



Iona Senior Services
4125 Albemarle Street, NW
Washington, DC 20016
Tel: 202-895-9448 Fax: 202-362-2032
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Website: www.iona.org



Visit www.AroundtownDC.org for more events and programs

September Trips

Tuesday, September 15: Artistic Artifacts

Wednesday, September 23: Brookside Gardens

**Wednesday, September 30: Smithsonian American Art Museum --
Much Here Is Beautiful: Photography Surveys of the U.S. Bicentennial**

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.



September 2026

Active Wellness

At Saint Alban's

Dear Saint Alban's Active Wellness participants,

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

Monday, September 14: Community Conversations on Fraud by **AARP Fraud Watch Network**. Learn how to protect yourself from the rising number of scams.

Tuesday, September 15: Trip to **Artistic Artifacts** in Alexandria, Virginia, a store with a wide variety of fabrics, threads, notions, and mixed media supplies.

Wednesday, September 16: Art Adventures with Meg – **Participant Art Show and Celebration**

Thursday, September 17: **Vagus Nerve and Nutrition**. Learn from Iona nutritionist Chris Brentin about a topic recommended by our participants.

Monday, September 21: **Bingo** with DC Metropolitan Police Department's Community Outreach Team

Wednesday, September 23: Trip to **Brookside Gardens** in Wheaton, Maryland

Thursday, September 24: **Celebration of September Birthdays**

Tuesday, September 29, **Fall Bingo with Lucy**

Wednesday, September 30: Trip to Smithsonian American Art Museum -- *Much Here Is Beautiful: Photography Surveys of the U.S. Bicentennial*

We remember our friend Marie Giovanelli who passed away in July.

**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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Project Manager
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Iona Senior Services
4125 Albemarle St
202-895-9448

Monday	Tuesday	Wednesday	Thursday	Friday
	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 10:15 am Coffee & Current Events 11:00 am Virtual Fitness 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 12:45 pm Trivia and Board Games	4 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
7 Iona Senior Services Closed in observance of Labor Day 	8 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 Collage Class	9 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 Laugh Café	10 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 Trivia and Board Games	11 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
14 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm AARP Fraud Watch Network Presents <i>Community Conversations on Fraud</i>	15 9:00 am Trip to Artistic Artifacts 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	16 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 – Participant Art Show and Celebration 12:45 pm Word Game Wednesday	17 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:30 pm Nutrition Education: Vagus Nerve and Nutrition 12:45 pm Watercolors with Ida	18 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
21 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Bingo with MPD	22 10:00 am Coffee & Conversation 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Nutrition Education: Quick and Nutritious Breakfasts 12:45 pm Improv and Games 12:45 pm Sing-Along with Deborah 12:45 pm Collage Class	23 9:00 am Trip to Brookside Gardens 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	24 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:30 pm Celebration of September Birthdays 12:45 pm Watercolors	25 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
28 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Sewing Café with Edie	29 10:00 am Coffee & Conversation 10:30 am Strength, Balance & Core with Emma 12:00 pm Lunch 12:45 pm Improv with Topher 12:45 pm Fall Bingo with Lucy	30 10:00 am Coffee & Conversation 11:00 am Dance with Taal (Rhythm) with Shuchi 12:00 pm Lunch 12:30 pm Trip to Smithsonian American Art Museum 12:45 pm Word Game Wednesday	1 <i>10:00 am Coffee & Conversation</i> <i>11:00 am Movement and Meditation with Meg</i> 12:00 pm Lunch 12:45 pm Watercolors with Ida 12:45 pm Trivia and Board Games	2 <i>10:00 am Coffee & Conversation</i> <i>11:00 am Zumba with Renee</i> 12:00 pm Lunch 12:45 pm Drumming with Bruce