



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



August 2026

St. Mary's Court

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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



St. Mary’s Court

*Calendar events are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Herb Gardening	4 10:00 am Coffee & Local News 11:00 am Travel Club & Convo w/Caprice 12:00 pm Lunch 1:00 pm Pop & Paint with Caprice	5 10:00 am Coffee & Current Events 11:00 am Artist Spotlight & Convo w/Caprice 12:00 pm Lunch 1:00 pm Memory Games **Comm Trip Golden Corral	6 10:00 am Coffee & Music 11:00 am Dance Party 12:00 pm Lunch 1:00 pm Health Discussion: Heart Health **Nutri. Ed.:Digestive Health & Prevent. Constipation	7 10:00 am Coffee & Games 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo
10 10:00 am Coffee & Conversations 11:00 am Memory Appreciation w/ Greg 12:00 pm Lunch 1:00 pm Herb Gardening	11 10:00 am Coffee & Local News 11:00 am Travel Club & Convo w/Caprice 12:00 pm Lunch 1:00 pm Pop & Paint with Caprice	12 10:00 am Coffee & Current Events 11:00 am Artist Spotlight & Convo w/Caprice 12:00 pm Lunch 1:00 pm Memory Games	13 10:00 am Coffee & Music 11:00 am Dance Party 12:00 pm Lunch 1:00 pm Health Discussion: Stress	14 10:00 am Coffee & Games 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo **Red Cross-Hands Free CPR Class
17 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Herb Gardening	18 10:00 am Coffee & Local News 11:00 am Travel Club & Convo w/Caprice 12:00 pm Lunch 1:00 pm Pop & Paint with Caprice	19 10:00 am Coffee & Current Events 11:00 am Artist Spotlight & Convo w/Caprice 12:00 pm Lunch 1:00 pm Memory Games	20 10:00 am Coffee & Music 11:00 am Dance Party 12:00 pm Lunch 1:00 pm Health Discussion: Blood Pressure	21 10:00 am Coffee & Games 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo
24 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Herb Gardening	25 10:00 am Coffee & Local News 11:00 am Travel Club & Convo w/Caprice 12:00 pm Lunch 1:00 pm Pop & Paint with Caprice **Medicare Patrol Presentation **Nutri Ed. Virt.: Preserv. Summer's Bounty	26 10:00 am Coffee & Current Events 11:00 am Artist Spotlight & Convo w/Caprice 12:00 pm Lunch 1:00 pm Memory Games	27 10:00 am Coffee & Music 11:00 am Dance Party 12:00 pm Lunch 1:00 pm Health Discussion:Hydration	28 10:00 am Coffee & Games 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo
31 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Herb Gardening				
	9/1 10:00 am Coffee & Local News 11:00 am Travel Club & Convo w/Caprice 12:00 pm Lunch 1:00 pm Pop & Paint with Caprice	9/2 10:00 am Coffee & Current Events 11:00 am Artist Spotlight & Convo w/Caprice 12:00 pm Lunch 1:00 pm Memory Games	9/3 10:00 am Coffee & Music 11:00 am Dance Party 12:00 pm Lunch 1:00 pm Health Discussion:Diabetes	9/4 10:00 am Coffee & Games 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo

