



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



July 2026

Regency Apartments

Dear Friends,

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

Contact Us

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Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 data-bbox="419 191 1118 473">July 2026</h1>		<p>1 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion</p>	<p>2 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Virtual Travel</p>	<p>3 Closed in Observance of the 4th of July</p> 
<p>6 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 12:30 pm Nutrition Education: Preventing and Managing Pre Diabetes 1:00 pm Team Trivia Game **SW Trevor 11:30-1:30pm</p>	<p>7 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm BINGO</p>	<p>8 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion TRIP: The Wharf</p>	<p>9 10:00 am Coffee & Local News 11:00 am Virtual Cooking 12:00 pm Lunch 1:00 pm Virtual Travel</p>	<p>10 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Herbal Gardening</p>
<p>13 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm</p>	<p>14 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm BINGO **Town Hall-12:30-1:30pm</p>	<p>15 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion</p>	<p>16 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Virtual Travel</p>	<p>17 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Vision Board 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>
<p>20 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm</p>	<p>21 10:00 am Coffee & Puzzles 11:00 am Health Discussion: High Blood Pressure 12:00 pm Lunch 1:00 pm Herb Gardening</p>	<p>22 10:00 am Coffee & Conversations 11:00 am Health Resources Discussion 12:00 pm Lunch 1:00 pm Tony's Tigers Fitness</p>	<p>23 10:00 am Coffee & Local News 11:00 am Virtual Cooking 12:00 pm Lunch 1:00 pm Virtual Travel TRIP: WALMART</p>	<p>24 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 12:45 Health and Nutrition: Myths vs Facts 1:00 pm Herbal Gardening</p>
<p>27 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm</p>	<p>28 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 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 Health Resources Discussion</p>	<p>30 10:00 am Coffee & Conversations 11:00 am Team Trivia 12:00 pm Lunch 1:00 pm Arts & Crafts: Sketching</p>	<p>31 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Vision Board 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>
<p>8/3 10:00 am Coffee & Music 11:00 am You Tube Documentary 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm</p>	<p>8/4 10:00 am Coffee & Games 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm BINGO</p>	<p>8/5 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion</p>	<p>8/6 10:00 am Coffee & Local News 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Virtual Travel</p>	<p>8/7 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Vision Board 12:00 pm Lunch 1:00 pm Arts & Crafts: Vision Boards</p>