



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



August 2026

Asian Pacific Islanders Center

Monday	Tuesday	Wednesday	Thursday	Friday
August 2026 Asian Pacific Islanders Senior Center				
3 10:00 am Senior Dance/ Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Fruit Absorption and Individual Body Types 1:00 pm Game Time Rummikub/ Mahjon	4 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/How to live a high-quality life 1:00 pm Game Time/ Rummikub/ Mahjong	5* 10:00-2:00 Chinese Market Good Fortune &Dollar Store 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ Natural Dental Care 1:00 pm Game Time/ Rummikub/ Mahjong	6 10:00 am Senior Dance/Tea time/Conversation 11:00 Violin 12:00 pm Lunch/Health Pro/Top 10 Most Powerful “Food Essence” 1:00 pm Game Time /Rummikub/ Mahjong august	7 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ Summer food Safety 1:00 pm Game Time/ Rummikub/ Mahjong
10 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Daily Nutritional Guidelines for the Human Body 1:00 pm Game Time Rummikub/ Mahjon	11 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Human daily energy expenditure and intake 1:00 pm Game Time /Rummikub/ Mahjong	12* 10:00-2:00 Trip to Arundel Mills Outlet 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/How to live a high-quality life 1:00 pm Game Time/ Rummikub/ Mahjong	13 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:00 Travel Video 11:30 Nutrition ED/Virtual/Topic: Preserving Summers Bounty 12:00 pm Lunch/Health Pro/Hot Weather Diet 1:00 pm Game Time/ Rummikub/ Mahjong	14 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Summer Moisturizing Five-Herb Wellness Tea Ingredients 1:00 pm Game Time/ Rummikub/ Mahjong
17 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Brain & Nerve Energy Consumption and Supplementation 1:00 pm Game Time Rummikub/ Mahjon	18 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Daily function of blood circulation 1:00 pm Game Time /Rummikub/ Mahjong	19* 10:00-2:00 Chinese Market Great-Wall 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/How to supply food nutrition to the blood 1:00 pm Game Time/ Rummikub/ Mahjong	20 10:00 am Senior Dance/Tea time/Conversation 11:00 Violin 12:00 pm Lunch/Health Pro/ Top 10 most powerful “Food Essence” 1:00 pm Game Time/ Rummikub/ Mahjong	21 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Magnesium and vitamin deficiency: What you should know 1:00 pm Game Time/ Rummikub/ Mahjong
24 10:00 am Senior Dance/Tea time/Conversation 11:00 am-12:00pm Metro Police Asian Liaison Office Topic: Fraud Preventio 12:00 pm Lunch/Health Pro/ What nutrition deficiencies can contribute to receding gums? 1:00 pm Game Time/ Rummikub/ Mahjong	25 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/What nutrient deficiencies can contribute to dental problems? 1:00 pm Game Time /Rummikub/ Mahjong	26 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Oral biology overview 1:00 pm Game Time/ Rummikub/ Mahjong	27 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:30 Nutrition ED/In person/Topic: Digestive Health and Preventing Constipation. 12:00 pm Lunch/Health Pro/Eye biology knowledge 1:00 pm Game Time Rummikub/ Mahjong	28 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Skin biology overview 1:00 pm Game Time/ Rummikub/ Mahjong
31 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Psychobiology Overview 1:00 pm Game Time Rummikub/ Mahjon	9/1 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Blood type biology overview 1:00 pm Game Time /Rummikub/ Mahjong	9/2* 10:00-2:00 Chinese Market Good Fortune &Dollar Store 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Enjoy life, the world, and cultural creativity 1:00 pm Game Time/ Rummikub/ Mahjong	9/3 10:00 am Senior Dance/Tea time/Conversation 11:00 Violin 12:00 pm Lunch/Health Pro/World cultural differences and how to enjoy life 1:00 pm Game Time /Rummikub/ Mahjong august	9/4 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ Blood type and personality 1:00 pm Game Time/ Rummikub/ Mahjong

