



**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

## July Trips

**Friday, July 24: Glenstone Museum**

**Tuesday, July 28: Docent tour of Nick Cave: Mammoth at Smithsonian American Art Museum**

*Please sign up at the Welcome Table or email/call Jeanne.*



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.*



July 2026

# Active Wellness

At Saint Alban's

Dear Saint Alban's Active Wellness participants,

Thanks to a grant from The Washington Home Foundation, we are thrilled to offer additional in-person fitness instruction. These new classes are on Tuesdays (**Strength, Balance & Core with Emma**, 10:30am, now weekly!), Wednesdays (**Dance with Taal [Rhythm] with Shuchi**, 11am, now weekly!), and Fridays (**Zumba with Renee**, 11am, biweekly, alternating Fridays with Balance, Stretch, and Strength with Beth.)

Other July highlights include:

Monday, July 6: **Extreme Weather Workshop** presented by DC's Office of Emergency Preparedness and Resilience, with Spanish interpretation. Learn specific preparedness actions you can take before, during, and after emergencies.

Tuesday, July 14 and Tuesday, July 28: **Sing-Along with Deborah**. All are welcome! You do not need to be an opera singer.

Monday, July 20: **Bingo with DC Metropolitan Police Department's Community Outreach Team**

Friday, July 24: Trip to **Glenstone Museum**

Tuesday, July 28: Docent tour of *Nick Cave: Mammoth at Smithsonian American Art Museum*

Thursday, July 30: **Farmers Market and Celebration of July Birthdays**. Free produce! Please bring a bag.

*In response to your feedback, we now have (optional) nametags to facilitate connections among our growing community.*

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

### St. Alban's Team

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 202-895-9448

Monday	Tuesday	Wednesday	Thursday	Friday
				
		<b>1</b> 10:00 am Coffee & Conversation 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>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 12:45 pm Board Games	<b>3</b> <div style="background-color: yellow; padding: 5px; text-align: center;"> <b>Iona Senior Services Closed in observance of Independence Day</b>   </div>
<b>6</b> 10:00 am Coffee & Conversation 11:00 am Yoga and Movement 12:00 pm Lunch 12:30 pm Extreme Weather Workshop	<b>7</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	<b>8</b> 10:00 am Coffee & Conversation 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>9</b> 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Board Games	<b>10</b> 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
<b>13</b> 10:00 am Coffee & Conversation 10:15 am Nutrition Education: Preventing and Managing Pre-diabetes 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Sewing Café with Edie	<b>14</b> 10:00 am Coffee & Conversation 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Sing-Along with Deborah 12:45 pm Improv and Games 12:45 pm Collage Class	<b>15</b> 10:00 am Coffee & Conversation 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>16</b> 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Board Games	<b>17</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>20</b> 10:00 am Coffee & Conversation 10:45 am Virtual Nutrition Education: Health and Nutrition Myths vs. Facts 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Bingo with MPD	<b>21</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	<b>22</b> 10:00 am Coffee & Conversation 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Laugh Cafe	<b>23</b> 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Board Games	<b>24</b> 9:00 am Trip to Glenstone Museum 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
<b>27</b> 10:00 am Coffee & Conversation 11:00 am Yoga and Movement 12:00 pm Lunch 1:00 pm Tony's Tigers Fitness Class	<b>28</b> 9:15 am Trip to Smithsonian American Art Museum 10:00 am Coffee & Conversation 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Sing-Along with Deborah 12:45 pm Improv and Games 12:45 pm Collage Class	<b>29</b> 10:00 am Coffee & Conversation 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>30</b> 10:00 am Coffee & Conversation 10:00 am Farmers Market 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:30 pm Celebration of July Birthdays 12:45 pm Watercolors with Ida 12:45 pm Board Games	<b>31</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>3</b> 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Trivia	<b>4</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	<b>5</b> 10:00 am Coffee & Conversation 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>6</b> 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Board Games	<b>7</b> 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce

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