



Iona Senior Services
4125 Albemarle Street, NW
Washington, DC 20016
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Website: www.iona.org



Visit www.AroundtownDC.org for more events and programs

August Trips

Wednesday, August 19: Black Friday Deals

Tuesday, August 25: Library of Congress

Please sign up at the Welcome Table or email/call Jeanne



Lunch is served Monday through Friday at noon. *Lunches are ordered one week in advance; please register for lunch at the Welcome Table.* A vegetarian option is available; please request this at sign-up. **A daily donation is suggested and helps sustain the program.**

A word about safety: we cannot be responsible for your belongings and ask that you remain vigilant while you are at St. Alban's.

Programs are subject to Change.



August 2026

Active Wellness

At Saint Alban's

Dear Saint Alban's Active Wellness participants,

We look forward to welcoming you in August. Highlights include:

Thursday, August 6: **Fire Safety** with DC Fire and EMS Department

Monday, August 10: **Building Brain-Healthy Habits** with Alzheimer's Association

Monday, August 17: **Bingo** with DC Metropolitan Police Department's Community Outreach Team

Tuesday, August 18: **Probate and Wills** with Legal Counsel for the Elderly's Pro Bono Access to Justice Practice

Wednesday, August 19: By popular demand, trip to **Black Friday Deals** in Alexandria, VA

Wednesday, August 19: **Senior Medicare Patrol** with Legal Counsel for the Elderly. Learn how moving, relocating to another state, entering or leaving a nursing facility, or transitioning into or out of assisted living may affect Medicare coverage, Medicare Advantage or Part D plans, and Special Enrollment Periods. We will also learn what medical identity theft is, common warning signs, how to safeguard your Medicare number and personal information, and the steps beneficiaries should take if they suspect their Medicare information has been compromised.

Tuesday, August 25: Trip to **Library of Congress**

Thursday, August 27: **Farmers Market and Celebration of August Birthdays**. Free produce! Please bring a bag.

**St. Alban's
Episcopal Church
Satterlee Hall
3001 Wisconsin Ave
NW
Washington, DC
20016**

St. Alban's Team

Jeanne Welsh
Center Manager
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Tai Banjo
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Chris Brentin
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Iona Senior Services
4125 Albemarle St
202-895-9448

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Trivia	4 10:00 am Coffee & Conversation 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher	5 10:00 am Coffee & Conversation 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Word Game Wednesday	6 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors 1:00pm Fire Safety with DC Fire and EMS	7 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
10 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 Building Brain-Healthy Habits with Alzheimer's Association	11 10:00 am Coffee & Conversation 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv and Games 12:45 pm Laugh Café 12:45 pm Collage Class	12 10:00 am Coffee & Conversation 10:15 am Coffee & Current Events 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Word Game Wednesday	13 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Nutrition Education: Sleep and Nutrition	14 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
17 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Camille 12:00 pm Lunch 12:45 pm Bingo with MPD	18 10:00 am Coffee & Conversation 10:15 am Social Work & Resources w/ Trevor 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher 1:00 pm Probate and Wills with Legal Counsel for the Elderly's Pro Bono Access to Justice Practice	19 9:15 am Trip to Black Friday Deals 10:00 am Coffee & Conversation 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch 12:45 pm Art Adventures 12:45 pm Senior Medicare Patrol with Legal Counsel for the Elderly	20 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Word Games	21 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
24 10:00 am Coffee & Conversation 11:00 am Yoga and Movement 11:00 am Memory Appreciation with Greg 12:00 pm Lunch 1:00 pm Sewing Café with Edie	25 9:00 am Trip to Library of Congress 10:00 am Coffee & Conversation 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv and Games 12:45 pm Sing-Along with Deborah 12:45 pm Virtual Nutrition Education: Preserving Summer's Bounty	26 10:00 am Coffee & Conversation 10:15 am Coffee & Current Events 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Word Game Wednesday	27 10:00 am Coffee & Conversation 10:00 am Farmers Market 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:30 pm Celebration of August Birthdays 12:45 pm Watercolors with Ida	28 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
31 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Board Games	1 10:00 am Coffee & Conversation 10:15 am Social Work & Resources w/ Trevor 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher	2 10:00 am Coffee & Conversation 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch 12:45 pm Art Adventures with Meg 12:45 pm Word Game Wednesday	3 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors with Ida	4 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce

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