>6 10:00 am Coffee & Conversation 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Cards and Board Games **Comm Trip Francis Pool</p>	<p>7 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Herb Gardening</p>	<p>8 10:00 am Coffee & Music 11:00 am Memory Games 12:00 pm Lunch 1:00 pm Fitness ** Comm Trip Rose's Discounter ** Social Worker Trevor 11:30-1:30</p>	<p>9 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>	<p>10 10:00 am Coffee & Games 11:00 am Friday Dance Party 12:00 pm Lunch 1:00 pm Bingo</p>
<p>13 10:00 am Coffee & Conversation 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Cards and Board Games</p>	<p>14 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Herb Gardening ** Comm Trip Walmart ** Nutri Ed Virtual Outsmarting Food Mrting</p>	<p>15 10:00 am Coffee & Music 11:00 am Memory Games 12:00 pm Lunch 1:00 pm Fitness ** Social Worker Trevor 11:30-1:30</p>	<p>16 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm You Tube Documentary</p>	<p>17 10:00 am Coffee & Games 11:00 am Motown Sing-A-Long 12:00 pm Lunch 1:00 pm Bingo</p>
<p>20 10:00 am Coffee & Conversation 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Cards and Board Games</p>	<p>21 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Herb Gardening</p>	<p>22 10:00 am Coffee & Music 11:00 am Memory Games 12:00 pm Lunch 1:00 pm Fitness ** Social Worker Trevor 11:30-1:30</p>	<p>23 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>	<p>24 10:00 am Coffee & Games 11:00 am Friday Dance Party 12:00 pm Lunch 1:00 pm Bingo</p>
<p>27 10:00 am Coffee & Conversation 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Cards and Board Games</p>	<p>28 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Herb Gardening **Nutri Ed. Prevent & Manage Prediabetes</p>	<p>29 10:00 am Coffee & Music 11:00 am Memory Games 12:00 pm Lunch 1:00 pm Fitness ** Social Worker Trevor 11:30-1:30</p>	<p>30 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm You Tube Documentary</p>	<p>31 10:00 am Coffee & Games 11:00 am Motown Sing-A-Long 12:00 pm Lunch 1:00 pm Bingo</p>
<p>8/27 10:00 am Coffee & Conversation 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Cards and Board Games</p>	<p>8/28 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Herb Gardening</p>	<p>8/29 10:00 am Coffee & Music 11:00 am Memory Games 12:00 pm Lunch 1:00 pm Fitness ** Social Worker Trevor 11:30-1:30</p>	<p>8/30 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>	<p>8/31 10:00 am Coffee & Games 11:00 am Friday Dance Party 12:00 pm Lunch 1:00 pm Bingo</p>