



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



August 2026

Claridge Towers

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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 Coffee & Local News 11:00 am Chair Aerobics 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack ** Social Worker 11:30–1:30 **Comm Trip: Walmart	4 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Brain Games	5 10:00 am Coffee & Local News 11:00 am Current Events 12:00 pm Lunch 1:00 pm Movie Matinee	6 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Bingo **Comm Trip: DPR Senior Drip Pool Event	7 10:00 am Coffee & Local News 11:00 am Health Discussion 12:00 pm Lunch 1:00 pm Arts and Crafts: Vision Boards
10 10:00 am Coffee & Local News 11:00 am Chair Aerobics 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack ** Social Worker 11:30–1:30	11 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Brain Games **Nutri. Ed: Digestive Health & Preventing Constipation	12 10:00 am Coffee & Local News 11:00 am Current Events 12:00 pm Lunch 1:00 pm Movie Matinee	13 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Bingo	14 10:00 am Coffee & Local News 11:00 am Health Discussion 12:00 pm Lunch 1:00 pm Arts and Crafts: Vision Boards
17 10:00 am Coffee & Local News 11:00 am Chair Aerobics 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack ** Social Worker 11:30–1:30	18 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Brain Games	19 10:00 am Coffee & Local News 11:00 am Current Events 12:00 pm Lunch 1:00 pm Movie Matinee	20 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Bingo	21 10:00 am Coffee & Local News 11:00 am Health Discussion 12:00 pm Lunch 1:00 pm Arts and Crafts: Vision Boards
24 10:00 am Coffee & Local News 11:00 am Medicare Patrol Presentation 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack ** Social Worker 11:30–1:30 **Comm Trip: Millers Farm	25 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Brain Games **Nutrition Education: Virtual: Preserving Preserving Summer's Bounty	26 10:00 am Coffee & Local News 11:00 am Current Events 12:00 pm Lunch 1:00 pm Movie Matinee	27 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Bingo	28 10:00 am Coffee & Local News 11:00 am Health Discussion 12:00 pm Lunch 1:00 pm Arts and Crafts: Vision Boards
31 10:00 am Coffee & Local News 11:00 am Chair Aerobics 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack ** Social Worker 11:30–1:30				
	9/1 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Brain Games	9/2 10:00 am Coffee & Local News 11:00 am Current Events 12:00 pm Lunch 1:00 pm Movie Matinee	9/3 10:00 am Coffee & Local News 11:00 am Cards and Board Games 12:00 pm Lunch 1:00 pm Bingo	9/4 10:00 am Coffee & Local News 11:00 am Health Discussion 12:00 pm Lunch 1:00 pm Arts and Crafts: Vision Boards