



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



August 2026

Asbury Dwellings

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Dear Friends,

August has arrived in full summer glory with warm sunshine and the energy of celebration. This is a month to embrace the season, stay cool and hydrated, and celebrate the joy of community and friendship that brings us together at our dining sites.

As temperatures rise, it is essential to take care of ourselves. Drink plenty of water throughout the day, spend time in air conditioned spaces during the hottest parts of the day, and wear light clothing and sunscreen when outside. If you are feeling dizzy, overly tired, or unwell, please let a staff member know. Your health and safety matter to us.

August is the perfect time to celebrate our summer activities and friendships. We have wonderful programming lined up including fitness classes, creative activities, games and trivia, and trips to explore our beautiful city. From outings to favorite restaurants to visits to museums and parks, there is always something happening. Join us and make memories with your dining site family.

As summer moves toward fall, we are thinking ahead to exciting programs coming in the months ahead. September brings Fall Prevention education to help us stay safe and independent. October invites us to prepare for cooler weather and reflect on the changing season. And beyond that, the holidays approach with all their warmth and celebration.

August is also a time to appreciate the incredible community we have built at our dining sites. Thank you to our Recreation Coordinators, Nutrition Coordinators, Social Workers, and all staff who work tirelessly to create meaningful experiences for you. Thank you to our volunteers and community partners. Most importantly, thank you to you for showing up and being part of our family.

Wishing you an August filled with cool breezes, good health, warm friendships, and summer joy.

With gratitude and warmth,

Iona Senior Services



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 am Monday Morning Movie 11:00 am Tony's Tiger's Workout 12:00 pm Lunch 1:00 pm Afternoon Walk **Comm Trip: Walmart	4 10:00 am Coffee & Puzzles 11:00 am Vision Boards/Paint&Sip 12:00 pm Lunch 1:00 pm Dart Throwing Game	5 10:00 am Coffee & Local News 11:00 am Heath Education Discussion: Julia's Memory Screening Edu 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	6 10:00 am Coffee & Conversations 11:00 am Senior Chess Day 12:00 pm Lunch 1:00 pm Fitness with Beth **Comm Trip: DPR Senior Drip Pool Event	7 10:00 am Coffee & Music 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Bingo **SW Trevor 11:30-1:30pm
10 10:00 am Monday Morning Movie 11:00 am Virtual Travel 12:00 pm Lunch 1:00 pm Afternoon Walk	11 10:00 am Coffee & Puzzles 11:00 am Senior Fun Trivia 12:00 pm Lunch 1:00 pm Dart Throwing Game	12 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	13 10:00 am Coffee & Conversations 11:00 am Senior Chess Day 12:00 pm Lunch 1:00 pm Fitness with Beth ** Nutrition Education: Digestive Health and Preventing Constipation	14 10:00 am Coffee & Music 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Spades **SW Trevor 11:30-1:30pm
17 10:00 am Monday Morning Movie 11:00 am Virtual Travel 12:00 pm Lunch 1:00 pm Afternoon Walk	18 10:00 am Coffee & Puzzles 11:00 am Vision Boards/Paint&Sip 12:00 pm Lunch 1:00 pm Dart Throwing Game	19 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	20 10:00 am Coffee & Conversations 11:00 am Senior Chess Day 12:00 pm Lunch 1:00 pm Fitness with Beth	21 10:00 am Coffee & Music 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Bingo **SW Trevor 11:30-1:30pm
24 10:00 am Monday Morning Movie 11:00 am Virtual Travel 12:00 pm Lunch 1:00 pm Afternoon Walk ** Comm Trip: Millers Farm	25 10:00 am Coffee & Puzzles 11:00 am Senior Fun Trivia 12:00 pm Lunch 1:00 pm Dart Throwing Game **Nutrition Ed. Virtual: Preserving Summer's Bounty	26 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	27 10:00 am Coffee & Conversations 11:00 am Senior Chess Day 12:00 pm Lunch 1:00 pm Fitness with Beth	28 10:00 am Coffee & Music 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Spades **SW Trevor 11:30-1:30pm
	9/1 10:00 am Coffee & Puzzles 11:00 am Vision Boards 12:00 pm Lunch 1:00 pm Afternoon Trivia	9/2 10:00 am Coffee & Local News 11:00 am Stretch Workout 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	9/3 10:00 am Coffee & Conversations 11:00 am Health Discuss.:Heart 12:00 pm Lunch 1:00 pm Fitness with Beth	9/4 10:00 am Coffee & Music 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Bingo or Spades **SW Trevor 11:30-1:30pm