



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



August 2026

Regency Apartments

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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 & Music 11:00 am Documentary & Convo 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm	4 10:00 am Coffee & Games 11:00 am Stretch Class with Brandon 12:00 pm Lunch 1:00 pm BINGO	5 10:00 am Coffee & Conversations 11:00 am Healthy Food Review w/Ron 12:00 pm Lunch 1:00 pm Health Resources Discussion: Diabetes	6 10:00 am Coffee & Virtual Cooking 11:00 am Travel Club and Discussion 12:00 pm Lunch 1:00 pm Fitness with Ed	7 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching w/Brandon 12:00 pm Lunch 1:00 pm Herbal Gardening **Comm Trip: Walmart
10 10:00 am Coffee & Music 11:00 am Documentary & Convo 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm **Nutrition Ed: Nutrition & Sleep	11 10:00 am Coffee & Games 11:00 am Stretch Class with Brandon 12:00 pm Lunch 1:00 pm BINGO	12 10:00 am Coffee & Conversations 11:00 am Healthy Food Review w/Ron 12:00 pm Lunch 1:00 pm Health Resources Discussion: Heart Health	13 10:00 am Coffee & Music 11:00 am Travel Club and Discussion 12:00 pm Lunch 1:00 pm Fitness with Ed	14 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching w/Brandon 12:00 pm Lunch 1:00 pm Herbal Gardening
17 10:00 am Coffee & Music 11:00 am Documentary & Convo 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm	18 10:00 am Coffee & Games 11:00 am Stretch Class with Brandon 12:00 pm Lunch 1:00 pm BINGO	19 10:00 am Coffee & Conversations 11:00 am Healthy Food Review w/Ron 12:00 pm Lunch 1:00 pm Health Resources Discussion: Hydration	20 11:00 am Coffee & Virtual Cooking 11:00 am Travel Club and Discussion 12:00 pm Lunch 1:00 pm Fitness with Ed	21 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching w/Brandon 12:00 pm Lunch 1:00 pm Herbal Gardening **Comm Trip: Glenstone Museum
24 10:00 am Coffee & Music 11:00 am Tony's Tigers Fitness Class 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm	25 10:00 am Coffee & Games 11:00 am Stretch Class with Brandon 12:00 pm Lunch 1:00 pm BINGO **Nutrition Ed Virtual: Preserving Summer's Bounty	26 10:00 am Coffee & Conversations 11:00 am Healthy Food Review w/Ron 12:00 pm Lunch 1:00 pm Health Resources Discussion: High Blood Pressure	27 10:00 am Coffee & Music 11:00 am Travel Club and Discussion 12:00 pm Lunch 1:00 pm Fitness with Ed	28 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching w/Brandon 12:00 pm Lunch 1:00 pm Herbal Gardening
31 10:00 am Coffee & Music 11:00 am Documentary & Convo 12:00 pm Lunch 1:00 pm Senior Dance **SW Trevor 11:30-1:30pm				
	9/1 10:00 am Coffee & Games 11:00 am Stretch Class with Brandon 12:00 pm Lunch 1:00 pm BINGO	9/2 10:00 am Coffee & Conversations 11:00 am Healthy Food Review w/Ron 12:00 pm Lunch 1:00 pm Health Resources Discussion: High Cholesterol	9/3 10:00 am Coffee & Virtual Cooking 11:00 am Travel Club and Discussion 12:00 pm Lunch 1:00 pm Fitness with Ed	9/4 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching w/Brandon 12:00 pm Lunch 1:00 pm Herbal Gardening