



Iona Senior Services
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October 2026

Asbury Dwellings

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Dear Friends,

October is here, bringing cooler days, colorful leaves, and a fresh start as we officially begin FY 2027, our new program year! As we welcome the beauty of autumn, we are excited for another year filled with connection, meaningful activities, new experiences, and opportunities to grow together.

This month, we are also proud to embrace Hispanic Heritage Month and recognize the rich histories, cultures, traditions, music, art, and contributions of Hispanic and Latino communities.

October is also our re-enrollment month. Your site team will be checking in with you to confirm that your information is current and ensure you are all set to continue enjoying meals, activities, outings, and other programs throughout the new program year. If you have any questions or need assistance, please reach out to your site staff.

As autumn settles in, there is plenty to look forward to at our dining sites. From fitness and wellness activities to arts and crafts, music, games, discussions, celebrations, and trips around our beautiful city, we hope you will find something that inspires you to participate, connect, and have fun.

The beginning of a new program year is also a wonderful opportunity for us to hear from you. Your ideas and interests help shape our programs, so please share activity, trip, or event recommendations with your Recreation Coordinator. We want our programming to reflect the people who make our community special.

Thank you to our Recreation Coordinators, Nutrition Coordinators, Social Workers, volunteers, community partners, and all of our staff for the care and dedication you bring to our dining sites each day. Most importantly, thank you to each of you for your participation, your friendship, and the energy you bring to our community.

We wish you a wonderful October filled with good health, warm friendships, autumn joy, and excitement for all that FY 2027 has in store!

With gratitude and warmth,

The Community Programs Team
Iona Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
	29 10:00 am Audio & Conversation 11:00 am Vision Boards/Paint & Sip 12:00 pm Lunch 1:00 pm Dart Throwing Game	30 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	1 10:00 am Coffee & Conversations 11:00 am Senior Game Day 12:00 pm Lunch 1:00 pm Fitness with Beth Trip: Black Friday Outlet	2 10:00 am Coffee & Puzzles 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Spades
5 10:00 am Coffee & Puzzles 11:00 am Monday Morning Movie 12:00 pm Lunch 1:00 pm Afternoon Walk Trip: Waterfront Boat Tour	6 10:00 am Audio & Conversations 11:00 am Senior Fun Trivia 12:00 pm Lunch 1:00 pm Dart Throwing Game	7 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	8 10:00 am Coffee & Conversations 11:00 am Family Feud Day 12:00 pm Lunch 1:00 pm Fitness with Beth	9 10:00 am Coffee & Puzzles 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Bingo **SW Trevor 11:30-1:30pm
	13 10:00 am Coffee & Puzzles 11:00 am Health Education Discussion: Energy Conservation in the Kitchen (Arthritis & Fatigue Management) 12:00 pm Lunch 1:00 pm Dart Throwing Game	14 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	15 10:00 am Coffee & Conversations 11:00 am Senior Game Day 12:00 pm Lunch 1:00 pm Fitness with Beth	16 10:00 am Coffee & Puzzles 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Spades Nutri. Ed: Nutrition in the News
19 10:00 am Audio & Conversations 11:00 am Morning Movie Monday 12:00 pm Lunch 1:00 pm Afternoon Walk	20 10:00 am Coffee & Puzzles 11:00 am Senior Fun Trivia 12:00 pm Lunch 1:00 pm Dart Throwing Game	21 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack Trip: AARP Senior Luncheon at Mylo's Grill	22 10:00 am Coffee & Conversations 11:00 am Family Feud 12:00 pm Lunch 1:00 pm Fitness with Beth	23 10:00 am Coffee & Puzzles 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Bingo **SW Trevor 11:30-1:30pm
26 10:00 am Coffee & Puzzles 11:00 am Morning Movie Monday 12:00 pm Lunch 1:00 pm Afternoon Walk	27 10:00 am Coffee & Puzzles 11:00 am Vision Boards/Paint & Sip 12:00 pm Lunch 1:00 pm Dart Throwing Game	28 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	29 10:00 am Coffee & Conversations 11:00 am Senior Game Day 12:00 pm Lunch 1:00 pm Fitness with Beth Nutri. Ed: Special Topics	30 10:00 am Coffee & Puzzles 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Spades
11/2 10:00 am Coffee & Puzzles 11:00 am Morning Movie Day 12:00 pm Lunch 1:00 pm Afternoon Walk	11/3 10:00 am Coffee & Puzzles 11:00 am Senior Fun Trivia 12:00 pm Lunch 1:00 pm Dart Throwing Game	11/4 10:00 am Coffee & Local News 11:00 am Health Education Discussion: 12:00 pm Lunch 1:00 pm Comm. Fitness w/ Kojack	11/5 10:00 am Coffee & Conversations 11:00 am Family Feud 12:00 pm Lunch 1:00 pm Fitness with Beth	10/7 10:00 am Coffee & Puzzles 11:00 am Morning Karaoke 12:00 pm Lunch 1:00 pm Bingo

