



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



October 2026

Asian Pacific Islanders Center

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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.

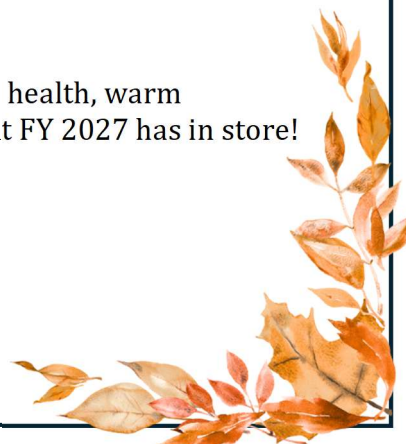
Thank you to our Recreation Coordinators, Nutrition Coordinators, Social Workers, volunteers, community partners, and all of our staff for the care and dedication you bring to our dining sites each day. Most importantly, thank you to each of you for your participation, your friendship, and the energy 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
October 2026 Asian Pacific Islanders Senior Center			1 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/How to Unlock Your Full Potential 1:00 pm Game Time/ Rummikub/ Mahjong	2 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/How to Handle Unnecessary Social Obligations 1:00 pm Game Time/ Rummikub/ Mahjong
5 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/What Psychological and Physical Problems Can Occur in Older Adults? 1:00 pm Game Time Rummikub/ Mahjon	6 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/How Older Adults Can Relieve Psychological and Physical Imbalances 1:00 pm Game Time /Rummikub/ Mahjong	7* 10:00-2:00 Chinese Market Good Fortune & Dollar Store 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Different part of chicken have different nutritional benefits. 1:00 pm Game Time/ Rummikub/ Mahjong	8 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:00 Travel Video 12:00 pm Lunch/Health Pro/The Meaning of a Fulfilling Life and Values in Older Age 1:00 pm Game Time/ Rummikub/ Mahjong	9 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ What Psychological and Physical Problems Can Occur in Older Adults? 1:00 pm Game Time/ Rummikub/ Mahjong
12 Columbus Day Center Closed	13 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/The Meaning, Value, and Role of Scientific Advancement for Older Adults. 1:00 pm Game Time /Rummikub/ Mahjong	14* 10:00-2:00 Trip to Mall at Prince George's 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/What vegetables pair best with fish for maximum nutrition? 1:00 pm Game Time/ Rummikub/ Mahjong	15 10:00 am Senior Dance/Tea time/Conversation 11:00 Violin 12:00 pm Lunch/Health Pro/ The Meaning of a Fulfilling Life and Values in Older Age 1:00 pm Game Time/ Rummikub/ Mahjong	16 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:30 Nutrition ED/Virtual/Topic: 12:00 pm Lunch/Health Pro/ The Meaning of a Fulfilling Life and Values in Older Age 1:00 pm Game Time/ Rummikub/ Mahjong
19 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Seeing the World Through an Artistic Perspective 1:00 pm Game Time Rummikub/ Mahjon	20 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ The Meaning of a Fulfilling Life and Values in Older Age 1:00 pm Game Time /Rummikub/ Mahjong	21* 10:00-2:00 Chinese Market Great-Wall 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Chicken is an excellent source of protein when pairing it with vegetables. 1:00 pm Game Time/ Rummikub/ Mahjong	22 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 11:30 Nutrition ED/In person/Topic: 12:00 pm Lunch/Health Pro/ The Meaning of a Fulfilling Life and Values in Older Age 1:00 pm Game Time Rummikub/ Mahjong	23 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ How Older Adults Can Relieve Psychological and Physical Imbalances 1:00 pm Game Time/ Rummikub/ Mahjong
26 10:00 am Senior Dance/Tea time/Conversation 11:00 am-12:00pm Metro Police Asian Liaison Office Topic: Fraud Preventio 12:00 pm Lunch/Health Pro/ The Meaning of a Fulfilling Life and Values in Older Age 1:00 pm Game Time/ Rummikub/ Mahjong	27 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/How Older Adults Can Face Aging, Strengthen Immunity, and Improve Quality of Life 1:00 pm Game Time /Rummikub/ Mahjong	28 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Nutrition and Lifestyle Support for Red Blood Cells, White Blood Cells, and Platelets. 1:00 pm Game Time/ Rummikub/ Mahjong	29 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ The Meaning of a Fulfilling Life and Values in Older Age 1:00 pm Game Time/ Rummikub/ Mahjong	30 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ What Psychological and Physical Problems Can Occur in Older Adults? 1:00 pm Game Time/ Rummikub/ Mahjong
11/2 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Main Reasons Older Adults Maintain a Stable Life 1:00 pm Game Time Rummikub/ Mahjon	11/3 10:00 am Yoga Class/Teatime 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/Benefits of Simple Living for Older Adults 1:00 pm Game Time /Rummikub/ Mahjong	11/4 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ Nutrition and Lifestyle Support for Red Blood Cells, White Blood Cells, and Platelets. 1:00 pm Game Time/ Rummikub/ Mahjong	11/5 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ The Meaning of a Fulfilling Life and Values in Older Age 1:00 pm Game Time/ Rummikub/ Mahjong	11/6 10:00 am Senior Dance/Tea time/Conversation 11:00 am Music Appreciation 12:00 pm Lunch/Health Pro/ How Older Adults Can Relieve Psychological and Physical Imbalances 1:00 pm Game Time/ Rummikub/ Mahjong

